THE SIREN

Presented By

Sisters-Camp Sherman Fire District

October 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the October 2010 edition of the Siren.

As we move into autumn, I think it is good to take a moment to consider where we are today and where we are going as an organization.

With our strategic plan in place, it is easy to simply read the objectives and check the boxes as we measure our accomplishments and challenges. On the other hand, I think that our organizational directions are much more than just a document. Our future remains promising in spite of the current economic conditions, but it is important to consider and remain true to the intangibles that drive our success; not just goals and objectives in a strategic plan. Those wonderful intangible ingredients include:

- Committed and principled employees and volunteers
- A safe environment with quality equipment and facilities
- Ethical and professional commitment from all personnel
- Excellent policy and guidance from our board of directors
- A sense of family
- Leadership and followership at every level of our organization

These are the ingredients for success! My hope is that we can continue to grow these very positive gifts we value as a department, and that we continue to be a part of solutions rather than problems. Finally, we need to maintain our vision of what the fire district can become, not what it is today. We need to continue to dream and never settle for complacency……as a fellow named Paul Valery said, "The best way to make your dreams come true is to wake up". Thanks for being a part of the solution.

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

ASSOCIATION NEWS

-President, Ben Bruegeman

Thanks for everyone who helped with the Fill the Boot fundraiser for the Muscular Dystrophy Association. We raised $1687.71. Remember that we'll be having a Halloween event at Sta. 701 and will need help with that. We've also volunteered to help at the Oregon Fire Chiefs Joint Conference in Bend at the Riverhouse Thursday Nov. 11th 6-8PM. They will have 14 games this year so we'll need more people than in years past to help out with this event. Remember this is good PR for the Association and Fire District as well as a small fundraiser for us. We still need someone to head up the Christmas Dinner, if you're interested let one of the Association board members know.

Please wish the following people a Happy October Birthday…

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

COMMUNICATIONS

-Fire Medic, Ben Bruegeman

I have moved the location of the radio in Ambulance #3 to help the medics see it from the passenger seat. Check it out and familiarize yourself with it. The radio in 704 has been repaired and programmed like the rest of the radios in the district. If you have any questions or problems with any of your radios or pagers please let us know ASAP.

Published and Designed by Julie Spor and Staff

FACILITIES

-Captain Brown

Sometimes I feel like I sound like a broken record, especially when the weather was so nice at the end of September, but remember to check all the doors and windows at the stations when you leave. Cold weather is just around the corner and we need to preserve our buildings and make sure they cannot be entered by unauthorized personnel. We always see an increase in power costs (obviously) once the weather turns colder, and we need you to help us conserve energy and costs by making sure the stations are sealed up tight at all times. Most of our construction is up to current standards for insulating and weather deterrence, but if you see or find something that is not at its optimum (weather seals, doors, air leaks, etc), let us know so we can correct the situation and assure the heat stays in the station.

Station 704 recieved a touch-up of paint that corrected the color of the new bay door and trim this summer. Thanks to students Clay Davis and Laura Thost for completing this. They also touched up some of the other painted area around the station.

One more reminder, as you leave the stations on emergency response, make sure the apparatus bay doors close behind you. Once again, this is vital once the cold weather really settles in. Check the mirrors to assure the door is closed, or at least closing, before responding away from the station. Thank you for your continued help in keeping the facilities in the best of shape!

RESPONSE INFORMATION

-Captain Brown

From what I've heard about the recent extrication class, there was an excellent response or turnout for the training. I hope everyone enjoyed the class and hands-on training, and will get an opportunity to use the new, refined skills they obtained while taking the class. Once again, this shows the dedication of our people and other district's personnel to keeping their residents safe by continuing education.

My shift recently had the opportunity to do a presentation to the freshman classes at the Sisters High School, talking about our jobs and showing off some of the equipment and apparatus we use. They really were a great bunch of young adults and some appeared very interested in a career in emergency services. What really struck me was even though they were respectful and somewhat interactive during the verbal presentation, they became really interested once we moved out to the apparatus and began exploring the hands-on opportunities. It reminded me how people in emergency services are the type that learn by doing and enjoy participation in sessions that contain the hands on skills.

