

THE SIREN



Presented By

Sisters-Camp Sherman RFPD

March 2009

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the March 2009 edition of the Siren.

We are really looking forward to seeing everyone at the Department Awards Banquet on Saturday. This will be an excellent opportunity to see old friends, meet our new members of the department and to honor all of you for the work and special efforts throughout the past year. Of course there will be some special recognition for those you have chosen for the various awards. I believe that each and every one of you deserves a special award for your outstanding service to our citizens.

In strategic planning, there are four areas we generally analyze in order to determine the directions our organization will go: strengths, weaknesses, opportunity and threats. Clearly, we have threats, primarily external. Today, the immediate threats we face as a department are the plight of our citizens due to the economy, declining revenue and the uncertainty that results from these issues. We do have weaknesses, but in my mind, these are minimal and can be overcome with consistent positive improvement measures and positive attitudes. Our strength is in our people and the excellent leadership provided by the board and your officers. Our strength is also derived from the wonderful community we live in.

Which brings me to the focus of this month's Chief's Corner: opportunities. The phrase "out of adversity comes opportunity" rings true here. With our current economic downturn and the challenges it presents to the Fire District, we must all look for opportunities to work more effectively while remembering that our personnel come first. We welcome your ideas on how to maintain our operations and still provide quality service to our customers. The members of the district represent a huge pool of human resource and positive energy. If you have thoughts on how to better do business and become a more positive force in the community, please stop by.

In my 40 year career, I have lived through three economic downturns which have affected fire departments across the nation. With your help and positive attitudes, we will move through this difficult time for our nation and community, and we will emerge better for it. Remember to be particularly respectful and sensitive to our citizens who are struggling, and let us know if you see others who we can help.

I appreciate your commitment to the district and your willingness to help take this organization to a new level. As always, my office door is open and I look forward to seeing you.

ASSOCIATION NEWS

-President, Jeff Liming

Our District/Association dinner and awards program is coming up on March 7th at 6 pm in our new Station 701 community hall. I look forward to seeing all there for this great opportunity to visit and share a meal together. Appetizers will be served. We have included a quilt presentation to the department by a local group before dinner. See you there!

Many thanks for Fire Marshal Dave Wheeler and his group of Association volunteers for installation of community smoke alarms recently. Dave reports that twenty seven alarms were installed over a two day period and that he is pleased with the results. More homeowner requests have been coming into his office. If you would like to respond with Dave for future installations give him a call at Station 701. Thank you for your assistance!

Liz McKittrick is looking for help with our Association History Display in Station 701. Liz tells me she and a couple other Association members are prepared to get underway with the project. Contact myself or Liz if you would like to be a part of this activity and let's display some of the history of our Department and Association for all to see.

Easter is fast approaching and I want to remind you that your help is needed and appreciated on Easter Sunday for our Association Community Easter Egg Hunt. Dave Wheeler has ordered plenty of eggs that will need hiding along with organization of the park, visitor direction and cleanup. Come on out Easter morning to Creekside/Sisters City Park at 11:30 for assignments. The "hunt" starts at one in the afternoon and every egg will be snatched up by 1:20. We will award some special prizes and be cleaned up by 2:15. Mark your calendars now to attend!

John Pagano has an opportunity to serve on our Association Scholarship Committee. Please see John if you would like to help!

Thanks for your continuing support of the Sisters - Camp Sherman Fire and Ambulance Association!

CHAPLAIN'S CHAT

-Chaplain Hayes

MARCH into Learning

I'm teaching a day-long workshop on wisdom and intuition in April and preparing for that class reminded me that we are all teachers in our own way. Perhaps we are teaching a friend how to cast a fly line. Maybe we're teaching our teenager how to drive a car. We could be singing the ABC's with a toddler or just teaching in the more traditional sense as a trainer, coach, supervisor or spiritual leader.

What I love about teaching is that it's always an opportunity to learn! There's often a moment where the student asks a question the teacher doesn't know the answer to, so the teacher has to investigate. Or, there's the moment where they say "why can't we do it like this?" – and we discover another way, perhaps even a better way.

