

## Sublimity Fire's 15 Minutes of Fame

Sublimity resident, Evelyn Cross, 90, has a long history of generosity toward firefighters. She's been baking treats for them for years with her KitchenAid mixer.

For several years, Evelyn lived near one of Salem Fire's stations and she used to make lots of treats for the firefighters there.

When Evelyn moved into the area this year, Salem's loss was Sublimity's gain. Since then, she has personally delivered carrot cakes and cookies to the station on multiple occasions.

The people at KitchenAid heard about Evelyn's generous hobby and decided to feature her in a 28-minute infomercial/documentary that will air on the regional Food Network channels beginning in July. Sublimity Fire will be featured briefly.



### Sublimity Fire District

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# The Sublimity Re-tone

## Sublimity Fire District

### From the Chief's Desk

#### CHANGE...

It is inevitable. We all must face change on a daily basis, and it is up to us individually how we face it and accept it. How we deal with change individually directly affects the health of our organization.

Another change has happened to our organization recently, which was the hiring of me, your new fire chief. As Chief Frost said, some were sad to see him go and some were elated. I want to personally thank him for his service and his mentoring. Without his guidance, I would not be sitting here today typing this article as your chief.

As I have said all along, I

have a huge learning curve and request your patience and understanding. I will do my job to the best of my abilities and would ask the same of all of you. You are all crucial to the success of our organization.

On May 14<sup>th</sup>, I was not the chief, and on May 15<sup>th</sup> I showed up as the chief. Just because I am the chief now does not mean that I have acquired all the knowledge I need. I do feel, however, that I am a good leader, and I think that is one of the most important traits of being an effective chief.

The train is still moving forward. We are not going to back up, but continue in the direction we have been

going: to be the best organization we can be with a positive environment that makes people want to be a part of us.

I have started my one on one conversations with everybody. If you have not already spoken with me, be thinking about our organization, what it is now and what you would like to see it become.



Chief Hamilton

### June 2008 Issue

#### Since 2003

#### Inside this issue:

|                                 |   |
|---------------------------------|---|
| Training for the Volunteer FF   | 2 |
| Cooking Corner: Grilled Halibut | 3 |
| Photo of the Month              | 3 |
| Bits & Pieces; Alarm Totals     | 3 |
| June Events Calendar            | 3 |
| Our 15 Minutes of Fame          | 4 |

## Stayton/Sublimity 1st Annual Child Safety Fair

Those of you involved in last year's Public Safety Open House are probably wondering what happened to that event (especially because it's listed as taking place this Saturday on our district calendars).

It has been replaced by the Child Safety Fair, which will be held at the main station and at Early Settlers Park (across the street from the station) from 11 a.m.—3 p.m. on Saturday, June 7th.

From now on, Stayton and Sublimity fire districts will join with the Stayton

Police Department in hosting a Child Safety Fair each year.

The event will be very similar to the open house in that it will feature various public safety agencies demonstrating what they do.

LifeFlight and REACH Air Medical will be landing helicopters at the park; Santiam Canyon Communications will be doing 9-1-1 call simulations; Marion County Search & Rescue will be around to talk about what they do; the traffic teams from Stayton PD and Marion County Sheriff's Office will

be on scene; and Santiam Ambulance will be doing a "melon drop" helmet safety demonstration.

This year's event will focus more on children than last year's, with a Bike Safety Rodeo, car seat inspections and free Child ID Kits (courtesy of Michael Bochsler-Farmers Insurance).

Additional features are free personal document shredding sponsored by US Bank, Kidz N Power presented by Slingers TKD, Internet safety presentations and even more fun activities for kids.

# Training for the Volunteer Firefighter

By Jack Gardner, published in Firehouse, May 2008 edition, p. 88-90

Training in any profession is key to improving the skill levels of the individuals involved. Training in a volunteer organization is just as important, but sometimes harder to achieve. Training as a volunteer firefighter is difficult because of the very nature of the organization. It is rare that all of the members of a company or department are in the same place at the same time. And it's been said that "no two calls are the same."

How can you train effectively for the unexpected? Keep in mind that firefighting is a team effort and the best results are as a unit. Regular, efficient and meaningful training is a must. Unfortunately, this just doesn't happen on a regular basis in the volunteer fire service.

## The Importance of Training

The importance of training to the volunteer firefighter comes down to one key concept: protection. Well-trained firefighters are able to protect themselves, the other members of the crew they are working with, the equipment they are using and the citizens whom they are charged with serving. A well-trained firefighter is an asset to the department as well as to the community.

Volunteer firefighters should train regularly, and the training should be efficient and meaningful. Many volunteer fire departments hold weekly drills. Even with that schedule, there is no guarantee which members will be there or even if the weather will cooperate. There are too many uncontrollable variables that cause training to be irregular, inefficient and useless. To combat these issues, volunteer departments must make a sincere effort to design a strong training regimen.

## Regular Training

Regardless of snow, rain, sleet, hail or darkness of night, every fire department should have a planned drill for

every week of the year. This is not to say that engines have to go out and water has to flow, but it does mean that some skill should be practiced every week. The skill of checking the oil in the gas-powered exhaust fan may be just as useful as learning how to set the relief valve for a multiple-hose pump operation. Because firefighting is so complex, there is always some facet of the job that can be practiced.

It is also important that a drill be held regardless of the number of members who show up. If a drill is planned for 20 members and five show up, modify the lesson and carry on. If an outdoor drill is planned and there are 10 inches of snow on the ground, go to plan B. If the firehouse has to be cleaned, either plan the cleanup for another night or divide the time between housekeeping and training. Initiate a no-excuse policy. There should be a training session each and every week.

