

THE SIREN



Presented By

Sisters-Camp Sherman RFPD

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CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the March 2008 edition of the Siren.

Tomorrow is the annual awards banquet at Five Pine Resort, and I am busy preparing awards and working on a "Chief's address" for the event. As you know, I usually do a "state of the department" address which talks about our successes and the challenges for the coming year.

I have thought a lot about this, and tomorrow night will be more about thank you than about the state of the department. I believe you all know where we are and where we are going. The recent strategic plan process and all of the support and work on the new station tells me that we are pulling together toward clearly established goals. When the revised strategic plan is published it will contain the following vision statement and provide a collective view of how we reach our vision:

Our vision is to be a world class fire district that sets the standard in public service, fire prevention, rescue, suppression, and Emergency Medical Services utilizing effective and innovative practices.

A bold vision, but one which I believe is very attainable.

So, my friends, my intent with this edition of the Chief's corner is to say thank you to every one of our staff for the outstanding work you do everyday. It is also an opportunity to thank those who are the reason we are successful: our husbands, wives, significant others, friends, and colleagues who support us every day. Finally, thanks to our customers, the public we serve for the support we receive in this wonderful community.

I look forward to seeing you at the awards banquet and to another great month as we move closer to our goals.

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

ASSOCIATION NEWS

-President, Jeff Liming

I attended the District Board of Directors meeting last month and was pleased to hear from the Directors of their continued sincere support and appreciation for our Association and the agenda we have for 2008. The projects we engage in reflect very positively on our Fire Department and I look forward to a productive 2008 with all of you.

Our Easter Egg Hunt in Sisters Creekside Park is scheduled for March 23rd at one pm. We will be asking for volunteers to gather a couple of hours early to hide the eggs and organize the park into four separate areas for the kids. In the past we have had several hundred children attend with families. Please mark your calendar now to attend in uniform for this important Association event. I would like to thank Fire Marshal Wheeler for his organizational support and for continuing our fire safety theme this year.

We are looking for additional volunteers to help staff the Oregon Fire Chiefs BBQ at Eagle Crest Resort on April 11th. Once again, with your support, we have the opportunity to show off our Department and Association. I'd be pleased to add your name to the volunteer list. Hmm...Oregon Fire Chiefs right here in Central Oregon and Sisters-Camp Sherman Association volunteers are in the spotlight. Sounds like a very good opportunity! Polish your shoes and come along!

At our February Association meeting we received several ideas for using the funds from our recent mailer fund raiser. Thanks to all who came forward. If you have additional thoughts concerning the use of our funds as directed by our letter of request please let me know or come to the next meeting with your ideas. We will spend some time reviewing the list and make some financial decisions.

We have BBQ's, parades, egg hunts, rodeos, scholarships, bylaw revisions, "History Walls" and a new officer slate on our agenda in the near term. We need and appreciate you! Thank you all for your continued support of the Sisters-Camp Sherman Fire and Ambulance Association!

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

For those of you that have been sized for EMS gear or structural turnouts, I am pleased to report that the order for the gear was placed on February 15th. The delivery of the order should be on or before April 15th. It may arrive well before this date, but since the order date was the last day to take advantage of 2007 pricing, I expect that the factory may have received a large quantity of orders from other departments. After receiving the shipment, I will inventory and inspect the gear to ensure that it meets our order specifications, and then issue it to you. Thanks for your patience!

The 240V electric motor for the Holmatro pump on 760 has been replaced. This was due to an impending failure of the old motor. The new motor has a 3.0 horsepower rating versus the 1.5HP of the old pump. With the recent use of the Holmatro tools during our series of major MVC's in late February, it appears that the power increase has improved the performance of the tools as well. The pump performance should also improve during cold weather operations, as the increased power will be able to better handle the increased viscosity of the cold hydraulic oil with less strain on the motor. I would also like to remind you of a couple of items regarding the use of the hydraulic tools:

- 1) When cutting, spreading, etc, remember that the pump is a two-stage design. You will notice that the tool speed slows and/or stops when it meets increased resistance, depending on the strength of the material being cut/spread. The slowing/stopping of the tool is the result of the transition of the pump to its second stage of pressure. The transition to the second stage combined with the time it takes for the pressure change to occur in the entire 100' of hose reel length may cause you to think that the tool has reached its maximum cutting/spreading force, which is not likely the case. If you stop the cutting/spreading action of the tool by releasing the handle, then the pump's pressure will drop back to its first stage and the process will start over when you re-engage the handle. After reaching the top of the first stage, it may take up to 10-15 seconds for the tool to continue during this stage transition. This process of unnecessary "starting over" will increase the overall

time it takes to extricate a likely critical patient. Our newer cutters should be able to handle most any cutting challenges faced at a MVC. Be patient and let the tool do the work!

- 2) As with any electric motor, prolonged use generates heat within the motor. You should not operate the motor for more than a couple of hours without providing for a cool down period. While this is not typically an issue during emergency extrication, it may be one during extended extrication training. Allowing the motor to cool after each two hour period of use will extend the life of the motor and help ensure that it is ready for use during emergencies.

Over the past few weeks, ambulance crews have "dropped" two patients as a result of gurney undercarriage collapse while removing the gurney from the ambulance. Fortunately, these incidents have not caused further injury to the dropped patients. These gurney collapse situations are completely avoidable and should never happen. To avoid dropping future patients, please review the gurney removal procedure as follows:

- 1) If the ambulance is equipped with a folding rear step, put it in the "up" position to facilitate proper undercarriage deployment.
- 2) Confirm that the medic has removed any items from the patient that are attached to the ambulance, i.e. nasal cannula, IV bag, etc; and is ready for gurney removal.
- 3) Ensure you are positioned in an appropriate lifting stance. While removing the gurney, you should have a firm hold of the rubber grip/lift handles at the foot-end of the gurney. You need not depress the red handle to deploy the undercarriage. During removal, the person that is operating the gurney from the foot-end should be the only one in contact with the gurney, unless additional lifting assistance is needed.
- 4) As you approach the final one foot of removing the gurney, slightly elevate the foot-end of the gurney to ensure that the undercarriage wheels do not come into contact with obstructions or uneven ground, and to serve aid in a more positive lock of the undercarriage. During this final foot, ensure that the speed of removal is adequate to allow the undercarriage to drop

down into its locked position. Removing the gurney too slowly may result in improper or no engagement of the locking mechanism. You should hear a distinct “click” as the undercarriage locks into position. If you do not hear the “click,” it is likely that the undercarriage has not locked into its proper position. If this occurs, use your foot to push the undercarriage into a locked position.

- 5) After confirming that the undercarriage is locked, you may lower the gurney’s wheels to the ground for the final step of removal. Do not release the rubber grip/lift handles until you have confirmed that the gurney is supporting the weight.
- 6) After this confirmation, you may then lift the head-end stop bar to allow clearance of the rear hook as you complete the removal process. At no time should the stop bar be lifted without ensuring the undercarriage is locked and the foot-end operator is ready for the final

removal. The stop-bar and hook system are designed to prevent the gurney from dropping out of the ambulance.

The recent instances of dropping patients were the direct result of the premature lift of the stop bar prior to full undercarriage deployment. DO NOT touch or lift the stop bar until it has been confirmed that the undercarriage is locked and the gurney is bearing the full weight.

For those personnel that respond from Station 704, the broken hydrant/spanner wrench holder mounted on the rear of 724 has been replaced. Also, a new wrench holder bracket has been installed on the rear wall of 744, to the right of the slip-in pump.

As a reminder, I will be placing equipment, tool and supply orders to finish out the 2007/2008 fiscal year budget. If you have any equipment or supply requests, please notify me as soon as possible.

I hope that Luck of the Irish is with you all, and have a Happy Easter!

RESPONSE INFORMATION

-Captain Brown

We are still on a good pace to increase our total call volume for the New Year. I guess we should expect that with an extra day for the year this month! It seems like we will have several days with no calls, then Murphy steps up and we get several in one day. And lately, it has not been the easy calls. Thanks to everyone who responds, especially everyone who comes to the station when the first apparatus leaves on a call. You are willing and waiting to fill in the gaps for the second out ap-

paratus, and as stated earlier there have been numerous times your help has been needed. I also note a small increase in the personnel that sign up for a shift or two and spend time at the station. I know everyone has busy schedules and we really appreciate your dedication. Besides, it is fun to get to know you a little better and train with you!

Be sure to view the latest statistics posted at each station. Encourage everyone to respond as much as possible, and have fun with this important responsibility and commitment each of you have!

***Congratulations Julie and Eric !
Welcome to Jackson Henry
Born on March 1st—What a blessing!!***



FACILITIES INFORMATION

-Captain Brown

We are fast approaching the move in week for the new administration offices and living quarters! It appears that the middle of April will be the week of the move instead of the first part of the month. The inside is really shaping up quickly and will be a great improvement in both work space and appearance. Please set some time aside to help with the actual move of materials, files, equipment, and furnishings. Firemedic Crawford is heading up this task, so contact him with any dates you are available or if you have any questions. The more help we get, the sooner we can concentrate on settling in and continuing business.

As we move into the new quarters and occupy the new bays, the contractor will start on the remodel/renovation of the current facilities. We have not noticed too much interruption of business or responses up to this time, but as we will still have apparatus in the existing bays while they are remodeling, and there will be some noticeable inconvenience during our operations, mostly around emergency responses. Remember to be careful and patient when moving apparatus away from and returning to the station as there may be construction personnel working around and in the building. Each day the duty crew will have a plan for responses that includes the construction work and location of vehicles. Check with them to assure safety for all personnel on district grounds during this time.

One last item I need to address: everyone has noticed the new apparatus bay doors on the east side of the bays. They look great and really display our equipment well. I have heard many positive comments from members and the public regarding how much more it makes it look like a fire station and appealing to the eye to see the apparatus ready for response. Reality is now we live in a "fish bowl" and everything is readily seen by anyone driving by or looking in the windows. To keep our professional image, everyone will need to remember to pick up miscellaneous items and keep everything in the bays neat and clean. If you see loose items or equipment lying about, help everyone out by putting them away. If you notice the floors dirty, give them a quick sweeping. Keep your turnouts neat and hanging, this will help with appearance and keep them ready for response. Now, more than ever, we are on display at all times; not just on scene and responding to incidents. Also, I think our increased visibility will encourage more people to come by and tour the station and view our apparatus. Another opportunity for good customer service and interaction with those we serve!

FIRE PREVENTION

-Fire Marshal Wheeler

Easter is here again and it's early! The annual Department sponsored Community Easter Egg Hunt will be on Easter Sunday, March 23rd. The candy filled eggs are here and prizes have been ordered. I would appreciate everyone's help to put on a good program for the kids this year.

The Sisters Chamber of Commerce asked us to help with a poison prevention program at the Sisters Library in March again this year. The Chamber is targeting children under the age of 8, but since the event will take place during Spring Break we anticipate children of all ages and adults. Anyone interested in dress-

ing up as Mr. Yuck? I also need help with handouts.

Team Teaching for the area schools is coming in April. I will need help with the Sparky costume and some other help with the first grade kids. It is an all day project.

I believe we will also be doing end of the year activities at the grade school. Last year we provided water from the engines for the kids to play in. I will keep you posted on these events.

If you're interested in signing up for events, please stop by or call me at the station. Have a good month and stay safe.

CHAPLAIN'S CHAT

-Chaplain Hayes

Being an interfaith minister, spring brings me a flurry of inquiries and date-setting for summer weddings. Love, change, and partnering have been signs of springtime for eons. I invite you to visit my website at

www.revsana.com to get to know me better, and please drop me an e-mail anytime. I'd love to hear from you.

Happy Spring *

COMMUNICATIONS

-Captain Brown

After a fumble on my part with the license application, we are back on track with getting an additional repeater located on Santiam Pass to fill in the areas on the west side where we lose radio communications. In short, the company we use to file the application sent the paperwork to me electronically (e-mail). My spam filter picked up the message and sent it to the "spam" file. I found it before it was deleted and have forwarded it back to the company. Now we are back on track, showing forward progress even though we are still waiting for the ultimate answer from FCC. I am staying optimistic that this will become a reality soon and get the equipment installed and operational quickly after we are approved for our request.

The new FireCom units have been installed in 720, 721, 723, 724, and 734. They are the latest design and will function just like the last units, without the record function. I have received some feedback from a few of you and will be "fine tuning" the units for optimum operation. The one concern I have is the storing of the headset and connecting cords. Make sure they are stored properly; out of the way of being pinched, smashed in doors or otherwise damaged. Be careful to not yank on the headsets if the cord is tangled around something or caught in a bind. The units are pretty tough, but not completely bullet-proof. If you notice damage, report it to me for repair or replacement.

If you have any concerns or questions with any of our radio equipment, please let me know.

March Birthdays!



Please wish the following personnel a

HAPPY March BIRTHDAY...

- **Steve Ward** 3-1
- **John Gerke** 3-4
- **Bill Hayes** 3-18

CHAPLAIN'S CHAT

-Chaplain Gerke

When you were a little kid, what did you dream of being when you grew up? My dream was to go to sea. It didn't come true. Just as well, as I tend to get sea-sick. Like most of us, realities began to loom larger and larger in my life. I had to go school and get a job, then I got married, bought a home and a car. Children came along, and new realities entered in. Don't get me wrong, I wouldn't trade what I have for anything! Still, some people start to feel hemmed in, trapped, predictable and just growing older. We may find ourselves thinking about breaking away, starting over. Unfortunately, that usually means running away from a relationship, a marriage, family or job, leaving broken hearts, damaged lives and burned bridges behind us. But, we may feel the outcome will be worth it, so we make the decision anyway. Some remarry, for example, but that may not last, and life gets even more complicated. Why doesn't the second, and maybe third, mar-

riage, or job, etc. last? What's the common denominator here? It's us, and maybe our bad decisions.

