

THE SIREN



Presented By Sisters-Camp Sherman RFPD

November 2008

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the November, 2008 edition of the Siren.

As I write this on my laptop, I am sitting in my dorm room at the National Fire Academy in Emmitsburg, Maryland. I have followed in the steps of Captain Brown and Captain Liming, who were here in the last four weeks. I am certain they enjoyed the learning experience as much as I have.

As we wind down the construction of Station 701, there are plenty of projects before us. For our staff, being the best trained and prepared EMT's and firefighters we can be is of utmost importance. Our goal is to ensure that every one of you goes home safe and well after every call and every shift. That is why we train and some attend specialized training offered in places like the NFA.

In order to ensure that everyone goes home safe after every call for service and during regular station duties, we will be working to identify risk to our staff and operations through a risk analysis process and the creation of a risk management plan. As we quantify our level of exposure to risk, we will ensure we are doing everything we can as a department to take additional measures to keep you safe in the station, on the apparatus and ambulances and at the scene.

Thanks to all of you who helped with the October fire prevention week activities and the Halloween event at 701. Without community involvement and the regular events we participate in through the Association, our customer service delivery and reputation in the community would not be what it is today. I appreciate every one of you who work to make the greater Sisters area a better place to live.

It is true that we can never move forward as a department unless we reach out, learn from others and become involved in the fire and EMS service on a greater scale. To that end, I encourage you to stop by and visit with Chief Karjala to learn what opportunities for training and development are available. The deadline for next term applications for the National Fire Academy is January 1. I hope you have the opportunity to take advantage of this and the many other training events each year.

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

Chief Robertson

ASSOCIATION NEWS

-President, Jeff Liming

It was a pleasure to see all attending the October Association meeting. Thank you very much for your support of our programs and for your volunteerism with the Fire District.

Captain Gary Lovegren and his staff of helpful students were instrumental in finishing the crack repairs at our airport landing zone in town. You may recall our concerns with transferring patients from the ambulance to Air Link on the eroded pad surface. Gary and crew repaired the uneven surface with donated asphalt from Knife River Corporation and then sealed the cracks. Many thanks to these volunteers for your efforts in keeping our patients safe during difficult transitions!

Our Association folks were kept busy on Halloween with the "Halloween in the Fire Hall" event chaired by Captain Lovegren. The new station bays served us well with the haunted house and game area finding plenty of room. I would like to thank everyone who came to Station 701 to help with the event. I don't think there is a child in town that has not participated in the Fire Hall Halloween at some time. It's a big draw and our fire safety message goes out to many a child. Thanks again for your support!

Thanks also to all who were able to drive, ride and wave in the homecoming parade! You all looked real good and so did our Fire Department! Bill Hayes and his crew kept the bonfire at the high school safe and sane and for that I pass along additional thanks.

Christmas is coming and we look forward to your help with our "Spirit of Christmas" gift program and community dinner! It takes a bunch of folks to make this Association opportunity successful but with your support and the donated funds in our Christmas account I know we will be. Please mark your calendars now to donate your time to this wonderful Association event!

Thank you for your continued support of the Sisters – Camp Sherman Fire and Ambulance Association!

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 engine company standards, salvage covers, Industrial crush injuries, EMT basic medications and in-service training for our new gas monitor.

During the next month I will be re-certifying all fire certifications issued through DPSST. With this re-certification are mandated training hours established by the State of Oregon. An example of required hours: Firefighter 1 must have 120 hours of documented training for 2007-08. I have calculated all training hours for volunteers and career staff that are currently active and

everybody has met the required hours for re-certification, great job! As a reminder 2009 will be re-certification for EMT's, so if you have missed several EMS drills you will need to see me and I will give you your exact hours and what classes you will need to make up. If you feel you are behind in your re-certification hours there will be two EMS conferences this spring that will be hosted in Seaside and Newport. If you are interested in either of those conferences please contact me and I will get you registered. 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 PREVENTION

-Captain Wheeler

We need volunteers on November 5th to help with a group of Kindergartners that will be touring the fire station. There will be about 40 kids and we will need people that can help give a tour of the station as well as the equipment. We had a group of kids come in 2 weeks ago. Kids are so much fun....one of the big hits was seeing 4 refrigerators in the kitchen. If you can help, please contact me as soon as possible.

I know it seems early, but we are starting to get ready for the Christmas season. The "Spirit of Christmas" tree will be up at Rays around Thanksgiving. I have been told it will be in the front lobby of the new store. The Christmas present sorting will be done on the 19th of December and we will distribute the gifts on December 22nd at the grade school. December 17th, 18th and 19th will be the days we will have to buy for whoever does not get picked off the tree. Please mark your calendars. If you are interested in shopping, please contact myself or Julie.

