

# THE SIREN



Presented By

## Sisters-Camp Sherman Fire District

September 2009

### CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the August 2009 edition of the Siren.

As I prepare for my departure early tomorrow morning to attend the Fire Rescue International conference in Dallas, Texas, I have been thinking about the importance of training and education for our department members.

While some may view conferences and workshops as “junkets” or vacations, my view is much different. I look at training and conference attendance as opportunities: opportunities to bring important information back to the department; opportunities to learn about the new standards, requirements, and changes that happen regularly in every aspect of our work; opportunities to improve on a personal and professional level; opportunities to learn the latest methods and equipment to keep our workplace safe and our volunteers and employees involved and healthy; and finally, opportunities to keep the Sisters-Camp Sherman Fire District progressive and moving forward.

I have asked a number of our department members if they have areas of interest I can address by gathering information during the conference from vendors, etc. There is an old saying that “you don’t know anything unless you share it with someone else”. This is particularly true for us, and I will bring back as much as I can to share with you all.

I am still committed to learning as much as I can about our work and how to be more effective as a department member and chief. In our ever-changing political and legal environment, the members of our board of directors also need to attend these events in order to continue to be effective leaders and policy makers. I encourage all of you to take advantage of these “opportunities” which are regularly offered by the Training Division. Please see Chief Karjala if you are interested in additional training or education.

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

Chief Robertson

### ASSOCIATION NEWS

-President, Jeff Liming

I know you will recall the recent passing of Stephen Connolly. Stephen died in a tragic ATV accident. In memory of Stephen, his family designated our Association as a recipient of memorial contributions. We have received a number of these and they continue to arrive in the mail. I have been pleased and honored to respond to each with thanks on behalf of our Association.

I am happy to announce that at our August meeting our Association voted to approve a motion to combine these memorial contributions with the funds we received from this year’s quilt show to provide for high school scholarships in Stephen’s name. He would have graduated in two years, and so in 2011 we will provide two-one thousand dollar scholarships to his classmates. Our scholarship committee, in concert with our Association as a whole will develop criteria for awarding these scholarships that reflect the wishes of Stephen’s family. Thank you very much for your interest in this project and for your action in quickly approving it.

Our friends at MDA appreciate our planned fund raising efforts over Labor Day this year! Thanks for your participation in “filling the boot” at Ray’s while we show off our apparatus and support fire safety by handing out information to the kids. Fire Marshal Wheeler has plenty of prevention information for our cause and we have plenty of boots to fill, so please take a moment to check your schedule and come out for a few hours Saturday or Sunday.

Thanks very much for your continuing support of our Sisters – Camp Sherman Fire and Ambulance Association!



## CHAPLAIN'S CHAT

-Chaplain Hayes

Can you believe it's time for school to start once again? Most parents have already delivered their kids to college, clothes's shopping is in full swing, and store shelves once full of school supplies are quickly being replaced with Halloween candy! Where did summer go? You might be preparing for classes this fall. As for me, I'm teaching a dance class and

meditation class at the "Sisters in Sisters" celebration and I must say that preparing to be an instructor is just as exciting as being a student. Really, we are all teachers and students in the school of life. September is the perfect month to learn something new about you. So, whether as student or teacher or both... Go For It!

## SCBA INFORMATION

-Captain Brown

After completing an SCBA Fit Test for one of our newer volunteers, I am reminded that we are coming up to the time of year for everyone to be fit tested. Remember, this is an annual event for your safety and compliance with OSHA and national standards. When it is scheduled on the training calendar, please do everything you can to attend the drill and complete the requirement. If you are unable to work it into your schedule, call the station and we will be glad to set up a time that is more convenient. Also, remember to get a change of

batteries for your amplifier and make sure everything is working properly. If you have any repair issues, please let us know as soon as possible.

Additionally, Firemedic Crawford is performing an annual flow test on all the face pieces. He will call to request you bring yours in; please be prompt. He is able to do a few each shift and there are quite a number issued to our personnel. This takes a bit of time for each mask, so dropping them off is the best option (unless you want to spend a shift at the station and possibly get a call or two in??). Thanks for your cooperation.

