

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

October 2009

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the October 2009 edition of the Siren.

Our volunteers are a critical component of the Fire District's operations and an important part of our department family. Recently, we have begun discussions with Association President Liming and Volunteer Coordinator Wellington regarding a new designation for specific volunteers who do not provide emergency response services.

Currently, we have all of our volunteer personnel under the department volunteer designation. Our discussion has centered on creating an auxiliary function for the volunteer ranks which would include our radio tech, chaplains, fire prevention staff, and everyone who is not a certified EMT or firefighter. This would also provide a proactive place in the department for those who wish to discontinue emergency response, but still desire to be involved in the everyday activities of the department. It may also provide a place for folks in our community who are not currently members but who wish to contribute their time and support.

This group will still be a part of the Association and an integral part of our operations. They will still be covered by workman's comp in case of on-the-job injury. The function of the auxiliary volunteers would be to provide support services specific to our mission including communications, prevention activities, support outside the hazard zone during emergencies, 5th Monday logistics, department event coordination, etc.

This proposed change is still under discussion. We still need to find a suitable name for this volunteer group. Some of the suggestions include "auxiliary", "boosters", and "support group". If you have suggestions or questions about this proposed change, please contact Captain Wellington, Captain Liming or myself. We will keep you posted as the discussion continues.

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

Chief Robertson



ASSOCIATION NEWS

-President, Jeff Liming

Our Muscular Dystrophy fundraiser was a success this last Labor Day weekend and I would like to thank Association members who were able to volunteer for the event. We sent the MDA folks a check for \$3,400 and I have already received their thanks for our efforts. In addition to our Association volunteers I would like to thank the management at Ray's Food Place for their support of the fundraiser by providing a place for our apparatus and firefighter solicitors. The weekend really provided a double opportunity for our Association and Department as we were able to distribute plenty of fire safety information to the kids that visited our engine and ambulance. There were many apparatus tours and many more questions answered. I was surprised at how many parents approached the engine saying their children had seen it from the highway and absolutely had to visit. Nothing like a fire truck to illicit interest!

Halloween is fast approaching and Captain Lovegren has again volunteered to lead our Station 701 kid's party in the bays. Many thanks to Gary for stepping forward, yet again, for this Association event. We will need plenty of volunteers to assemble and work in the "haunted house" and other attractions. Gary will have a signup sheet available at the main station for you. Typically setup begins the afternoon before Halloween with the balance on Halloween afternoon. We expect several hundred children to attend as this is a very popular community event. As with other children's events hosted by the Association we will be distributing fire safety information provided by Fire Marshal Wheeler. Mark your calendars now to attend!

I would like to thank Association members who have graciously volunteered to crew our third-out ambulance for home football games. Your help in providing emergency services to the players and spectators is genuinely appreciated and certainly reflects well on our department! Thanks!

I recently returned from a class at the National Fire Academy in Emmittsburg, Maryland. What a place and what a terrific class. Our department is able to send several of our folks to this world-class facility every year and maybe the upcoming year is one in which you would like to attend. Please take some time to review NFA opportunities with Chief Karjala and also review the National Fire Academy online. I would also be pleased to talk with you about my experiences. Never stop training and learning!

Thanks for your support of the Sisters – Camp Sherman Fire and Ambulance Association!

CHAPLAIN'S CHAT

-Chaplain Hayes

October used to be a difficult time of year for me with the days getting shorter and the weather cooler. It's as if snowflakes are waiting in the wings to ambush us at any moment. Who wants to crawl out of bed in the morning when it's dark and 34 degrees?!

I've finally found a way to transform October from a month I've dreaded to a month I now look forward to. I decided to host an annual costume party as a thank-you to all of my friends. Planning, shopping, and preparing for that keeps my spirits out of the doldrums. Also, a day-long trip to the valley for

cornstalks and pumpkins for decorating as well as the last of the farm-fresh veggies is a new tradition I'm enjoying.

This year, as the sun goes down a little sooner and rises later perhaps leaving you feeling a little blue, consider adding something new to your routine that will have you looking forward to this time of year, if you don't already enjoy it. October is also a great time to slow the pace down and read or prune and rake or spend time on indoor projects like sewing or painting before the busy holiday season. Doing a little "nothing" is a good idea too as we all need to create balance in our full and active lives.

SCBA INFORMATION

-Captain Brown

I'm sure by now you've seen the "evidence" that one of the Shift Captains had to don an SCBA and actually work at a fire incident. That captain will remain nameless in this article, mainly because I know him personally. Something that happened during that incident fits well into this article for the Siren. While wearing the SCBA and using the radio interface piece, it was apparent that somehow the open mic situation was occurring. After being alerted to this problem, by sign language from the Fire Chief/Engineer (use your imagination), the captain checked his equipment and found the chest strap was depressing the mic key during certain movements. There are measures in place on the radio interface that help mitigate this problem, but obviously they don't always work. The best solution is to check your equipment before starting to go to work. I realize there is a lot

of equipment/pieces that you are expected to wear, mostly to keep you safe and assure that everyone goes home unharmed. And sometimes pieces may interfere with another. Remember, the last thing you are to do is to do a buddy check for any open skin or improperly placed PPE. Add one more item to the check list and make sure the straps do not cover or cross the mic button on the radio interface. This will ensure safe and clear communications for all personnel on scene and will probably eliminate some embarrassment for certain personnel as they may use questionable language during the course of working (it may be broadcast for many more to hear!).

COMMUNICATIONS

-Captain Brown

As mentioned in the SCBA article, situations happen to remind us to do our job properly. I would like to remind everyone this month to use proper radio etiquette whenever communicating using this equipment.

1. Use clear text, not coding similar to CB radio language ("10-4", etc). I have not heard anything along these lines, but we do seem to slip into casual language occasionally. Remind yourself to be professional whenever possible.
2. Keep your communications short and concise. Don't carry on a conversation or dissertation of the situation; just state the necessary facts or directions.
3. When speaking into the mic, stay calm and don't shout. There is always some distortion of your voice (uniqueness) and this amplifies when stressed or shouting. Even when you become excited, try and slow your speech and enunciate carefully. This goes a long

way to assuring that you are understood.

4. Plan what you have to say, this way there are no long pauses or wasted time on the air. Officers or those who may be first on scene, review the policy that outlines what information is necessary for size-up or taking command (Book 4-Emergency, Policy 4-1-9).
5. Do not use any of the frequencies on the fire ground for idle conversations. We need to have all lines of communications open in the event of an emergency or sudden change in the scene.
6. Finally, remember that anything on our main dispatch frequency (NW Fire 5 mile or Henkle) is recorded. This has both benefits and drawbacks. The other consideration is the ever present "Scanner Land". Anything that is transmitted has the potential to be spread by word of mouth, or print.

I think our personnel are doing a great job. The above are just reminders for us to do our best!

FACILITIES

-Captain Brown

The cooler (maybe even colder) weather is upon us. It doesn't seem like summer was here very long, but I hope everyone got to enjoy some of it. I enjoy the fall with the cooler mornings, kind of refreshing and sometimes downright exhilarating! Things begin to change as everyone prepares for the winter.

Remember to close doors at the stations when you leave. Make sure the lights are off and everything is secure. We need to make sure our equipment is safe and we are doing all we can to conserve energy. When one of the bay doors is left open, it takes quite a bit of time to recover the heat loss in the larger volume areas like the bays. We are all about saving money right now and your help is appreciated. Take a look around and

make sure there is no station repairs needed before the winter settles in. Not only is it easier to work in milder temperatures, but the sooner the repairs are done-the better! I believe our facilities are in good shape, but your help in maintaining them is always appreciated.



RESPONSE INFORMATION

-Captain Brown

I believe we're up a few calls over last year responses for September. Be sure to check the statistics when they are posted at your respective stations. We haven't had the wildland responses we are accustomed to this year, which is good and bad. It usually makes for some impressive response numbers and work for us, but on the flip side, there is no loss to our district or residents. Also, there have been a surprising low number of traffic accidents this season. Maybe it is less travel or people are being more careful. Either way, there has been less tragedy and loss this summer. Don't let any of this lull you into a complacent attitude. We still need to keep our skills sharpened and our information current. If you have not responded to many calls or been around for rig checks at your station or Station 701, make it a point to come by and go through the apparatus and become familiar with the location of the tools of our trade. It is

best to be informed and ready for any response, not figuring it out as you go. Small savings in time can make all the difference in outcome on scene. As always, check your issued gear to assure it is ready for any response that may be required of you.

Thanks for all you do to help those in need when the calls do come; our community appreciates you and your commitment to them!



FIRE PREVENTION

-Captain Wheeler

The theme for Fire Prevention Week, held October 4th through the 9th this year, is Stay Fire Smart! Don't Get Burned! If you are interested in helping with this important message, we will be traveling to each of the area elementary schools during that week. Please contact me for details.

Halloween is right around the corner. Captain Lovegren will be putting together the carnival and haunted house again this year. Prizes for the carnival will be fire prevention related. If you can, please sign up and help with the Halloween carnival. It's a big project and we could use a lot of help.

If you need anything please stop by or call and have a great month.



FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

As we ramp up for the flu season and with the declaration of the H1N1 pandemic, it's important to don the proper PPE when responding to patients potentially infected with the diseases. If you're responding to a person with flu-like symptoms (fever, chills, etc), a sick person with a cough, or someone with an unknown respiratory problem, it's a good practice to treat them as if they are infected and don the proper PPE immediately. If you find yourself with a patient you suspect of being infected, and have not already donned a mask and goggles, please do so ASAP. Also be sure to advise other responders of the possibility of an infected patient so they are able to take the precautions as well. We have N95 masks and safety glasses (and more) available for use on the ambulances and engines, so take the time to mask up. In addition, we've purchased masks to place on the patient, in order to confine as

much of the airborne particles as possible to the infected patient. Also, if you find yourself standing around in the house without an active task in the patient's care, move yourself and others that may be standing around outdoors to fresh air. As much as possible, let's minimize the exposure to our personnel and evaluate how many of us are really needed in the proximity of the patient.

As a reminder, frequent hand washing is one of the best methods to prevent the spread of disease. After every call, use the hand sanitizer foam to clean your hands before resuming any other tasks, getting into the engine, etc. Upon return to station, wash your hands with soap and water. Also, should you find yourself or your family ill from the common cold, flu, or other respiratory ailment, do us all a favor and take the time to recover in the comfort of your home.

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

EQUIPMENT NEWS

-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 and finding the drains were left open while trying to pump water 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 and draining the pumps and lines will keep this from being a problem.

As the weather begins to cool we will start to transition back to studded tires on the trucks. We will also make sure chains are on all the trucks that need them. While some of the vehicles have automatic chains, we still put chain sets on them in case they 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.

Boot chains should also be in each vehicle in assorted sizes. 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 become familiar with their use.

We had to take 723 and 722 out of service this last month. 722 has some rust issues on one of the supply lines to the front mount pump. Rust had eaten away a 3" close nipple from the tanks and was dripping water constantly. This is not conducive to keeping your truck full of water. I also repaired the exhaust pipe to keep it from rubbing on the drive line and a wa-

ter line. It had been hit by something the truck was driven over and moved into a poor position.

723 had a major engine failure and was sent to Brattain International for repairs. The engine needed to be short blocked as it spun a connecting rod bearing and seized the connecting rod to the crankshaft. We are looking into why this might have happened. It may be related to the turbo failure 723 had last year?

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.



FIRE FITNESS

-Fire Medic Storton

Lately I've noticed people getting into the fitness room; pick out a cardio machine and start working out while watching a movie/ the news, etc. I've also noticed a stack of magazines in the fitness room that fit ever so conveniently on the integrated magazine holder on just about every cardio machine in there.

This is a trend I remember noticing when I worked at the athletic club as well. Please believe me when I say there is nothing wrong with this at all. In fact I love seeing people come in and do something, anything, rather than do nothing at all. This does, however, provide an opportunity to promote strength training.

Do not be afraid of strength training. I would guess that you all have heard the same reasons for not lifting weights that I have. Some of my favorite anti-strength training propaganda include: "But I'm trying to lose weight" or women especially like this one, "I don't want to get huge and muscley". To these excuses I say Hogwash (Yes, I did just say Hogwash). Keep reading and I'll share some reasons why you should be lifting weights and debunk the excuses why you shouldn't.

Greater muscle strength and endurance

I know this is a no-brainer, but if you do more weight training, you'll get stronger. The excuse about women not wanting to bulk up doesn't fly because it takes a ton of hours, lot's of testosterone and a little bit of steroids to get huge. Definition is one thing... huge is another.

