

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

September 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the September 2011 edition of the Siren.

At the August Board of Directors meeting, I submitted a proposal which outlines a strategy for my retirement. I have enjoyed my eight years with the District, but it is time for me to step aside and enjoy life after 45 years in the fire service. The board approved in concept my proposal to retire from PERS service effective 1/1/2012 and to finally retire from the District on 7/1/2012.

In the coming months, you will see the Board begin a selection process to find my successor. I am certain that your input will be appreciated as the district works to define what desirable qualities will be important for the new chief. At this point, the district intends to hire a firm to do the selection process. I would guess that the selection process will occur not long after the first of the year.

You can depend on me to remain committed to our personnel and the district throughout this process. If you have questions or concerns, please give me a call.

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

Chief Robertson



TRAINING NEWS

- Chief Karjala

Training for the month of September will include Engine Company Standards #2, Hazardous Materials Refresher instructed by Haz-Mat 13 and Sports Related Injuries.

There is going to be a Firefighter 1 academy sponsored by COFIA and hosted at Crooked River Ranch starting in September and running through the end of October. If you are interested, please see me before September 7th for registration.

I would like to remind folks that there are several training opportunities coming up in the next few months that are available to all staff. One training event I want to recommend is the Oregon EMS conference hosted in Salem from September 22-25. 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.

Over the next six months we have scheduled several EMS classes with the assistance of Captain Ast. These classes will be important for you to attend to ensure your recertification hours will be met. Below are the classes and dates and times. The first session from 1400-1800 will be for ALS/ILS and the second session from 1900-2100 will be for ILS/BLS.

- Pharmacology – November 28th, 1400-1800/ 1900-2100
- PHTLS- November 29th and 30th, 0800-1700 each day
- Pediatrics- Jan 23, 1400-1800/ 1900-2100
- OB- February 27th, 1400-1800/ 1900-2100

Lastly, on September 19th we will be holding our annual Haz-Mat refresher training. Salem Haz-Mat 13 will be here for a three hour drill. The topic for the refresher will be Chlorine. The drill will consist of classroom and scenario based training. I encourage all staff to participate in this training.

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

FACILITIES

-Captain Brown

The contractor came out last month and completed the last item on the “punch list” for the Station 701 project. This marks the finalization of the addition/remodel project and an end to the few disputed repairs. This has taken quite some time, but I have to remind myself that we still have a great station to work out of and a building that presents itself well to all who visit.

This last month we had some distinguished visitors who were very impressed with not only our station, but our apparatus as well. By distinguished I mean two families from European countries that made time to stop by the station. One was from France and the other from Italy. After some language difficulties were mitigated, both families were given a tour of the station and apparatus. I was not able to follow the Italians around, but

the French family was almost overwhelmed by the size of everything about the station and apparatus. They did say there were very impressed with how clean and new everything looked and our availability to visit with them. Fire Medic Bruegeman lead the presentation to the Italians and spent some time with them, going as far as to give them a ride in one of the apparatus. Although infrequently, this is an important way to give back to the public and stay in good standing with them. By keeping the facilities clean and in good repair, they are always ready for a presentation.

Again, if you find anything needing attention, especially things requiring immediate repair, call me or leave a message at Station 701. Thanks to everyone who helps keep the stations clean and repaired! And a special thanks to Fire Medics Bruegeman and Vial for their time spent with the distinguished drop in visitors, I am sure it made a great memory for them of their time spent in Central Oregon!

RESPONSE INFORMATION

-Captain Brown

It appeared that we would be down in calls for service this year, but lately it looks like we are back to the volume we had last year. Even with the late start of summer, and the feeling that there are less people visiting our area, our numbers of calls for response are back to about 2.5 calls per day. If we continue with that amount, we will make the same total responses as last year. It takes everyone being committed to fill spots for each call, and thanks to all who have made our responses successful. I know A-Shift appreciates everyone who is able to spend a block of time at the station, waiting patiently for a call. This helps out with responses and makes for a good time to get to know each other. If there is more than one person willing to spend a shift at the station, we will make sure that there is a place for all.

