

# THE SIREN



Presented By

## Sisters-Camp Sherman Fire District

May 2011

### CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the May 2011 edition of the Siren.

Thanks to all of you who were able to participate in the Easter egg hunt this year, and particularly to Fire Marshal Wheeler. Our fire prevention and education program is critical to our goal of reducing death and injury in our community. The opportunity to host the Easter egg hunt allows us to spread our safety message and provide a fun experience for both parents and the kids.

Thanks also to the Association for helping with the Oregon Fire Chief's Association Spring conference. The District was well represented and we were able to gain \$300 for the Association's activities. As my time as OFCA president comes to an end, I want to thank each of you for your support and understanding. It is true that our involvement with OFCA has brought resources and expertise to our organization which we would not normally enjoy. It has been a good year and I have been proud to represent our Fire District at the state level.

Our good friend Dave Parman has announced that he is retiring from the line and joining the department's Auxiliary force. A big thank you to Dave for his many years of service as a firefighter, and for his service to the folks in the Squaw Creek community. I am happy that Dave chose to stay with the department and the auxiliary. It is important that we retain our members and allow them to continue to participate and be a part of the family.

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

Chief Robertson



### FIRE PREVENTION

-Fire Marshal, David Wheeler

Fire Free weekend is May 20<sup>th</sup> and 21<sup>st</sup> at Fryrear Transfer Site. I will need help at the dump to unload and keep track of how much yard debris is dropped off and direct traffic. We do have students helping out with unloading but it is a popular program and it gets very busy. Anybody that can help will be greatly appreciated. Lunch and drinks will be provided. Anybody available to help, please contact me. You do not have to be there all weekend, but we do need enough people to break it into shifts.

We will also be at the Grade School to help with the last day of the year celebration. This is a lot of fun, we run a fog pattern over the kids on the last day of school and they play underneath it. I will need help with running the pumps on the engine and tender and running hoses. The last day of school is June 6<sup>th</sup> and we will be at the school by 1030 am to set up. If you can help, please call.

Have a fire safe month.

### CHAPLAIN'S CHAT

-Chaplain Sana 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.

## FACILITIES

-Captain Brown

Although it doesn't feel like it, spring may be sneaking up on us. Everything around the area and the stations are starting to green up and show signs of life. The grass and the shrubs are starting to grow and I am sure some of the substations are beginning to green up as well. If you notice any grounds work that needs to be done, let me know as we have a couple of options to get the district properties cleaned up. Also, let me know of any repairs, especially outdoors, that need to be scheduled. The properties have weathered well this winter with no major problems or damage, and hopefully we can keep on top of any needed repairs.

As the weather does improve, there will be more people out enjoying our community and all there is to offer. We need to remember to keep the facilities clean and cared for so our residents know we appreciate their support. If you happen to be at a station and someone stops by with questions or is just interested in the equipment, be ready to show them around. At Station 701 with the city park across the street, we seem to have numerous opportunities to accommodate people and children who are curious or just like to see the fire trucks up close. It is an important way to give back and the fun you experience with some of the kids can really make your day!

## RESPONSE INFORMATION

-Captain Brown

It looks like we are heading back to our usual call volume, keeping the average of two calls per day. Last year call volume was 2.25 calls per day so we are a bit down, but that also means that there were a few less people in need this year. The response for calls has been pretty good, staffing levels for all apparatus responding look great and those of you who are willing to respond to the station to staff 701 for the next call are always appreciated.

Once again, I will remind you to be prepared for all types of responses. Chief Robertson just forwarded some predictions for the wildland season and it looks like it might be pretty calm or quiet. But we all know that the conditions can change quickly with an unexpected weather front moving through. Check your gear, make sure everything is working and ready to go and if you find anything needing repair, contact one of the

shift commanders for assistance. We have already started training for wildland operations and if you miss any of the drill, call the station and talk with the captain to see if they are going to be training on those skills. I am sure any of them will be happy to have you train with the on-duty crew.

Also remember the opportunity to spend part of shift with the duty crews. The signup sheet is hanging in the Watch Room and there have been plenty of open time slots recently. It is a good opportunity to get some extra training in and be available for any calls. If you are willing to sign up for part of a shift, we will make sure there is a position open for you to respond to whatever level you are certified for. Looking forward to seeing a few of you from time to time!

Please wish the following association members a Happy May Birthday...



- Eli Thienes 5/8
- Chuck Newport 5/11
- Jan Liming 5/20
- Sana Hayes 5/22
- Ryan Karjala 5/24

## FIRE FITNESS

-Fire Medic Storton

Poor flexibility is a common result of aging and being male. While flexibility does actually diminish as we get older and especially with us men, being inflexible is no more normal than obesity is traditionally American. And like obesity, we can do something about it. On the upside, you can do it anywhere and it feels great immediately afterward. On the downside... well, there is no down side if you do it right.

Stretching after a workout is a great way to balance your body and feel good right away. But stretching alone is still a good workout. Anyone ever try Yoga? Light days or rest days should be a part of your workout regimen, but they should consist of light cardio or stretching and not more cheese puffs. Beware; stretching isn't for sissies. You can over do it and hurt yourself with intense stretching as easily as lifting too heavy. If you want to start feeling younger and healthier, let's get started.

