

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

March 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the March 2010 edition of the Siren.

The Sisters-Camp Sherman Fire and Ambulance Association is an important and integral part of our Fire Department. I had the opportunity last week to attend a meeting of the Scholarship Committee (Angie Ward, Rita Hodge, John Pagano, and Chief Don Rowe in attendance).

During the meeting, Laurie Adams (who works with Sisters High School to provide scholarships through a non-profit foundation) gave a presentation I would call "Scholarships 1A". It was an enlightening and enjoyable experience for me, and I found out there is a lot I don't know about the legal and appropriate way to provide these important benefits to deserving students.

I was very encouraged to find that the Association, with the right framework and process can provide scholarships to deserving fire and EMS students and department member's children about to graduate. My concerns about IRS issues and appropriate process were answered and the committee is on its way to providing scholarships to deserving recipients including department related activities and families.

The bottom line is that I truly appreciate the Association and its ongoing interest in doing things right, while still providing for the department and our community. Thanks to the committee members for their efforts and thanks for helping an old fire chief understand a complicated subject.

As always, my door is open and I look forward to seeing you.



ASSOCIATION NEWS

-President, Jeff Liming

We had a terrific Department dinner February 20 and I would like to thank all who contributed to the event! The food was superb, attendance was wonderful and the opportunity to spend quality time together much appreciated. Many thanks to our set-up folks and especially to "C" shift for help in organizing. Thank you, Julie, for keeping our agenda in order and seeing to all the details. Thanks also to Tate and Tate catering for the sumptuous buffet. I hope we can do it again next year!

I am pleased to report our Association Scholarship Committee is working on this year's scholarship program with the help of the Sisters Graduate Resource Organization. The GRO provides legal and organizational advice to groups such as ours at no charge with the hope of improving the current Sisters High School scholarship process as well as adding providers. According to committee member Angie Ward this new connection with the GRO is a great opportunity for our Association. If you have interest joining our scholarship committee, please contact John Pagano or John Gerke. I would like to thank the members our scholarship committee for their work in providing a solid framework for the Association scholarship disbursements.

At our March meeting we will have a presentation on our Association LOSAP (length of service award program) from our local administrator. Please come to the meeting with any questions you might have regarding LOSAP and you will receive prompt answers. LOSAP is currently funded in this year's budget (2009/2010) and has been incorporated into next year's proposed budget as well.

Easter and the Association Community Egg Hunt are on the horizon. Please mark your calendars now for participating with us starting late on Easter morning, April 4th at Creekside Park. We will begin to scatter the eggs at about 11 am.

I am pleased to invite you to help with preparation and service of the Oregon Fire Chief's Conference dinner at Eagle Crest on April 16th. We have provided a crew for this dinner the last two years and have made some money for our Association for helping. Please check your calendars now for this event and let me know if you can attend. Our very own Chief Robertson is president of the OFCA this year and I know we can make a good showing for the Sisters – Camp Sherman Fire District!

Thanks very much for your support of the Sisters – Camp Sherman Fire and Ambulance Association!

FIRE PREVENTION

-Captain Wheeler

Easter's on its way! Sunday, April 4th is the annual Easter egg hunt. The eggs are here and prizes have been ordered. We will need everyone's help to put on a good program for the kids this year.

The Sisters Kiwanis Club has requested help with a poison prevention program at the Sisters Library again this year on March 17th. I need a volunteer to wear the Mr. Yuck costume and a handler. There is also a need for help handing out stickers and brochures. The program will be centered around children under the age of eight.

I believe, we will also be doing end of the year play time at the grade school. Last year we sprayed water up in the air with the engines and the kids played in the water. If anybody can help, please stop by or call me at the station. Have a good month and stay safe.



COMMUNICATIONS

-Captain Brown

Training this month covers the use of the radio equipment in the district. We haven't had any difficulties with the equipment lately, but a thorough review of how the radios operate is always appropriate. Since most of us don't use the radios on a regular basis, especially to navigate all the options and zones, it should be a good review for everyone.

We currently have four different radios in the apparatus and for portables, the majority being a Motorola design and operate very similar. Be sure to have some "hands on" time for each of the radios, it will be helpful in understanding how to

operate them to their fullest, especially during the stress of a call. There are still a few mobile (apparatus) radios that are of the old Midland design. Thankfully, these are very simple to operate, usually just changing the channels and volume control. We hope to be able to replace these in the near future with new products similar to what we currently have. Be assured that for operations, the apparatus that will be first out and most likely to respond are equipped with the new radios to maintain good communications at all times.