And now a quick message from the fire prevention group. A dried out Christmas tree can be con-

sumed by flames in a matter of seconds. Be aware of buying your tree so early it dries out before Christmas. To help prevent your tree from becoming a fire hazard:

- Cut 1" off the base of the tree – nursery's coat the base of the tree to keep it fresh until you take it home.
- Keep the base of the tree in water at all times – at least 2" above the base of the tree.
- Keep the tree away from sources of heat – at least 30".
- Make sure extension cords and lights are in good working order and NEVER use candles in trees.
- Remove the tree from the house before the needles start to drop.

Fire retardant can be applied for additional protection.

Have a fire safe holiday season!



CHAPLAIN CHAT

-Chaplain Hayes

Ready, Set, GO !

Ready or not, here we go again, into that season of the year called "The Holiday Season". For me, it begins with the candy and festivities of Halloween and continues right through to that midnight toast on New Year's Eve. Two months filled with gatherings, sharing, caring, eating, spending, drinking, spending, shop-

ping, spending, oh, and did I mention – spending?! Perhaps this year, instead of spending money, you'll commit to spending TIME. Oh yes, that elusive commodity that seems to constantly escape us. It's the only thing that seems to race out of my life faster than those 20-dollar bills. The next eight weeks offer the perfect time to restructure your use of time. Find your authentic voice and say a hearty "Yes!" to the things that matter to you and a polite "No thank you" to things you'd just as soon skip.

Happy – healthy – heartfelt holidays !

FIRE FITNESS

-Fire Medic Storton

Hey gang, how have you been feeling? I hope you all have taken advantage of our mini extension of summer, by getting active outside. I hate to sound cynical, but with the weather turning cold and no snow on the ground yet, the gym is sounding pretty good right now, huh?

Speaking of, the gym at the fire hall is pretty full of equipment and begs to be broken in. The line staff and students can do only so much. So while you are searching for your leg warmers and sweat bands, let me tell you what is going on with the fitness room. Chief Karjala and I will begin working toward an orientation on the equipment. Captain Ast and I are also working toward getting some charts and posters that will provide us with workout ideas and to increase our fitness knowledge. One poster in particular I hope to get will talk about how to train using your heart rate zones during your cardiovascular training.

Some of the literature in the fitness world regarding heart rate (HR) zones can sound a little like rocket science. Unless you plan to become a pro athlete, let's keep it simple. First, we need to figure out your maximum heart rate (MHR). There are several fancy ways and measurements to figure this, but a very simple and approximating way is to use $220 - \text{age}$ for men and $226 - \text{age}$ for women. If we use a 40 year old male named Smokey for an example, Smokey's approximate max HR would be 180 beats per minute. In order to see how to use this information while working out, let's look at the HR zones.

The Fat Burning Recovery Zone - 60% to 70%

This zone is good for general endurance and aerobic fitness. This also burns mostly fat calories (though at a slower rate than higher intensity workouts). A simple way to tell if you are in this zone is that you will breathe easy and be able to carry a conversation. Smokey's heart rate should remain between 106 and 126 beats per minute (BPM).

The Aerobic Zone - 70% to 80%

This zone will progress you from maintaining to building your cardiovascular system. You can actually improve your body's ability to move oxygen and CO₂ more efficiently. If you have a difficult time conversing, but can maintain it for a while, you are probably in this zone. Smokey's HR will be between 126 and 144 BPM.

The Anaerobic Zone - 80% to 90%

In this zone, your workout really begins to suck! The amount of fat calories used drops substantially and glycogen from your muscles becomes the primary fuel source. This glycogen is converted into Lactic Acid. At some point you will hit your anaerobic threshold, which is when your body cannot remove lactic acid as quickly as it is produced. The good news is that, through periodized training, your threshold can be pushed higher as you become more efficient. You will be able to speak only a couple words at a time when you are in this zone. Smokey will be between 144 and 162 BPM.

The Red Zone 90% to 100%

This zone is reserved for the home stretch and creates speed. This zone should be reserved for very short bouts such as running intervals and then again when you are in good shape. This zone is not for people getting back into training. If you end up hurling, lying on your back or with a dark tunnel clouding your vision, you may be in this zone. Smokey would roughly be between 162 and 180 BPM.

Hopefully all this also helps explain why we don't like to see an 80 year old pt with a HR of 150 after he's been sitting in a recliner. However this is a smarter way to train your cardiovascular system. I hope to see you all in there soon. Let me know how I can help.