## COMMUNICATIONS

-Captain Brown

Still not much change in the Santiam Repeater process. We will be testing the use of an amplifier to see if it improves the quality of reception and transmission of the equipment already installed at the site. Chief Karjala has been in contact with the Communication Technician for the Oregon Department of Forestry who has history with the equipment when it was used on Black Butte, and has more test equipment and knowledge to assist with this project. He has also been in contact with technicians in Salem who are helping resolve our issues. There are other avenues available for communications from this site, but we are going to try and get the original equipment to work well for the short term; then we can plan for new equipment that will conform with upcoming FCC regulations for Public Service Radios. I will keep you informed as more information comes available.

There was a change in the frequencies for our wildland responses. The story behind the change is interesting. There have been issues with the use of Deschutes 2 Black Butte during times of heavy traffic and multiple calls. The owners of the frequency (USFS) made some changes and then notified the ODF so they

could make the changes. The ODF then notified all the structural agencies (this included us) of the changes and that they were reprogramming their radios to comply. Caught off guard, we hustled to make the change. We were nearly complete with the change when a notification was sent out that changed everything back to the original programming. AARRGH! After some phone calls and discussion, Chief Karjala had it worked out that we would stay with the new programming, since it would be adopted for next wildland season. To sum it up, I have included at the end of this article direction from the Chiefs on use of the frequencies. Thanks to Firemedic Bruegeman for all his work in programming the radios and to Chief Karjala for working out a solution that saves us from having to program all the radios....again!

From Chief Karjala's memo-

**"...after much discussion we will be using ODF Grizzly for interface fires in our District for the rest of the fire season. So please familiarize yourself where ODF Grizzly is in you mobile and portable radios."** (Zone 2, Channel 11 (Central Oregon Mutual Aid) and Zone 6, Channel 3 (COFOG Wildland Group))

## FACILITIES

-Captain Brown

So far, so good! The construction project of Station 701 is coming to a close. We have met with the contractor and architect to discuss areas of concern, and the conclusion at this time is repairs will be made and completion work performed. The work will begin after the first week of September. The only downside is we will be “living” with the work during the repairs. Please be patient with this phase and the contractors who will be coming and going. We have a wonderful facility and once all the work is done we need to keep it in like new condition. If you notice anything that needs attention, please let me know. There are several projects that we are completing to put the finishing touches on the

station, both for appearance and for safety. If you have any time and you would like to contribute to the projects, let me know and we can schedule the work when you can assist us.

With the end in sight for the Station 701 project, we are looking at the other stations for upgrades and repairs. There are several projects we have planned, but we still need to remain within budget constraints. All our facilities are in good repair, and 702 just received a new coat of paint to spruce it up. As always, if you notice anything needing repair, let me know. Also, if there are any items you would like to address concerning the station, bring it to your station captain or myself so it can be discussed with the administration. Thanks for all your help in keeping our facilities in “top drawer” condition!

## RESPONSE INFORMATION

-Captain Brown

We are down on responses from last year; actually we will be at about the same level as 2007 for August. I have been looking over the statistics and the determining factor is the lack of wildland responses this year. Last year we had 15 brush fire responses, not including others that may have been initially a wildland response but turned out to be a Good Intent call or an Illegal Open Burn. The brush fires would account for the reduced responses alone. This is good for the district and everyone in it, but works in reverse for our skills and stats this month. If you have been following the region and nation, there have been a reduced number of wildland incidents this season. Even though California is starting to have some larger fires, they will probably not see the usual or anticipated amount of fires as in the past. All this is good news for the forest and people in general and we should be grateful.

Once again, I would like to put a plug in for those who are interested in spending time at the station and assisting with emergency response. There is a sign-up sheet in the Watch Room, please take advantage of it and spend time with each shift. I know the shift personnel enjoy the extra help on calls training, and it's nice to get to know some of our new volunteers. If you spend a four-hour shift, you are also eligible for a voucher good towards a meal or food purchase. Thanks to all of you who already take advantage of the time and benefits to help our responses. One more thought: with the students returning for fall classes, spending time with them at the station and on calls will truly enhance their learning experience!



## CHAPLAIN'S CHAT

-Chaplain Gerke

Have you ever felt like others expect you to do something specific with your life, to become someone great or to accomplish great things? Perhaps you are the one who thinks that about yourself. There's no question that we all need motivation, but are we failures if we don't reach goals others or we ourselves have for us? I don't think so. I don't think anyone has ever achieved every goal. No doctor has ever healed every diseased or injured person he/she has been called on to help. No politician has ever satisfied everyone's wishes. No parent has ever done everything perfectly in raising kids. No fire/medic team has ever saved every structure or every life.