No news at this time on the Santiam Repeater. We are still researching the costs and options to replace the older unit with a new repeater/radio to provide consistent and safe communications.

EQUIPMENT NEWS

-Captain Lovegren

Have you wandered through the station at night and found Bill Hayes working late into the evening on some of the vehicles? Bill has been working hard doing an annual inspection on the fire trucks and ambulances. He has completed most of the first-out vehicles and will soon start on the second-out. These inspections will help us meet the requirements of NFPA 1911. They are a comprehensive inspection of all aspects of the trucks. They include electrical systems, pumps, brakes, air systems, chassis and compartments, engine, transmissions and suspension. These checks will help us find any deficiencies or repairs needed before they become a problem. The Safety and Health Committee and the Chiefs are eager to meet this recommendation as best we can and the department hired Bill part time to complete the inspections. He has accomplished a lot so far and we appreciate all the work he has done.

The weather has gotten warmer and what snow we have is beginning to melt, (spring is coming), but don't relax on your diligent driving on the winter roads. As you know our worst accidents are when the sun is out and the roads seem dry. The shaded corners and left over cinders (act like ball bearings) make

for very treacherous conditions that can catch you by surprise. Slow down when responding up on the pass and prepare for the low spots where cold air settles. We will not be taking the studded tires off until sometime in March or early April even if we have a long stretch of better weather. We don't want to be caught off guard.

We're looking at a new all weather tire made by Michelin that can be run year round on the ambulances. It has more siping and an aggressive tread that would allow us to get away from studs. The softer rubber has more gripping power and excellent wear capabilities. The studded tires are only lasting one to two years depending on how busy we've been. The studs wear out leaving a slightly worn tire but no extra traction. We want to try a set on 770 if we can fit it in the new budget.

Keep up the good work and safe driving.



RESPONSE

-Captain Brown

So far this year, we are averaging 2.5 calls per 24 hour shift, which is where we usually are for the first two months of the year. If you figure out the rest of the year, it appears we may be down on calls from last year. Keep in mind the busiest times are yet to come. There are still plenty of people visiting our area, passing through on their way to somewhere else, and just as many residents as last year. As mentioned before, we keep increasing in total calls each year and there is no reason to think this year will be any different. Your time on calls for service be-

comes more vital as the volume goes up. Thanks to those of you who commit to a shift and for responding on calls. I encourage you to come down and sign up for a shift at the station, it's the best way to ensure you will get an opportunity to respond when the call comes out. We will do everything we can to accommodate you getting on the apparatus in whatever your training, certification, and capacity are.

Be sure to check your stations for the personnel response totals and response categories to see what we have been called for and who has been responding. Try to see where you can help out and be ready for calls.

SCBA

-Captain Brown

SCBA training this month will be the quarterly SCBA evaluations. Be sure to attend and participate in this drill as we need to have the results recorded to meet with the ever increasing demands for ongoing training. If you are unable to attend, please let Chief Karjala know and schedule a time to come in and be evaluated by the duty crew or Chief Karjala. It is not a bad thing to be evaluated in the donning, use, and doffing of this protective equipment. You really need to be proficient, especially during a call, to remain safe.

Another reminder to be familiar with the radio interface piece. You may think it is just attaching a different amplifier to your mask on the way to the call, but think of all the variables you may have to contend with. Little things like remembering to get one and put it on your mask, after taking your amplifier off, after making sure everyone has their seatbelt on, during the drive to the address, in the dark, in the back seat of the engine, fumbling with the pesky little thumb screw, when you are all "thumbs", after being woke up from a dead sleep, with the adrenaline pumping, listening to all the radio traffic, getting directions from the captain, and oh yeah, the address is two houses away! Practice each time you get the chance, it is not as easy as it seems when you are not excited.

FACILITIES

-Captain Brown

What a great Awards Banquet! It was wonderful to hold it in the new community hall again and enjoy it like so many other groups have been able to do over the last year. As I looked around the room when everyone was seated, it amazed me that it was filled up. If we grow much more, our facility will not be large enough for our gathering, which is actually a good thing, enough people to help those in crisis. It was nice to see all the spouses/significant others and get to meet a few new people this year. Congratulations to everyone who earned an award, I believe you truly deserved it. For those of you who missed the dinner, you were missed. It was a good time, good food again this year, and a great reason to celebrate. Thanks to everyone who helped put the tables, chairs, and decorations away after

the festivities. Many hands make for light work. Nice for the on duty crew!

