

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

November 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the November 2010 edition of the Siren.

By the time you read this, I will be in Zihuatanejo on a short vacation with my wife.

I have been very busy working on legislative issues as President of the Oregon Fire Chief's Association. A primary OFCA legislative goal is to provide a local option for implementing a residential sprinkler requirement in new construction. To that end, we are actively pursuing the first step toward this goal: legislation to limit specific SDCs and up-charges which increase the cost of home sprinkler systems.

As 2010 comes to a close District staff will soon start the process of developing the 2011-12 budget.

I would like to wish you all a safe and Happy Halloween. As always my door is open and I look forward to seeing you.



ASSOCIATION NEWS

-President, Ben Bruegeman

I hope everyone has a safe and happy Halloween. If you're available to help with the games on Halloween night at Station 701, please come on down. As a reminder we have the Oregon Fire Chiefs Joint Conference coming up on November 11th 6-8 PM (times may change). The Christmas parade is Saturday November 27th at 2 PM. If you plan on attending the parade please plan on arriving at the fire station around 1230 to make sure the fire trucks are looking their best before the parade. And as tradition has it, we'll be hosting the Christmas dinner here at Station 701 on the 25th of December. HUGE thanks to Rita Hodge for volunteering to head this up again. If you're able to help her, give her a call and let her know. Be safe out there.

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



- Dave Moyer, Sr. 11/15
- Nick Newport 11/29
- Jeremy Storton 11/30

COMMUNICATIONS

-Fire Medic, Ben Bruegeman

No major changes in the communications department this month. Remember if you have problems with your pagers or have questions on how to operate the radios, ask Capt. Brown or myself, we'll be happy to help. Also it's the season for more structure fires. Familiarize yourself on the installation and set up for the radio interfaces on your SCBA and check the batteries!

FACILITIES

-Captain Brown

I mentioned last month the importance of keeping our stations secure and closed, especially with the onset of colder weather. I know everyone is doing their job and assuring the doors and windows are closed and locked when leaving the station, and that the only lights on are for safety reasons. I would like to ask everyone to remember that at Station 701 the doors in the apparatus bays that access the restroom, turnout washer room, SCBA room, and hose tower are to be kept closed. Although the bays are heated, these rooms have space heating in them and will run continually to maintain a safe or comfortable temperature. There are items or plumbing in these rooms that need to be kept warmer than the bays and when the bays doors are opened for access or egress, the air temperature is lowered

dramatically. This helps keep electric costs down and maintains the station condition. Thanks for your help with this!

Again, as the season changes, if you enter a station and it feels cooler than it should, check around to determine if there is a problem. It could be a door or window was left open (easy fix), or it could be something more serious as a heating system malfunction. Let me know right away if there was a problem and if you were able to mitigate it. We all know the damage that can result from lack of heat to a building (plumbing problems) and the possibility of problems with our apparatus if they are subject to freezing damage. It would not make for a good response if our "tools" were not able to perform because of freeze up!

RESPONSE INFORMATION

-Captain Brown

At the time of the writing, it appears we are going to be down on number of calls for this month compared to last year. But, looking back over the last few years, we are still on average and will maintain over two calls per day for the year. Last month there were calls for service that needed the response of 760, the heavy rescue. The call occurred just after extrication training and the chance to use new or refreshed skills was welcome. The scene I was involved in went smoothly and efficiently, the extrication crew had good direction and performed competently. I believe this calls for recognition for the crews and the training they had recently attended. Great job! The importance of keeping your skills up can't be emphasized enough and we can accomplish this through training .

Also note that we are experiencing the onset of winter weather. There were a few motor vehicle crashes that can be attributed to changing road conditions. Be ready for the adverse weather, make sure to use all the safety equipment available, and respond safely and carefully to all incidents.

CHAPLAIN'S CHAT

-Chaplain Sana Hayes

Where's Waldo (a.k.a. Where's Chaplain Hayes) ?

I'm guessing that maybe some of you are wondering why we have a chaplain on our department, but then a different chaplain shows up on calls. Why you used to see me responding and now you don't. Why I used to be at drill and now I'm not. Some days I wonder about that myself, so I'm taking this opportunity to explain.

Between a nearly full-time job managing the spa of a local resort and performing wedding ceremonies 15-20 weekends per year, as well as trekking to Bend for errands, it seems I was most often unavailable when there was the need for a chaplain. My availability became a bit of a logistical dispatching nightmare and often delayed response for a family in need.

It was decided that I would transition to the auxiliary committee until my schedule allows me to respond more reliably. So... I'm still here to provide you with spiritual encouragement in the monthly newsletter and I'm still just a phone call away if you find yourself in need of a friendly ear. And, I'm not just saying that; I really mean it. You may not see me around the station as much, but know that I hear most of the calls (day and night!) and think of you often. I'm grateful to be associated with such a dedicated group of caring people and I am here to be of service to you.