So, as we move through life as both teacher and student, be open to those moments of grace when learning is the real gift to be had by all.

SCBA INFORMATION

-Captain Brown

When was the last time you used the radio interface equipment for your SCBA facepieces during a drill? If it has been a while, take a few minutes the next time you are at a drill or one of the stations to look it over. Remember, you will have to remove your voice amplifier to install the microphone/earpiece to your mask and then connect it to the radio that you will also have to put into your coat pocket. Sounds like a simple task and looks like it would be easy to complete, right? Well, add a few variables such as excitement, two o'clock in the morning, and the address you respond to is 30 seconds from the station. If you are not familiar with the equipment, the process to attach it, or even where it is found in the apparatus cab, you just might not even get to it during the response. This is one more piece of PPE that we expect to be used for structural fire responses. Use it each time you drill

and this will make it easier during an actual event and help keep you in good communication with others and command if necessary. Review this often and if any of you are having difficulties with your equipment, contact me or any of the career staff for assistance.

There are just a few that have not completed the annual fit test. I will contact you to complete the test by the middle of March. The test only takes a few minutes and I am glad to arrange it around your schedule. Give me a call so we can get together on a drill night or during one of my shifts. Even if you want to drop in when you have time, I will be glad to set it up and finish this annual exercise.

FIRE PREVENTION

-Captain Wheeler

Easter's on its way! This year it's on April 12th. The eggs are here and prizes have been ordered. We will need everyone's help to put on a good program for the kids.

The Sisters Chamber of Commerce asked me for help with their poison prevention program at the Sisters Library in April. I need a volunteer to be Mr. Yuck as well as a handler. Additional volunteers can help distributing stickers and brochures.

Team Teaching takes place at area schools on March 11th. I need a volunteer to be Sparky and additional help with the first grade kids. Team Teaching is an all day project.

Seems a bit early to bring this up, but I believe we will also be doing asked to help out with end of the school year activities, such as spraying water from the engine for the kids to play in.

If you are interested in helping with any of these activities, please stop by or call me at the station.

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

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



FACILITIES

-Captain Brown

District property seems to be fairing well at the end of the winter season. There have been relatively few repairs or problems this year. Station 703 had issues with the radiant heaters in the apparatus bays and the elements in four of them needed replacing. I am told it was quite a light show when one of the heaters burned out after a drill night! The fact that half of the heaters were in need of attention caused me some concern as they failed pretty much all at once. After researching to get replacement elements and talking with the manufacturer, we did receive exceptional performance from

the heaters. The elements are rated at 5000 hours of use, which is estimated at about four years of service. The Squaw Creek station was completed in 1999 and the heaters were installed during construction and used quite a bit before we had possession of the station. For me, it doesn't seem like 10 years, but time does fly when one is having fun!

With each of you paying attention to your stations and reporting needs to me, it has been easy to keep them in good condition. Thank you for your help with this and your help in keeping them clean so they present well to the public.

RESPONSE INFORMATION

-Captain Brown

When I last checked, we were over 160 calls for the year by Dispatch count. Some of these may have been misplaced calls or non-responses, but as I looked over at the stack of printouts that we keep for records, I am impressed by the volume of it. We are not too far off that count which would make for about 80 calls per month to start this year. This increase in demand can only be met with everyone responding to as many calls as possible. Our response times our kept to a minimum by personnel who stand by at the station and are ready to jump on apparatus as the call is generated. Those of you who are pretty regular at covering blocks of

time and working with the duty crews have been a great help. Thank you! If you can come by the station and are available for even an hour or two, be sure to notify the shift captain that you are here so we don't miss you and an opportunity for you to respond on the initial tone out. Speaking for my shift, the chance to drill with you when you are here has been great. This has added some interesting discussions and actions to practice time that we have been missing out on!