Many of you may know this already, but review is what we do to keep it all straight. According to my research below are unanimously the top five benefits to stretching:

- Increase in flexibility and range of motion
- Improved circulation
- Better posture
- Stress relief
- Improved coordination

To understand stretching better, we need to dive into muscle anatomy and physiology. Every muscle belly has muscle spindles that sense elongation. If you stretch too far the muscle will actually tighten down to protect itself. This is called the **Stretch Reflex**. The way to counter act this is to hold a stretch for 60 seconds to let the muscles release.

**Autogenic Inhibition** depends on the Golgi Tendon Organ (GTO) in our muscle tendons and in our spinal cords, which cause our muscles to relax if the tension is too great. Proprioceptive Neuromuscular Facilitation (PNF) stretching is based in part in autogenic inhibition and works very well in creating better flexibility.

When you flex your quads, for example, your hamstrings receive an inhibitory response causing them to relax. Therefore, if you are trying to stretch a muscle group (hamstrings), try flexing your opposite muscle group (quads). This is called **Reciprocal Inhibition**.

Stretching properly can be done several ways. **Static Stretching** is comfortably holding a stretch for 30 – 60 seconds to overcome your Stretch Reflex and essentially reset your muscle spindles and increase flexibility.

**Dynamic Stretching** uses controlled movements through

your range of motion. Most sports and fire activities require these dynamic movements and this is a good way to keep your stretching sport specific. **Ballistic stretching** (think bouncing) however is uncontrolled movement and can not only make you tighter, but can injure you as well.

**PNF** stretching mentioned above is more complicated, is best done with a partner and has limited use with dynamic motion. It, however, was designed by physical therapists for rehab and works very well when used correctly.

Let's also review quickly the Dos and Don'ts of stretching so that we are all on the same page.

- **Do:** Warm up first. The idea is to bend, not break.
- **Do:** Hold your stretch for at least 30 seconds. Your muscles need time to stop resisting you and go with the flow.
- **Do:** Relax and breathe through your stretch.
- **Do:** Stretch both sides. If you stretch the chest, stretch the back so as not to become lopsided.
- **Do:** Stretch before and after your workout. Here's the generic formula: Warm up – light dynamic stretch (to get ready) – workout – Cool down - Good stretch (to get flexible).
- **Don't:** Bounce or jerk (Ballistic Stretching) as it causes small tears, which result in tighter muscles. Dynamic = good. Ballistic = bad.
- **Don't:** Stretch so far and hard that it hurts. Pain means stop!
- **Don't:** Stretch hard before a workout. Stretching prior to moderate to hard exercise can lead to injuries due to placing load on loose muscles and joints.

There isn't a single one of us that wouldn't benefit from more stretching. We all know this. So I challenge you all, myself included, to find your inner Gumby and spend more time stretching. It also works in front of the T.V.!

**Ready. Set. Stretch!**

## SCBA

-Fire Medic Crawford

Last month I asked about any problems you may have been having with the HUDs and have not heard from anyone yet, so I'm guessing there have been no problems. The company rep stopped in recently and we spent some time trying to figure out what was causing the issues that I have been seeing and we think we figured it out. The PASS alarm that sends the signal to the HUD sends it out in a narrow cone shaped signal upwards from the PASS when it is in use so that it does not pick up the signal from another user nearby. Due to this, the HUD does not pick up a signal from the PASS when you are testing it (while not

wearing the pack and mask) unless it is placed above the top of the PASS alarm as if it was being worn by a user. This should help alleviate the issues that we have been having when doing an equipment test on the unit when it is not being worn by a user. If you have any questions about this or notice any other problems that this does not resolve please let me know.

I am nearing completion of this year's flow testing and everything has been working well. Please get your mask into me ASAP for testing if you have not yet done so.

## TRAINING

-Chief Enoch

May is here and summer is coming, I hope. We have some exciting training this month; driver training with the skid truck, wildland structure protection and line construction, and for EMS, Paramedic Crawford has put together a MCI class to test our skills. Check the dates and times below. Volunteers will need to contact me and sign up for the skid truck training. I will be around to drill with a sign up list. If you are open in the middle of the week please sign up for the 17<sup>th</sup> and leave the weekends for those who work during the week. Thank you.

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|----------------|-------------------------------|------------------|-----------|
| • May 2, 2011  | Wildland Structure Protection | All Stations     | 1900 hrs. |
| • May 9, 2011  | Eng Comp Std #7               | All Stations     | 1900 hrs. |
| • May 14, 2011 | Skid truck for 4 personnel    | Redmond Air Base | 0900 hrs. |
| • May 16, 2011 | Wildland Line Construction    | Station 701      | 1900 hrs. |
| • May 17, 2011 | Skid truck for 4 personnel    | Redmond Air Base | 1500 hrs. |
| • May 21, 2011 | Skid truck for 2 personnel    | Redmond Air Base | 1100 hrs. |
| • May 21, 2011 | Skid truck for 4 personnel    | Redmond Air Base | 1500 hrs. |
| • May 23, 2011 | EMS MCI                       | Station 701      | 1900 hrs. |
| • May 30, 2011 | Fifth Monday                  |                  |           |

## VEHICLES

-Captain Lovegren

The snow tires have been removed from most vehicles and we will continue to get all the vehicles ready for summer. You do not have to drain the pumps anymore as spring (a wet one) is finally here.

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 and on emergency scenes. Let's be accident free this summer.

The 6X6 is out of service for transmission repair. We thought the National Guard was going to help us with this issue but it did not work out. The transmission has been removed and sent to an Allison rebuild shop for rebuilding. As soon as the transmission comes back we will install it and get the truck ready for training. It will be ready for this year's fire season.