

September 15, 2008

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- Safety News
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- Training News
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- New Station Captains
- Wellness Information
- Station 11 Open House
- Fire Prevention Week

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...



Public Act 57 Passes ...

Grand Traverse Metro Emergency Services Authority

Submitted by Chief Pat Parker

How ironic it was that on the 7th anniversary of 911, the Grand Traverse Metro Emergency Services Authority becomes reality. Command Staff and firefighters attended the Garfield Township’s bi-monthly meeting where the board held a public hearing on whether to adopt the new articles of incorporation. After a few speakers spoke in favor of the Act 57 authority, the motion passed unanimously. Previous to the Garfield meeting, both Acme Township & East Bay Township had held the same public hearings and they also passed unanimously.

I would like to thank everyone who came out to support this issue over the past three and a half years. Yes, it has taken that long! Especially I would like to thank Assistant Chief Brad Schnaidt for his leadership and vision on this project. It also couldn’t have been done without the direction of Wayne Kladder and Frank Zarafonitis from Acme, Glen Lile and Beth Friend from East Bay, and Lee Wilson and Joe McManus from Garfield. There have been countless meetings and drafts of agreements over the past years. I can’t say enough for the time commitment that these people have made to provide emergency services to the citizens of these three townships.

What this means for this department is that we now have a legal framework in how we operate. The three townships of Acme, East Bay, and Garfield believe in the concept of a regionalization and the economies of scale by sharing resources. Our board goes from three to six members with two elected officials from each township serving. We now have a uniform millage rate for all three townships. There are continued controls on the budget and spending and it makes it harder for townships to leave the authority. It creates a business model that could incorporate all modes of emergency services from police to EMS. As a note, there are no current plans or talks to bring police or EMS into this authority. If other fire departments wanted to join the authority, it should be easy to do so.

We plan on continuing to do business as Grand Traverse Metro Fire Department. The authority will become the employer and the owner of the equipment and property. Other than that, it should be business as usual. We look forward to a great working relationship with all.

The Metro Insider...

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Firefighter Life Safety Initiatives #1 ...

"Define and advocate the need for a cultural change within the fire service relating to safety; incorporating leadership, management, supervision, accountability and personal responsibility."

Ask yourself this question; "What have you done lately?"

The culture of safety is like the culture we live in. What we do on an everyday basis may not be the same as Japan or Europe. Our culture in the fire service is very unique. Our expectable practices are different than other counties. Now, taking safety and adding into the fire service provides a dynamic working institution.

To define safety, we can go on and on. We have many rules, laws and standards to follow that not only are we required to do, but are there because someone was hurt or fatally injured. We must be proactive; we must continue to be a step ahead of this.

To have a cultural change in the fire service, we must walk the walk, talk the talk. What you do everyday should have safety involved in one way or another. Whether you are at a structure fire or back at the house loading hose, safety is a key ingredient to everything you do.

Have you read the Safety and Health Statement? This document (that can be

EVERYONE GOES HOME
FIREFIGHTER LIFE SAFETY INITIATIVES PROGRAM



found at your station) is a prime example of how we incorporate leadership, management, supervision, accountability and personal responsibility. All are key points to your safety and the safety for your fellow firefighters.

Back to the beginning; "What have you done lately?" By simply reminding a firefighter to put your helmet on or shield down, you just promoted safety in the fire service.

Until next time, be safe, so as "Everyone Goes Home"

Mike Vaughn, Health and Safety Officer

Aug – Sept Training Topics

Sept 15th – 1830 hrs (Sta. 8)

Pre-Incident Survey –

Wimsatt / Williamsburg Center

Sept 22nd-23rd – SCBA Fit

Testing & SCBA Training (Sta. 11)

Sept 24th – Medical (Sta. 9)

Abdominal/AED Basic Cardio (1.5L Med)

Sept 25th – Medical (Sta. 11)

Disaster Planning (2L Oper)

Oct 1st – Medical (Sta. 11)

REQ: Bloodborne Pathogen (2L Prep)

Oct 6th – Medical (Sta. 8)

Rescue Awareness & Ops (1P Ops)

Oct 8th – Fire Training (Sta. 9)

REQ: Apparatus Pumping

Oct 13th – Fire Training (Sta. 8)

REQ: Apparatus Pumping

Oct 15th – Fire Training (Sta. 11)

REQ: Apparatus Pumping

Station Hose testing—members are required to attend at least one training at any Metro station.

Check website for additional trainings.

Message regarding Metro All-Call ...

The new Metro All-Call will go into effect on October 1st, 2008.

This page will be used to notify all Metro personnel in the event of a confirmed structure fire or other extraordinary event which dictates multi-station response. This may include aircraft or vehicle accidents involving Mass Casualties. This will **not** include water flow alarms; fire alarms, smoke reports, vehicle fires, dumpsters, etc. These may still be initiated by individual station pages only.

Central Dispatch will activate the all-call page and announce for all Metro personnel/ Station # members, there is a structure fire at the following location. By announcing the closest station, it should give all members an idea where the fire is.

We ask that all members respond if possible in some manner.

1) A structure fire in Station 11 response area- Station 8 personnel responds E-8 to Station 1. (Station 11, 1, and 9 personnel respond to the fire.)

2) A structure fire in Station 8 response area- Station 11 personnel responds E-11 to Station 1. At least one person should remain at Station 11. (Station 1, 9, and 8 respond to the fire)

3) A structure fire in Station 9 response area- Station 11 personnel responds E-11 to Station 1. At least one person should remain at Station 11. (Station 1, 9, and 8 respond to the fire).

