

March is Save Your Vision Month

Every year at this time, the American Optometric Association reminds Americans of all ages to take the necessary steps to maintain healthy vision and overall good health with its observance of *Save Your Vision Month*.

Studies have shown that our diets can play a larger role in maintaining healthy vision. For example, a diet high in the nutrients such as **lutein** and **zeaxanthin** can help prevent sight-robbing diseases like macular degeneration and cataracts.

In addition to eye diseases, visual trauma often results in permanent vision loss. Fortunately, many of these injuries are preventable. Regular use of eye protection on the job, working around the

house, and playing sports can prevent up to 90% of eye injuries.

There are other preventable dangers that can build over time. Today, many people struggle with **Computer Vision Syndrome** due to working with computers. This is a serious issue. Studies indicate that visual symptoms occur in 50-90% of VDT workers. Proper work station adjustments, adequate lighting and personal activities such as frequent blinking and looking away from the screen periodically can greatly improve our vision comfort when working with computers.

This year's campaign also concentrates on the eye and vision health of the Baby Boomer generation—many of whom turned 60 in

2007. Many Boomers live vibrant, active lives, yet the 60s are also a time when the risks of age-related vision problems begin to increase.

As important as these tips are, an essential component of healthy vision is a regularly-scheduled **comprehensive eye examination**. Optometrists are specially trained to detect and treat problems and conditions of the eye, and can help you get the most from your vision.

Please communicate this information to coworkers, friends and family. **Vision Safety Issues Affect Everyone!** For additional information about Vision Safety issues, contact Paulette Oliver with Wilson-Heirgood Insurance at: (800) 852-6140 or poliver@whainsurance.com.

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The Sublimity Re-tone

Sublimity Fire District

From the Chief's Desk

This will be my last Chief's column for the newsletter; I have accepted the position of Assistant Chief with the Lebanon Fire District.

It's always hard to leave behind friendships that were made, but the opportunity to return to the department where I started was too great to pass up.

Some will be sad and some will be ecstatic that I will be turning the helm over to someone else. My hope is that Sublimity Fire District finds a new chief willing to continue to take on challenges, find ways to provide needed equipment for firefighters and provide a safety-first attitude to meet the district's needs.

Someone unknown to me once said, "There is no I in team," and fire fighting is definitely a team event. Good luck in the future and stay safe.



FROSTY

March 2008 Issue

Since 2003

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Fond Farewells for Frosty

I want to thank Chief Frost for the time he's been here as our Fire Chief. His years of command experience, training and attitude toward the fire service, our volunteers and community has lifted our department to a high level of respect in the district and fire service community throughout the valley. I understand his desire to move into his new job and wanting new challenges to work on. As I understand, this takes Tim back to where he started his career, which is a great opportunity at this time of his career. I wish him the best and I will miss working with him.

-Gary Rychard

Although there were many times when I wanted to hit him in the head with a shovel, I will genuinely miss Chief Frost. He has been a valuable asset to our district and he will be difficult to replace. His ideas for community events, departmental events and firefighting brought the district to a higher level and really improved our image in the community. I can only hope that we will continue on the path that he has laid out for us. I sincerely wish him the best of luck with his new position, but I know he won't need it.

-Amy Doran

When you announced you were accepting a position with Lebanon Fire District, I was shocked to say the least. Your vision and guidance will be missed; this is going to be a loss for Sublimity Fire. I appreciated that you made it clear from the beginning you had an open door policy, and you came out with a plan emphasizing safety and performance—everyone goes home. You were the driving force behind all our events. If not for your help and challenge, they wouldn't have happened. I hope the next chief has the same vision and drive. I wish you the best on your next big challenge.

-Gene Ditter

Meet Your New Intern: Eric Leonard

Eric Leonard comes from a family with a penchant for helping others. His dad is a retired police officer and his mom is a nurse. It seems only fitting that he would become a firefighter.

Even though he is only a first-year student in the Chemeketa Fire Suppression program, Eric is no stranger to community service himself. He put in the time and effort and earned the title of Eagle Scout, not an easy feat by any means. By coincidence, he was paired up with fellow Eagle Scout Nick Lane on C Shift.

Attaining Eagle Scout status was a real turning point in Eric's life. For him, it wrapped up being a kid and really contributed to him growing up.

Eric worked for REI and the City of Hillsboro before coming to Sublimity. He is currently completing his EMT.



Like most Chemeketa fire students, Eric aspires to be a career firefighter/paramedic one day. Sublimity will be an excellent place for him to get started; many of our former sleepers have gone on to career fire service positions. One of our former Sublimity

Fire District sleepers is even a fire chief now.

An avid outdoorsman, Eric loves snowboarding, backpacking, mountain biking and pretty much any outdoor activity. In fact, his most prized possession is probably his snowboard.

While many of his activities revolve around the outdoors, Eric also loves to play the drums. He is friendly and outgoing and gets along well with others. He is very energetic and loves to be active.

Some of Eric's likes include: snow, pizza, music, outdoors, firefighting and swimming.

Some of Eric's dislikes are: tomatoes, sitting still and being bored.

Something unusual about Eric is the fact that he has never broken a bone (knock on wood!)

Meet Your New Intern: Justin King

Justin King comes to the Sublimity Fire District with some fire experience and certifications already under his belt. He is an EMT-Basic and second-year student in the Chemeketa Fire Suppression program. He has already completed his NFPA Firefighter I, Driver, Pumper Operator and Fire Instructor I, along with some other classes and certifications.

Justin graduated from Sam Barlow High School in Gresham. His father is a full-time Lt./Paramedic for the City of Gresham—it seems firefighting runs in the family. Justin would also like to become a career firefighter/paramedic. He is looking to get into the paramedic program this fall.

Like Eric, Justin is very active and loves the outdoors. He enjoys hunting, camping, fishing and hiking. He is also very into sports, having played a year

of college baseball for Chemeketa, in addition to playing all through high school on Barlow's varsity team, a legion team and a variety of other teams.

A turning point in Justin's life came when he got into the fire program. In



speaking to Justin about his future, it's obvious that he's very focused. He has set very specific goals for himself and knows what he has to do to achieve them.

Something you might be surprised to learn about Justin is that he played the trumpet for eight years and won 3rd place in a state solo contest.

Some of Justin's likes include: sports, the outdoors, poker, learning new things and working out.

Some of Justin's dislikes are: rain, homework and getting up early.

Justin has experience in dealing with difficult issues. In high school, he was selected by faculty to be trained and perform mediation of peer conflicts. With six students living upstairs in such close quarters, his skills are bound to come in handy here.

The Cooking Corner: Carrot Cake

Ingredients

4 eggs
1/2 cup unsweetened applesauce
3/4 cup canola oil
1 cup brown sugar
1 cup granulated sugar
1 tablespoon vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon ground cinnamon
3 cups grated carrots
1 cup chopped walnuts (optional)
1/2 cup butter, softened
8 oz. cream cheese, softened
3 1/2 cups powdered sugar
1 teaspoon vanilla extract
1 cup chopped walnuts (optional)

Instructions

1. Preheat oven to 350 degrees Fahrenheit. Grease and flour 13 x 9" pan.
2. In a large bowl, beat eggs, oil, applesauce, sugar and vanilla extract. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in walnuts. Pour into prepared pan.
3. Bake 40-50 minutes or until toothpick inserted in center comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
4. Frosting: In a medium bowl, combine butter, cream cheese, powdered sugar and vanilla. Beat until the mixture is smooth & creamy. Stir in chopped walnuts. Make sure that cake is completely cooled before frosting.

Photo of the month

Photo taken by Roy A. Gunn

Roy chose this photo as a farewell to Chief Frost. He felt that the image really sent a message with the chief moving away from the camera and with his hand on the valve, as if he were closing his chapter with the Sublimity Fire District.

Thanks for all the memories, Chief. You will be greatly missed.



Oregonians Encouraged to Check Smoke Alarms

State Fire Marshal Nancy Orr urges residents to check their smoke alarms when changing their clocks to Daylight Savings Time on Sunday, March 9th. Many Oregonians have smoke alarms with ten-year batteries, so the old saying, "Change your clock, change your batteries," may not be correct for many households.

Smoke alarm laws in Oregon are different from most other states. Since 1999, law requires all ionization-only smoke alarms sold in the state to have a hush feature; and if an ionization-only smoke alarm is also solely battery operated, it must also come with a 10-year lithium battery.

"Oregonians should first test their smoke alarm battery before automatically replacing it," says Oregon State Fire Marshal Nancy Orr. "Long-life lithium batteries have a life span of up to 10 years, and if your alarm has one of these batteries, it may not need replacing every time you change your clock. However, if your smoke alarms are ten years old or older, you should replace them entirely," says Orr. "Also remember to test and vacuum your smoke alarm monthly."

Working smoke alarms provide an early warning to a fire, allowing you vital min-

utes to escape and increasing your chances of surviving a fire. Additional safety tips:

- Install smoke alarms on every level of your home and outside each sleeping area
- Replace smoke alarms 10 years old or older
- Hard-wired alarms should have battery back-ups
- Never disconnect or remove batteries from smoke alarms for other uses
- Make a home escape plan & practice it

March Calendar

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

8 — 2007 Annual Awards, 5:45 p.m., Station 51

9 — Daylight Savings

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

13 — Drill, 7 p.m.,

20 — Drill, 7 p.m.

23 — Easter

27 — Drill, 7 p.m.

Birthdays

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

2008 ALARM TOTALS

EMA	20
Fires	9
Service Calls	16
MVA	5
False Calls	2
Good Intent	5
Hazard. Cond.	1
TOTAL	58