

THE SIREN



Presented By
Sisters-Camp Sherman Fire District

March 2011

ASSOCIATION NEWS

-President, Ben Bruegeman

We're fast approaching the end of the school year, and for the graduating class of 2011 that means its scholarship time. We need to put together our scholarship committee soon. If you're interested in being a member or have suggestions or comments about the selection criteria please bring those up at this month's Association meeting on the 21st.

May has 5 Monday's in it, if you have any suggestions as to a venue or activity, let me know. I would also like to thank everyone for your continued support of the Fire and Ambulance Association and the Fire District and congratulations to all the award winners.

Please wish the following association members a Happy Belated February and Happy March Birthday...

FEBRUARY

- Stuart Honeyman 2/5
- Laura Thost 2/24

MARCH

- Steve Ward 3/1
- John Gerke 3/4
- Christian Samring 3/17
- Bill Hayes 3/18



FACILITIES

-Captain Brown

As has been the case for some time, there has not been much to report about repairs or problems with the District facilities. One noted exception was a call from Station 704 personnel concerned about waste water appearing in the shower drain. After discussing the situation with Captain Schell and inspecting the situation for possible causes and solutions, it was decided to have the septic tank pumped. Final conclusion on the situation was we were not sure if the problem stemmed solely from the septic tank, the drain line leading to the tank, or the saturated ground in the Camp Sherman community that was causing some

similar symptoms in other areas. During the problem solving stage of the incident, I thought back over the 21 years I have been with the department and could not recall the septic tank ever being pumped out. So whether this is the main cause of the sewage backup or not, it was obviously time to have it done. One could say there is limited usage of the station, but it still reminds me how all our personnel take care of the stations in a way that reflects their pride in what we have. As is usually the case, good awareness, early notification, and being available to assist in solving the problem made for a good conclusion to a situation that could have turned very ugly.....very quickly!

Thank you to everyone for taking great care of our District facilities and making my responsibilities that much easier.

RESPONSE INFORMATION

-Captain Brown

I have had a few people comment on how quiet it has been lately in respect to our call volume. I try to be conservative in my responses to these statements, mostly because it turns out that it may seem quiet, there have been a string of calls that plagued one shift or group that not everyone was involved in or remembers. Then at the end of the month, our numbers are up once again. The last two months, our total calls have indeed been lower than the previous year. There could be many reasons for this, but discussions with Chief Karjala recently lead toward the conclusion that we are not running up on Santiam Pass to "unknown MVA's" as much as before. If you remember, the decision was made to have dispatch notify the Shift Commander when they receive a call with little or unreliable (third party or drive by witness) information and relay what they have to him. It was left up to the Shift Commander to decide whether to roll a response or wait for more definitive information. This has saved us from rolling a crew and apparatus down the road

only to be canceled prior to arriving on scene once better information is received at our dispatch center. There was lengthy discussion among the Chiefs and Officers before the decision was made to hold in quarters and wait for more information. All possible situations were considered and the conclusion was that we would not be that much further out if the situation warranted a response and the crew and apparatus would be available if another call were generated that was an emergency needing attention. The latter has been the case in several incidences that came up on my shift.

I believe this has been a good decision in reference to keeping our District covered for calls, reducing costs to the operating budget, and lowering frustration to personnel that may be toned out in the middle of the night. The only negative results I have seen are the loss of the total call volume and the "nice" drives up the highway every now and then!

Thank you for your continued response to our calls for service, be safe and see you soon! Also, wishing a quick recovery and return to A-Shift for Jay Crawford who sacrificed his leg for the play of the day during basketball!

FIRE PREVENTION

-Fire Marshal Wheeler

Wow, I cannot believe it is March already. In the next two months we have several different fire prevention projects I am going to need help with. First is the Team Teaching program for the first graders on March 16th. This program helps the kids understand what to do if they find matches and lighters. The kids love this program because Smokey Bear and Sparky come into the classroom. The second program is Poison Prevention on April 12th at the library. I will need help with the puppets and costumes of Mr. Yuck. If you can help that would be great. The last one is Easter on April 24th and once again all help is appreciated. We will also be going to Black Butte School and Sisters Christian Academy in May and will need help for those programs also. We will have multiple presentations and will need people

to help. If you have any questions please call. Have a great March.



FIRE FITNESS

-Fire Medic Storton

The Heart Issue

Do you know which muscle in your body is the most important? Do you know how to properly care for and feed this muscle? AND, most importantly, are you following through with your plan? Like a great dog, your heart is yours to the end and all you need to do is feed it well and take it out for walks. Follow the food and exercise guidelines below and your heart will take such good care of you when you really need it that you will want to name it Lassie!

The Kibbles and Bits

1. Extra Virgin olive oil has much higher HDL and lower LDL than its dairy equivalent, butter. A good rule of thumb is if it congeals at room temperature, i.e. butter and animal fats, it can do the same in your arteries. Fats that clean out your arteries tend to be more liquid, such as olive and vegetable oils.

2. Fish: "Fish oil lowers triglyceride levels," says Dr. Brian Kahn, a cardiologist with Baltimore's Mercy Medical Center. Triglycerides are a major component of LDL and therefore eating baked or grilled fish weekly will lower one's risk of CVD. If you like poultry or meat, keep it lean.