The new flooring project, which will resolve the problem upstairs has been given the green light to proceed. There will be a short time of construction upstairs we'll have to deal with, but the end result will be well worth the inconvenience. Thank you in advance for your understanding and patience. Also, there may be times we need help moving items to clear the area to be worked on, so be ready if you are asked.

We haven't had any difficulties with any of the facilities over the winter, thank goodness. Please remember to be sensitive to the temperature in the stations when you respond or drop in. If they seem cold, please call the on duty crew to check it out. Your help in being aware of the condition of the stations is vital in keeping them in top shape and averting any potential problems. Thank you for your continued help!

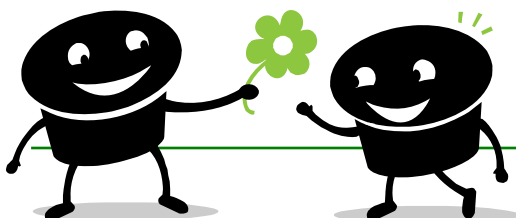
Please wish the following people a Happy March Birthday...

- Steve Ward
- John Gerke

3/1
3/4

- Bill Hayes

3/18



CHAPLAIN'S CHAT

-Chaplain Hayes

MARCH TWO THREE FOUR

March is the wonderful month containing the official start of spring on the 21st. However, I suspect this year in particular we'll still be hosting Old Man Winter well into April and perhaps even May! Our snow pack is virtually nonexistent so we really do need to receive the blessing of Mother Nature "shaking her feather bed" as old-timers used to say when it snowed.

FIRE FITNESS

-Fire Medic Storton

Every year on January 1, the hordes of newly motivated fitness buffs cram into every machine in local gyms. The goal seems to be to get in good enough shape in a month and a half to last the entire year. This is a trend seen every year. Sadly the crowds atrophy around mid to late February and business continues as usual by March. If you were a diabetic, can you watch your BG really closely for a month and a half and take the rest of the year off? If you have a bad knee, can you take good care of it for a month and a half then do as you wish the rest of the year? Is your health and fitness really all that different?

Let's get realistic. Some of you aren't planning on becoming competitive athletes. Some of you are busy with work, family, life, etc. However, while you may not run a marathon or climb a mountain, reality does dictate the need for health and fitness. Furthermore, no matter how busy we are, there will always be time for health and fitness, it's just a matter of priority. Please keep in mind that fitness does not need to equal pain. A 30 minute walk in your neighborhood with your honey or your dog is better than sitting at home thinking about it.

What we need to keep us going throughout the year is a plan; a sort of road map to where we want to be come the Christmas cookie season. With this year-long plan there needs to be a couple of things: little checkpoints (say, monthly?) to check your forward progress. The second is to forgive yourself when you get off track. Moderation is our friend and can actually be productive. I read somewhere that "The hallmark of a lifelong athlete is not the ability to focus but to refocus."

If you are like me and you work out more with a challenge in mind, here are some upcoming events to whet your appetite found at www.racecenter.com.

May 1 st	Solaire Salmon Run 5k & 10k run/ walk
June 7 th	Heaven Can Wait 5k run/ walk for breast Cancer
July 17-18	Deschutes Dash 5k & 10k run and triathlons
Aug 21 st	Historic Bend, Run and float 10k run and float back

It's nice to remember that whatever the weather, we can choose to be grateful and celebrate this time of year when the darkness is receding and our days become filled with more light. Our natural energy tends to return and we may even find a spring in our step. Remember to move your clocks forward one hour the morning of March 14th.

Spring and summer are coming and not only do the seasons beg you to play outside, but we'll need to get ready for fire season too.

The Seattle Stairclimb was Sunday, March 7th and as of this writing, we have raised over \$2,000 for the Leukemia & Lymphoma Society. Thank you all who have supported our efforts.

The Pole Pedal Paddle is May 15th this year and we have last year's team, with the addition of Roy Dean heading to Bend to compete. I have heard from some of you about forming a second team. The neat thing about this event is that: it raises money for the MBSEF, which is a great cause, you can take it seriously and really train to compete, or you can do it just for fun without the competition. They even have teams that get dressed up in silly costumes to win costume awards. I'd love to have multiple FD teams do the event. Talk to Andrew, Stuart, Ben or myself about it if you are interested.

Ready. Set. Get going!



BURN TO LEARN 3-6-2010

Photos by Liz McKittrick

