

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

October 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the October 2011 edition of the Siren.

Thanks to all of you who represented the Fire District at the Shadow Lake Fire. We staffed a foam engine at the air operations site at Santiam Junction for 10 days, and Captain Liming did a great job in his role as Deputy PIO for the incident management team for two weeks. Great job and thanks for representing the District as a highly professional organization.

Welcome to our new students who are now all back to school and working hard. Eli and Clay are returning and new full-time students are Luke Boskovich, Adam Wallis, Matt Millar, and Justin Vance. New volunteers are Nyle Head, David Keller, Nicole Ruwaldt, Robert Schulz and welcome back to Stephen Huffman who was in Alaska on a leave of absence. It is great to see that we are able to retain our current volunteers and students as well as add to our ranks with highly qualified personnel.

Finally, Board President Chuck Newport has already begun the discussion regarding my replacement and will talk with the entire board of directors at the October meeting regarding timelines, process, and input for the Fire Chief selection. Director Newport and the board are committed to soliciting your input as this process unfolds. Stay tuned for more information as the process is discussed and implemented by the Board.

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

Chief Robertson

SCBA NEWS

- Fire Medic Crawford

As we approach winter and the typical time for structure/flue fires, it's important to make sure your SCBA mask is in good working condition, fresh batteries and ready for use. Things to check on your mask are: cleanliness, check the exhalation valve to ensure it is not sticking when you exhale and nothing is broken. Also make sure none of the screws are loose that hold the HUD bracket or amplifier bracket on, as I have seen several with loose or missing screws. It's also a good time to practice with the packs. We have a number of new volunteers/students who could use the practice, so take any chance you may have to grab someone and practice throwing packs.

I'd also like to remind our personnel to make sure you get the right pack on the right rig after training or a call as I've noticed they have been getting mixed up. This makes it hard for me to find a pack when I need it. The packs are marked with two numbers followed by a space and a third number. The first 2 numbers are the last 2 numbers in the apparatus number. For example 23 is for 723 and 21 is for 721. The last number is the pack number for that particular rig. For example: a rig with 4 packs will have packs numbered 1 through 4. So pack number 23 1 is the first pack on engine 723 and 71 2 is the second pack on 771. If a number is missing and needs replaced and you don't know what the number is, please let me know. I can look it up for you and get a new number put on the pack. If you find a pack that has a number that needs replaced, and you know the number

I have numbers in the SCBA cabinet in the blue divider boxes. Also, remember Fire Medic Vial is one of our SCBA techs and can help out if you have a question or need a repair.



FACILITIES

-Captain Brown

Fall has arrived! That could mean just about anything to anybody. But we do know for sure that the temperatures will be lower and the weather will be less pleasant, not that the change is all bad. What I would like each of you to do for me is to check that your respective stations are closed up tight against any adverse weather conditions. Make sure the doors and windows are tight and locked. When you leave the station on a call, make sure the overhead door closes behind you, and leave only the lights on for safety when leaving the building. We always see an increase in our electric bill this time of the year and your help is needed to keep the costs down as much as possible. As always, if you find lights out, windows and doors in need of repair, or damage, let me know and we can get it corrected quickly. As you enter the station, be

aware of the temperature inside. If it seems too cold or warmer than usual, check things out. Let me know what you find, especially if there doesn't seem to be an explanation. We would hate to have bigger problems from freezing or overheating the station. Send me a quick email, and the address is tbrown@sistersfire.com. Thanks for your continued help keeping our district properties in great shape!

Also along the facilities topic, all the new students have taken up residence at Station 701, and we have some new volunteers showing up at drills and for calls. Be sure to introduce yourself if you haven't already, and make them feel welcome. Quite a few new faces and a lot of new enthusiasm in our district, not that there wasn't before!

RESPONSE INFORMATION

-Captain Brown

It looks as if the weather has turned for the season. Time to plan ahead and make sure the gear you will need is in proper order and repair.