Ready... Set... Go!



EQUIPMENT NEWS

-Captain Lovegren

Because of the good weather I've delayed putting the studded tires on our emergency vehicles to help save wear and tear. After November 1st when they are legal for all vehicles we will start installing them. The studded snow tires will be on the ambulances, van, pickup and the staff vehicles. Studded tires help in certain conditions such as ice and hard packed snow, but they are not a cure-all. We need to slow down during icy slippery conditions to keep our patients and our personnel safe.

We are considering keeping the Ford 9000 tender which was 734 here at station 701 and leaving the White 732 at station 704. This is due to the rollover po-

tential that the Ford has. It is much greater than the other tenders in our fleet. The center of gravity is very high on the Ford. For safety reasons we are considering taking the light bar and siren off the truck and making it a code one water tender. It will only be driven by persons who take special training for the truck and who are signed off to drive it. With the number of injuries and deaths over the years across the nation involving tenders we feel this is the best course of action for us to keep us all safe.

The truck has been repaired with new dump valves and a new pressure accumulator for the foam system. The radiator has been flushed out and the leak in the tank repaired. It should be online as soon as we finish determining what our policy will be for driver training. Any questions please ask Captain Lovegren or Chief Enoch.

COMMUNICATIONS

-Captain Brown

The backup repeater on Santiam Pass is moving forward again! Chief Robertson has received all the letters of concurrence from the Santiam Canyon departments and they have been recently forwarded to the company for submittal with the application to the FCC. A recent communication with this company stated they believed everything was in place and they would notify us of any pending decision from the FCC. I will be installing the equipment anticipating the approval of the application so that once we have confirmation, all that will be required is to turn it on. After the installation, we will run tests to ensure it will work and to evaluate any interference with the departments on the west side. Keep your fingers crossed that this will be fully operational for winter response!

There will be strict policy for use of this repeater and once it is operational, there will be training provided on its use. Be conscious of this new policy when it is released in order to be good neighbors to the departments that have given their approval to use the site at the top of the pass. This repeater is in place to fill the gaps in our radio coverage and provide safe operations on scenes on the west end of our district. We wouldn't want to lose the use of it by ignoring proper radio protocol or interfering with the departments who gave us permission to proceed. Thank you for your continued efforts in using proper radio communications!



FACILITIES

-Captain Brown

There's always seems to be something new to share about Station 701 even though the construction is substantially complete. As we expected, the cost of running and maintaining the station has increased, which is not surprising as we added so much more living and storage space. During the first few months, the outside of the station looked great with all the porch lights and parking area lights on. The added lighting really gave a feeling of safety with no dark or hidden areas to stumble through, but as you can imagine, the power bill went up accordingly. The short term solution has been to eliminate some of the light bulbs to conserve electricity without compromising safety. The outside still looks great, just not quite as bright and as with the other difficulties

we have encountered, solutions are being looked at for the long run and for ease of maintenance.

Please be sure to check your substations to make sure the lights are off and the building is secure each time you leave. This demonstrates our concern for the use of tax dollars supplied by our residents (including you!). We have a great relationship in our community and we need to be constantly aware of that image and look for ways to improve and maintain it.

With the colder weather approaching, take a look around at the station for any repairs that need to be addressed, especially ones that will eliminate heat loss or energy usage. Please forward anything you find to me at the station or to my email (tbrown@sistersfire.com). Thank you for your concern and help in maintaining all our district properties!

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

After working out the few "bugs" that are typical with new apparatus, the type-6 engine (743) is in-service at station 703.

Hose bed covers will be installed on 720, 723 and 724 this month. For 720 and 723, the tailboard attachment for the supply hose will no longer be feasible; as deploying hose from the side where it is currently stored will cause conflict with the rear flap of the hose bed cover. We will look at new options for the easiest and safest way to deploy the hose that won't cause conflict with

the new covers.

Portable pumps have been added to 740 and 743. These pumps were provided by the Oregon Department of Forestry and are on a long-term loan to us as part of a surplus equipment program. When using the pumps on an incident, you'll also need to use the hard suction hose/strainer from the engine. The small engines that power the pumps are two-stroke, so use of the same mixed gas that is used for chainsaws is required.

As always, if you have any equipment needs or suggestions, please let me know.

Have a safe and happy Thanksgiving holiday!



CHAPLAIN'S CHAT

-Chaplain Gerke

"WE NEED YOU - BUCKLE UP" Have you noticed this sign on the road out of Tollgate or in other places? What a great message!