The above are only guidelines- All Metro personnel are encouraged to respond to all Metro fires.

There are only a few members still needing the All-Call tone programmed into their pagers. Please contact Troy Holliday before September 23rd to schedule a time. Troy will be out of town from September 24th through the 30th.



Training News ...

Upcoming Training: See schedule on page 2.

Pre-Incident Survey: A training was held on September 5th at the Traverse City Record Eagle plant on Keane Dr. in Garfield Twp. Certain items of interest were found in this facility.

Starting October 1st: (1) The Metro All-Call will be put into service with Central Dispatch. All members **MUST** get in to get their pagers programmed before this date. (2) Mandatory requirement being implemented on minimum call percentages. Look for memo later this month.

Training Calendar: Reminder to look at the website training calendar for upcoming hose testing, pre-incident survey, and apparatus trainings. These are required trainings and everyone needs to participate. Hose Testing is scheduled at Station 11 and Station 9, Station 1 will be posting their dates soon. October is Apparatus Pumping training; Station 9 on the 7th. Station 11 on the 8th, Station 8 on the 13th, Station 1 on the 29th. At Station 1's training, a representative from Task Force Tips will be demonstrating nozzles.

Special Note: September 20th is Roscommon Fireman's Memorial and there is a large amount of personnel leaving for the weekend. Please listen up and help other stations if needed.



Call Statistics for 2008

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total	Percentage
Station 1	2	57	66	57	61	53	65	66	427	18.27%
Station 8	24	27	35	42	29	42	29	36	264	11.29%
Station 9	46	23	22	29	30	34	22	20	226	9.67%
Station 11	197	173	163	180	164	166	190	187	1420	60.76%

Total Incidents Jan–Aug: 2337 August = 309

New Station Captains...



Chief Parker and Asst Chief Flynn appointed Tony Posey and Troy Holliday as Interim-Station Captains at Station 9 and 8, respectively. They will hold this position until January 1st when they will be assigned full-time to their respective stations. Please congratulate Captain Posey and Captain Holliday next time you see them.



Photos by Nick Trahair, GT Metro Photographer

As new Captains, they challenged each other to a race through our Public Education Obstacle Course at Station 11's Open House. Those in attendance know who won, and who would've won...

What's the "Smack" on High Fructose Corn Syrup and Obesity?

Contributed by Beth Pryde, BS, ES, Wellness Coordinator for GT Metro Fire Dept.

Since the 1980's, obesity has been rising in the United States population as a whole. Not just adults but children and adolescents as well. Many studies have been ongoing to determine the cause for the dramatic increase. A simple look would look like this:

Increased calorie intake (eating more) + Decreased calorie burning (less physical activity) = Increased weight gain (fatter people)

Around the same time frame that the obesity rate started to increase an ironic coincidence also occurred, the massive influx of High Fructose Corn Syrup (HFCS) into American foods as a sweetener and preservative. Food labels of unsuspecting foods carry this ingredient more now, than ever. Cereals, breads, condiments; fruit drinks, soda and energy drinks, and processed foods in general have this sweetener in them.

Why is this bad you may ask? Research done at the University of Louisiana, Baton Rouge, the University of North Carolina, Chapel Hill, USCF, UC at Davis, the University of Michigan, and elsewhere, have linked the increase of HFCS with changes in liver functions that affect fat production and hormone regulation in the digestive process, which in turn can increase risks for diabetes, certain cancers and obesity. Many agree as well that the monumental increase in soft drink consumption (which is solely sweetened with HFCS), has contributed to the obesity rate increase. With the increased consumption of soft drinks comes increased calories, and a decreased consumption of milk, which actually helps to regulate weight. In teens especially this is true. One 12 ounce soft drink contains 13 teaspoons of sugar (as HFCS). The USDA recommendation for daily sugar consumption is 10-12 teaspoons. The average American 2 year old or greater consumes anywhere from 41 -63 lbs. of HFCS each year.

So what does all this mean? Well most Nutritionists and Nutrition Researchers will say more studies need to be done to be conclusive on the specific correlation with obesity and the intake of HFCS. But they do agree at this time that there is enough research to conclude that the American diet is saturated in sugar; And that the most highly used sugar in the United States is HFCS. One researcher states, "It's not that fructose itself is so bad, but they put it in so much food that you consume so much without knowing it." The long and the short of the argument is we need to reduce the amount of sugar intake in our diets. By knowing where it is coming from, allows us to make better choices in the foods we eat and the beverages we drink. So here are a few ways to avoid HFCS in your daily choices:

Avoid processed foods and Fast foods
Read Labels (you'll be surprised where you find it)
Avoid soda, sport drinks, sweet drinks as a whole generally use HFCS
Drink more water and milk
Buy fresh produce and cook from scratch

Station 11 Open House was held on September 6th and had a great turn-out. Thank you to everyone who participated in this event especially Captain Brian Bloom, FF Randy Rittenhouse, FF Nick Lemcool, FF Mike Monroe, and FF Adam Drewery for staying up late (all night) Friday night to prepare for the pig-roast. A great success!

Fire Prevention Week is coming upon us. As this time draws near, we at Grand Traverse Metro Fire Department would like to remind everyone to ***change your battery*** on your smoke detectors when you ***change your clocks*** on Daylight Savings on November 2nd.

Take time and practice your home fire safety drills when changing your batteries in your detectors. Have everyone meet outside at your Safe Meeting Place.



FIRE PREVENTION WEEK
Support Your Local Fire Department

Photos by Nick Trahair, GT Metro Photographer