

Recent Photos

Photos by R.A. Gunn



Photo by Deborah Hewitt (Roy's daughter)

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

The Sublimity Re-tone

Sublimity Fire District

From the Chief's Desk

It's August...

The breakfast is over!...We had a good year and I want to thank everybody for their hard work and commitment to be here so early on two consecutive days. It would not be possible without all of you! Our supply donations were down this year, but our profits were comparable to last year.

We are off and running on our next events. We have Harvest Festival in a few weeks, then it is Turkey Shoot time, then it is Christmas Tree lighting...Then we can take a breather for a few months.

I am always amazed at the commitment of the members that come together to make these events successful. It does not go unnoticed and it is appreciated greatly!

I would like to take a minute and thank those who responded on the natural gas explosion in Stayton on the 1st. We were all up early for the breakfast and then passed on sleep to respond to this incident and were all back at the station at 0600 hrs to fire up the grills to cook pancakes again. Thanks again!!

Tony Menk has become a Resident Intern. He re-

places Natalie Barrett who moved back home due to some health issues. We all know Tony, but he is learning the role of Intern, so please help make this transition go smoothly.

I am not full of words of wisdom this month...I'll make up for it next month.



Chief Hamilton

August 2009 Issue

Since 2003

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Photo by Beryl Gunn

Photo by R.A. Gunn

Save Your Skin—Protect Your Health

Source: July/August 2009 SDAO News & Risk Management Review

A sunburn will spoil your summer fun, but did you know that it also damages your skin and increases your risk of skin cancers? Although the exact cause of all melanomas isn't known, it's clear that heavy exposure to the sun's ultraviolet rays increases your skin cancer risk.

Protect your skin from the sun—even on gray days. You might be surprised to learn that clouds only offer minimal protection from the sun. At least 40 percent of the sun's harmful ultraviolet rays can still get through. Oregon, known for its rainy and gray days, also claims the nation's **fifth-highest** rate of sun-caused melanoma, the most deadly type of skin cancer.

Top 5 Sun Protection Tips

- Avoid direct, midday sun, especially from 10 a.m. to 4 p.m.
- Keep your skin covered. Wear a lightweight, long-sleeved shirt and long pants if you plan to spend a lot of time outdoors.
- Use sunscreen when you go outside. Choose a sunscreen with an SPF of 30 or higher, as well as both UVA and UVB protection.
- Wear a hat that shades your face, scalp, ears and neck. If you wear a hat that doesn't cover your ears or neck, such as a baseball cap, make sure to protect the exposed area with sunscreen.
- Protect yourself on cloudy days, too. You might be surprised to learn that clouds offer only minimal protection from the sun. At least 40 percent of the sun's harmful ultraviolet rays still get through.

Sunscreen IOI

The Sun Protection Factor (SPF) measures the time it takes skin to burn under

ultraviolet (UV) exposure. Multiply the number of minutes it takes you to start burning in the midday sun (usually 10 minutes) by your sunscreen's SPF number to get your *approximate* protection time.

For example: 10 minutes to burn x 30 SPF number = 300 minutes (five hours) of protection.

Two main factors can affect your protection time:

- Your activity. Sunscreen wears off with rubbing, sweating and water. The more active you are while exposed to the sun, the less protected you are.
- The amount of sunscreen you apply. Sunscreen should be applied in a thick layer to achieve the SPF protection indicated on the bottle. For example, an active person who burns in 10 minutes and lightly applies SPF 30 sunscreen would get only about one hour of protection instead of five.

Maximize Your Protection

- Apply a thick layer—approximately one ounce (the amount in a shot glass) to cover all the exposed parts of your body—at least 30 minutes before going outdoors.
- Use SPF 30 or higher. Remember that a higher number doesn't guarantee a longer exposure time.
- Reapply sunscreen every two hours. Reapply it more often if you're very active or in water.
- Cover up during the high exposure hours between 10 a.m. and 4 p.m.

Know the Warning Signs of Skin Cancer

Develop a regular routine to inspect your body for any skin changes. If any

growth, mole, sore or skin discoloration appears suddenly or begins to change, it could be an indicator of an abnormal skin growth. Skin cancers can be treated if detected early. If you notice changes as outlined below, please see your healthcare provider.

The ABCs of skin cancer warning signs include:

- **A**symmetry. One half of a mole or growth does not match the other half.
- **B**order Irregularity. The edges of the growth are ragged, notched or blurred.
- **C**olor. The color is not uniform. Shades of tan, brown and black are present. Dashes of red, white and blue add to the mottled appearance.
- **D**iameter. The width is greater than six millimeters (about the size of a pencil eraser) or you notice new mole growth.
- **E**volving. Watch for changes in size, color, or shape that occur over time. Have moles checked if they develop new signs and symptoms, such as itchiness or bleeding.

This summer, enjoy yourself in our great outdoors and remember to protect yourself from the sun. Save your skin and protect your health!

2009 ALARM TOTALS

EMA	97
Service Calls	51
Fires	21
MVA	22
Good Intent	17
False Calls	29
Hazard. Cond.	7
TOTAL	244

The Cooking Corner: Lemon-Butter Pound Cake Bars

Submitted By: Dustin Hamilton

Ingredients

Bars
 1 cup butter or margarine
 2 cups granulated sugar
 4 eggs
 2 cups *self-rising* flour
 2 Tbs. grated lemon peel
 1/3 cup lemon juice
Glaze
 1 cup powdered sugar
 2 Tbs. lemon juice

Instructions

1. Heat oven to 375. Grease bottom of 13x9" pan. In 3-quart saucepan, melt butter over medium. Remove from heat, stir in remaining bar ingredients in order listed, mixing well after each addition. Spread batter in pan.
 2. Bake 35-45 min or until top is golden. Cool in pan on wire rack 10 minutes.
 3. While bars cool, mix glaze ingredients until smooth. Drizzle over warm bars. Cool completely, about 1 hour. Makes 48 bars.

Photo of the month

Photo taken by R.A. Gunn

Hayley Jubie (nozzle), Eric Leonard & Jonathan Cartney extinguish a car fire on Hwy 22



Bits & Pieces

• COMPUTER CHANGES

For those of you who haven't noticed, we have some new computers at the station. We have also switched to a central server system, thanks to Ed Boyer, our computer guru.

To be able to log on to the new computers, you'll need to get your username and first-time password from Amy. She'll help you get set up and running. If she's not here, Eric can also help.

Each user will have his/her own file on the server where he/she can store informa-

tion that only he/she can see. Also, there are files on the server for everyone to access, as well as a file for officers only.

We now also have our own company intranet page. We will be gradually expanding it, as well as making it accessible from the Internet.

If you have questions regarding the new system or access, contact Amy.

This new system will greatly expand our capabilities to access and store information. It's a great addition and we're very thankful to Ed for all of his help.

• FF RESPONSE SYSTEM

The system is up and running. Everyone should have instructions in their station mailboxes. Program the number in your phone and call when you are en route to the station.

Station 51 - (866) 634-6311

Station 52 - (866) 634-6314

Duty Officers - (866) 634-6316

This system will enable us to know how many anticipated responders we're going to have to a given call.

August Calendar

1 — 6th Annual COWBOY BREAKFAST, 7-noon

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

11 — Life Line Stroke Screening, Training Room (pre-registration required: 1-800-324-1851)

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

13 — Drill, 7:00 p.m.

20 — Drill, 7:00 p.m.

27 — Drill, 7:00 p.m.

August Birthdays

3—Joan Merrell

12—Amy Patrick

16—Eben Ray

29—Dustin Hamilton

29—Ralph Fisher