

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

November 2009

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the November 2009 edition of the Siren.

As Election Day (November 3) approaches, it is easy to think of fall and all of the activities and good things in our lives. One of the good things for our department is the pending vote on annexation of the training facility property into the city. We haven't had any negative comments or feedback on this proposal and it is my hope that this important opportunity passes with voter approval.

This brings me to a discussion of our proposed training facility and its status. As you know, we completed a no-cost 25 year lease with the City of Sisters a few years ago. While the city long ago built the recycling facility on our property, we have had an extended process to ensure the 4 acres at the end of Locust Street is zoned appropriately for our use and that it is included in the city limits. Hopefully, this will be accomplished with the upcoming election.

Vision and planning are critical for any organization, and particularly for our department. This training facility is part of that vision. As soon as monies are available we will begin phase 1 of the training ground construction which includes infrastructure and asphalt. Of course, this will be expensive and it will be a while before we are able to begin. Phase 2 includes a training tower and facilities to support the training.

It is important to get our firefighters and EMT's off the city streets and into a safe and effective environment where we can train hard. This facility will accomplish that goal. Stay tuned as we work to make the next steps in the process a reality.

I would particularly like to thank Chief Karjala for his efforts over the last 2 plus years to make the plans and political transitions a reality. He has done an excellent job and I would encourage you to stop by to see the current plans for the facility and to say thanks for his efforts on our behalf.

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

Chief Robertson

ASSOCIATION NEWS

-President, Jeff Liming

Every month of the year members of our Association participate in community events that credit our department. This month I would like to highlight and thank some of our Association members who supported the family of Chief Don Mouser at his recent memorial service. Thanks to Chaplain John Gerke for his leadership with the service, to Firemedic Jeff May for his professionalism and participation with the Oregon Honor Guard, to EMT-B Liz McKittrick for her commitment to organize the after-service gathering in short time and to Chief Don Rowe and EMT-I John Pagano for their services to the family. The love and support you and others displayed at the memorial service was in the best tradition of our Association and I thank you.

Christmas is coming! I'm not ready yet but I will be and so will the Association as we again begin our "Spirit of Christmas Tree" tradition of helping to provide gifts to children of Sisters and Camp Sherman as well as prepare and serve our Christmas Day Community Dinner! Thanks to our treasurer, First Responder Angie Ward for keeping our Christmas Association finances organized! We have the financing we need to fund this year's holiday events and...we have a chairperson for the dinner! Thank you EMT-I Rita Hodge for volunteering for the big adventure of feeding Sisters in our Community Hall! Thanks also to all of you that have agreed to help on Christmas Day as well as in advance with gift organization. We need you! I mean it, we need you! Please contact me and I will get you on our lists!

Many thanks to Shift Commander Gary Lovegren and Fire Marshal Dave Wheeler for organizing the Halloween kid's gift bags and to those of you that helped fill them. We gave away many bags of goodies (and fire safety messages) to kids on Halloween night and all were appreciative. Next year we hope to resume our "Halloween in the Bays" when the threat of H1N1 has passed. Thanks also to Firemedic Jeff May and crews for representing our Association at the high school bonfire and homecoming parade. The air horn works just fine, thank you.

The Oregon Fire Chief's Association fall meeting in Bend is coming up on Friday, November 6th. We have been asked to support the event with volunteers from five to nine pm. Several Association members have already committed and I am looking for more folks. Please contact me and join us at the Riverhouse in Bend on Friday the 6th for the Oregon Chief's event!

Thank you for your continuing support of the Sisters – Camp Sherman Fire and Ambulance Association.

CHAPLAIN'S CHAT

-Chaplain Hayes

A Month of Thanks Giving --

Here we are entering the month that really symbolizes gratitude. It's a month when we are sometimes asked to say aloud what we are thankful for. Some years, I've not felt so grateful. Unemployment, illness, financial strain, boredom, depression, loneliness – sometimes it really seems difficult to find anything to be grateful for. My dad always had a way of seeing the glass half full, and he taught me a clever way to turn even the seemingly unappreciated things into gratitudes. It's pretty easy; you just flip them over! Here are some examples.

Dreading a snowy day can turn into gratitude for a warm house.

EQUIPMENT NEWS

-Captain Lovegren

We are beginning to transition to studded tires for the staff vehicles and ambulances. New tires have been ordered for 770 and will be put on as soon as they arrive and have been drilled and studded. The other vehicles will be done as time permits.

New boot chains have been ordered spares will be available at 701 if vehicles are short some pairs. Remember to use boot chains when the snow and ice begins to fall.

