

◆ The Sublimity Re-tone ◆

Newsletter since 2003

June 2006

JUNE 2006 CALENDAR

1 - Dinner, 6:30 p.m.;
EMS Drill, 7:00 p.m.;
Business Mtg., 8:00
p.m.

8 - Drill Night

14 - Flag Day; Board of
Directors Meeting/
Budget Hearing, 7:00
p.m.

15 - Safety Committee
Meeting, 5:00 p.m.,
Officers Meeting, 6:30
p.m., Drill, 7:00 p.m.

18 - Father's Day

*21 - 1st day of
summer*

22 - Drill Night

29 - Combined drill
with Stayton Fire

June Birthdays:

15 - Tim Gardner
17 - Kyle Amsberry
27 - Brock Bryant
29 - Nick Gordon



Message from the Chief

WEBSTER SAID:

Volunteer:

A person who freely enlists for service. To perform or offer to perform a service of one's free will. A person who renders aid, performs a service, or assumes an obligation voluntarily.

Professional:

Engaged in one of the learned professions, characterized by or conforming to the technical or ethical standards of a profession; exhibiting a courteous, conscientious, and generally business-like manner in the workplace.

Dedication:

A devoting or setting aside for a particular purpose.

Customer:

One who purchases a commodity or service.

Service:

The occupation or function of serving. The act of serving, a helpful act: useful labor that does not produce a tangible commodity.

Camaraderie: A spirit of friendly good fellowship.

Sometimes we all need a reminder of why we are here.

Chief Frost



SAFETY FIRST

Some firefighters prefer the appearance of well-used, discolored, "salty" and/or dirty protective garments as an indicator of their experience and status as veteran firefighters. These individuals are at **grave and unnecessary risk** of death, burns, injuries, illnesses and diseases. You must keep your protective garments clean and maintain them as set forth in their garment labels. This is not merely a question of style, neat appearance and comfort, it is a matter of life and death.

NFPA 1500 states that your protective garments should be cleaned at least every six months and after any incident where they have been soiled or exposed to body fluids, hazardous materials, or by-products of combustion.

What's Inside

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Volunteer Spotlight: ANGELA HARGIN

What do the Sublimity Fire Safety Committee, Rural-Metro Ambulance, Marion County Search & Rescue and the Sublimity Firefighters Association all have in common? Angela Hargin.

Angela is a very active member of the Sublimity Fire District and has been since she joined the department in the fall of 2003. She was voted EMS Responder of the Year for 2005 and is the treasurer for the Firefighters Association. At present, she is the

district's only female firefighter.

For the last year, Angela has worked for Rural-Metro Ambulance as an EMT-Intermediate. She also serves on the safety committee. She works 24-hour shifts, a schedule that should help prepare her for her

future goal of becoming a career firefighter/paramedic. Before that, she worked for the Marion County Public Works Department for four years.

Joining the Sublimity Fire District was not Angela's first experience with the fire service. She has already gone through the Chemeketa Community College fire program. She is a certified Pumper Operator, Firefighter I and EMT-Intermediate. Her rank at Sublimity is Engineer.

In her free time, Angela enjoys all sorts of outdoor activities, including golf, backpacking, hiking, fishing, camping, and volunteering for Marion County Search & Rescue. She spends the majority of her time with her partner, Jimmy, and their dog, Cheyenne.

Anyone who knows Angela would describe her as positive, friendly, easygoing, fun, helpful and hardworking. She is always willing to lend a hand and is a great asset to the department.

2006 Alarm Totals

| | |
|-----------------|------------|
| EMA | 116 |
| Fires | 9 |
| False Call | 9 |
| MVA | 10 |
| Service Call | 36 |
| Good Intent | 10 |
| Hazardous Cond. | 3 |
| Other | 1 |
| TOTAL | 194 |

The Cooking Corner

Easy Pasta Salad

Ingredients

Mixed fresh vegetables of your choice (broccoli, carrots, & cauliflower all work nicely)
Rotini and/or bowtie pasta
Johnny's Salad Elegance seasoning
Small bottle of Italian dressing

Instructions

Cook pasta according to package instructions. Set aside to cool. Chop vegetables into bite-sized pieces. After pasta has cooled, stir together pasta, vegetables and Italian dressing in a large non-metallic bowl. Stir in a large amount of Johnny's. Refrigerate mixture for several hours before serving (to let flavors blend).

Bits and Pieces

- ◆ **AND THE WINNER IS...**
NICK LANE. Thanks to everyone who submitted an entry in the newsletter contest. It was a tough decision, but Nick's entry, "The Sublimity Re-tone" came out on top.
- ◆ **Firefighter Tip #1:**
A clean helmet is no longer a sign of a rookie firefighter; it's a sign of a veteran who understands the realities of our profession. Keep your helmet clear of toxic fire by-products and protect your health and family.

- ◆ **Firefighter Tip #2:**
It's a good idea to check your turnouts every couple of weeks to be sure everything is there. Check for hoods, gloves, hose straps and flashlights and make sure all gear is ready to go. Don't forget your wildland gear - 'tis the season.

- ◆ **QUALIFIED INTERNS NEEDED**
Once again we are looking for qualified interns to fill two vacancies in our program. This is an excellent opportunity to gain experience and

knowledge. If you know anyone interested in becoming an intern, please have them call or swing by the station. Interns must be full-time Chemeketa students, preferably in the fire science program.

- ◆ **BOY SCOUT NEWS:**
On June 2, 3, & 4, our local Boy Scout troop will be painting addresses on curbsides to aid emergency workers. If you would like to help, please contact Nick Lane at 503-769-3282.