Check all your turnout gear and make sure it is complete and in good repair. If your gear is in need of repair, contact Captain Ast to arrange for this. If your coat, pants, or liner has not been cleaned recently, talk with any of the career staff and they can assist you getting it in the washer and dryer and having it properly laundered. Make sure your safety reflective vest is accessible and in good shape, we should start seeing winter vehicle crashes and we need to remain as visible as possible. What kind of shape are your gloves in? Check for tears, rips or strings. How about your bunker boots? Still fit? Good traction on the soles and no holes or cracks? Make sure you still have

all the small tools and lighting gear you have been issued. If you need batteries, let one of the shift commanders know and they can get replacements for you. Check your structural helmet for cleanliness, proper shielding, and that all the hardware is in place and tight. We will be doing the annual fit testing for your SCBA facepiece; make sure yours is in good repair, clean and the heads up display and amplifier are working. Lastly, check your wildland gear before storing it away. Make sure it is clean and you have all you may need next time you are called out. Ask anyone at the station for any help you need in cleaning, repairing, or replacing any of it.

Check the response totals and call information at each of the stations: you may be surprised at some of the personnel and call totals we are getting this year. Be ready to respond, respond quickly, and always stay safe.

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

- Rita Hodge 10/5
- Guy Selig 10/8
- Roy Dean 10/15
- Julie Spor 10/19
- Dave Parman 10/24



VOLUNTEER COORDINATOR HIGHLIGHTS

-Captain Jeff Liming

NEW VOLUNTEERS!



Rob Schulz, a new volunteer with our department, moved to the Sisters area from Cannon Beach in June and is employed at Black Butte Ranch Police Department as a Sergeant. He has been married to Kristin Schultz for fourteen years. Rob spent twelve years with Cannon Beach Police Department before relocating. He was a seventeen-year volunteer with Cannon Beach Fire and Rescue and is certified as a structural firefighter and EMT-Intermediate. Rob served as a lieutenant and was in charge of the Cannon Beach EMS program. He enjoys camping, fishing and hunting. He worked as a professionally trained chef for twelve years before his career in law enforcement.



Nicole Ruwaldt, a new volunteer with our department, lives in Bend and is a mother of a three year old son. She is certified as an EMT-Basic and is currently training for her FF1 in the Academy. Nicole plans on continuing with the paramedic program through COCC.



Nyle Head, a new volunteer with our department, is an Oregon native now living in downtown Sisters with his wife, Emily, twin sons and daughter. He and Emily have enjoyed careers as designers and builders of custom homes in Utah and Central Oregon. For the past several years Nyle has also been a partner in a roofing company headquartered in Portland. Early in his career Nyle attended Lane Community College studying construction management. Nyle's career change to Firemedic is a dream he is thoroughly enjoying. He is enrolled full-time at COCC and currently training for his FF1 in the Academy.



Steve Huffman, a new volunteer with our department, and just recently returned from a leave in Alaska, is a 3rd generation Oregonian and graduated from Oregon State University. He worked in Hawaii for 13 years and has worked previously as a biologist and science teacher. This past summer, Steve worked as a fisheries crew leader at Lake Clark National Park in Alaska during the sockeye salmon run. Steve is married to Rebecca Smith who is a harpist and music teacher. They returned to Oregon in 2007 to be closer to family. Steve is currently in the paramedic program at COCC, is earning his FF1 at the Academy. In his spare time, Steve runs the trails around Sisters and enjoys mountain climbing in the Cascades, rock climbing at Smith Rock State Park, outdoor photography, and playing guitar.



Dave Keller, a new volunteer with our department, has worked for the Forest Service for twelve seasons, the last eight of those locally with the Redmond Smokejumpers. Taking advantage of seasonal work he has spent the last four winters as a guide for a heli-ski operation in the Ruby Mountains of Nevada. As a current Paramedic, Dave is excited to volunteer with the Sisters-Camp Sherman Fire Department and continue to learn and develop new skills.

NEW STUDENTS!



After spending 18 years in Southern Oregon, Luke Boskovich decided it was time for a change when he graduated high school. Although it was hard for him to leave his family and girlfriend, he knew it would be a good thing in the long run. Luke feels very fortunate to receive the scholarship position here at Sisters and is currently working on his EMT Basic and FF1 in the Academy. It has always been a dream of his to become a firefighter paramedic, and he knows the scholarship opportunity will serve as the foundation to his career and dream. He looks forward to the fun times and challenges that this program will bring and can't wait to put the things he learns to use in the field!



Justin Vance lives in Bend and is certified as an EMT-Basic. He is currently training for FF1 certification in the Academy and studying for his paramedic degree at COCC. Justin is a married to Tara and has three children. He is a former Marine and for the last ten years has worked in construction. A lifelong interest in emergency services led to a career change and a student scholarship with our department.