This is one more reason your response to and participation in drill opportunities is so vital to maintaining your skills. Even though we are constantly increasing our call volume, this alone is not enough to keep your skills sharp. Remember, if you want to participate with the shifts when they are training, call the station Captain to see when they are planning for training and you are always welcome to join them.

Please remember to check the Personnel Response and Call Information charts posted at each station for a summary of who is responding and what types of calls we are responding to during the year.

CHAPLAIN'S CHAT

-Chaplain Sana Hayes

ARE WE AT THE REST STOP YET?

Did you have a fun summer? Did it fly right by faster than ever? Were you able to take a vacation?

Sometimes in the busyness of life, we forget to take a break. We get caught up in all that needs to be done – all the work, all the responsibilities, our big "to-do list" and we forget how restorative some time away from it all can be. Our culture teaches us that we must keep our nose to the grindstone, work hard and get ahead. Other cultures put value on relaxation. Hispanic cultures value their siesta, napping during the hottest part of the day. In European countries, it is quite normal to have four or five weeks of vacation each year, not dependent upon how long you've been with your employer. In some very remote cultures, they would never dream of chasing after all the stuff we westerners seem to want to acquire, at the cost of giving up their low-stress, laid-back, community-centered lifestyle.

So, if it has been a while since you've really taken a vacation from it all – in whatever way that looks like for you – consider planning an afternoon, a weekend or longer getting out of your workday rut and rejuvenating your soul with a mixture of rest and new horizons. The healthy dividends are worth the investment.

FIRE FITNESS

-Fire Medic Storton

Poor flexibility is a common result of aging and being male. While flexibility does actually diminish as we get older and especially with us men, being inflexible in no more normal than obesity is traditionally American. And like obesity, we can do something about it. On the upside, you can do it anywhere and it feels great immediately afterward. On the downside… well, there is no down side if you do it right.

Stretching after a workout is a great way to balance your body and feel good right away. But stretching alone is still a good workout. Anyone ever try Yoga? Light days or rest days should be a part of your workout regimen, but they should consist of light cardio or stretching and not more cheese puffs. Beware; stretching isn't for sissies. You can over do it and hurt yourself with intense stretching as easily as lifting too heavy. If you want to start feeling younger and healthier, let's get started.

Many of you may know this already, but review is what we do to keep it all straight. According to my research below are unanimously the top five benefits to stretching:

Increase in flexibility and range of motion
Improved circulation
Better posture
Stress relief
Improved coordination

To understand stretching better, we need to dive into muscle anatomy and physiology. Every muscle belly has muscle spindles that sense elongation. If you stretch too far the muscle will actually tighten down to protect itself. This is called the **Stretch Reflex**. The way to counter act this is to hold a stretch for 60 seconds to let the muscles release.

Autogenic Inhibition depends on the Golgi Tendon Organ (GTO) in our muscle tendons and our spinal cords, which cause our muscles to relax if the tension is too great. Proprioceptive Neuromuscular Facilitation (PNF) stretching is based in part in autogenic inhibition and works very well in creating better flexibility.

When you flex your quads, for example, your hamstrings receive an inhibitory response causing them to relax. Therefore, if you are trying to stretch a muscle group (hamstrings), try flexing your opposite muscle group (quads). This is called **Reciprocal Inhibition**.

Stretching properly can be done several ways. **Static Stretching** is comfortably holding a stretch for 30 – 60 seconds to overcome your Stretch Reflex and essentially reset your muscle spindles and increase flexibility.

Dynamic Stretching uses controlled movements through your range of motion. Most sports and fire activities require these dynamic movements and this is a good way to keep your stretching sport specific. **Ballistic stretching** (think bouncing) however is uncontrolled movement and can not only make you tighter, but can injure you as well.

PNF stretching mentioned above is more complicated, is best done with a partner and has limited use with dynamic motion. It, however, was designed by physical therapists for rehab and works very well when used correctly.

Let's also review quickly the Dos and Don'ts of stretching so that we are all on the same page.

Do: Warm up first. The idea is to bend, not break.

Do: Hold your stretch for at least 30 seconds. Your muscles need time to stop resisting you and go with the flow.

Do: Relax and breathe through your stretch.

Do: Stretch both sides. If you stretch the chest, stretch the back so as not to become lopsided.