FIRE FITNESS

-Fire Medic Storton

Happy candy, pie and cookie season. Are you ready to survive the barrage of caloric excess relatively unscathed? You'll need proper PPE and training to stay safe out there on the front line. And if you have an exposure to excessive edibles, we will have a Caloric Incident Stress Debriefing to help you through the pain. Read on to safeguard yourself from the upcoming season of culinary excesses.

Why is it that we have an obesity problem and places like Carbohydrate-rich Italy and fried-food-rich Japan don't have the same problem? We Americans tend to eat heavy on the protein and the processed simple carbohydrates. According to the American Dietetic Association, the American College of Sports Medicine and various other entities, our daily caloric intake should break down as 55% from carbohydrates, 15% from protein and 30% from good fats. Instead of a 20 oz steak with a side of fries, how about brown rice and vegetables with a side of 8 oz steak?

Once upon a recent time low-carb diets were all the rage, but "carbohydrates" isn't a bad word anymore. Carbs are our best source for energy and this is especially true for athletes including us tactical athletes. The Glycemic Index ranks food from 1 to 100 based upon how rapidly carbs enter your bloodstream. Higher numbers include processed simple carbs like white sugar and white bread, which enter quickly and burn fast as a sugar rush. Lower numbers burn longer and keep our energy constant. Think of complex carbs as a metabolic log that burns half the day. Complex carbs are fruits, vegetables, grains, etc.

We don't need as much protein as we consume. Yes, I know the bacon burger with bleu cheese is really, really good. However, the average person needs only the equivalent of a palm-sized steak per day. If we are really active or are trying to bulk up by lifting weights, then we need just a little more to get the amino acids, iron and zinc we need. The good news is we get all we need from what we already eat.

Fats, this is still a dirty word... sort of. Keep in mind that there are good fats and bad fats. We need good fats for insulation, hormone production, to maintain cell structure, to metabolize fat-soluble vitamins and medications, and for working or exercising for the long haul. Up to 30% of our diet should come from the good mono-unsaturated or polyunsaturated fat. This fat does not solidify at room temperature like animal fat or margarine does. The good stuff comes from avocados, olive oil, peanut oil, flaxseed and canola oil. Even better are the Omega-3 and Omega-6 fatty acids found in cold water fish like Salmon and dark leafy vegetables and even pumpkins. Venison and buffalo are also good sources of Omega-

3. There are many studies that have proven the health benefits of these Omega acids including less incidence of heart disease, arthritis, diabetes and reduced the need for NSAIDS.

I would be remiss if I didn't plug water in this nutrition article. We need water. We don't drink enough of it. You already know this. Just remember that the water you will need tomorrow, you should drink today. Plus it helps you feel full and less likely to gorge on sweets.

I don't actually plan to change anyone's diet especially during the holidays. I do, however, hope to promote mindfulness while you are eating and if you spend more time at the vegetable platter than you do at the cookie platter, so much the better. Think of your food in terms of how much exercise you'll have to do to burn it off. For example, an average slice of pumpkin pie has approximately 400 calories, which equals approximately 20 minutes of running at 6 mph. Is it worth it to you? A simple way to ensure healthy eating is to eat dark grains and get a variety of brightly colored fruits and vegetables with every meal. And the bottom line is excessive carbs don't make people fatter; excess calories with a lower caloric expenditure make people fatter.

Remember, swelling is not an allergy to overeating... it's a side effect!

Registration for the 20th Annual Scott Firefighter Stairclimb in Seattle is coming on November 15th. It will remain open until they are full, which took less than two weeks last year. The event itself in Seattle is Sunday March 6, 2011. Those who did this last year had a great time raising money to support Leukemia and Lymphoma and had an awesome time competing in this event. We already have people interested but can support only so many people going to the event. If you are curious about it ask either myself, Jay, Andrew, Clay or Laura. Let me know if you are interested in going so we can put our team together.

Have a great Thanksgiving with your families and stay fit and strong.

Ready. Set. Let's eat!



SCBA

-Fire Medic Crawford

Fire Medic Vial and I will be working on ensuring that all masks are flow tested by the end of the year. Please make arrangements to drop off your mask with either Shawn or myself (on A or C shift) to have them tested within the next month so we don't have to come looking for them in December. This should only take 5-10 minutes unless we have an issue with the equipment, in which case we can give you a loaner while we work on your mask. Those of you who have your gear at 701 will

not have to worry about getting your mask to us as we will take care of it. If you keep your gear at home or at a substation and we don't get it within the next month we will call you to make arrangements to get it tested.

I hope everyone is familiar with the new airpacks by now. I haven't heard any questions or complaints and have only had a few issues with Sea Western (the vendor) regarding repairs. In the mean time keep practicing with the packs.