Adam Wallis grew up in Fairbanks, AK and graduated from the University of Alaska Fairbanks with a Bachelor's Degree in Criminal Justice and a commission into the Army National Guard. Deployment was of great interest to Adam but downsizing precluded that opportunity numerous times. He moved to Bend two years ago to earn his associates degree in Emergency Medical Services and Structural Fire Science. Adam is currently a scholarship student with our department, training for his FF1 in the Academy, and is enrolled at COCC in the paramedic program.

FIRE FITNESS

-Fire Medic Vial

Have a goal. Have a plan.

Your gym probably wants you to fail. It wants to make money and doesn't really care if you achieve your fitness goals or not (most gym members never had a goal anyway). About 40 million Americans own a gym membership but only 20% of them actually use it. That's \$12 billion every year that Americans spend on gyms that they never go to. Could you imagine how awesome it would be if you owned a restaurant where 80% of your guests paid for dinner but never showed up?

Personal trainers are the used car salesmen of the fitness industry. Their job is mostly to hook new clients on a membership, up-sell them on perks and products that the clients don't need like t-shirts and supplements, and get people to buy "personal training sessions" which can cost more than the annual membership to the gym. Overwhelmed by sadness and apathy four out of five clients will stop coming to the gym, but since they signed a one year contract they continue to pay.

Television is also replete with scams that promise results in weeks after using their product for a few minutes per day. Believe it or not, there are people out there who will lie to you in order to get your money. The fitness models and celebrity endorsements make the workout DVDs and home gym contraptions look enticing, but hard work with quality nutrition is still the only thing that works.

To avoid supreme failure at health and fitness you need to have two things in place: a goal and a plan. A fitness goal needs to be objective and definite. "Get in

shape" is not a fitness goal. "Lose weight" is not a fitness goal. "Feel better" is not a fitness goal. These statements are the by-products of achieving actual fitness goals. A real goal might be to complete a set of 15 pull-ups or to run a 7 minute mile. If you pursue your goal aggressively and decisively then the by-products of "getting in shape" and "feeling good" will come on their own. Make a goal and go get it. Then make a better one. Do this forever.

Coming up with a plan to achieve your goal is easy. All you need to do is follow those who have already done it. Want those 15 pull-ups? Gymnasts have the pull-up market cornered, so do what they do. Want to run a 7 minute mile? Eat, sleep, and train like Steve Prefontaine and you should get fairly close. There are no shortcuts, no secrets, and no magic pills that can save you. Hard work and consistency over long periods of time is the key. Instead of planning a workout for 20 minutes, try planning a lifestyle for the next 20 years.

Not a single Shake Weight was used this day.



FIRE PREVENTION

-Fire Marshal Wheeler

Fire Prevention week is October 9th through the 15th. This year's theme is "Protect Your Family from Fire". We'll also be kicking off the Firebuster's program in October.

Halloween is right around the corner and I have a large stock of fire prevention supplies for the event. Please check with me about handing out any of those materials prior to Halloween. If you can help with the Halloween carnival, please contact me to sign up. We are doing

the haunted house this year and it is always better for the children with more people helping.



VEHICLES

-Captain Lovegren

Starting in October we will drain the pumps and discharge the lines in all the trucks, even if they are stored inside. Please make sure the drains are closed and the pumps are ready for service before leaving your station after a call or drill. Arriving on an emergency scene to find the drains open could cause delays in initial attack, and significant water loss. We also do not want to freeze the supply lines or discharge valves while driving to the scene. Draining the pumps and lines will keep this from becoming an issue.


As the weather begins to cool we will start to put the studded tires back on the trucks toward the end of the month. We have started to buy all weather mud and snow siped tires and they will be kept on year round. We will also make sure chains are on all the trucks that need them. Some of the vehicles have automatic chains. However, we still put chain sets on them in case the automatic chains fail or break and you need a traction device. The weather can change drastically in a day in Central Oregon so planning ahead is crucial.

It is not uncommon to get snow on the pass in October, so we have boot chains in each vehicle in assorted sizes. Please remember to use them on slippery, icy road conditions for your safety. If you are not familiar with their use please take time to try them on and know how to use them.


Last but not least, winter is coming and we need to remember to slow down and watch for icy conditions. Also the engine retarders need to be turned off on slick roads. If they kick in at a bad time your back end will pass your front end before you know it.

Have a safe and glorious fall season.





Flu Shot Information!



If you are interested in receiving a flu shot, please contact Susan to be put on the list. Deadline for adding your name is **10/31/2011.**