

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

May 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the May 2010 edition of the Siren.

I have plenty of positive news to report in this edition of the Siren. We were notified this month that we are the recipients of a Homeland Security grant for over \$105,000. This grant will be utilized to upgrade our SCBA's to current standards. We are in the process of applying for new grants including a \$20,000 grant to pay for the construction of the new 6X6 wildland unit. We also passed our OSHA inspection with flying colors this past month. Thanks to everyone for your attention to safety.

The budget committee unanimously passed the draft 2010-11 budget last week and while we are going through some serious belt-tightening, we are still able to maintain programs and personnel. I anticipate at this time that it will take at least another 2 years before our budget recovers from the recent economic downturn.

Thanks very much to the Association for their generous donation of \$2500 to help fund the Santiam repeater. Fire Medic Ben Bruegeman has ordered the repeater and a protective climate and dust controlled case for the unit. After four years of effort, I think we will see the results of our labor. This repeater will improve scene safety for all of you, and will allow all of our personnel to respond to the emergency rather than utilizing some for radio communication relay.

We have made a significant change in the command staff organization structure. Effective May 1, Chief's Enoch and Karjala will assume the rank of Deputy Chief. This flattens out our administrative staff configuration and conforms to a majority of fire department chief officer structures. Additionally, Chief Enoch will assume the duties of Deputy Chief of Administration and Chief Karjala will assume the duties of Deputy Chief of Operations. If you would like more specifics, you can check with any of the chief officers.

Finally, please remember that spring is a time of renewal. This is an opportunity to pursue positive opportunities and continue to move our organization forward; an opportunity to shed the winter cold and look forward to summer, family events, and hopefully, a quiet wildland season. Here's to the coming sunshine!

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

ASSOCIATION NEWS

-President, Jeff Liming

I would like to thank all of our Association members for support and approval of our recent \$2,500 contribution to the Fire District for a new Santiam Pass repeater. I know you are aware of the tremendous need we have for reliable communications on the pass. With the acquisition and installation of this repeater our response crews will have enhanced radio capability which translates into greater safety and productivity for themselves and the traveling public. The new repeater has been ordered and will be installed before our summer season. Thank you, again!

Best wishes to the Pole, Peddle Paddle team from our department competing in the annual Mt. Bachelor event. Good luck to you all and bring back some great memories!

Many thanks to all who volunteered for the Oregon Fire Chiefs Association Conference dinner at Eagle Crest recently! We were able to field about a dozen folks from our Association as well as four students from Sisters High School. Your help was truly appreciated and the dinner came off wonderfully. It was nice to have all those Sisters-Camp Sherman duty uniforms in the room for all to see. Congratulations to Chief Robertson as the new president of the OFCA.

I am looking for ambulance crews to staff 772 on the afternoon of Friday, May 7 and from eight am to seven pm Saturday, May 8 supporting the Sisters Lacrosse Invitational Tournament at the middle and high schools. Paramedics, Intermediates, Basics, First Responders, Drivers and Firefighters are all invited as crew. The Saturday event is a long one so if you would like to volunteer for part of that day please do. Many teams are competing so the larger our crew the better. We will have plenty of radios so we can move around from field to field. Please contact me with your interests.

The Easter Egg Hunt in the Park was great! Thanks for coming out to help make the event so memorable for the kids.

Your continuing support of the Sisters-Camp Sherman Fire and Ambulance Association is always appreciated.



COMMUNICATIONS

-Captain Brown

Finally, I can say with certainty that we have ordered the new repeater equipment and may have it installed by the next edition of the Siren! Firemedic Bruegeman did considerable work in getting bids for the equipment. We sat down last week and made a decision as to the vendor, manufacturer, and total equipment and presented it to the Chief for the final blessing. Once it was approved, we ordered it the same day. It should

take about 30 days to complete the purchase and then the installation on site. Thanks to the Association for their donation to the project, which also help obtain a secure ,climate controlled cabinet for all the equipment. This will assure security and a clean environment for consistent operation and will extend the life of the new repeater and associated equipment for many years. Thank you for your help, support and patience with the project that will provide additional safety for all who respond to the western boundaries of our ambulance area.

EQUIPMENT NEWS

-Captain Lovegren

The snow tires have been removed from most vehicles and we will continue to get all the vehicles ready for summer.

Thank you for all your careful driving through the winter season. This is no time to let down your guard, as we will be doing a lot of backing and driving in the woods for fire season. We continue to have backing accidents and they can be avoided. Remember to use backers at the stations, at emergencies and in the woods. Lets be accident free this summer.

We had an OSHA inspection as most of you know and we passed with no citations being issued. The inspector had

only a few recommendations for us. I want to thank all of you for being safety conscious and working with us to be safe and set a great standard. Having everything in place for you to use is only half the battle, using the PPE and following policy is how we keep having a great safety record. Keep up the good work and stay safe.

The new 6X6 is coming along and if you are in the main station make sure you take time to see it. The flat bed is completed, the truck has been painted and the radio, light bar and siren controls have been installed. We are waiting to see if we receive a grant to purchase a pump and the storage compartments. We are working hard to have it completed for this fire season.