CHAPLAIN'S CHAT

-Chaplain Gerke

I just saw an article about the WW II generation, which really moved me. I met a lot of this generation of true American heroes during my time as a Hospice and police and fire chaplain. We still have some left. If you know of one, please take a minute to thank them.

Often times they don't want to share the really painful memories, but they might talk about peripheral experiences. For example, one gentleman I knew before he died, fought in the jungles of China against the Japanese, and he loved to tell stories like the time he walked under a tree in the jungle and found a huge boa constrictor hanging down out of the tree, how he cut in half with his machete, then how they sliced it up into steaks and cooked it and thought it was delicious! (I've eaten rattlesnake, and I thought it was good.)

Many of you have seen the great HBO movie called "The Band of Brothers" about an airborne division that fought all over Europe, including the Battle of the Bulge. That movie followed Easy Company from training to the end of the war. I used to take a man to lunch every month who was in Fox

Rather than fretting over a seasonally high electric bill, you can be thankful you have electricity to help you do so many things more easily.

Becoming unemployed gives us the opportunity to reinvent our career, try new work or even appreciate the pleasures of "temporary retirement".

Every time I'm sick with a head cold, I have huge gratitude that for 51 other weeks each year I can breathe through my nose just fine!

This year, if you are struggling to remember what to be grateful for, look to the things that might make you frown, and turn them upside-down, and you'll easily be on your way to Thankfulness Giving.



This is the time of year you do not want to let your guard down when traveling the mountain passes. Wet, icy and snowy roads and corners can sneak up on you when you are not paying attention. Also dry roads with left over cinders from the last storm can be just as dangerous, like riding on marbles. Drivers let's keep our staff and patients safe by staying alert.

Also remember not use the engine brakes (Jake brake) when the roads are slick from ice and snow. They can cause you to lose control of your rear axle just the same as locking up your brakes.

I hope you're all ready for another winter, have fun and stay safe.

Company, as I recall, right alongside Easy all the way. His name was Tom Gibson, and he is mentioned in the documentary book that the movie was based on. He could not shake the painful memories of seeing his best friends blown away, like his very best friend who was standing in front of Tom while they talked in the forest at Bastogne. Without warning, the head of his buddy disappeared when an artillery round took it off. Tom lived by himself, and was so lonely (his kids never visited him and his wife had died) that he used to call 911 just to have medics come out to his home so he had someone to talk with and pay some attention to him. That's how I met him, as one of the medics.

Yes, these people made great sacrifices, and they deserve to be remembered and honored, especially while they are still with us. Sorry for my long-windedness....like I said, the article really moved me. I don't have enough computer savvy to send you a link to the article, but if you want to see it, send me an e-mail and I'll forward it to you. Be safe out there!



TRAINING

-Chief Karjala

The Holiday season is upon us and I would like to wish each and every one of you a Happy Holiday season! During the month of November we will be training on thermal imaging camera, gas detector, PPE inspection, dumpster and flu fires, SCBA fit testing, 4th quarter SCBA evaluation, and CPR/AED.

On November 16th Captain Brown will be administering the annual SCBA fit test. This is an annual requirement that all firefighters **must** complete. If you are unable to attend fire drill on the 16th of November you will need to coordinate with Cap-

tain Brown to fulfill this requirement.

As a reminder with the snow and ice here we need to use our boot chains for traction during training and on emergency incidents to ensure our safety.

I am encouraging all members to take advantage of available training including the EMS breakfast at station 701, daily and weekly drills and lastly statewide training that is posted on the training board.

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

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

We have been responding to patients with confirmed cases of the H1N1 flu and others with flu-like symptoms. Thank you for being diligent in sanitizing your hands before entering the stations, donning proper PPE during response and staying home if you're ill. If CDC estimates are correct, we are about half way through the pandemic, so don't become complacent. So far we've managed to keep the overall health of our personnel in good shape; so keep up the good work!

We've received a new type of safety lancet that will be placed in service once we've used up our current supply. The

new lancets are similar to the old ones, but have been simplified. With the old ones, you have to remove the protective insert and press the button on the back to deploy the needle. With the new ones, simply remove the protective cap, which exposes the spring loaded needle with activation button.

Then press it against the target site and the needle deploys automatically. The new lancet has been demonstrated at the recent EMS drills, but if you were not able to attend and would like a demonstration, please see the on-duty line personnel.

As always, if you have any suggestions for equipment, supplies, etc that you feel would benefit our safety or operations, please let me know.