Improved Body Composition

Lifting weights increases lean muscle mass and burns fat. Other factors such as training intensity and caloric intake and expenditure also affect your results. Keep in mind there is a way to lift weights for the purpose of losing weight. But weight loss alone is merely a small piece of the fitness pie. Is your goal to simply lose weight or to be functionally strong and to look good in your skivvies?

Increased bone density

Research has shown that weight bearing exercise (running, weight lifting) builds bone strength. This is important as we get older and when our bones have a tendency to become osteoporotic. Sorry ladies, but this is especially important for you. The bone density you build now will carry you through menopause. Embrace the weight...lifting that is!

Able to do your job better

I don't care if you are vacuuming your home or holding extrication cutters above your head. If you have greater strength and muscle endurance you'll be able to get your work and play done better and longer.

Improved metabolism

Lifting weights requires energy and for your metabolism to process that energy. Muscle repair requires constant processing of energy so your metabolism actually stays active when you're not working out. Due to this increased metabolism, strength training helps with weight management as well. In short, lose weight by lifting some.

Reduce injury

Granted lifting weights can injure you. That is usually a result of lifting too heavy too soon. However, with proper strength training and proper adaptation, your body will be better able to resist those external forces that would otherwise injure you such as rolling an ankle, tearing a knee or straining your back. According to the Peer Fitness Trainer book, approximately 80% of low back problems can be prevented by strengthening the low back.

Better cardiopulmonary function

Muscles under stress need more blood and oxygen. The heart and lungs must adapt to supply those muscles. Therefore the heart and lungs learn to adapt to higher stress and become more efficient.

Better Self Esteem

I know this one is a little more touchy feely than the rest, but if the skill sets were equal who would you rather work with: the firefighter who just finished posing for the fit firefighter calendar or the firefighter who has been a life long subscriber to the doughnut of the day club? Which firefighter would you rather be? For those of you who chose the doughnut of the day, go back to the top and reread!

In future articles we'll talk about strength training in more specificity, but for now I'd like to steer you all toward weights. There are different ways to lift depending on your goals so please let me know if I can help.

One more thing, the Seattle Stair Climb event for firefighters is coming up on Sunday March 7th. I plan to recruit students, volunteers, firemedics, captains and even chiefs to go and represent the department. My goal is to establish biweekly workouts for participants to get in shape through the winter. All would be welcome to the workouts, but the event is only for firefighters as you need to wear your turnouts, mask and SCBA. The event is a benefit for the Leukemia and Lymphoma Society and firefighters from around the world show up to participate. I'd like to have a team in place to register by November so please think about this opportunity and let me know. Contact me for details or check the website: www.leukemia-lymphoma.org/all_page.adp?item_id=6012. Ben has participated in this event before and would be willing to share his first hand experience with you as well.

Otherwise, let's get ready to pump you up! Let me know how I can help. **Ready. Set. Go!**



MANDATORY PPD TESTING OCT 19 AND OCT 26 DRILLS ALL DEPARTMENT MEMBERS

REMEMBER: ONCE YOU HAVE YOUR SHOT YOU NEED TO BE SEEN BY THE ON-DUTY CAPTAIN WITHIN 48-72 HOURS LATER TO HAVE THE RESULTS READ.

LOSAP Call Requirements

-Volunteer Coordinator, Dave Wellington

At the beginning of 2009 a new requirement was placed on volunteers participating in the Length of Service Program (LOSAP). In order to receive the payment at the end of the fiscal year, volunteers must attend a minimum number of drills and have at least 15 emergency responses during the calendar year.

We are approaching the end of the calendar year and while many of you have made the 15 calls, many have not. Captain Brown has posted an updated list of call responses at each station for you to check out. It is in the volunteer's office at 701 and is posted on the bulletin boards at 703 and 704.

If you are still short of responses, now is the time to act and get those responses up. If you have questions, please contact me.

FLU SEASON IS UPON US!
H1N1 FLU INFORMATION CAN BE FOUND AT
WWW.FLU.GOV
FLU.OREGON.GOV

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



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|---------------|-------|------------------|-------|
| • Rita Hodge | 10/5 | • Julie Spor | 10/19 |
| • Guy Selig | 10/8 | • Dave Parman | 10/24 |
| • Eric Michel | 10/11 | • Denise Wheeler | 10/24 |
| • Roy Dean | 10/15 | | |
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