

## Take care of your heart

Recent studies suggest that approximately 50% of all firefighter line of duty deaths (LODDs) are primarily caused by heart attacks secondary to underlying coronary artery disease. It is important to take care of yourself and be aware of the risk factors.

Every year, the American Heart Association chooses a month to be American Heart Month. It's a time for learning about cardiovascular health, about risk factors, about warning signs of heart attack and stroke. It's a time to look at your lifestyle choices and determine whether you need to make any changes for your own heart health.

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. Learn your risk factors. Learn what you can do to reduce your risk. Certain risk factors make it more likely that you will develop coronary artery

disease (CAD) and have a heart attack. Some risk factors for heart attack can be controlled, while others can't.

Major risk factors for heart attack that you can control include:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight and obesity
- Physical inactivity
- Diabetes (high blood sugar)

Risk factors that you can't change include:

**Age.** Risk increases for men older than 45 years and for women older than 55 years (or after menopause).

**Family history of early CAD.** Your risk increases if your father or a brother was diagnosed with CAD before 55 years of age, or if your mother or a sister was diagnosed with CAD before 65 years of age.

Certain CAD risk factors tend to occur together. When they do, it's called metabolic syndrome. In general, a person with metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes as someone without metabolic syndrome. For your health's sake, address your risks and learn the symptoms of heart disease. Never ignore the warning signs, your life could be at risk! ***Make every month your own personal Heart Month.***

***Make a difference and join the American Heart Association's fight against heart disease!***

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# The Sublimity Re-tone

## Sublimity Fire District

### From the Chief's Desk

#### Looking to the future...

As we are in the middle of winter and things are a little slower . . . We need to look ahead and plan for the future. As you are all aware, Gene Ditter hung it up a few weeks ago. Karey Hendricks has also announced his retirement, effective June of this year after 34 years of service.

It is now up to all of us to recruit and bring some people in and get them trained to a point where they can be productive members of our team.

Now is the time to grab your neighbor or someone you know would make a great volunteer and bring them to drill with you. Let's show them what we are all about. We can do all the advertising and promotions we want, but I truly believe the best recruiting tool we have is our own mouths and actions.

There will be an opportunity this spring for new members to obtain their NFPA Firefighter I utilizing an in-house process through Stayton Fire District (non-academy).

I challenge each and every one of you to talk to at least two people about becoming a volunteer. I will offer a reward for those of you who find a member to go through the academy. It is a surprise, but it will be worth your while. . .

I want to offer my congratulations to Lieutenant Angela Hargin and Lieutenant Kent Silbernagel on their recent promotions (Angela on Sept 15<sup>th</sup> and Kent on Jan 15<sup>th</sup>). You two worked hard to achieve this and wholeheartedly deserve it! Due to the recent promotions, companies have been re-assigned. By the time you read this, all of you should have been contacted by your respective company officer.

If you recruit a new

member, that person will be assigned to your company to help bolster your respective company's numbers (another incentive!). Which leads me to my next topic: We are re-instituting the "Company of the Year" award, effective for the year 2009. This is an award that all companies compete for and will be decided by Chief Patrick and myself based off of several different categories (drill attendance, call attendance, skills set, "team" mentality, etc.)

I ask that you all take pride in your new company and our organization as a whole and let's get some more people in here to bolster your chances of winning the "Company of the Year" award!



**Chief Hamilton**

#### March 2009 Issue

#### Since 2003

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

## Bits & Pieces

### • District receives TWO grants

The Sublimity Fire District was very fortunate this year. The district received a FEMA Assistance to Firefighters Grant for extrication equipment, as well as a grant from the Neil R. MacDonald Charitable Foundation for new two-channel pagers and portable radios.

### Lessons from LODDs

Source: Fire Chief Magazine, February 2009

The cause of and solution to line-of-duty deaths seems clear, however, the annual fatality numbers remain high. By Rick Markley

There were 114 firefighter line-of-duty deaths in 2008, only four less than in 2007. This is far better than the 171 deaths from 1978, yet far worse than the 71 in 1992.

Ronald Siarnicki is executive director of the National Fallen Firefighters Foundation and a retired fire chief. Siarnicki, like many, believes one death is too many and offers perspective on the most recent fatality statistics.

### Why didn't we see appreciably less LODDs?

That's a question the entire fire service community is talking about. Some of it has to do with multiple line-of-duty deaths. I'm not saying that that is changing the trend, but it definitely affects the number. Also, half the deaths [still] are related to heart attacks, and the number of vehicle accidents are still tracking where they were. Training deaths and fireground operations seem to have crept up a little bit, and several of those were multiples. We've got more work ahead of us.

### Can driving and seatbelt behaviors change?

Most studies show that it takes a significant amount of time and continued push to get cultural changes. We are starting to see more accidents where firefighters are reporting wearing their seatbelts and walking away. The leading cause of vehicle accidents is response in private vehicles. Often, excessive speed and not wearing a seatbelt are major contributors . . . Look at what other countries are

Applying for and receiving these grants allows us to keep up with current fire service standards without having to go to the taxpayers for more money.

### • Upcoming Awards Banquet

You all should have received your invitations to our "Black & White" 2008

Awards Banquet on Saturday, March 14th at Maurice's Bistro. Don't forget to wear your favorite black and/or white outfit!

Please remember to RSVP by March 6th. We look forward to a fun-filled night with good food, great friends and terrific memories!

doing. You don't see the vehicle accidents, because firefighters in other parts of the world, most specifically Europe and the U.K., don't jeopardize themselves by pushing the envelope with excessive speed. They put more emphasis on the training programs relating to weather and road conditions, intersection operations and the mandatory use of seatbelts.

### Will the change compare to seatbelt use in personal vehicles?

All the highway safety efforts brought the country to a certain level of wearing seatbelts, but when there was enforcement, that's when the real change happened. Everybody relates to "Click it or Ticket." There had to be an actual penalty involved in not wearing a seatbelt. [In the fire service] the leadership of the organization has to make a true commitment so that philosophy gets instilled in every level of the organization. People tell me stories about a chief who puts out a directive to wear seatbelts, and when there's a call they watch the supervisor drive away without wearing his seatbelt. We need to lead by example.

### Can we learn from other deadly industries?

That's come up often, and it is enforcement. If you work in logging or any industry, there are consequences for not following safety requirements. Companies that are reporting lost time, that's money to them, so there's risk-management applied to that. More importantly, you are trained in the rules, you are told what the rules are and if you

choose not to follow them, there are consequences. Every fire department operates differently, but there are best [safety] practices out there that could be adapted to any fire department.

### What will it take to change firefighter health habits?

We're seeing a changing in society with smoking. It is changing through the fire service, but it is more of a societal thing with smoke-free buildings and workplaces. There are some departments that have implemented policy where you won't get hired if you smoke. Or volunteer departments are putting up no-smoking policies on fire department property. If you look at the general health of the population, firefighters are tracking worse because of exposures to emergency situations, stress and products of combustion. All those are triggers that affect wellness. Society, as a whole, has issues with obesity and that is going to take an even longer time as we get out of a fast-food or poor-eating society. Like everything else, it will take a personal commitment by the individual firefighter and that department to provide those resources.

### What do you expect for this year?

I don't have a crystal ball, but what I know is that as economies go bad, the occurrences of fires goes up, resources get reduced or stretched, and that's recipe for disaster. I'm hoping things will turn around. But people need to understand that those indicators in the past have been not well for the fire service.

## The Cooking Corner: Zesty Chicken Taco Rice

Submitted By: Haley Hamilton

### Ingredients

3 boneless skinless chicken breasts  
2 cans chicken broth  
2 cans tomato sauce  
1 pkg taco seasoning mix  
3 cups uncooked Minute rice  
chopped green peppers (optional)  
1 can corn (optional)  
olive oil  
tortilla chips  
grated cheese

### Instructions

Cube chicken and place in large pot with olive oil. Cook until completely done. Add chicken broth, tomato sauce and taco seasoning. Bring to a boil. Add green peppers and corn. Return to boiling and add rice. Boil for 3-5 minutes and then remove from heat, place lid on pot and let sit until rice is done. Serve in a bowl with grated cheese on top and chips on the side for dipping.

## Photo of the month

Photo taken by R.A. Gunn

Below: Lieutenant Angela Hargin always seems to be in the right place at the right time.



## Chief Patrick's Training Updates

First, I would like to again thank everyone who helped with the Sherman barn burn. I think it could not have gone better and props to Karey for getting the barn to come down like we needed. I was also very glad to see how well everyone worked together afterward with all the clean up. Everyone seemed to have a good time.

That said, there are a few training things I would like to share. Remember that this is an EMT Recert year. I have been trying to get everyone's hours figured, and some of you will be a little

short based on my records. That is not a problem; there are still plenty of opportunities coming up to get your hours. If you have any questions, please let me know.

Be looking forward to the next few EMS drills. With the implementation of EMT-Intermediate protocols, Lt. Hargin and I will be going over drugs and procedures the next few months to get everyone back up to speed.

The next few months are going to be hectic with training. We will continue

## March Calendar

- 5 — Business Mtg./EMS Drill/Officers Mtg., 6:30 p.m., Station 51
- 11 — Board of Directors Meeting, Station 51, 7:00 p.m.
- 12 — Drill, 7:00 p.m.
- 14 — 2008 Awards Banquet
- 19 — Drill, 7:00 p.m.
- 26 — Drill, 7:00 p.m.

### March Birthdays

- 3 — Eric Leonard
- 16 — Tim Heater
- 19 — Gary Rychard
- 21 — Jim Heater

### February Birthdays

- 1 — Karey Hendricks
- 19 — Jonathan Cartney
- 23 — Wayne Palmquist

### January Birthdays

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