I think the measure should be found answering the questions, “are we staying focused on what we feel we are called to do and be? Are we dedicated to doing the best we can? Are we always putting others first ahead of ourselves?” Perhaps most importantly is not what we do, but, “what is the motivation for doing it?”

I'm not necessarily talking about good intentions here – we've all seen that the best of intentions can cause havoc when things go wrong. Rather, do we listen to our hearts as we do our work and as we relate to others? For me, that is the measure that is truly important.

## FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

A second set of irons (forcible entry tools) has been added to the RIT compartment in 721 (front passenger side compartment). This was done in order to have a set dedicated to and available for immediate use during RIT operations. As a reminder, the set for primary fire operations is located in the driver side rear compartment with the other forcible entry tools. Please familiarize yourselves with the new placement.

For those of you that have worked with the new

Genesis hydraulic rescue tools, you've noticed that the rubber dust caps had a problem with falling off and allowing debris to contaminate the connection. Until Genesis makes better fitting caps, I've resolved the issue by modifying them with plastic zip ties to give them a tighter fit. As such, to assist with removal on the male couplings, a counterclockwise twisting action makes it easier. On the larger female couplings, removal is easy, but replacement takes a bit more effort to snap the cap into place. Stop by and give them a try.

The equipment committee will be meeting this month to discuss the design of the new 6x6 brush engine. If you have any suggestions, please forward them to me or one of the equipment committee members.

## EQUIPMENT NEWS

-Captain Lovegren

Pump testing will take place soon! If you would like to be involved let me know. This is always good practice as an engineer or a great learning tool for someone who wants to be one. If it fits into your schedule, we would appreciate the help. Testing will take place in September and we'll let you know at drill when it is scheduled.

740 has had some issues with the batteries staying charged. There has been a series of problems that I hope have been corrected. The rear box has been put on a solenoid so it is completely disconnected when the key is turned off. If a compartment light is left on accidentally it will now

turn off with the key. We also had a bad battery and an alternator that was not putting out power consistently. Both these items were replaced under warranty.

Now is the time of year that we can easily be fooled with situations which can become dangerous. We need to remember we will have early morning frost at higher elevations in the morning. Slick corners on the pass in the mornings will happen very soon and we do not want to be caught off guard. Keep this in the back of your mind when responding to emergency calls and slow down if you see the temperature beginning to drop to near freezing. I know we would rather not be thinking cold yet but it is not uncommon to dip below 32 degrees at pass elevations in September.

## FIRE PREVENTION

-Captain Wheeler

Fire Prevention Week is October 4th to October 10<sup>th</sup>. The program we are promoting this year is called Firebusters. Don Rowe will be in charge of the program while I am at the National Fire Academy.

Fire Prevention Week activities will be focused school age children from kindergarten to 4<sup>th</sup> grade. We will be going to all the schools and talking to them about fire safety. The program involves having the children take a quiz home with questions about various aspects of fire prevention. They will then watch the 5pm news on KTVZ channel 5 all week long. With their parents help, they will then answer the questions and bring them back to school. There are prizes for the kids that include bicycles for the overall winners and t-shirts and Frisbees. There will also be some articles in the Nugget which address what the adults can do at home to help prevent

home fires. Articles will discuss checking home smoke alarms, home fire escape plans, and looking for common household problems. Almost 70% of home fire deaths in this country result from fires in homes where there were no smoke alarms or non-working smoke alarms.

A new project we'll be involved in this year is a Hunter's Information Booth in front of the new BiMart on October 1<sup>st</sup> and 2<sup>nd</sup>. We will provide information to hunters about fire safety. Don Rowe will once again be the lead on this program, and any help will be greatly appreciated.

As always stop by if you have any questions or ideas.



## FIRE FITNESS

-Fire Medic Storton

This month I thought we could have some fun and pay homage to exercises that suck. I picked two exercises for each body region (upper, core, lower and stretches). I know what you are thinking, if these exercises suck, then why should we do them? Well, they suck not because they are worthless, rather these six exercises and two stretches suck either because they are difficult or because they hurt. In most cases you get both. You may also be thinking; Hey! Doesn't exercise in general suck? Well, what follows is the suckiest of the sucky and I'm serving it up for you. Enjoy.