We all know the majority of our calls are for some type of medical emergency. Even though you may not be an EMT or First Responder, your assistance at the call through an engine assist can be invaluable. The extra help in moving a patient, with traffic control, or just being available for any need that may

come up is really appreciated. I know we have some stations that provide this faithfully, and we appreciate it! There are many calls where another couple of hands would have made the patient transfer much easier and safer. Keep this in mind when you hear the call for service and think about responding to help.

On a more somber note, this month marks the 10th anniversary of 9-11-01. A time in our history where so many gave everything inside our country's borders. There are many programs on television that memorialize the event, and there will be local (Central Oregon) events I am sure. If you have the time, make an effort to attend one of them in memory of everyone who has given all attempting to help in that tragedy. Thank you.

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

- Nick Mackenzie 9/2
- Clay Davis 9/3
- Taylor Robertson 9/8
- Tom Haynes 9/8
- Rick Davidson 9/15



- Don Rowe 9/16
- Ryan Roy 9/16
- Mark Foster 9/19
- Adam Wallis 9/24

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

We've had a lot of additions, mostly in terms of EMS equipment since my last article in *The Siren*. All of you should have had the opportunity to have some hands-on time with our new equipment, with the multiple training sessions that Chief Karjala has provided. The Lucas2 will improve our delivery of chest compressions and our Philips MRx defibrillators have some exciting advancements in monitoring capabilities and therapy delivery. If you haven't seen these new additions, please stop by and ask one of the duty crew to give you an overview. These devices can be used by everyone that is trained to the Healthcare Provider CPR level, providing that you have trained on the use of the device. They're not just for paramedics!

Another new addition to our ambulance equipment is the placement of refrigerated boxes on 775 and 776. These boxes store our medications that require refrigeration and chilled IV fluids. They have replaced the coolers that used ice packs to keep the meds cooled and keep the climate within the box controlled at a more consistent temperature. The primary reason for the purchase of these boxes was for cooling IV fluids. ECEMS has added an Induced Hypothermia protocol to the ALS procedures; for use in the treatment of patients that have been resuscitated from a cardiac arrest and meet certain criteria. There is clinical data that suggests that patients that are cooled after being resuscitated have a better outcome than those that aren't. Our implementation of this protocol will improve our service delivery to those we serve and is an exciting example of how our rural area is keeping pace with the advancements in medicine.

For our EMS only personnel, I have purchased helmets to add another level of protection to your PPE. They will be distributed this month, and should be available by the second week. Also, if you haven't been issued leather gloves, please see me as well and I will issue you a pair.

The thermal imaging camera on 721 has been equipped with a new charging station that keeps both the camera and the

spare battery charged; rather than the single bay charger that we used previously. Thanks to Captain Lovegren for installing this new charger.

You may have also noticed that 775 and 776 have been equipped with new sharps and trash receptacles that are the same as the one on 771. This was done to help in the standardization of the ambulances and to make the disposal of sharps and trash an easier task. Thanks to Bill Hayes for his assistance in the installation.

Currently underway here at 701, is the R&D of a new med box and airway kit. Firemedic Vial is spearheading this project, and the intent is to streamline the gear that we carry into the house on EMS calls. Stay tuned for the particulars of this project, and please feel free to stop by 701 and take a look at the new kits being developed. Please give me any feedback you may have on the new kits.

Now that I have assumed the role of EMS Coordinator, I'm excited to be a part of bringing our service delivery to a higher level. Chief Karjala has been working to get some new EMS drills on the calendar that will be delivered by outside instructors. These drills will be conducted over several months, and will cover a variety of BLS and ALS topics. As much as is possible, coordinate your personal schedules in advance, as these drills are ones that you won't want to miss. In addition to these quality EMS drill opportunities, I'm also interested in your feedback on how you think our EMS delivery program can be improved. I want to hear the good, the bad, and the ugly on how we can improve our service.