TRAINING

-Chief Enoch

Mark your calendars it's time again to recertify your **CPR/AED cards!!!** When? EMS drill Monday, November 22, 2010, 1800 hours (**6pm**), at station 701. It's will be a busy night and I hope to see you all there. This month we will be having EMS breakfast the third Wednesday morning at 0700 and will schedule the following one in January 2011. From that point forward we will try to schedule EMS breakfast every fourth month. November 15, we will be having an OR-OSHA drill, the third OSHA drill this year. Drill will consist of fit testing with your SCBA mask and N95 HEPA mask for Tuberculosis and pandemic outbreaks, filling out a respirator medical questionnaire, and tuberculosis and extinguisher class. It is important that all personnel attend this drill so we are compliant with OR-OSHA rul-

ing.

Training for November 2010 is as follows:

- Nov 1 SCBA Quarterly evaluations, Radio familiarization. All Stations 1900 hrs
- Nov 8 Captains Choice All Stations 1900 hrs
- Nov 15 OR-OSHA, SCBA and TB HEPA fit test (Required for all) Station 701 1900 hrs
- Nov 17 EMS Breakfast, Cold Weather Emergencies 24/7 Station 701 0700 hrs
- Nov 22 CPR/AED refresher Station 701 1800 hrs
- Nov 23 Engine Company Standard Station 704 1900 hrs

FIRE PREVENTION

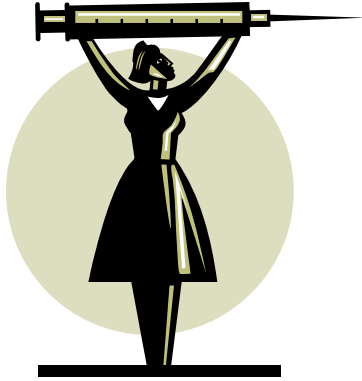
-Fire Marshal Wheeler

With the holiday season fast approaching I thought it was a good time to go over some fire safety tips for you and your neighbors.

1.) Numerous kitchen fires have resulted from unattended frying pans and pots on the stove with the burner left on. Don't take any chances. Remove pots and pans from the heat before answering the telephone or doorbell, or leaving the kitchen for any reason.

2.) Take a look at your kitchen range. Are there any combustibles near the burners like curtains, paper towels, cereal boxes, or potholders? Remember to keep the range clear of combustibles so they won't ignite and spread fire to the rest of the kitchen.

3.) A grease fire can easily burn a lot more than your dinner. If a pan of grease catches fire while cooking, cover it with a large, tight-fitting lid to smother it, and then turn off the burner. Just remember to put a lid on it!



FLU SHOTS!

We have 6 flu shots left.

Contact Susan or the on-duty Captain to get yours today!

VEHICLES

-Captain Lovegren

The 6X6 is really close to being complete. The pump is fully functional, water is in the tank and all the plumbing is done,. It just needs to have holding brackets made. The compartments have arrived and will be installed shortly. This project is coming together nicely (late), but nice. Stop by and see it if you have a chance.

770 is changing over to all weather tires; they will no longer be changed each year to studded tires and back to summer/highway tread. We will try this out for the next winter season and see how they do. Please let me know if you encounter any problems, or if they seem to work better.

Boot chains have been ordered and we will have spares here at 701 if the vehicles are short some pairs. Remember to

use them when the snow and ice begin to fall. This is the time of year you do not want to let your guard down when travelling 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 or frosty morning can be just as dangerous: like riding on marbles. Drivers, let's keep our staff and patients safe by staying alert.

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

I hope your all ready for another winter, have fun and stay safe.

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

Our Holmatro cutters received some damage to the blades recently. It looks like they were used to cut through some hardened metal that was harder than the metal of the blades. When using the cutters during extrication, cutting hardened metals such as nader pins should only be done as a last resort when other methods have failed.

Another aspect of our hydraulic tools that needs your attention is the tool couplings. When the cutters were being serviced, we found an oil leak. This leak was caused by a small rock that had entered the system and caused an o-ring to fail. This rock was allowed to enter the hydraulic system via the female coupling. This was caused by someone not keeping the couplings clean while swapping tools. It is very important to keep the tool & hose couplings out of the dirt, cinders, etc. Use of a tool staging tarp can help in this area, as well as use of dust caps when the coupling ends are not connected. Prior to con-

necting the couplings, a brief visual inspection to ensure they are free of debris will help with keeping the tools in good working order. After an extrication, it's a good idea to check all of the couplings as well. Should you find a coupling with debris in it, or accidentally drop it in the dirt, I've placed a couple of cans of WD -40 in the truck for you to use in flushing out the debris.

The boxes for the new 6x6 have been delivered and will be installed by Captain Lovegren during the first part of the month. He has also been working on the plumbing, which is nearly complete. The truck is almost finished and should prove to be a great piece of equipment for many years to come. Thanks to Gary for all his hard work on this project.

Let's keep up our good safety record as we move into the slippery season! Thank you for your suggestions and new ideas.