

2008 Annual Awards Re-cap

All photos by R.A. Gunn

Congratulations to all of the award winners for 2008:

Call Response-Hayley Jubie
 Drill Attendance-Mike Perkins
 Rookie-Matt Silbernagel
 Intern-Eric Leonard
 EMS Responder-Angela Hargin (for the fourth year in a row!)
 Firefighter-Kent Silbernagel
 Officer-AC Michael Patrick

Years of Service

5 years-Angela Hargin, Gene Ditter
 10 years-Mike Patrick
 30 years-Jerry Heater

Distinguished Conduct

Tim Heater, Troy Tallman



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The Sublimity Re-tone

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From the Chief's Desk

Where has 2009 gone?.....

It's hard to believe it's April already. It seems like just yesterday we were celebrating Christmas. This year has been busy so far and I don't see it slowing down anytime soon. I feel we've made some significant strides in the first few months.

Our organization grew by two members last week. We welcomed Mr. Derek Mack and Mr. Ryan Nelson to our family and look forward to a long time together! Derek comes to us as a Firefighter II, EMT-B, and Pumper Operator, as well having his SI30/190 certifications. He is starting the Paramedic program in the fall, but expects to remain active with us.

Ryan comes to us as a senior in high school. He is friends with Matt Silbernagel and is going to immediately start in the spring academy. After he is done, we will get him caught up on the couple of classes he missed. Ryan is eager to get going and is looking at this to see if this is what he wants to do for a career.

Will Newman left us last Thursday morning to become part of West Valley Fire (Willamina). Will wanted some experience in a trans-

porting organization and most of his fire program friends are members there. It was hard for Will to leave and for Amy and me to watch him walk out the door. Will is a fine young man and will go far in his career. We wish him all the best!

With Will leaving, that created a vacancy in the Intern Program. Ms. Natalie Barrett was selected to fill that position. She is eager to get on board and get going. She is also just starting the fire program, so let's make her experience a positive one.

On March 14th, we held our annual awards banquet. I truly feel this was an awesome evening and I hope you all feel the same way. We will be expanding on this next year, as I have budgeted more monies to take it to the "next level." Congrats to this year's award winners:

Intern of the Year

Eric Leonard

Rookie of the Year

Matt Silbernagel

Firefighter of the Year

Kent Silbernagel

EMS Responder of the Year

Angela Hargin

Officer of the Year

Mike Patrick

Also recognized were Hayley Jubie for Top Responder and Mike Perkins for Top

Drill Attendance.

At the conclusion of the awards ceremony, a few minutes were taken to recognize two members for their efforts. A heartfelt congratulations and job well done go to Lt. Tim Heater and Eng. Troy Tallman for their efforts on the Victor Point fire. You truly deserve the "Distinguished Conduct" award that was presented to you. If not for your initial efforts, we probably would have lost the house as well.

I look forward to a successful remainder of the year. I have the budget for 2009-2010 basically done. I want to thank Chief Carriger and Assistant Chief Remy for their assistance.

I think our budget is a reflection of our due diligence to be wise with taxpayer monies. We are in good condition and look forward to many more years of financial stability.



Chief Hamilton

April 2009 Issue

Since 2003

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We're on the Web!
www.sublimityfire.com

Landmark FEMA Study: Heart Disease is an Epidemic for Firefighters

H. Robert Superko, MD, principal investigator in the landmark Federal Emergency Management Agency (FEMA)-sponsored study of firefighters aged 40 and over conducted at Saint Joseph's Hospital in Atlanta, released preliminary findings in the world's first study of first responders at risk of suffering sudden death or other significant cardiac events. Firefighters are known to have a three hundred percent increased risk for cardiac disease as compared to other segments of the population.

"Preliminary findings show that one-third of firefighters had heart disease that is unrelated to traditional risk factors, such as high cholesterol," says Dr. Superko. "Those results are astounding and point at job duties and environment as the primary determinants for early death in our country's first responders."

Dr. Superko, recognized as a leading expert on lipids, cholesterol and advanced metabolic markets and their contribution to heart disease, and his team performed a comprehensive, scientific battery of sophisticated blood and imaging tests on three hundred firefighters in Gwinnett County, Georgia. Gwinnett County first responders were identified for the study following an emotional report by Fire Chief Steve Rolader, following the sudden death of one of his firefighters from cardiac arrest while fighting a house fire.

"This wasn't the first firefighter in my department to die but I wanted to do something to make it among the last," says Chief Rolader. "This man was 53 years old, in great physical shape and he had no known symptoms of heart disease. We also had lost several newly-retired firefighters to sudden cardiac death. There had to be a way to stop it."

Study volunteers underwent a comprehensive genetic screen of more than a million genes including newly identified KIF6 (statin responsiveness gene) and 9p21 (myocardial infarction gene), ad-

vanced phenotype (blood) and imaging analyses, diet and exercise review over the year-long study. Results and explanations were presented to the groups followed by individual consultations. Complete statistical and comprehensive genetics results are expected this year.

According to Dr. Superko, stress and psychological pressures related to the job, as well as diet, exercise issues and inherent personality, interacting with a genetic predisposition to heart disease, probably have tremendous impact on the risk of heart attack in these first responders.

