

Ways to Cope with Seasonal Stress

From Wilson-Heirgood Associates

With so much to do during the holiday season, it can be a stressful time for anyone. Here are a few tips on how to counteract the effects of holiday stress and depression:

- **Set priorities:** Learn to say no to social engagements or commitments you just don't have time for.
- **Stick to a budget:** Remember the holidays aren't all about the latest techno gadget or the hottest toy. Set a reasonable budget and keep to it. If you don't, it could create unneeded anxiety for months.

- **Do something for others:** Volunteering for charity or donating to a worth cause can help combat holiday commercialism.
- **Don't overindulge:** Excessive drinking will only compound depressed feelings, and overeating will show up on your waistline, which will cause anxiety. Eat right to ensure a healthy holiday.
- **Do something for yourself:** Take time to exercise or relax—whatever helps recharge your batteries, whether it's taking a long, hot bath, or just taking a load off for awhile.

2006 Annual Awards Banquet

Break out that favorite Hawaiian shirt, muumuu or grass skirt, put on a pair of flip-flops and plan on attending the 2006 Sublimity Fire District Annual Awards Banquet. The banquet will take place on Saturday, March 3, 2007, at Station 51.

A social time will start at 6:00 p.m. with dinner at 6:45. Plan on staying after the awards for desserts, virgin drinks and games of chance. Card and carnival games will be played until around 10:00 when all tickets won will be entered into drawings for great prizes.

A special prize will be awarded to the best Hawaiian dressed couple.

The Sublimity Re-tone

Sublimity Fire District

From the Chief's Desk

NEW YEAR'S RESOLUTIONS

We are given an opportunity each year to start over, to reaffirm commitments and apply ourselves to new goals. This opportunity is taken as a challenge by some to improve some personal talent, interest or trait. I know that I always reaffirm my resolution of losing weight and becoming more active by getting my old jump shot back. Reality is: the waistline has a better

chance than the hairline of coming back and the jump shot has joined the hairline as a fond memory.

To make Sublimity Rural Fire District successful we must each resolve to be an active member. Just being a name on the roster does nothing for the people who count on you, the citizens we serve and the other volunteers who rely on you to provide for their safety.

I hope that your

New Year's resolution will be to reconsider the reasons you became a volunteer firefighter and find encouragement from those reasons to be the best volunteer you can be; someone is depending on you.

May we have a safe and prosperous 2007.



FROSTY

January 2007 Issue

Since 2003

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Interns Hard at Work Creating New Exercise Area

The resident interns have been putting in a lot of time and effort lately at trying to create an exercise area to be used by all fire district members.

The new exercise area is located in the old training area above the archive

room.

Nick Kamerer and Brock Bryant have spearheaded the effort to create an area where members can work out, lift weights and be physically active.

One of the largest issues

facing firefighters today is lack of activity, leading to heart attacks or other health issues.

The federal government has been encouraging fire departments to address wellness and fitness issues. The district will hopefully

help improve the equipment by purchasing a recumbent bike in the near future.

These guys have put in the time to create a room we can all be proud of, so please stop by and check it out if you get a chance.

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

Holiday Fun



2006 ALARM TOTALS

EMA	289
Service Calls	97
Fires	54
False Calls	29
Hazard. Cond.	31
Good Intent	27
TOTAL	532

Holiday Season Re-Cap

It was a very busy holiday season for the Sublimity Fire District, beginning with the Christmas Tree Lighting on December 2nd, followed by the Chamber Forum Lunch on December 4th, the district-wide potluck on December 7th, and finally the food basket delivery on December 21st.

A large thank you goes out to everyone who helped out with the events, including Stayton Fire for helping out with the Forum Lunch, community volunteers for helping to put together food baskets, and all of the district members and their families who helped out at the various events.

We would especially like to thank Ken Rowling from Stayton Fire, who graciously stepped in at the last moment as Santa Claus after the tree lighting. Our original Santa had kidney stones and was unable to attend.

We look forward to as many fun and exciting activities next year and hope to gather even more community and district participation.

CHAMBER FORUM LUNCH



DISTRICT HOLIDAY POTLUCK



CHRISTMAS TREE DECORATING



Good Health Habits for Preventing the Flu

- 1. Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance to prevent others from getting sick.
- 2. Stay home when you are sick.**
If possible, stay home from work, school and errands when you are sick. You'll help prevent others from catching it.
- 3. Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing.
- 4. Clean your hands.**
Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something contaminated and then touches his or her eyes, nose or mouth.
- 6. Practice other good health habits.**
Get plenty of sleep, exercise, manage stress, drink plenty of liquids & eat healthy foods.

Firefighters Spread Holiday Cheer

Sublimity and Stayton fire districts provided 15 families with holiday dinner this year through the Gift of Christmas Dinner program, coordinated by the Stayton Community Action Resource Center.

Baskets were put together by fire district members and community volunteers and were delivered on Thursday, December 21.

Each basket included: a turkey, a ham, stuffing mix, mashed potatoes, gravy mix, yams, mini marshmallows, cans of fruits and vegetables, rolls, milk, Cool Whip, a pumpkin pie, and candy for the kids.

Most of the items were either donated or purchased through donations. The district hopes to include 20 families next year.



Above: Ira Doran, Chief Frost & Gene Ditter load food baskets for delivery to local families.

Meet Your New Intern: David Lane

David Lane, 20, of Medford, is the newest addition to the resident intern crew at Sublimity. He brings some prior fire service to the table, as he has already been a member of the Phoenix Fire Department in Southern Oregon for over one and a half years.

David graduated from North Medford High School in 2004, then went on to Southern Oregon University for a year and Rogue Community College for a year.

A certified EMT-Basic, David has already completed his NFPA Firefighter I Academy. He is hoping to be accepted into the fire program this fall. His career goal is to become a paid firefighter. He is



still considering pursuing a paramedic degree.

David comes from a very large, close-knit family. He has two older brothers and two sisters. His family enjoys doing a multitude of outdoor activities together, including camping, hunting and fishing, as well as taking trips to the Oregon Coast.

A fairly quiet guy, David enjoys hands-on learning, powder days at the mountain, all kinds of music, and the beach.

His dislikes include long lecture classes, rain and crowded places. He also hates chocolate and will not eat anything sweet, like cake, doughnuts or other pastries.

January Calendar

- 1 — New Year's Day** (office closed)
- 4 — Association Business Mtg., EMS Drill, Station 51, 7:00 p.m.**
- 10 — Board of Directors Meeting, 7:00 p.m.**
- 11 — Drill, Station 51 7:00 p.m.**
- 15 — Martin Luther King, Jr. Day** (office closed)
- 18 — Officers Mtg., 6:30 p.m., Drill, Station 52, 7:00 p.m.**
- 25 — Drill, FIT TESTING, Station 51, 7:00 p.m.**

January Birthdays

- 10 — Van Schoenborn**
- 25 — Alan McMahan**
- 28 — Brandon Hamilton**

CONGRATULATIONS!

Ira Doran and Amy Manning got engaged 60 feet underwater over the New Year's holiday. They will be getting married on December 1st in Hawaii and will have a reception in Oregon in January 2008.