

THE SIREN



Presented By Sisters-Camp Sherman RFPD

October 2008

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the October 2008 edition of the Siren.

This edition is a bit late, but we've had plenty to keep us busy.

The fire in Camp Sherman took 10 days of hard work and I want to send a personal thanks to Captain Schell and all the volunteers who spent long hours staffing the medic unit, tender and engine. I had excellent reports on everyone's hard work.

We've been quite busy with the new draft Emergency Operations Plan. There was a multi agency tabletop drill held on September 19. The scenario involved a Carver Lake dam failure and brought together many agencies to the City of Sisters and our county emergency management. The plan should be completed soon for your review. There will be another drill held in December to ensure the plan works.

I will be at the National Fire Academy the end of October to learn more about risk management prior to writing our department's risk management plan. Unfortunately, I will miss the Halloween celebration and open house but I want to thank Captain Lovegren and all the staff and volunteers for putting this important event together.

Finally, I want to recognize Fire Marshal Wheeler and his new puppy. If you haven't had a chance to meet the puppy (still waiting for a name), he is a wonderful dog and has already become a real asset to our fire prevention and education programs, particularly with young kids. Thanks for sharing your dog, Dave!

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



ASSOCIATION NEWS

-President, Jeff Liming

Many thanks to all our Association members for your continued support of the Sisters – Camp Sherman Fire and Ambulance Association! Our projects continue to make a positive impact in our community because of you!

During the third week of September we had the opportunity to provide ambulance crews for the National Pro Rodeo Association event here in Sisters. I would like to thank all of our members who volunteered for this duty. We raised about \$750 for our scholarship fund because of your efforts and represented our Department professionally. Thanks again and especially for the quick response you provided to injured participants.

Halloween is coming up and with it another opportunity for all Association members to contribute to our kid's event at Station 701 on Halloween evening. Captain Lovegren has a "to-do" list that he would be happy to share so please contact him for help he will need. Please recall that we will be setting up the haunted house and providing several game areas in the bays. This event requires about twenty volunteers so please mark your calendars now.

Fire Marshal Wheeler is preparing a review of our upcoming Association Community Christmas gift and dinner activities and I will be in touch with Association members looking for support. Last year we served about one hundred guests for dinner and provided gifts for over two hundred fifty children. Please contact me if you are available to chair our Christmas dinner. We need folks to purchase and prepare the feast as well as set up our new community hall for the meal. Dave will chair our gifting portion and we will need plenty of help with organizing our "gifting tree" at Ray's as well as bagging, purchasing and distributing the presents. What a great Holiday event! Please plan on supporting this important Association tradition.

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

TRAINING

-Chief Karjala

Training for the month of October will include ODOT Winter Driving, SCBA Review/Radio Operations, Fit Tests/PP&E Inspections and CPR/AED renewals. Even though we do not have a fifth Monday in October, I have scheduled a party on Tuesday the 28th to carve pumpkins.

We have one required drill for all staff this month at station 701 which is our annual CPR/AED refresher training on October 27th. I have discussed this drill with firefighter Crawford and he is planning on teaching CPR/AED for those that need recertified and also setting up scenario stations for those that have already recertified. If you are unable to attend CPR/AED and need recertified please contact me.

As a reminder the firefighter safety symposium will be held at the DPSST facility in Salem on January

FIRE PREVENTION

-Captain Wheeler

Fire Prevention Week is October 5th through the 11th. This year's theme is Home Fire Prevention. I, along with volunteers from the department, will be going to each of the area elementary schools and handing out the Firebuster's worksheets. As always, the children and their parents will find the answers to the questions on the worksheets from watching Z21 news in the evening at 1800. Prizes will be awarded to the kids who turn the worksheets in.

CHAPLAIN CHAT

-Chaplain Hayes

AUTUMN in SISTERS...

Those quick few weeks between the heat of summer and the snowflakes of winter. There's a chill in the morning air that reminds us we'd better have our woodpile stacked and ready and locate long-forgotten long underwear. Our soup pots await use with the last of summer's vegetable bounty. Our ovens will soon be warm with holiday delicacies now that 90-degree days are all but a memory. As the daylight grows shorter, it's a great time to gather inside and reconnect by disconnecting – try spending an evening now and then without computers or TV, phones or radio. Grab an

9th-11th. Also in October Bend is hosting the Oregon EMS Conference. I encourage all staff who wishes to attend any of these courses to contact me as soon as possible. There are many other classes being offered statewide so if you are interested in continuing education come in and see me.