"Imagine being awakened from a dead sleep by a loud, shrieking siren several times during the night, responding through the rush of adrenaline, carrying a hundred pounds of equipment on your back, and meeting people at the very worst possible moments in their lives every day and you can begin to understand the toll it takes on the first responders," says Superko. "And, consider the emotional and psychological stress they encounter each day as they respond to society's most brutal moments from murders to car wrecks and death. Finally, those who serve as first responders have a mind-set and a desire to help people. They certainly bring a competitive nature to the job but also a profound desire to help and to do the best for others. All these elements create an environment that puts them at an increased risk for cardiac disease."

In response to the growing awareness to issues of diet and exercise, Gwinnett Fire Department has instituted exercise programs within local firehouses and the county now re-reimburses for fitness club memberships. The department also educates firefighters on proper diet and nutrition with one-on-one opportunities as well as "lunch and learn" programs in the station houses. And, over the years, the traditional firehouse alarm in Gwinnett stations has been replaced with softer alarms and even-voiced prompts to

Source: fireengineering.com, March 17, 2009
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awaken sleeping first responders.

As a result of the study, Saint Joseph's Hospital and Dr. Superko's team implemented a two-month screening program for all Atlanta first responders (firefighters, Police and EMS) regardless of age in order to provide them with some basic and advanced diagnostic tests at prices affordable to firefighters. Several physicians are providing their services free of charge.

"There are tremendous costs associated with early deaths of our first responders in every community as we lose men and women in their 30s, 40s and 50s who are our first line of defense, but who don't live to perform their jobs for very long," says Chief Rolader. "With the results of this study, we can implement programs across the country that will save lives."

Final results are expected to be submitted for presentation consideration at the annual American Heart Association meeting.

Saint Joseph's, recognized as one of the 50 top hospitals in the country, is the region's premier provider of cardiac and vascular services and is Atlanta's oldest hospital. Founded by the Sisters of Mercy in 1880, today Saint Joseph's is a 410-bed, acute-care hospital recognized as one of the leading specialty-referral hospitals in the Southeast.

As a leader in cardiac, neurologic, vascular, gastrointestinal, respiratory, orthopedic and cancer care, among others, Saint Joseph's offers its patients the latest procedures and treatments by providing its medical staff of more than 750 physicians with research services and the most advanced technology available.

In addition to serving the metro-Atlanta area, patients come from all over Georgia, nearby states and internationally because of Saint Joseph's specialized services, excellent reputation and unique patient experience.

The Cooking Corner: Dill Pasta Salad

Submitted By: Assistant Chief Mike Patrick

Ingredients

16 oz. uncooked rotini pasta
2 c.cups cubed cooked chicken or cheese cubes
(or any combination of the two)
1 cup chopped celery
1/2 cup chopped onion
10 oz. package frozen peas
1 packet Hidden Valley Ranch mix
16 oz. sour cream
1 cup mayonnaise
1 cup milk

1 Tablespoon dried dill
1/2 teaspoon garlic salt

Instructions

Cook pasta; drain. Stir together all ingredients. Throw into the fridge and allow to chill for at least a few hours.

Enjoy!

Photo of the month

Photo taken by R.A. Gunn

Below: Assistant Chief Mike Patrick happily receives his 10-year award from Chief Brandon Hamilton



Bits & Pieces

• New Extrication Equipment in service

New extrication tools are currently on Rescue 51. The old combi-tool and ram are now on Rescue 52. We are still trying to figure out where to place the high lift bags.

• Intern Program Opening

We now have another vacancy in our intern program. We are looking for a qualified individual who has been accepted into the Chemeketa fire pro-

gram. Candidates who possess their EMT-Basic will be given preference. If you know anyone who meets these qualifications, please send them our way.

• Upcoming Safety Fair

This year is flying by and, before we know it, the Public Safety Fair will be upon us. Our event chairman this year is Michael Halligan. He's new to the event, but he has already started putting things together. We're expecting

an even bigger turnout this year than in years past. This year's event will be held on Saturday, June 6th. Invitees include Marion County Search & Rescue, Marion County K-9, Marion County Marine Patrol, REACH Air Medical, LifeFlight, Stayton/Sublimity Police Department, Stayton Fire District, Mothers Against Drunk Driving (MADD), Salem Fire Department Rope Rescue Team and MORE. Also, our department will be doing extrication and other demonstrations.

April Calendar

2 — Business Mtg./EMS Drill/Officers Mtg., 6:30 p.m., Station 51

8 — Board of Directors Meeting, Station 51, 7:00 p.m.

9 — Drill, Firefighter II Class, 7:00 p.m.

16 — Drill, Extrication, Multi-company w/Stayton Fire, 7:00 p.m.

23 — Drill, Live Fire, 7:00 p.m.

30 — Drill, 7:00 p.m.

April Birthdays

2 — Jerry Heater
8 — Kim Zuber
16 — Hayley Jubie
16 — Mike Patrick

2009 ALARM TOTALS

EMA	40
Service Calls	22
Fires	10
MVA	6
Good Intent	9
False Calls	10
Hazard. Cond.	1
TOTAL	98