3. Fruits and vegetables: I know, I know. But you've known this all your life. One key point, with the exception of cabbage, darker veggies and lettuce are higher in nutrients and give you a bigger bang for your buck.

4. How about a drink: Ah, the silver lining, a drink a day lessens the risk of sudden cardiac death. New evidence shows it's better to drink one to two glasses of wine or beer a day to reduce your chance of heart disease and stroke. The problem is this is not an excuse to binge, plus you have to watch the calories. If you abstain from alcohol, drink tea. Flavonoids in tea have blood-thinning, artery-relaxing properties. "British" style tea with milk unfortunately negates these effects.

5. Nuts: Almonds and walnuts are especially good for your cardiovascular system. Just avoid tropical nuts like Macadamia nuts, as they tend to increase bad cholesterol.

6. Whole grains: Whole grain breads and pastas retain the nutrients we need while Wonder Bread processes out all the good nutrients and puts in too much sugar to get kids and scholarship students to eat it more. Did you know that good beer is made from whole grains? See #4 above.

Take a walk and play ball

A study on firefighters showed that those who were in better cardiovascular shape, but weren't necessarily stronger or more flexible, had much fewer back injuries (our #1 injury). The thought is that muscles and tendons become more elastic, joints are better lubricated and oxygen perfusion and waste removal is enhanced.

recommendation for cardiovascular health is 30 minutes of moderate intensity at least three times per week. This will not build good fitness, but will merely protect you from cardiovascular disease. To build your cardiovascular fitness, you need to warm up, then workout at least 30 minutes at 60% - 80% of your maximum heart rate. If you like numbers, I have charts and figures on the bulletin board in the fitness room to help you figure what number your heart rate monitor should say. For you bottom line folks, use the "Talk Test". If you are breathing hard but can converse, you are there. An easy conversation means you are going too easy and speaking only several words at a time while suffering means you're going too hard. Keep track of how quickly your heart recovers at one minute of ending your work out. If your heart rate does not come down at least 30 beats after one minutes of ending your workout, that is a sign of concern.

The endgame

With proper care and feeding of your heart using the above information, your heart will provide you with decades of quality companionship and service. You deserve it and so does your heart. Now that you are done reading this, perhaps it's time the two of you go play. Enjoy!

Ready. Set. Go!



CHAPLAIN'S CHAT

-Chaplain Hayes

WHAT'S NEW WITH YOU

Spring is a wonderful time of renewal with the change of the seasons on March 21st. Even if the snow still flies in Sisters country, March is a great month to seek transformation.

Maybe it's time for a new hairstyle, new bed pillows or

a new welcome mat. Maybe it's time for a new exercise regimen, new eating habits or a positive new outlook on life.

There are so many ways to begin again. Thanks to a local landscape company, we have a new backyard. I found a new hobby that includes photography and writing. And a dog-powered scooter has given me a new way to play with our dogs.

Just look around. There are ways to bring "new" to your own life right now – today!

TRAINING

-Chief Enoch

March 2011 is already here and it came upon us fast. This month in training you will be back at your stations on the 7th drilling on "Quarterly SCBA Evaluation" and "Engine Company Standard #2" (laying 100' of supply line, donning SCBA, pulling a preconnect hose line and flow water). March 17, we will be back at 701 drilling with class B foam. March 21, after the Association meeting Special Districts will be giving our annual class on "Sexual Harassment". This is required for all personnel. EMS on March 28, we will try to have case reviews. Dr. Carnes was out of the country last month and will be back in the area. I will be checking with her and her availability.

I have the schedule of events for the OVFA Conference posted on the bulletin board in the hall outside the Watch Room. It begins June 22, so please take a look at it for topics of interest and see me for registration as soon as possible.

Recertification is coming up quickly and the EMS & Trauma department is preparing to mail out instruction on the new online

recertification process. They will be sending you a pin number and you will use that pin number to access your recertification application on line. The Fire Department has all ready paid the fees for your recertification. This needs to be done before May 1, 2011.



VEHICLES

-Captain Lovegren

January/February almost missed us with virtually no snow. Maybe we will get some more winter in March, do not let your guard down and keep up with your good driving skills. We want to keep a great driving record this winter, thank you for doing such a great job so far. Remember we still have more winter yet to come so don't put your galoshes and boot chains away yet.

We have installed webbing on 721 to keep the crosslays and preconnects in their compartments while driving. This will also be done to 730 and 733 for the upper hose beds. We are following our insurance recommendations for keeping us and the public safe. The webbing for the tenders has been ordered and will be installed as soon as it arrives.

Our equipment will be receiving new numbers soon, we will no longer have zero's on the end of any number. The last

digit is the station designator, if there is more than one type of vehicle at a station (i.e. ambulance's) the last digit will be a 5, 6 etc. since we have 4 stations. 770 will be 771, 771 will be 775 and 772 will be 776. 721 will remain the same and 720 will be 725, 760 will be 761, 730 will be 731 etc.

Hopefully this all makes sense and will not be too hard to remember once we put in into place.