We have scheduled our group and individual photos for October 20th starting at 1700 before the association meeting (the group photo will be at 1745) you will need to be in full uniform.

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



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.

Another big project coming up is Christmas. I will be needing help in December for this important program. I will be contacting the major retailers this month to find out if they can help us in any way.

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

interesting book and cozy up in your favorite chair or pull a cookbook out and try something new. Enjoy the quiet slow pace of autumn in Oregon and perhaps some much needed rest.

Remember to set your clocks back an hour on Sunday, November 2nd!!



FIRE FITNESS

-Fire Medic Storton

I've read a few articles on fitness recently that had to do with fitness myths. While some of them were self-evident, some of them contradicted my experience and some I just need to research more thoroughly. However, here are some that seem interesting and worth knowing about. In an attempt to be fair and objective I've listed some pros and cons to each myth. Let me know what you think.

If I don't eat, I'll lose weight:

Pro: Anorexia works

Con: Reducing calories to lose weight puts the body into a starvation/ conservation mode, which causes it to store calories as fat. A much better approach is to keep your metabolism working by having multiple small meals (grazing) throughout the day as well as regular exercise.



If I can't workout hard or often enough, there's no point:

Pro: Spoken like a true former, out of shape, competitive athlete.

Con: While the general rule is 30 min of cardio 3-5 times and weight training 2-3 times per week, it has been proven that even a 15 minute walk can reduce stress, reduce your risk of heart disease, stroke, and promote health. If one is honest with oneself, who cannot find 15 minutes in his or her day?

Ab work alone will trim my middle:

Pro: How could all those infomercials be wrong?

Con: Even the strongest, well defined abdominal muscles will go unnoticed underneath a layer of blubber. Ever wonder why body builders and Strongman competitors don't look the same? Love handles are simply a manifestation of overall body fat. Want to see more muscle, get leaner overall.

More protein = more muscle:

Pro: Good excuse to eat more steaks.

Con: The reality is that the average man and woman need only 7 and 5 oz daily of protein respectively. When one is training and trying to build muscle mass, only a slight increase is required. A well balanced diet of protein, fats and especially complex carbohydrates will give you the fuel you need.

Lifting weights will make a woman look too muscular:

Pro: No one messes with a guy whose wife can bust heads with her bulging biceps.

Con: This one is especially for the ladies. For one, women don't have the same levels of testosterone that men have, therefore it is much harder to get huge. Second, women need to build bone density through weight bearing exercise to reduce the risk of osteoporosis later in life. Third, weight training boosts the metabolism, which will help reduce overall body fat and body weight.

Aerobic workouts boost my metabolism:

Pro: I don't need to work hard, I'm burning fat!

Con: While this myth is actually true, consider the difference in the body type of someone who goes on a 15 minute daily walk and that of a long distance runner. Lower intensity exercise does burn a higher % of fat calories, but the net benefit is minimal. The total of calories burned has more bang for the buck and burning more calories overall will drop the weight.

No Pain = No gain:

Pro: Whatever doesn't kill you just makes you stronger.

Con: There is a difference between a good muscle fatiguing "burn" and the muscle injury that keeps you laid up whimpering like a little girl. Discomfort caused by stressing your muscles is to be expected. But flat out pain is not normal, rather it is a sign that something is wrong. Additionally, excessive soreness is a sign that you overdid your workout.

Fire Fitness Continued on Page 4

EQUIPMENT NEWS

-Captain Lovegren

With temperatures cooling, it is time to think about winterizing our vehicles. The pumps and tanks on 732 and 749 will be drained in October and starting in October we will drain the pumps and discharge 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. Getting on an emergency scene and finding the drains open when trying to pump water could cause delays in initial attack, and significant water loss.

As the weather begins to cool, we will transition to studded tires on the trucks and ensure chains are on all the trucks that need them. Some vehicles have auto-

matic chains, however, we still put chain sets on those vehicles in the event the automatic chains fail or break and you need a traction device. As you all know, the weather can change drastically in a day in Central Oregon so it's a good idea to plan ahead.

Each vehicle should have a supply of boot chains in assorted sizes. For your safety, please remember to use them on slippery, icy road conditions. If you are not familiar with their use, please take time to try them on and know how to use them.

