

March 15, 2008

Special points of interest:

- **Fitness Facility and Wellness Program**
- **Upcoming Training**
- **Update from Chief Parker**
- **Training News**
- **Computer Tips**
- **Fire Educational Tip**

Phone Extensions:

Chief Pat Parker 1235
Asst Chief Flynn 1228
Asst Chief Schnaidt 1226

Brian Belcher 1232
Robert Casey 1233
Mike Lince 1238
Kathy Fordyce 1236

Robin Ehardt 1227
Mary Griggs 1222
Marcia Schwind 1221
Troy Holliday 1231

Dave Lather 1229
Randy Agruda vm 1240
Mike Vaughn 1225

Brian Bloom vm 1241
Tony Posey vm 1242
Tom Henkel vm 1243

Admin Fire Office 3000
Station One 3814
Station Eight ****
Station Nine 0299
Station Eleven 7682

The Metro Insider...



Fitness Facility and Wellness Program

Our fire department has secured a grant for fitness equipment and a Wellness program through the Assistance to Firefighters Grant. The new fitness facility at Station 1 is almost completed. Use of the facility is only a part of the Wellness program that we are developing. This program is designed to help participants learn to lead a healthy lifestyle, which will enable them to do their job with Metro Fire safer and easier.

available by phone and/or e-mail for any questions you may have. She will begin scheduling Wellness Assessments on March 24, 2008.

Following are the steps you will need to take to access the Wellness Program and/or the use of the fitness facility.

1) Call Beth Pryde to schedule a Wellness Assessment. Items to bring with you:

A) A copy of your medical clearance. (This is the sheet you got in the mail from your last annual physical in 2007.)

B) Your personal schedule. (This is to schedule for the results of your assessment and orientation to the fitness room).

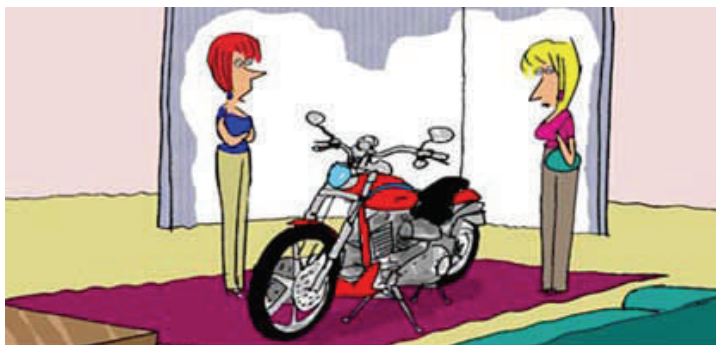
C) Comfortable clothes, shorts, t-shirt, and tennis shoes.



"You must have a Wellness Assessment before you can use the fitness facility at Station 1."
 - Chief Parker

Thanks to all of you who participated in the Wellness Survey. We received a lot of positive feedback and many good suggestions. Beth Pryde, an Exercise Specialist, is our Wellness Coordinator. She will be doing the assessments, newsletter articles, scheduling fitness classes, etc. She will be

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"It's actually a fitness bike. Making it look like a motorcycle is the only way I could get my husband to get on it."

The Metro Insider...

Fitness and Wellness ... continued

2) Beth will schedule a second session with you to give you the results of your wellness assessment and orient you to the fitness facility if you will be using it. At this time you will be given a folder with any recommendations Beth has for you as a result of the assessment, a liability waiver to sign, fitness facility SOG, and rules and guidelines for the use of the fitness facility.

3) After those two sessions, you are on your own to contact Beth for any additional questions or help you may need.

Watch the bulletin board in the fitness facility and the newsletter for upcoming

events, classes and services being offered, and general wellness information.