FIRE PREVENTION

-Captain Wheeler

Believe it or not, the holiday season is upon us. The Christmas tree at Rays will be up by November 24th. Once again Captain Honeyman and Firefighter May are taking the time out of their busy schedules to pick the perfect tree. Gift donations have to be returned to the station by December 17th and as we have in years past, we will have volunteers on hand to shop for gifts for any remaining families on the list whose requests haven't been filled. We will be handing out presents on the 22nd of

December which means I need you to help take toys over to the school sometime on the 20th and 21st. Please contact me for details.

I also need help with the middle school prevention program this month. This program is in the mornings from November 4 through the 20th. I will need help with running the escape trailer, and the EMS program. Please call if you can help.

Have a safe month.

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



- Bruce Shaull 11/5
- Dave Moyer Sr. 11/15
- Nick Newport 11/29
- Jeremy Storton 11/30

FIRE FITNESS

-Fire Medic Storton

It's that time of year when loosening our belts becomes the norm, when our sweet teeth get overindulged, full of flavored fulfillment followed by relentless remorse. We know it. We love it. We hate it. So let me be the first to welcome you all to the **Holiday Feeding Frenzy**. With this article I hope to convince you all to skip the cookies and cakes altogether and stick to only vegetables and whole grains Oh, come on! You must be as crazy as you think I am if you believe that. Instead, let's approach this holiday season with some realism and moderation. But, if we are to do battle with our caloric overkill, I'd like to help you arm yourselves before hand.

While prepping for your caloric confrontations think about your daily nutritional needs. The following is the recommended break down:

Protein = 12% – 20%

Carbohydrates = 55% - 65%

(Good) Fats = 25% - 30%

Keep in mind that carbohydrates are worth 4 calories per gram, proteins are worth 4 calories per gram and fats are worth 9 calories per gram. If you feast on fats, you've more than doubled your caloric deficit compared to protein or carbs. Think of fats as a credit card with a high APR.

One pound of flesh equals about 3500 calories and fats will get you there twice as fast. However, by reducing your caloric intake by 500 calories and burning 500 more calories per day by working out you create a 1000 calorie difference, right. Do that every day for a week and you have a 7000 calorie difference. Guess what, you have just lost two pounds. What cookie is sweeter than that?

How many calories per day should you eat? Here is a formula to get you close. Take your body weight and multiply it by your activity level below:

13 if sedentary (Lot's of sitting and no exercise)

15 if moderately active (Get out occasionally and do easy walks)

18 if very active (Work out often)

23 if elite athlete (Intense work out every day)

Example: Joe weighs 200 pounds and watches T.V. and tinkers with his car once and a while. ($200 \times 13 = 2600$ calories per day).

Jane weighs 120 pounds and works out 4 – 5 days per weeks.

($120 \times 18 = 2160$ calories per day.)

Here's a hint, if you want to lose weight, use a lesser activity level to figure your daily calories. Or, if you work out more, eat more. If you work out less, eat less.

So how do we figure how many calories we are actually eating? May I suggest... (scratch that), may I challenge you all to keep a food log for at least one week and track it online? I have a food log sheet already made up if you would like to try it. I've done it for several weeks now and it has been extremely enlightening. There are three websites that I've tried. www.mypyramid.gov is the Food Pyramid website. It has a lot of information and resources worth checking out. www.fitday.com is another one that I like as you can track your fitness too. However, I am currently using www.livestrong.com because it has a lot of name brand food options to choose from, I can track my fitness from a huge data base and it has resources for everything from family issues, to finances as well as health and fitness. Are you willing to invest 15 minutes a day for better health and weight management?

Finally the Seattle Stairclimb is next March 7th. Many of you already heard I want to put a team together. Well, now is the time to join the team. If you are thinking, "Gosh that sounds really hard and miserable" just remember that you go at your own pace. I also hope to have voluntary group workouts that will reduce the suffer factor. Additionally, this stairclimb, with all its pomp and circumstance, is a proving ground for firefighters from all over the world. The goal is to motivate people to get in better shape and have fun doing it. The stairclimb is also a benefit for the Leukemia and Lymphoma Society. The effort you put out will be minimal compared to the benefit received by those who truly suffer. I want to put this team together and start moving forward. If you want to join us I need to hear from you now. If you are wavering, talk to me or Ben. If you just want to workout with us, super! We will figure all the details after I have the team together.

Good luck this month and I hope you have a comfortable, guilt-free Thanksgiving. Let me know how I can help. Cheers!

Ready. Set. Let's eat!