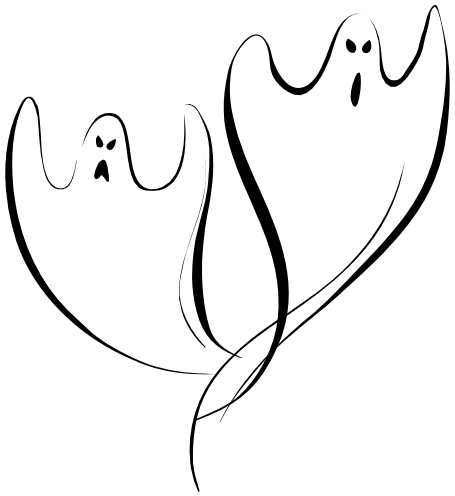
Do: Stretch before and after your workout. Here's the generic formula: Warm up – light stretch (to get ready) – workout – Cool down - Good stretch (to get flexible).

Don't: Bounce or jerk (Ballistic Stretching) as it causes small tears, which result in tighter muscles. Dynamic = good. Ballistic = bad.

Don't: Stretch so far and hard that it hurts. Pain means stop!

There isn't a single one of us that wouldn't benefit from more stretching. We all know this. So I challenge you all, myself included, to find your inner Gumby and spend more time stretching. It also works in front of the T.V.!

Ready. Set. Stretch!



SCBA

-Fire Medic Crawford

I have installed a board on the wall in the SCBA room to hang SCBA's in need of repair. If you pull an SCBA out of service for repair, please replace it with one from the 3rd out ambulance and hang the one for repair on the wall inside the SCBA room to the left of the door, and place a note in the paper clamp on the board describing what is wrong with the pack. Also send me an e-mail or leave me a note so I know there is a pack to repair and I will get it done ASAP.

Hopefully everyone is becoming familiar with the new SCBA and how they work. Please keep practicing with them until it is like second nature to use them as we are quickly coming into the time of year when they are most likely to be used.

TRAINING

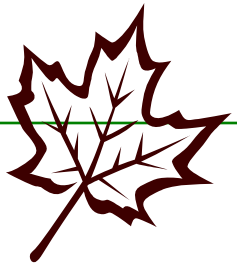
-Chief Enoch

Last month our department had a wonderful time doing extrication training with Cloverdale and Black Butte Ranch Fire Departments. We had 36 people in attendance and received outstanding instruction. I would like to thank Ben Bruegeman and Shawn Vial for their instruction as well as Captain Ast and Gail Butler for their help with lunch.

Monday night training for Oct 4, 2010 will consist of "Salvage and Overhaul" at all stations, Oct. 11th,"Engine Company Standards #2" at all stations, Oct. 18th, "Winter Driving" instructed by Captain David Moyer at station 701, and Oct 25th, "EMT Medications" at station 701. Tuesday, Oct 26th, there will be an Engine Company Standards drill at station 704.

On Saturday, Oct 23rd, at 0900 at 704 there will be a joint drill with Sisters-Camp Sherman Fire Dept., Black Butte Ranch Fire Dept., and Jefferson County SAR. This training will be taught by Jefferson Co. SAR on reaching the patient and assisting with SAR. Fire and EMS personnel are encouraged to attend.

As always, if you have a training need, I encourage you to stop by my office.



VEHICLES

-Captain Lovegren

Bill Hayes continues working to complete the annual inspections for each vehicle. The process has taken longer than anticipated, but Bill is being very meticulous. 724 will be at Station 701 for a while for pump testing and to find new oil seals for the front axle.

We will begin draining the pumps and discharging the lines in all the trucks in a couple of weeks, even if the vehicle is 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 scene of an emergency to find the drains have been left open, when 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 the valves while driving to the scene. Draining the pumps and lines will prevent this from being a problem.

As the weather begins to cool, we will start putting the studded tires on the trucks and chains on all the trucks that need them. Some of the vehicles have automatic chains, but we still put chain sets on those vehicles in case the drop-down 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. We have boot chains 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 the 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 the wrong time, your back end will pass your front end before you know it.

Have a safe and glorious fall season.

FIRE PREVENTION

-Fire Marshal Wheeler

Fire Prevention week is October 3rd through the 9th. This year's theme is "Smoke Alarms, A Sound You Can Live With". 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.