

June 15, 2008

Special points of interest:

- Chiefs Message
- Fitness Open House
- Wellness Message
- Training Dates
- Training News
- New I.C.E. Brochure

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...



Update from Chief Parker...

Hello everyone from the Chief! Summer is upon us and I don't have to tell you what that has done with our call volumes. With the Cherry Festival just a couple of weeks away, the tourist season will be in full bloom. At times our patience will be tested, but remember everyone is a customer. Our essential mission and number one priority is to deliver the best possible service to our customers!

Next week, we head to Pierce to bring back our new 75' ladder truck. It will be in the station sometime Friday evening. We hope to get this into service as quickly as possible. Pierce will be in sometime in the next couple of weeks for training. There will be ample opportunities for anyone interested in working on the new truck to be oriented. The new truck will be called Truck One.

The fire service along with the International Fire Chiefs is holding the 2008 Fire/EMS, Health and Survival week from June 22-28th. This replaces the safety stand-down that was held the past couple of years. This year their slogan this year is "Committed to Long-Term Results. The program is aimed at three areas:



1. Fully implement NFPA 1500 which is the Occupational Safety & Health Program. We are making headway, but not quite there yet.
2. Initiate an emergency vehicle policy, to include:
 - Always buckle up.
 - Always stop at red lights and stop signs.
 - Always drive the speed limits and drive defensively

We have and continue to stress these initiatives. This year we included a backing policy as well.
3. Fully implement the Wellness-Fitness initiative.
 - Provide annual medical and physical evaluations.
 - Provide equipment and time for exercise.
 - Provide nutrition information.

This is the area that we are going to concentrate on this year. Please see the article written by Kathy Fordyce & Beth Pryde inviting you and your family to our fitness facility open house at Station 1 on Thursday the 26th. We will be serving nutritional food and be giving out information on how to live a healthier lifestyle and to eat right. I am excited about this and I hope to see you all there.

Also mark your calendars for the grand opening of the new fire station. The dedication and open house will be Saturday July 26th from 11-3. The dedication will be at 1:00 with the hose uncoupling ceremony. There will be hot dogs and drinks as well as station tours, kids games and educational kiosks. The new Metro Honor Guard "Division 21" will be performing their first flag raising drill. I hope to see you and your family there!

Until next time, be safe!

Chief Parker

The Metro Insider...

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2008 FIRE / EMS SAFETY, HEALTH AND SURVIVAL WEEK:
COMMITTED TO LONG TERM RESULTS
ALL METRO MEMBERS AND FAMILIES ARE INVITED TO:

FITNESS FACILITY OPEN HOUSE



JUNE 26, 2008

5:00 P.M. – 8:00 P.M.

**Come and enjoy healthy snack
and meal ideas and samples.
(You won't have to cook dinner.)**

**Fitness demonstrations.
Door Prizes.
Wellness information handouts.
Smoking Cessation Information.
Metro Fire Dept. Wellness Program information.**

Fit for Duty



Fit for Life

June – July Training Topics

June 19th – Medical (TCFD)
Pediatrics Special (1L, 1P)

June 25th – Medical Training
(Sta. 9) Combi-Tube (.5L)

HOSE TESTING STARTS (July)
Every member shall participate in 1
Hose Testing date to remain in active
status. Any station testing is accepted.

July 2nd – Medical (Sta. 11)
Pediatrics Special (1L, 1P)

July 14th – Medical (Sta. 8)
*Environmental /
Cold Water Emergencies (1L)*

July 17th – Fire Training (Sta. 1)
Fire Attack Scenarios

SPECIAL TRAINING:

LIVE BURN – Supply Rd

June 14th – 0800 hrs

REQUIRED TRAINING:

June 14th – Hazardous Materials
1300 hrs TCFD

June 17th – Hazardous Materials
CANCELLED

June 18th – Hazardous Materials
1900 hrs Sta. 11

June 21st – Hazardous Materials
1300 hrs TCFD

Lift Weights! Do I have to?

Sarcopenia— age related loss of muscle. A big word for an unavoidable, universal result we all are experiencing....men women, active and inactive. However, by what we choose to do, we can decrease, prevent and even reverse many of the side effects that accompany this process.

Muscle loss is one of the main reasons why a person's metabolism slows down and weight goes up. Age related muscle loss is an automatic. However, it is accentuated by muscle loss due to physical inactivity. Both can be partly reversed through resistance/ strength training, or lifting weights. For inactive people between the ages of 25 and 60 most people lose as much as 40% of their muscle and strength. That is approximately 0.5 % of lean body mass (or muscle) per year. This results from the actual loss of muscle fibers in the body. Even active people lose muscle if their activity is primarily aerobic in nature (i.e. walking, running, biking, etc...). A pound of muscle needs about 35 more calories a day just to maintain itself, compared to about 2 calories for a pound of fat. Another way of looking at this is that for every 10 pounds of lean body mass we carry, 500 calories per day is consumed just to maintain it. So by adding strength training to your weekly activities, you are adding muscle, thereby making your calorie burn more efficient even when you are not exercising. Conversely, by losing muscle, by inactivity and aging, your body will not burn as many calories, thereby converting them to fat. Welcome to the mid life weight gain bulge.



More importantly, there are many conditions that are secondary to weight gain and muscle loss that can be controlled or even prevented or reversed by adding strength training to your regimen. Diabetes, Coronary Artery Disease, Osteoporosis, Arthritis, Depression and insomnia, are just a few that are quite common in our population today.