Thank you, once again, for your commitment to the community and your willingness to work on keeping your skills sharp for the calls to respond to needs of those in our area.

COMMUNICATIONS

-Captain Brown

The Santiam Repeater...a work in progress! I am becoming extremely hesitant to do any reporting on this project. Each time I have said we are about done with it, some new problem comes up. Once again I get to report it "should be done" by the time you read this. The last attempt turned out similar with the unit not working after getting it re-installed at the Santiam sand shed. I brought it back down

and had it bench tested for transmit, receive and amplifier stages, which of course tested well. At this point, everyone is sure it has to do with the antenna or duplexer. Chief Karjala contacted the radio technician for ODF and we discussed solutions. He is willing to meet at the site with his equipment to assist in getting the problem solved. This is great as he is very familiar with the complete unit as he originally installed it on top of Black Butte. Keep you fingers crossed, I would like to put this project to bed and complete the communications for the west side of the pass.

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

The boots for EMT's have arrived. If you did not make the February EMS drill, please contact me for an appointment to issue them.

The new K-12 saw has arrived. I will be coordinating with Chief Karjala to schedule a small portion of a drill for in-service training on the saw. If you are not able to attend the drill, please ask any of the line staff for a demonstration.

The final home for the new K-12 saw has yet to be determined. It has been requested by several staff members to be placed on 721, as it's equipped with a carbide blade for roof ventilation ops and would be a valuable tool for RIT. I'll be consulting with the equipment committee and Chief Enoch regarding its apparatus placement.

If you have any other equipment ideas or suggestions, please let me know.

FIRE FITNESS

-Fire Medic Storton

At a recent class that Captain Lovegren attended (ironically on safety) he reported that in a full classroom, he was one of a small handful of firefighters that were fairly fit. The others? Let's just say that they would make Jenny Craig sweat! This brings up a point that retired FDNY captain and Fire Fitness Guru, Mike Stefano, said, which was we should train like athletes. However, unlike athletes, we never know when the big game starts. In other words, we need to be in top physical condition at any moment. So what does top physical condition mean exactly? Among fire fitness necessities are strength, endurance and flexibility, but power could arguably be the most important. Read on to see what the difference is and what to do about it as this month will begin a series on power.

Let's begin with some definitions:

- **Strength:** Strength is simply how much you can lift.
⇒ Example: Lifting the 2^{1/2}" Skid Load out of it's tray and lowering it to the ground.
- **Endurance:** The ability to sustain an activity over longer periods of time.
⇒ Example: Pulling the Skid Load on 721, then the 2^{1/2}" preconnect, then pulling all the 1^{3/4}" preconnects, then hand-jacking a supply line, then fighting fire, and so on...
- **Power:** Explosive strength over a short amount of time. Running up the stairs for chow, skipping 2 or 3 steps at a time.

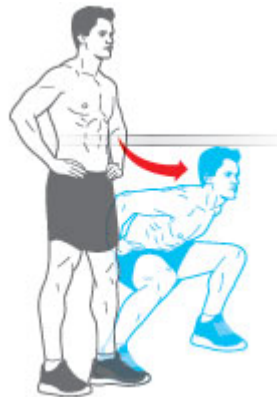
Captain Mike Stefano describes the difference between strength and power as: "Strength and power are very different. Slowly moving a weight off your chest does little for explosiveness, and therefore there is only a minor crossover effect in swinging axes and pulling pry bars. Penetrating a plaster ceiling with a six foot pike pole requires a full body connectedness and the ability to explode off your feet, quickly transferring energy through your legs, core, arms, hands, and finally into the tool itself." In other words, it is possible to be very strong and not able to generate much power. Those muscle bound gym rats that focus on spot training their pecs and abs for pictures may not necessarily be able to generate full body power for anything more than lifting a diet vegan protein smoothie. That's like being able to bench 300 lbs then bringing a wiffle-ball bat to a homerun hitting contest! True power comes from channeling your given strength from your hips and distributing that full-body power where it is needed. This is how Bruce Lee was able to knock a person on his butt with a 1" punch (Check out "youtube: Bruce Lee Short Punch").