We've had several suicides in the Sisters area recently, and even one is too many. In every case, family members were devastated; in every case they were passionately crying that they wanted their loved one back. Depression was what drove these people to see no way out except suicide.

So, let's talk about depression for a moment. I know I have at times felt depressed. Depression can particularly overwhelm a young teenager, often because of some cruel comments made by other teens and the struggles they have within themselves and at home. It can also hit men and women in the prime of their lives, when they struggle with finances or marriages; and in their elderly years when they feel they are a burden to their loved ones.

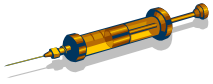
What can you and I do to help others, as well as strengthen ourselves? Truthfully, there are times when we can't make a difference if a suicidal person is so sunk in depression that all they can see is life through a straw, so focused are they on their problems. People usu-

ally don't make snap decisions to kill themselves, and before they do decide to do it they can be helped. We are not professionals in this area, but we can learn to recognize some of the signs. We can be supportive, give encouraging words, try to let them know that they do have value to us and others. Faith in something bigger than ourselves is huge. Know the signs, develop a sense for people at risk, know when to talk to someone. It's a myth that talking to someone about suicide may push them closer to it. Know when to refer someone to a professional. Never take lightly a comment by someone that they "won't be around" or they've decided to end it all. If you find you are with someone who has indicated they may take this desperate action, do not let them be alone for even a minute.

At the invitation of Bob McCauley, principal of Sisters High School, I had the opportunity to participate in a meeting with the 2008 grads after the memorial service for Ian Stark. The school is doing something to make a difference. The teachers will be reaching out to grads for a year after they leave SHS and head out to colleges and jobs. They will stay in touch with them and maintain ongoing relationships with them. Many of them are suddenly alone with no old friends around them when they leave Sisters. Relationships that mean something to a suicidal person are sometimes the only reason they don't successfully carry out the act.

The holiday season is approaching. Let's all be sensitive to the needs and pressures that people, including ourselves are feeling, and not ignore them. Remem-

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



TIME FOR SHOTS!!!!

*Mandatory Annual PPD shots will be administered ONLY on the following drill nights: Monday, November 17 and Monday, November 24. If you do not get your PPD shot on one of these drill nights you will be responsible to obtain a shot elsewhere and provide the results to the office at Station 701.

*The PPD must be “read” no sooner than 48 hours and no later than 72 hours after you receive your shot.

RESPONSE INFORMATION

-Captain Brown

Although it seems to have been pretty quiet this last month, I expect that we will continue our average of two plus calls per day. The last few months have boosted the total for the year quite nicely and even with a “lull before the winter storms”, we will set a new high total for our department. Growth (people moving into our district) may be slowing, but the need for our services, both fire and EMS will continue. This is both good and bad. Good for us to be able to help others and use the skills we acquire, but this usually means someone is having a bad day. Remember to maintain a professional and compassionate attitude when treating those in need. We might be enjoying the opportunity to respond, but the customer really needs some encouragement. I continually hear positive and appreciative remarks from those we help regarding your kind and caring attitudes.

This time of the year is always a bit tenuous as the weather creates interesting driving conditions. We all know the public often does not think about the freezing temperatures and being aware of the pavement conditions, especially after a wet night. The same thing can catch us unaware if we are not careful. Watch the temperatures, weather and road conditions, and other drivers as you respond. We are not invincible. As was brought out in the recent driving classes: safety first! The public expects us to respond in the proper manner and if we don't make it to the scene we are part of the problem and not part of the solution. Be careful and be safe!

SCBA INFORMATION

-Captain Brown

Last month we started fit testing on the face pieces issued to you as part of your SCBA equipment. We had a good turnout at the designated drill and most who didn't make it on drill night scheduled and completed the annual requirement. If you have not completed your fit test, please call me and schedule a time that is convenient for you. This test is an OSHA requirement and ensures your safety and familiarity with the equipment. It's also a good time to check your equipment for condition and ensure all the parts are working properly. Check the voice amplifier to make sure it is functioning properly; make sure it still fits and seals

well; inspect the straps and rubber body to assure they are in good condition. As usual, if you find any deficiencies, let me know and we will repair them. I believe everyone has a voice amplifier, but if you don't, contact me and we will get one installed for you.

Fire Medic Jay Crawford has been put in charge of SCBA repairs and is doing a great job. He has been able to get us caught up on repairs and maintenance and will make it easier to keep current on changes. Make sure to tag the equipment in need of repair with an explanation of the problem so we don't have to try and guess what it is. Thanks, Jay!