Beth Pryde is an Exercise Specialist with a Bachelor's Degree from Grand Valley State University, in Exercise Science. She has worked in various Clinical and, Health and Wellness related fields for 17 years which include; Work Injury



Management, Work Hardening, Rehabilitation, Sports Medicine, Health and Fitness Evaluation, Exercise Prescription and Instruction, and Lifestyle and Nutritional Counseling. Beth has been a long time athlete herself. She enjoys and participates regularly in most outdoor sports including running, biking, and rollerblading and kayaking. As well as alpine skiing, snow shoeing and weight training. She enjoys experimenting with food, herbs and spices to create unique and flavor filled meals without a lot of fuss. Her philosophy is "Good Health is fun and full of flavor when the right ingredients come together for each individual. Exercise and good nutrition are the basic ingredients, how and what each of us add with regard to the types of activities and food, make our unique recipe for healthy living. "I love working one on one with people to figure out what works for them."

March–April Training Topics

Mar 20th – Medical (TCFD)
Poison/Pharmacology (1L, 1P) - 0730 hrs

Mar 22nd– RIT / MAYDAY
REQUIRED 0800 hrs

Mar 25th – Pre-Incident Survey
Grand Traverse Academy

Mar 26th – Medical (Sta. 9)
Cardio-Basic / AED (1L, 1P)

April 2nd – Medical (Sta. 11)
Patient Assessment (1L 1P)

April 8th – Fire Training
Elevator Rescue

April 14th – Medical (Sta. 8)
Substance Abuse (1L)

April 15th – Fire Training (Sta. 1)
Fire Protection Systems

April 17th – Pre-Incident Survey
(Sta. 11) Grand Traverse Cold Storage

Required Training

March 18th – RIT / Mayday /
Emergency Evacuation (Sta. 8)
Time Change: 1930 hrs

March 19th – RIT / Mayday /
Emergency Evacuation (Sta. 11)
Time Change: 2000 hrs

March 22nd – RIT / Mayday /
Emergency Evacuation (Sta. 11)
Time Change: 0900 hrs

Update from Chief Parker...

Hello Everyone! Things at Metro are busy. Our calls are up and our fires are up. I am proud of the job that all of you are doing. The work and training that we all participated in the past 18 months are paying off. Chief Flynn tells me that we have had some very nice stops and our people are working well together. I continue to listen to calls from my office and home and wish I could be with you.

I am working 4-5 hours a day at the office and in the afternoons working from home. I continue to get stronger and it is my hope to be back full time in a couple of weeks. It may be another month or so before you start seeing me on scenes. Thanks for all your kind words of best wishes and encouragement.

I will be making the rounds of the stations in the next couple of weeks to give all a state of the department talk. It is my hope afterwards that you all will know where we are heading. Our three township supervisors are sitting down next week to talk about the future direction of the department. Hopefully some progress can be made with our Act 57 reorganization process.

Station one is now open and it is paying off with better response times. We hope to receive our SAFER grant in the near future so we can fulfill our goal of some more staffing both part time and full time. The exercise equipment is being put together at Station 1 this week and it should be open to our members use. Remember, you must have a Wellness Assessment before you can use the fitness facility at Station 1.

We have a purchase offer on Tower 11. If our fire board approves this purchase, we will sell this truck and work on finding a Quint or ordering one. I have talked to Chief Fisher with the City and Chief Sedlacek with Rural to alert them that we may be without a ladder truck for a period of time. Both of them have committed their resources.

One of my dreams is for Metro to have an Honor Guard. I am still looking for 3-5 people who would like to volunteer for this worthy cause. I would like this team to be able to present colors and events and stand guard for funerals or whatever the cause may be. This team would look and act the part of a true honor guard. If you are interested, please drop me an e-mail or call. Right now Rick Worm and Rob Harvey have shown an interest. Thanks gentlemen!

Pat

Training News Update ... from Asst Chief Terry Flynn

The following GT Metro members will be attending FDIC in Indianapolis April 6-12: Nick Lemcool, Melissa Wolf, Matt Gerkin, Kyle Clute, Joe Shafer.

GT Metro received a \$6000 grant from the GT Band for replacement of 14 portable radios.

A building has been received that will host fire and rescue evolutions. This may also be used for a live fire burn in April. The house is located in East Bay twp.

There will be a prescribed burn of over 100 acres at Camp Greilick in East Bay twp in late March or early April. Stay tuned for further. A private company from Ann Arbor will be performing this

burn with a permit and the DNR is aware. Last year a company from Illinois tried this feat and lost control.