### Dive Bombers

You may remember these from the movie "G.I. Jane". Since these are good enough for fictional Navy Seal recruits, and since movies never lie, these will properly pump you up. Pretend you are trying to duck under a rope about a foot off the ground without touching the ground with your chest. Then duck back under backwards. This wonder of nature works your arms, shoulders, chest, core and legs for a mega blast of push up love.



### Old Fashioned Pull Ups

These have fallen out of favor only because they are really hard and they really suck. But, man do they work. Your forearms, biceps, back and core will reap the rewards. Diversify your pull up portfolio with wide grip, narrow grip and reverse grip (palms facing you). You know how to do them. The question is how many can you do?



### Wide Knee Reverse Sit-ups

Granted, these are a bit weird. The idea is to work your lower core by raising your legs above your hips, then raising your hips off the ground. The weird part is to keep your knees wide so you don't cheat by using your hip flexors. An easy way to keep your knees wide is to put a physio ball between them. Get ready to bust a gut.



### Bicycles

Another all-time classic. These work your entire core with love left over for your legs, chest and back. Keep your hands on your head and alternate your elbows toward the opposite knee and keep your shoulder blades off the ground. Enjoy the ride.



### Single Leg Balance Squats

Squats are one thing. Single leg squats (pictured) are another. Stand on a wobble board with your hands stretched to the sky and you have a monster of a whole body squat workout.



*Continued on next page*

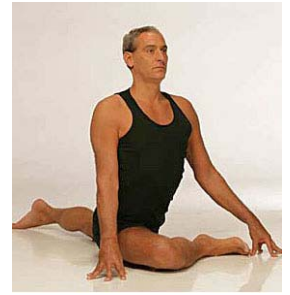
**Wall Sits**

I think these are a left over remnant from the Spanish Inquisition. Regardless of their origin, to do these bad boys properly lean against a wall with your knees at a 90 degree angle. Focus on pulling your feet to the wall and don't let yourself drop. One other thing, you don't get to use your hands. Do this for a minute or more and you will build all around leg endurance.



**Pigeon Pose**

Some of you may be afraid of Yoga for a very good reason. The good news is there are ways to modify your stretch to make it easier for the beginner. Unlike athletes and dancers, we are linear society. We walk forward or backward with an occasional side to side for fun. In short, the hips full range of motion is seldom utilized and if you don't use your flexibility, you'll lose your flexibility. The Pigeon Pose is a great hip opener and especially stretches the side of your hips. One cannot truly appreciate how good this stretch feels until he's tried it. Take it easy at first, but I guarantee you will like it. This one doesn't suck as much as the rest; it's just harder for most people.



**Downward Facing Dog**

This one really sucks as it reveals just how inflexible we are. The idea is to stretch your upper body down and back while gently forcing your hips to the ceiling. This stretches your entire backside as well as your shoulders. You also get a bit of a workout because this one is hard to get into. A great way for beginners to start this is to remain standing and bend over with your arms extended to the back of a chair.



**TRAINING**

-Chief Karjala

Training for the month of September will include drowning, extrication and hypothermia.

I mentioned last month, there will be a firefighter 1 academy, sponsored by COFIA, starting in September and running through the beginning of December. If you are interested, please see me before September 5<sup>th</sup> for registration.

I would like to remind folks there are several training opportunities coming up in the next few months

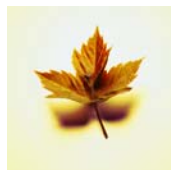
that are available to everyone. One training event I want to recommend is the Oregon EMS conference hosted in Portland October 1-3. Please take an opportunity to look at the training board or come in and see me if you have any questions regarding training or training opportunities.

Lastly, on September 14<sup>th</sup> we are having a training session on drowning. Dr. Carnes will discuss the clinical aspect of drowning and Mark Foster will discuss scene safety and response considerations. I encourage all staff to participate in this training.

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

*Please wish the following people a Happy September Birthday...*

Clay Davis 9/3  
 Tom Haynes 9/8  
 Taylor Robertson 9/8  
 Rick Davidson 9/15



Don Rowe 9/16  
 Ryan Roy 9/16  
 Mark Foster 9/19