As always, if you have any fire and EMS equipment needs, or EMS program concerns or comments, please forward them to me

Have a safe September and enjoy the weather as our summer comes to a close.

FIRE PREVENTION

-Fire Marshal, David Wheeler

Summer is just about over and school starts soon. I hope everyone has had some time to enjoy the nice weather. We are having a safety fair in the Village Green Park on September 17th. The American Red Cross is planning the event and it sounds like it will be fun and informative. The focus is on disaster preparedness and we will be providing the smoke trailer. Anybody that is available it would be great if you could help. This is a great opportunity to help the community and help

ourselves. The better prepared the community is, the less we have to help.

Also don't forget that Halloween is not too far out. If anybody has questions please call.

FIRE FITNESS

-Fire Medic Vial

Get Strong(er)

Renowned strength coach Mark Rippetoe once said “Strong people are harder to kill than weak people, and more useful in general.” In fire and EMS it’s not enough to just be strong; you must get strong(er).

Being strong(er) comes in handy on EMS calls when you have to drag a dead guy to a room big enough to run the code, or raising the gurney with a large person strapped to the top of it. It helps on rescue calls when you are lifting a sixty pound hydraulic tool over and over for an hour to get someone out of a car wreck. Being strong(er) is paramount on pretty much any fire scene in order to raise ladders, ventilate the building, advance charged hose line or move an unconscious victim. Regardless of what your role is at Sisters Fire, you can benefit from being strong(er).



Louie Simmons had a 920 pound squat . . . at age 51. He didn't let time stop him from getting strong(er).

ASSOCIATION NEWS

-President Ben Bruegeman

I hope everyone has had a fun and exciting summer!

In September we'll be having the Muscular Dystrophy Association Fill the Boot fundraiser at Ray's Food Place on Saturday September 3rd from 0800 until we're done. If you can help out, please let me know. Any amount of time you can donate to the fundraiser will be greatly appreciated even if you can only be there for an hour. We'll be trying to fill the boot as well as giving tours of the trucks.

We'll also be staffing the ambulance for the High School Football home games on September 2nd, 16th, October 7th and

To get strong(er) you must lift weights. The human body adapts to the stress imposed on it in order to better handle that type of stress. Weight training is the best way to stress your body and force it to do more work. In order to get bigger and strong(er) you must continually lift more and more in order to make your muscles work harder than they are used to. If you don't increase the stress, you will never get strong(er).

If being awesome isn't a big enough reason to get strong(er), here are some other health benefits to weight training: it improves bone density, increases tendon and ligament strength, improves joint function, reduces potential for injury, increases metabolism, improves cardiac function, and increases HDL (good) cholesterol levels.

It doesn't matter where you start, *as long as you start*. If you can shoulder press 10 pound dumbbells, then start there. Just make sure next month you are using 15 pound dumbbells. Always work towards increasing the amount of iron you can lift. Lift hard. Dig in and try to move the world. Be awesome. Get strong(er).

13th. The roster is currently filled with EMT's and drivers except for the 7th of October we still need a driver.

In October we'll be hosting the annual Haunted House and Halloween games on October 31st. Setup will be Sunday the 30th at 1400 hrs and the Haunted House and games will start at 1500 Hrs on the 31st. The sign-up roster is in the watch room.

VEHICLES

-Captain Lovegren

Pumper testing will be taking place soon and 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 any help is appreciated. The testing will be in September on the 13th and 14th.

We are now into our hot weather, long time coming this year, and you need watch your temperature gauges closely. I know I harp on this all summer long but we do not need an overheated or seized engine while trying to respond to the scene. Keep your eyes on the gauges and slow down a little if you see your temperatures getting to hot.

The 6x6 (746) is now completed and ready for service, an article will be coming out in the Nugget Newspaper to show it off. We really accomplished something building this

truck, for how little we spent. With budgets the way they are it was the only way we were going to get a new heavy brush. I want to thank everyone who helped make this happen.