The decisions we make usually result in the outcomes, good or bad, we experience. But the real question is on what beliefs, what presuppositions about life, did we make our decisions? Start with where did we get our beliefs? From our parents and the culture around us, in most cases. Are your beliefs valid? You only have to look at your outcomes to discover that. In the example of someone whose marriage(s) don't work out, there is something in his/her belief system that is faulty, most likely. If it is flawed, then new decisions will continue to lead to bad outcomes. To replace faulty beliefs, it's necessary to rip them out and replace them with valid ones, like renovating a house. It's messy and takes a long time, but think how spectacular a renovated house can be! Remember, beliefs ultimately drive our decisions, and our decisions lead to our outcomes. (These thoughts were inspired by an Andy Stanley video series.)

SCBA INFORMATION

-Captain Brown

SCBA has been a topic I needed to cover for a bit now and this is a good month to address it. Everyone knows we have the radio interface equipment for our SCBA masks to improve communication while wearing the face pieces. I hope everyone is using them during drills and responses and getting more comfortable with the connections. As you connect the earpiece/voice amplifier to your issued mask bracket, take some care with the physical connection on the bracket. I have had to replace a few of these when they break the mount on the bracket. I don't mind doing this as it helps me keep my skills for repairing SCBA equipment up, but the piece comes as an assembly and carries a healthy price. The damage can easily be alleviated by "pinching" the connection together with your thumb

and index finger instead of pushing it together with the amplifier only. When you install either the ear-piece/voice amplifier or replace you issued amplifier, reach around the bracket with your thumb, placing it on the male connection in the bracket. Then using your index finger, "pinch" the amplifier into place. This will make a good connection without straining the small plastic mounting flange. You will also know there is a positive connection and seal between the amplifier and microphone piece.

I will be going over this at drills for the next few weeks to make sure everyone understands this important information. If you have any questions, contact me when I am on shift and I will be glad to do some one-on-one practice....perhaps even continue this with some SCBA donning drills!

FIRE FITNESS

-Fire Medic Storton

It's that time of year when those former fitness freaks with the best intentions begin to forget about their New Year's resolutions to themselves. Signs of this phenomenon include extra parking spaces at your local gym and empty wait lists for the treadmills that are becoming covered in dust. It's time to rejuvenate your fitness goals. *Now where did I put those...?*

Reset your goals:

Let's say, for example, that you set a goal to do a marathon this year. It's an ambitious goal, but it's also an ambiguous goal. What are you doing to prepare for it? If you are subconsciously planning to procrastinate then "wing it", I've tried that technique and it is pain prohibitive. Let's get specific. Pick the date of your event and write down on a week by week basis what your training plan is.

Getting good directions:

If you are driving to a fire and make a wrong turn, do you continue the wrong way or do you turn around and go back the right way? So you missed a few workouts or completely missed the opportune time to create goals during your peak motivational window. So what! If you've fallen off the proverbial wagon, consider this a formal invitation to climb back on.

Rewards:

Another good way is to state in very realistic and specific, but challenging terms that if you accomplish X, then you will treat your self to some sort of reward. Perhaps it is a massage. Perhaps it is a gallon of your favorite ice cream. The point is that you earn it.

Good PR:

Another good way to stay motivated is to tell someone who will make you accountable by the threat of public shame if you slack off. Or you could get a partner to join you in your challenge and keep each other honest.

Calling Dr. Phil:

Sports psychology is an effective tool. By simply visualizing your end result and following the small steps in between, your goals will seem so much more obtainable. I've known people who go as far as putting pictures or sticky notes on their bathroom mirror to remind them on a daily basis of their goals. Whenever I feel demotivated I watch "G.I. Jane". My goal is to be half the man that Demi Moore is in that movie! Are you doing this for yourself or for some other motivation? What helps you keep your focus?

Living the Life:

Do you have to psych yourself up to brush your teeth? Do you have to write out an elaborate set of goals to get your laundry done? Why can't fitness become just a part of what you do and who you are? Consider this, instead of making a relative short term goal of doing some event this year, how about a goal to do some event every year from now on?

With all this in mind, I'm still waiting to hear from more of you as far as my physical challenge. Several of you have taken me up on it, but I want to hear from more of you. Whether you heave halligans or push pencils, I'm challenging you to a personal duel. Let me know how I can help.

Ready. Set. Goal!