In subsequent issues of Fire Fitness, I plan to research and share some excellent exercises to increase power in the following months from disciplines including Plyometrics, Medicine Balls, Kettle Bells, Boxing/ Martial Arts. In the meantime, here are four excellent exercises to get you started. Illustrations by Kagan McLeod and Men's Health Magazine online.

Try these exercises two – three times per week straight through. Rest for a minute and repeat twice. Make sure you rest the next day.

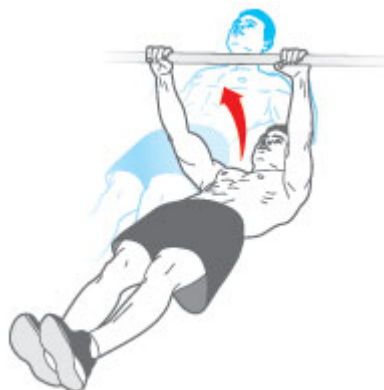
1. Barbell Duck-Under

Set a bar or rope at waist level and stand next to it. Take a long sideways step beneath the bar and back up. To add core power, duck under and explode up with a boxing uppercut.



2. Reverse Row

Sit on the floor and grasp the bar with a shoulder-wide grip. Hanging from the bar, pull yourself up quickly, pause at your highest point, then lower yourself. Want a little extra? Hold on with one hand and reach with the other as high as you can.



EQUIPMENT NEWS

-Captain Lovegren

I was able to fix the electrical problem on 721 for a fraction of the cost that Pierce thought it would be. After considerable time on the phone and working through several fixes they wanted to try before we purchased the \$750.00 control and \$350.00 programming fees, I found a simple short in one of the marker light bulbs that was going to ground. The bulb looked, worked and tested OK but had an internal short. This caused the high-end electronics to back feed into the system and cause the weird electrical gremlins to act up. This new technology can sometimes drive a body nuts.

I have replaced the door/compartmentswitch in 770 and you can lock and unlock all the doors again from the cab.

Sorry about the delay but it took awhile to get the part.

Because the weather has gotten warmer and the snow is beginning to melt, (spring is coming) do not relax on your diligence in 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 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 late March or early April even if we have a long stretch of better weather. We don't want to be caught with our pants down.

Keep up the good work and safe driving.

FIRE FITNESS cont.

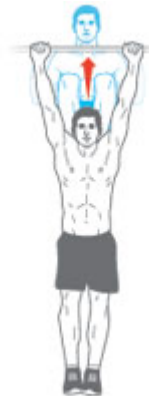
3. Front Squat & Shoulder Press

Grab a barbell or dumbbells with a weight you can press overhead 10 times. Hold the bar on the front of your shoulders, bend at the hips and knees, then explode and press the weight above your head. Booyah!



4. Pullup to Hanging Leg Raise

Using the pull-up bar, quickly pull yourself up. Holding that position, bring your knees up to your chest. Feel the burn... Love the burn!



If this hurts, don't blame me. Just let me know how I can help.

Ready. Set. Hiiiiiyah!

CHAPLAIN'S CHAT

-Chaplain Gerke

I was watching a DVD story today about salt, how it was used in ancient times to preserve meat, and how a little salt goes a long way. As I watched, I started remembering a man who had been a customer of mine in my IBM sales rep days. Jim was the IT director of a large property and casualty insurance company in Fort Worth, but he was a very unpretentious guy. He was always the voice of reason, clarity, calm-

ness and morality in the sticky issues that come up in the business world, and I came to respect him a great deal. I really hadn't thought about Jim much in the 15 years since I last saw him, but the salt story brought him to mind. I especially began to remember his sense of integrity, something seemingly rare in the business world today. I know where that morality and integrity comes from, and I called him today to thank him for being salt (and light) in my life. I'm glad I did. Is there someone in your life that you'd like to thank for being a positive influence on you before it's too late?