Even though it is believed there is not much to be done to prevent age related muscle loss, specifically, you can do something delay the losses and to increase the size of the muscle fibers preserved: **Strength Training**. Studies have consistently shown that regular exercise improves the muscles strength and endurance. Robert Fitts, a professor at Marquette University and NASA consultant, says the best way to do this is by working all the major muscle groups against resistance. (i.e.— lower and upper leg, chest, arms, back, abdominals and shoulders).

So how do you do that? Again studies show that 2-3x/week, of as little as 30 minutes, of strength training with a moderate to heavy load shows results of steady increases in strength in each muscle group with out plateau. It is important to add that muscle is made up of protein, so therefore, an adequate intake of protein in your diet is important. Some study evidence suggests that with the aging process, ones protein intake should increase, while their carbohydrate intake should be reduced.

So Pump It Up, and stay strong and healthy with weights all the way through your golden years.

Sources: Ezine Articles (Richard Train)
www.texnews.com (John Fauber/Milwaukee Journal Sentinel)
www.runnersweb.com (Yuri Elkaim, BPHE,CK)
www.nutritionexpress.com (Jeff s. Volek,Ph.D.,R.D., F.A.C.N.)

Training News from Asst Chief Terry Flynn...

Upcoming Training: See schedule on page 2.

Aspen Hills Training:

Quick Note: We will be holding a live burn training June 14th at the house on Rasho and Supply Road at 0800 hrs.

We trained last month at Aspen Hills on Oak Terrace in different hose lead out evolutions. During this training, we found some building specific conditions which are very important in the event of a fire. It is very important personnel attend these building specific training evolutions especially those in high life safety locations. Those who missed this very informative training evolution can contact Captain Draper at Station One for details.

Required Hazardous Materials training has been scheduled in coordination with Traverse City Fire Department since we are using their equipment and personnel to assist us, so try to attend one of the four remaining training dates given.

Participation is mandatory and this can be any of the following: 1) Donning Level A, B, or C suits; 2) Help dress personnel in PPE; 3) Help assemble decontamination equipment. There will be another Haz-Mat training date later this year, see training calendar on our department website.



New Equipment:

We are looking at a couple of new pieces of firefighting equipment. One is a "Last Chance Rescue Filter" which adapts to your Scott face-piece if you run out of air in a structure. It is capable of filtering all those hazardous gases in a fire and studies show that there is enough oxygen at the floor level to breathe in an escape situation. We will be getting some demo units this week.

Next is a Class A Foam Stick which is loaded in a nozzle on a 1-3/4" crosslay and will deploy the equivalent of one 5-gallon pail of Class A foam. If purchased, this nozzle will be able to be used on all room and content fires without the use of eductors or foam from the tank. Used sticks can be then used for further training exercises or use with smaller nozzles made for our wildfire units.



Not getting our Newsletter???

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

WILL YOUR FAMILY KNOW IF YOU ARE HURT?



Flyers will be available to the public soon...



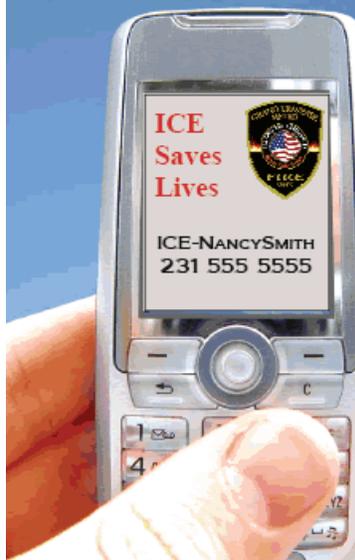
ICE is a common sense idea that allows EMS, Fire and Police as well as Hospital Emergency Rooms to access critical information rapidly right from your mobile phone.

I.C.E. = In Case of Emergency



Using ICE can save lives by saving time. Accident victims are often unable to relay information due to injury or other factors. ICE provides Medical, Fire and Police personnel with a way to contact your emergency contact information.

Give your family peace of mind.
Show you care by displaying ICE.



How to get Started.

- ICE is easy to set up. On your cellular phone just add a new contact to your phone book.
- First enter the letters "ICE" then add your contact's name, then add the contacts phone number as your phone requires.
- Examples... ICE1NancySmith, ICE2HOME, ICE3DoctorSmith, etc.
- List phone numbers for contacts where they are most likely to be reached
- Remember: home phone numbers are not useful during the day if contacts are not usually at home during the day.
- If you add more than one ICE contact, then add a numeric order such as ICE1, ICE2.
- Remember to tell ICE contacts that you listed them as contacts and that they are willing to be contacted.
- Make sure to keep your ICE information current!
- Use full names, not nick names like Mom, Dad, etc. as the people calling do not know "Dad's" name.



Spread the word of ICE to family, friends and coworkers. If we all work together we can help to make our communities safer.

Sponsored & Endorsed By:



Grand Traverse Metro Fire
231-947-3000
www.gtmetrofire.org



Traverse City Fire Dept.
231-922-4930
www.tcfire.org



NORTH FLIGHT EMS

Northflight EMS
231-825-9540
www.northflight.org

Emergency service providers across the United States are now beginning to recognize the use of this important safety mechanism by the public. EMS, Fire & Police are able to find important contact information by checking cellular phones of the injured or those who are incapable of providing this information for themselves.

Using ICE can save lives by saving time. Accident victims are often unable to relay information due to injury or other factors.