FACILITIES

-Captain Brown

If spring ever arrives and stays, the momentum for spring projects could be maintained. I started a project list for each station. If there are items you would like to see done or want to help with, let me know and we will try to schedule the work.

One item to remain diligent about is security. I'm happy to say we haven't had any big problems, but please make sure the station is secure when you leave. Items to check include: making sure windows are closed and locked, blinds or window coverings are closed, check doors with electronic locks to make sure the bolt has engaged securely; if no electronic or mechanical lock, make sure the door latches and remains closed when you leave. Also, please make sure the lights are off to help with energy bills.

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

As mentioned in my last article, I will be putting a new piece of EMS equipment in service. The device is called a ResQPOD and is used during BVM ventilation of a cardiac arrest patient, both prior to and following the placement of an airway adjunct. If you are not familiar with the device, it will be demonstrated during this month's EMS drill. Should you miss the drill, please stop by and ask one of the duty personnel to give you a demonstration

The new 6x6 heavy brush truck has returned from the paint shop and has been outfitted with a flatbed. The next phase of the project will be to install the water tank, pump/plumbing & compartment boxes. Chief Karjala has applied for a

grant to help us purchase the balance of the equipment for this project. We should be notified of the results of the grant award in late April or early May. We hope to have the vehicle in service during the next couple of months. Stay tuned for upcoming training regarding the operation of this truck.

I will be taking a couple of weeks of paternity leave in late May or early June, depending on my wife's delivery date. Ben Bruegeman will be filling my position as AIC. While I will be out of the station, if you have any equipment questions or suggestions, don't hesitate to send me an email. Should you have any equipment needs that require immediate attention, please contact the on-duty shift commander or AIC.

Thank you for your support and have a great month of May!

RESPONSE

-Captain Brown

Although it seems to be slow for emergency calls, we are still averaging over two per day. This is typically a slower time of the year and sometimes feels like the calm before the storm. Remember, this is also the start of tourist season and folks in vacation mode may not be aware of the changing road conditions and forget there is still the possibility of ice on the

roads. Just last week we had two rollover MVC's due to hazardous road conditions. Keep that in mind when responding to emergency calls and when driving your personal vehicles.

Finally, last month the Response Chart was completed and posted at all stations. Make sure and check it each month to see your response totals and review our department response information.

SCBA

-Captain Brown

As you've probably heard, the District was awarded the AFG grant to upgrade our SCBA equipment. The decision was made to upgrade our existing equipment rather than try to replace everything and it really paid off. Our department was one of the few to receive the grant for breathing apparatus. We currently have a demo unit to try out and I hope everyone will get a chance to look it over. The upgrade should make the SCBA easier to use and more efficient for our personnel. Once the

upgrade is complete and prior to putting it in service, we will have a training scheduled to ensure everyone has the opportunity to use it. Once you are contacted to upgrade your mask, do your best to get it to us so we can complete the upgrade as quickly as possible.

At this time, the upgrades are scheduled to take place after July 1. A little wait, but well worth it with the improvements this upgrade will provide. A great job to those involved in the application process and especially to Chief Enoch and Liz McKittrick.

CHAPLAIN'S CHAT

-Chaplain Gerke adapted from an essay by Michael Josephson

Ready or not, some day our life on this earth will all come to an end. There will be no more sunrises, no minutes, hours or days. All the things you collected, whether treasured or forgotten will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations and jealousies will finally disappear. So too, your hopes, ambitions, plans and to-do lists.

The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived on at the end. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured? What will matter is not what you bought but what you built, not what you got but what you gave. What will matter is not your success but your significance. What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered or encouraged others to emulate your example. What will matter is not your competence but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.

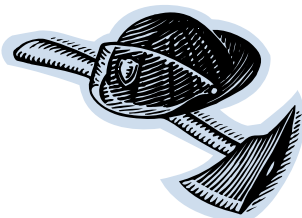
What will matter are not your memories but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident. It's not a matter of circumstance but of choice. Choose to live a life that matters, because you have all eternity to regret or rejoice.

FIRE PREVENTION

-Fire Marshal Wheeler

Well it looks like spring is finally coming to Central Oregon. I am still looking for volunteers to help with a couple of shifts on May 16th and 17th for Fire Free Weekend at the Fryrear transfer station. Lunch and drinks will be provided. Please contact me for more information.



The summer events calendar is filling up with various fairs in Sisters. If you are interested in helping with the prevention tent, handing out brochures, doing blood pressure checks, etc. please contact me at 701.

We will be helping the Elementary School with their last day of the school year celebration. This is a lot of fun; we run a fog pattern over the kids on the last day of school and they run around underneath it. I will need help with the engines and running hose lines. The last day of school is June 10th and we will be at the school by 11 am to set up. If you can help, please call me.