## Efficient Training

Efficient training simply put means that there is a well-planned lesson ready to be delivered. A well-planned drill includes the following:

- **A clearly defined goal.** Notice that it is a single goal. You can identify multiple objectives, but there is only one goal. Make sure that the firefighters who are taking part in the drill are fully aware of what the goal is. Tell them the goal at the beginning. Teach and practice the goal during the drill, and finally tell them what they have learned at the end of the drill. If done correctly, they should all dream about the goal that night in their sleep!
- **A lesson format.** This is when the trainer decides whether to use a hands-on, classroom, or combination approach. Each technique has its benefits. Take advantage of them.

- **People.** Personnel are necessary to make the training run smoothly and safely. The trainer may need additional help giving instruction, ensuring that all safety measures are being adhered to, and that the crews are at full strength. Make some telephone calls and post a sign-up sheet a week in advance. Everyone should be engaged throughout the drill.

- **Materials.** The drill may require engines, trucks, radios, foam, ladders, projectors, screens, chairs and even refreshments. Knowing what you need ahead of time and ensuring that it is available and in good working condition will make the drill run smoothly.

## Meaningful Training

Firefighters will learn more, retain it longer and be more skilled at techniques that have meaning to them. Canvass the members to find out what they feel is important for them to know as volunteer firefighters. Analyze recent calls that may have highlighted a skill that needs to be strengthened. Even the weather and seasons can be helpful in setting goals.

Use departmental, local and state recertification requirements as drills. Throughout the drill, everyone should be continually made aware of the importance and usefulness of the skills being taught and learned. Some skills are used on a regular basis, others might have to be put into "mental storage" and called upon at a later date.

Some volunteer fire departments respond to enough calls that help to keep the firefighters' overall skill levels high; many do not. Regardless of the number of calls that a department responds to, drills are very important. Since they are so important, the drills and training must be held weekly. They also have to be well planned, and useful.

# The Cooking Corner: Grilled Halibut

Source: Taste of Home (www.tasteofhome.com)

## Ingredients

- 3/4 c. butter or margarine, softened
- 1 Tbs. lemon juice
- 1 1/2 tsp. dried minced onion
- 1 1/2 tsp. garlic salt
- 1 1/2 tsp. dried parsley flakes
- 3/4 tsp. dill weed
- 1/4 tsp. sugar
- 1/4 tsp. pepper
- 4 halibut or swordfish steaks, 1" thick

## Instructions

1. In a small bowl, combine the first eight ingredients; let stand for 30 minutes. If grilling the fish, coat grill rack with cooking spray be-

fore starting the grill. Spread 1 Tablespoon herbed butter over each halibut steak.

2. Grill fish, butter side down, covered, over medium heat or broil, buttered side up, four inches from the heat, for 5 1/2 minutes. Spread 1 Tablespoon herbed butter over each halibut steak; turn and spread with remaining butter. Grill or broil 5-6 minutes longer or until fish flakes easily with a fork.

Yield: 4 servings

Serving suggestion:

Pair with brown rice and grilled or steamed vegetables for a healthy AND tasty meal.

## Photo of the month

Photo taken by Roy A. Gunn

Roy was out of town, so Chief Hamilton picked this photo.

This was taken on scene at a two-car motor vehicle collision at Cascade Highway and Sublimity Boulevard.

Sublimity Fire, Stayton Fire, Stayton Police Department, Santiam Ambulance and ODOT all responded to the scene.

This accident serves as yet another reminder of why we're getting a new interchange!



## Bits & Pieces

### Farewell to Noah and Justin

Interns Noah Davis and Justin King have elected to resign from the Sublimity Fire District. Noah will be moving in with his long-time girlfriend and continuing the Chemeketa Fire Program, while Justin has obtained a wildland job in the summer and plans to start working on his Bachelor's degree in the fall. They will both be missed. We wish them the best of luck in their future endeavors!

### Traeger BBQ Donation

Chief Hamilton contacted Traeger and the company generously agreed to donate a

new pellet grill. The grill will make its debut at the Child Safety Fair on June 7th.

### Relay For Life of Stayton Area

This year's Relay For Life (RFL) event will be held at Regis High School from 6 p.m. on Friday, July 11th to noon on Saturday, July 12th. RFL is an overnight event designed to celebrate survivorship and raise money to help the American Cancer Society. The event consists of teams of people taking turns walking or running laps around the field. For more info, contact Sue Harteloo: sue.rfl@gmail.com

# June Calendar

5 — Dinner/Business Mtg., 6:30 p.m., EMS Drill, 7:15 p.m., Station 51

7 — Stayton/Sublimity Child Safety Fair, 11 a.m.-3 p.m., Station 51 and Early Settlers Park

11 — Board of Directors Meeting, 7 p.m., Station 51

12 — Drill, 7 p.m.

19 — Drill, 7 p.m.

26 — Drill, 7 p.m.

## June Birthdays

15 — Tim Gardner

## May Birthdays

6 — Robert Hitchcock

12 — Tony Hendricks

27 — Rick Kauffman

31 — Rod Banta

## April Birthdays

2 — Jerry Heater

8 — Kim Zuber

16 — Michael Patrick

16 — Hayley Jubie

## 2008 ALARM TOTALS

|               |            |
|---------------|------------|
| EMA           | 82         |
| Service Calls | 34         |
| Fires         | 23         |
| MVA           | 14         |
| Good Intent   | 10         |
| False Calls   | 5          |
| Hazard. Cond. | 3          |
| <b>TOTAL</b>  | <b>171</b> |