MEDICAL NEWS:

I met with Lt Scanlon, Lt Mervau and Mikie Parker of 9A - Items of Interest:

All members are responsible for Medical

Protocols. Protocol tests will be forthcoming this year sometime, a Study Session Review will be set up in mid May for those who would like help in keeping up on their medical skills. Also, a basic skills day for all Metro personnel will be offered in the near future.

Let's all try to improve on our medical skills and report writing. **Remember, if you attend a patient even for a short time, you need to document in your report.**

GT Metro will be using electronic reporting to the state shortly, stay tuned for more on this subject.

computer tips

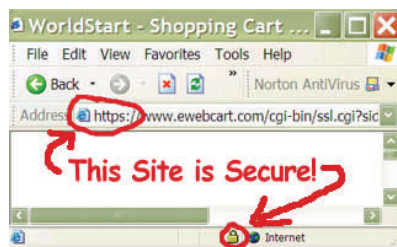
Q: How can I tell if a Web site is secure or not?

A: This topic is something everyone can use a refresher on every once in awhile, so I'm glad you brought it up. I know most of you use the Internet on a daily basis and keeping yourself safe should always be your number one priority!

When you're browsing through different Web sites, do you ever notice that some URLs have the **http://** beginning, while others have an **https://** attached to them? (If you're not sure what I changed there, I added an "s" to the second example). So, what's the difference between having an "s" and not having one? Well, let's find out!

The **"https"** prefix indicates that you are visiting a secure Web site. For example, if you're on WorldStart's Web site and you're looking through our products, you will see the Web address with just an "http" beginning. But, if you decide to purchase something, once you get to the checkout page, you will see the address suddenly change to "https." That happens because you are about to enter in all of your personal information, including your credit card number, so we have to make sure we keep your information as safe as possible. This is true for many other Web sites as well.

Now, another way to tell if a Web site is secure or not is to look for a little yellow padlock at the bottom of the page. If it's there, you know you're on a safe site. So, if you're ever unsure about a particular site's security, you can either look for the padlock or check out the URL. Here's what they both look like:



Either way, you'll have nothing to worry about when you're surfing the Web. Now, doesn't that make you feel so much better?!

Article information compliments of <http://www.worldstart.com/>



Captains and Firefighter interviews for full-time positions will be moved to March.

Fire Escape Planning

When a member of your community is killed in a home fire, it is important to let others know how they can prevent a similar tragedy. As you continue to report on the fire, the U.S. Fire Administration encourages you to remind your audience that many fire deaths and injuries are preventable.

More than 4,000 Americans die each year in fires and more than 20,000 are injured. Many of them might be alive today if they had only had the information they needed to avoid a disaster. The following life-saving tips could make a big difference to your audience. By incorporating them in your story now, while the moment is still fresh, you could help save a life.

Did you know?

- Eighty-two percent of all fire deaths occur in the home.
- Senior citizens, age 65 and older, and children under the age of five are at the greatest risk of death from fire.
- Deaths due to an inability to escape are particularly preventable.
- Having a working smoke alarm reduces one's chance of dying in a fire by nearly a half.

Following these simple fire safety tips can boost survival rates dramatically. Please share them with your readers because knowledge is the best fire protection.

Fire Escape Planning Life-Saving Tips

- Install a smoke alarm on every level of your home. Test smoke alarm batteries every month and change them at least once a year. Consider installing a 10-year lithium battery-powered smoke alarm, which is sealed so it cannot be tampered with or opened.
- Know your local emergency numbers. In our area, the number is 911.
- Practice finding your way out of the house with your eyes closed, crawling or staying low and feeling your way out of the house.
- Never open doors that are hot to the touch.
- Teach your family to stop, drop to the ground and roll if their clothes catch fire.
- Designate a meeting place outside and take attendance. Get out and stay out.
- Remember to escape first, then notify the fire department.
- Make sure everyone in your family knows at least two ways to escape from each room in the house.

Article by:

