

May 15, 2008

Special points of interest:

- Part-Time Staffing at Stations
- Wellness Updates
- New Firefighters hired full-time
- Chief's Message
- Healthy Tip: Water and You
- Fire Dept Chaplain Program

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

Beth Pryde 1244
 Jude Younker 1245

The Metro Insider...



Part-Time Staffing at Stations...

Our staff scheduling for duty shifts will now be accessed via website and e-mail. Schedules for Stations 1, 8, 9, and 11 will be posted on the website under the **MEMBERS LOGIN** area. Please contact the fire office or your Station Captain for your username and password. Once logged in, on the left side of the menu will be **Shift Coverage**. There will be a printable schedule that will list all available shifts. Any shift with "x x x" means that there is not a shift available. If you do not have e-mail, contact Lt. Jeremy Metcalf at Station 9 for an e-mail account. Under this login page is also a Station Notes area that we will use to inform our members of the latest happenings with Metro.

Shift coverage will be based on participation in pre-incident surveys, trainings, and station activity. Shifts will be approved by Asst Chief Flynn. On the 1st of each month, the schedule will be posted on the website available for bidding for the following month. Send an e-mail **DETAILING** what station/shift/time slot you are requesting to schedule@gtmetrofire.org. On the 15th of the month, the schedule will be posted on the website. Station Captains may choose to print a copy for the review at the stations, but the website is the master schedule.

Station 8 and Station 9 will be starting weekend coverage starting May 17th. Contact your Station Captain to sign up for May. Also, starting June 1st all duty personnel will be entering reports into Firehouse Software. Contact Troy Holliday or your officers for training on Firehouse.

Keep checking the website as it continues to change. Any suggestions or comments, please contact Troy Holliday at Tholliday@gtmetrofire.org or call the fire office.

Wellness Update ...

Wellness has gotten off to a great start, 20 people have had an assessment. Many are working out in the fitness facility at Station 1. Everybody using the facility is doing a nice job of keeping it clean and organized. Just a few reminders:

1. No street shoes in the fitness facility. The dirt from street shoes is very hard on the equipment and could cause it to be out of service often. Please wear a pair of tennis shoes designated only for use in the fitness facility.
2. The lockers in the locker rooms are for fitness use. Two lockers are designated for the full-time employees. Please remove all personal belongings after each session in the fitness facility.
3. The duty crew at Station 1 keep the floor mopped and the trash empty in the fitness facility, thank them if you get the opportunity.

If there are any suggestions or ideas for the fitness facility, please let the Wellness Coordinator or the Station Captain know.

Beth Pryde has openings for Wellness assessments, she can be reached at 947-3000, X 1244

The Metro Insider...

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Newly Hired Firefighters... and New Firefighters!!!

Chief Parker is happy to announce that Anthony Posey and Andrew Doornbos have been offered and accepted the position of full-time firefighter positions effective on May 5th.



Anthony Posey is assigned to Station One and Andrew Doornbos is assigned to Station Eleven.

When you see Anthony or Andrew, please congratulate them!



Congratulations to our probationary candidates who passed the Firefighter I & II class.

Nick Brief, Mike Monroe, Zach Protsman, Tyler Sika, Chris Kolinski, and Chris Doornbos have all successfully passed the Michigan Firefighter I & II.

On May 19th at 7 p.m. located at the Hagerty Center on Front Street, the RTC will be holding it's Firefighter Graduation. Come show your support to our newest graduates at the Hagerty Center.



April – May Training Topics

May 17th – EMS Driving (Sta. 9)
Ops (1L)

May 20th – Fire Training (Sta. 1)
Hose Streams / Foam Appl.

May 29th – [Pre-Incident Survey](#)
(Daytime – Sta. 11) Logan's Landing

May 29th – Firehouse Training
(Contact Troy Holliday if attending)

June 4th – Medical (Sta. 11)
Soft Tissue (1L, 1P)

June 5th – Fire Training
House on Rasha Rd.

Pre-Incident Survey for EB Calvary Church cancelled

June 9th – Medical (Sta. 8)
Special Prog. – AED – Pharm. – CombiTube (1L 1P)

June 11th – Water Rescue (Sta. 9)

June 17th – Hazardous Materials
(Location T.B.D.)

June 18th – [Hazardous Materials](#)
(Time and Location T.B.D.)

Required Training

May 29th – [Pre-Incident Survey](#)
(Sta. 11) Logan's Landing

June 17th – [Hazardous Materials](#)
(Time and Location T.B.D.)

June 18th – [Hazardous Materials](#)
(Time and Location T.B.D.)

June 21st – [Hazardous Materials](#)
(Time and Location T.B.D.)

Update from Chief Parker...

We received some bad news last week from FEMA. We were turned down for our Staffing for Adequate Fire and Emergency Services (SAFER) Grant. Because of that we will not be able to complete our staffing program as outlined in the 2008 budget. We still plan on adding another full time firefighter in July. We will have to rely on the 2009 budget to meet our goal of a full-time captain at every station. We still are going ahead with our summer staffing plan at Stations 8 & 9. Starting this weekend, we will have personnel at those two stations for 8 hours a day on Saturday & Sunday.

I have some good news to pass along to you all. Our reorganization process with all three townships is moving ahead with some steam behind it. We hope to be a fire authority by sometime this summer. As you all know from the last newsletter that Tower 11 had been sold. After a month of looking at what is out on the market, we made an offer on a 2008 Pierce 75' ladder demonstrator and they accepted our bid. The truck is on its way over to Appleton to be re-certified. It should be in our Station by the end of June as Truck One. We look forward to its arrival.

In this article you will read an article from one of our newest chaplains, Jude Younker. Jude had been a firefighter with us at Station 11 for many years. He recently had a calling for the vocation of fire chaplaincy. Jude will assist Glen Walters, Steve Hanna, Brian Haskin Sr., and Dick Wagner in fulfilling any spiritual, emotional or really any needs our members may have. I look forward to the work that Jude will provide.

We now have two new full-time firefighters. Tony Posey accepted the position as firefighter at Station 1. Because of this, he stepped down as Captain at Station 9. Lt. Jeff Carpenter has accepted the appointment as acting Captain. Andy Doornbos became our newest full-time firefighter at Station 11. The next time you see these two gentlemen, please congratulate them.

We recently received the resignation from Tom Henkel as Captain at Station 8. Tom has served this department over 30 years, with the last 25 plus as Station Chief/Captain. Tom will stay on as a firefighter. This department thanks you for your many years of leadership. We recently received the resignations of Firefighters Jon Brief and Don Smith. Both were on Station 11 and we thank them for their years of service.

The 2007 Metro annual report is now on the internet. Please pull it up and take a look at the statistics and other interesting information.

Until next time, Be Safe!

Chief Parker

Water and You *Are you keeping hydrated?*

With the summer temps within reach, staying well hydrated is important. Water makes up 60% of the body and 80% of the muscle in our bodies. It is the primary component of blood, helping to transport oxygen and nutrients throughout the body, and eliminate waste from the body. It also helps to regulate your body temperature through sweat. In hot humid weather a person can become dehydrated in as little as 15 minutes.

Signs of mild dehydration: Signs to look for are dry mouth, making less urine or dark concentrated urine, feeling dizzy, light headed, headache, irritable, or cramping. **Thirst is not a good indicator of hydration.** By the time thirst sets in, it is likely you will already be mildly dehydrated and not able to make up the loss while exercising and exercise performance will be affected.



Simple ways to prevent dehydration: Drink plenty of water before, during and after activity or exercise. 2-4 cups of water up to two hours before exercise is recommended. 1 cup of water every 15-20 minutes during exercise, and continue drinking fluids after exercise to replenish what was lost during exercise. Avoid beverages containing caffeine or alcohol. Take a water bottle to work, on your bike or in a waist pack if you are walking. Sip water throughout the day. Drink a glass of water before each meal. Keep cold water in the refrigerator. Eat at least five servings of vegetables and fruit each day. (Most fruits and vegetables contain up to 95% water.)

Water vs. Sports Drinks (or other fluids): For people exercising at a moderate intensity for less than 60 minutes **water is the best source of fluids.** It is readily absorbed, moves quickly from the stomach into the bloodstream, it is refreshing, has no calories, and is less expensive than other drinks. **However, for those who are exercising longer than 60 minutes at a high intensity, or 90 minutes at a moderate intensity,** sports drinks or diluted fruit juices are recommended to replace carbohydrates and electrolytes that are lost during longer bouts of exercise. This helps to prevent muscle cramping, fatigue, and performance loss. Carbohydrates are the fuel of choice for working muscle. Therefore, a good sport drink will contain 5-8% carbohydrates. Avoid drinks too high in carbohydrates (i.e. full strength juices, soda's etc.), as they can cause stomach upset or cramping, and inhibit fluid absorption into the bloodstream.

Sources: AAMC :Community Health and Wellness (Anne Arundel Medical Center) Your Total Health/ivillage.com

LAUGH YOURSELF HAPPY

If you need a quick pick-me up, maybe humor can do the trick. Laughter appears to reduce depression, improve mood, and even help people cope with pain and illness. Not a natural-born comic? No problem. Here are some tips to keep you moving at 60 smiles per hour:

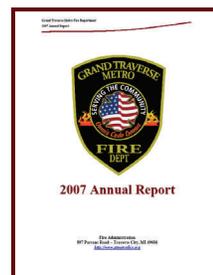
- * Keep a "humor journal" or scrapbook; every day, write down something funny that you heard, saw or did. Re-read your journal when you need a boost.
- * Post funny (but tasteful) quotes or cartoons on your refrigerator, mirror, locker or bulletin board.
- * Establish a joke exchange with a friend
- * Stuck on an embarrassing mistake you made? Try to find a humorous side to it, and share it with others.

Laughter is the best medicine, so be sure to get your daily dose of humor.



Not getting our Newsletter???

Send an e-mail to Troy Holliday at Tholliday@gtmetrofire.org to be added to our e-mail list.



2007 Annual Report
is now available on-line
Visit our website at
www.gtmetrofire.org



The Beginning of a Fire Department Chaplain Program

Fire departments by tradition have had someone in the role of chaplain since the beginning of the organized fire service. In many departments, a local clergy person has been appointed chaplain to handle emergency situations within the department, such as serious injury to fire department members, line-of-duty deaths, including notification of family members, and suicides involving fire department members and their families. Chaplains have fulfilled a traditional ceremonial role by giving the invocation at fire department functions, and conducting weddings and funerals for fire department family members.

All too often, the functions normally handled by a chaplain have been taken over by members of the administrative staff and firefighters within the department. When needs arose and no one was available to handle them, the staff and members of the department would do their best to handle the crisis. In the modern fire service, numerous factors have made it very desirable to establish a formal position of chaplain. With all the pressures present today, the need for this position is found in all fire departments—paid or volunteer, large or small, private or public.

As our world becomes more complex, facing the problems of life becomes dramatically more difficult. What used to be a straightforward, clear path to follow becomes cluttered with inflation, the energy crisis, environmental pollution, nuclear accidents, increasing crime, escalating levels of violence, crowded living conditions, and extremely intrusive challenges to our personal values and beliefs. The pressures of living in a complicated world affect us all. Many become emotionally and spiritually crippled when they find that what used to “work” is no longer effective in coping with the pressures.

People under stress tend to look to public agencies and institutions for answers and services that will solve society’s problems. When programs and services fail to improve and simplify living conditions, the providers are subject to the outrage of a frustrated public. As a result, individual public servants, such as a firefighter, are confronted with stress-producing accusations of ineffectiveness, inefficiency, and ulterior motives when they attempt to help. The emergency service worker is confronted with making a living in a complex world, and with having to deal with disenchanted recipients of their services. At the same time, society seems to expect public servants to be immune to the effects of such stress. The emergency worker faces some very real risks if they even hint that the stress is too much or is getting to them. It is as if the firefighter is expected to be the “perfect” person. They are expected to solve problems, make the complex simple, and perform emergency responses without experiencing any emotional turmoil in the process.

Emergency service workers, such as firefighters, who respond to life-threatening situations have additional stresses surrounding their lives that most professions do not have. The chaplain of the fire department is one of the most vital positions in the fire service. The chaplain is next to the pulse of the department. It is a job that is demanding, confidential, trusting, and needful for the lives of firefighters and their families.



This past February I discussed with Chief Parker the idea of putting together a departmental chaplaincy program. By no means would this replace the good works of those who have served or still do presently serve as chaplains. Rather this program seeks to enhance and make more accessible the role and responsibility chaplains undertake in the Fire Service. The idea of the "universal person" is one who excels in attaining balance and understanding of body, mind, and spirit. In recent years this department has placed great emphasis on the training of the mind through fire science. Even more recent has been the added emphasis on firefighter physical fitness, health, safety and fire training education. Enhancing the department's chaplaincy program completes the triad of body, mind, and spirit. The program will seek to do this by means of a stronger presence and accessibility for department members. The motto of the Federation of Fire Chaplains is "Serving those who Serve!"

When firefighters respond to a burning building and focus attention on saving life and protecting property, the fire chaplain responds alongside but is focused on ministering to the needs of the firefighters and the needs of the crisis victims. Victims of an emergency crisis may be the family who has just been burned out of their home, or the scared and confused spouse of a heart attack patient. They could be the frightened children whose parents are being transported to the hospital after a tragic traffic accident. Firefighters are trained and able to deal with the varied emergency crisis in our modern world. Fire chaplains are equipped and called to deal with the people being affected by those same events. The fire chaplain is a spiritual presence in the world of fire department and emergency services. I will be making the rounds to each of the Metro stations in the course of their business meeting nights to introduce myself and further explain the chaplaincy program. I look forward to meeting each of you - who proudly serve and answer the call in time of crisis! Until then - may it be to your advantage!

Sincerely, Jude F. Younker - Metro Chaplain
Radio Call Sign – “709”