The new Type VI is coming along nicely. Captain Ast and Fire medic Crawford are working on the mounting brackets and equipment trays. The boxes were installed and the emergency lighting is done. Come by and see the new truck if you have time. Firefighter Bruegeman and I are going to install the radio so it should be ready for service soon.

FIRE FITNESS cont.

If I exercise a lot, I can eat anything I want:

Pro: I lived the dream all through high school and college.

Con: How many race cars do you see running on regular unleaded? Granted, if you expend more calories than you take in, you will be fit and lean. However, there are elite athletes who are in incredible shape that still suffer heart attacks. Part of this is genetics and part of this is diet. Doughnuts and greasy fried fritters are designed to plug arteries. Remember, you are what you eat.

If a little exercise is good, more must be better:

Pro: No pain, no gain (see # 7)

Con: There is a way to work out nearly every day effectively. Remember my article on periodization? However, exercising too much is extremely counterproductive. Injuries aside, if you are constantly stressing your muscles without proper rest for them to rebuild, you will be on a constant and destructive path. It is much more effective to match your effort with equal amounts of rest.

I hope you all are making fitness a lifestyle and taking advantage of what summer is left by getting outside. Let me know how I can help. **Ready... Set... Go!**

FACILITIES

-Captain Brown

I am attending the National Fire Academy in Emmitsburg, Maryland while I write this article. The campus architecture is absolutely beautiful, old early American style of construction complete with brick, copper, slate and colonial trim. The grounds are well kept, extremely green with old growth oak, maple and birch trees. There are just a few of the trees that are starting to turn the autumn colors, adding just a splash of color (for those of you who see those things) to the landscape. Having been in the building trade for most of my life, I am intrigued by the different periods and the styles used. Though the interior trim would be considered simplistic in the dorms and classrooms, it is comprised of clear wood that still retains a lot of character due to the grain. There is some trim material that is de-

tailed without being ornate. The craftsmanship is remarkable, especially when I visited the basilica at the current Sisters of Charity compound. Everything is well maintained looking somewhat like I am sure it did when first installed.

Keeping that in mind, even when compared to the past, we still have a beautiful building and I hope we are able to maintain it well into the future. There really is no way to compare the two buildings, being so different in style and so separated by distance and time of construction. So when entrusted with the properties that we have, and being as nice as they are, we have the obligation to our customers to take pride in what they are providing for us.

On a parting note, I am truly glad we have buildings constructed to the newer standards as the maintenance and upkeep of the older buildings in a harsh climate would be overwhelming! Thanks for all your help in keeping what we have as nice as it is!

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



- Rita Hodge 10/5
- Guy Selig 10/8
- Julie Spor 10/19
- Dave Parman 10/24
- Denise Wheeler 10/24

SCBA, RESPONSE AND COMMUNICATIONS

-Captain Brown

I don't know about all of you reading this month's Siren, but I am enjoying getting to combine my last three articles into one! Without having the response information available for last month, it's hard to report the trends. In fact, being absent for the last part of the month, I feel a bit left out on all the calls. I would like to thank the personnel who turned out for the structure fire in Station 703's response area. There was plenty to do and everyone went above and beyond during that call. Murphy's Law prevailed that night as I had to leave around 0400 to catch my flight to the National Fire Academy. I know everyone is doing their part and providing quick response and sufficient personnel for all the calls. I even hope there are some of you continuing (or beginning) to spend blocks of time on shifts to help with calls.

The placement of the backup repeater is moving forward as we send information and paperwork to the proper agencies for approval. As Chief Robertson has stated, we are doing everything possible to get this backup repeater up and going for the winter season. The Chief's and I are very concerned with the lack of continuous coverage with the current radio situation and equipment and hope this will fill the gap and keep us all safe and able to communicate on calls over the pass. Again, as this progresses, we will keep you informed.

The SCBA room will be organized soon and I will turn the majority of SCBA repairs over to Fire medic Crawford. If you need anything in my absence, please contact him. We will be completing our annual Fit Testing soon, so keep an eye out for the training night that will be set aside for this. If you know you will be unable to make it, please contact me to set up a time to get this done on my shift. This is important piece to keep us in compliance with OSHA and to ensure your issued equipment fits and works well for you, keeping you safe in IDLH situations.

FLU SHOTS!

DEPARTMENT MEMBERS:

IF YOU ARE INTERESTED IN GETTING A FLU SHOT, PLEASE CONTACT SUSAN OR JULIE TO SIGN UP AS SOON AS POSSIBLE.