FIRE FITNESS

-Fire Medic Storton

It's spring, which means that bathing suit season is almost here. Are you getting ready? Regardless of your training goals, cardiovascular training should be a part of everyone's fitness regimen. Cardio training isn't just for distance runners. Body builders, people trying to lose weight, people in rehab, etc. all benefit from cardiovascular training alike. So what's in it for you? Below are benefits that you can expect from your cardio training:

- It just feels good. I know this may take some convincing, but admit it, doesn't it feel good when you're done?
- It gets your heart and lungs in great shape. It also lowers your resting heart rate by increasing your volume output. Additionally it helps improve circulation by building extra blood supply that has saved lives by perfusing hearts that are 100% occluded.
- You'll lose weight and get leaner. Training at a lower heart rate (read easy) burns a higher percentage of fat. Training at a higher heart rate (read hard) burns more calories. Either way it's a win/win.
- Greater endurance and energy. This is one of the wonderful ironies, the more you workout, the more energy you have. Enjoy.
- Can help diabetics manage their diabetes by making their cells more receptive to glucose.
- Increases metabolism. The hotter and more consistent your fire burns the less the fuel piles up and stores as fat.
- Overall improvement of your immune system.
- Reduces stress, anxiety and depression.
- Increases bone density, which tends to get worse as we age.
- Sleep better.
- Reduces risk of some cancers and heart disease.
- Lowers overall blood pressure and cholesterol.

Ideally your cardio will take 20 minutes to an hour. However, if you have only short breaks through the day, 10 minutes in the morning, 10 minutes at lunch and 10 minutes in the afternoon still accumulate to the same effect of a 30 minute workout. The most common problem is that people try to go too hard too soon. No one ever said you had to go fast unless you are racing. Take it easy. Take it slow. A simple and effective indicator of your speed is if you can still carry a conversation you are good. Unless you are training for something specific and high intensity, there is no need to let yourself get breathless. Try working from 2 to 4 sessions per week at 20 to 60 minutes at a time.

Speaking of cardio, the Sisters Pole Pedal Paddle team "Brothers on Fire" is gearing up for Saturday May 15th. My goal is to beat last year's time of 2 hours and 33 minutes. Wish us luck.

Ready. Set. Go!

TRAINING

-Chief Karjala

We have some excellent training coming up during the month of May. Scheduled drills include: tender operations, wildland skills, FFT1 fire extinguishers/sprinklers, and burn assessment with DHS mobile training unit.

Due to the Memorial Day Holiday there will not be a fifth Monday party.

The Oregon Volunteer Firefighter's Association conference is going to be hosted in Hermiston June 23th- 26th. The conference classes fill up quickly, so if you are interested in attending and supporting OVFA please see me for registration soon. If you would like further information please go to the OVFA website at OVFA.org.

Finally, this will be the last Siren article I write as the Division Chief of Training. As I reflect back over the last three and a half years as your training officer, I feel very good about all the accomplishments that were made. Your commitment,

dedication, and attitude towards training are the key reasons why we have such highly trained fire and EMS personnel. I reviewed the last three years of training records and found our total training hours in 2007 was 4110 and in 2009 it jumped to 4847 an increase of 737 hours. This is just one example of your dedication to training. I want to thank you for making the last three years the best years of my career.

I am excited to transition into my new role as Deputy Chief of Operations and I look forward to the challenges this position will bring and working with you in that capacity!

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

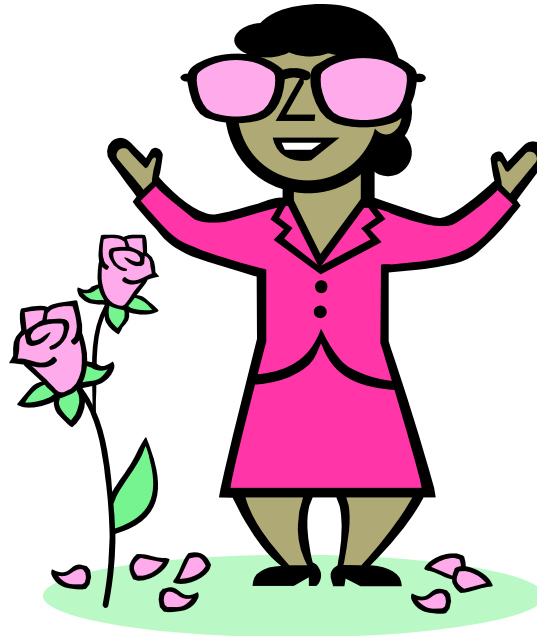


CHAPLAIN'S CHAT

-Chaplain Hayes

My MAY Blessing

- May grace bestow peace upon your every day.
- May you be gifted with a gentleness of spirit.
- May your journey be long and pleasurable.
- May health and happiness be your companions.
- May joy find its way to you repeatedly.
- May you trust the grand plan for your life.
- May your friends be many.
- May gratitude spill from you at the end of each day.
- May you find rainbows during stormy times.
- May faith be your firm foundation.
- May you know love in all its forms.



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

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|----------------------|-------------|
| Chuck Newport | 5/11 |
| Brett Miller | 5/15 |
| Sana Hayes | 5/22 |
| Ryan Karjala | 5/24 |