

November 15, 2008

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- Wellness Information
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**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...



## Metro Fire Board Chairman Honored ...

On Thursday the 6<sup>th</sup>, friends and co-workers paid tribute to Lee Wilson for his 37 years of public service to the citizens of Garfield Township and the Grand Traverse Region. Fire Chief Pat Parker presented Lee with a tribute from the Metro Fire Department. Lee started with Metro as a firefighter in 1973 assigned to Red 1 which was stationed at the County jail. While the Township Supervisor of Garfield Township in 1975, he was responsible for the construction of the new fire station in Garfield Township (Station 11).



Lee actually left the department in 1977 holding the rank of Captain. Lee was responsible for the creation of Metro in 1980. Prior to 1980, Metro was part of the County Fire Department.



Lee has held the position of Chairman of the Board since 1980.



We wish him well in his retirement and next venture.



Chief Parker presented Lee Wilson with his Captain's badge and a plaque paying tribute to his 37 years of service to Metro.

# The Metro Insider...

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## Firefighter Life Safety Initiatives # 2...

EVERYONE GOES HOME  
FIREFIGHTER LIFE SAFETY INITIATIVES PROGRAM



“Enhance the personal and organizational accountability for health and safety throughout the fire service.”

What does accountability mean to you? In the fire service, we are charged to have accountability on the fire ground. But we in the department can be more accountable for what we do everyday. As I asked in the September issue, “What have you done lately?” We all must be held accountable for our actions both on and off the fire ground. But now we need to take that next step up to be more accountable. Every one in this department can make a difference. One little act can enhance the health and safety of Metro Fire.

Examples include following:

- > Follow policies and procedures.
- > Train, Teach, and Learn everyday.
- > Initiate the Incident Command System
- > Ensure your apparatus and equipment is ready for the next call.
- > Use your seat belt.

These are just a few items that YOU can do to enhance the personal and organizational accountability. The administration has taken several steps to enhance your safety. Whether you agree with it or not, we need to promote and step up to the plate. Take the Charleston Fire for instance. An issue that

was noted, the administration was so behind in training, tactics, and safety that they lost nine. We are not pointing fingers here. We want you to be safe. We do our jobs well, but the only way we can do this is to have every member step up to the plate and enhance the safety for all of us.

Protect your brothers and sisters, we are family, so we can make sure *Everyone Goes Home!*

Mike Vaughn, Health and Safety Officer

### Nov – Dec Training Topics

Nov 17th – 1830 hrs (Sta. 8)

High Rise Training –

GT Resort with Elk Rapids and Sta. 3

Nov 24th – Medical (Sta. 8)

Shock (1L, 1P Trauma)

Nov 24th – 1830hrs (House near Sta. 1)

REQ: RIT / MayDay

Dec 3rd – Medical (Sta. 11)

Diabetic Emergencies (1L Medical)

Dec 5th – Time T.B.D. (Sta. 11)

REQ: Pre-Incident Survey

MI Airgas, Linde Gas

Dec 6th – 0900 hrs (Sta. 11)

REQ: Haz Mat Training

Sara Lee

Dec 8th – Medical (Sta. 8)

REQ: Bloodborne/Comm. Diseases (1L, 1P)

Dec 10th – Medical Skills (Sta. 9)

Highly recommended to brush up your medical skills, contact Mikie Parker if you wish to attend.

Dec 17th – Medical (Sta. 9)

REQ: Bloodborne/Comm. Diseases (1L, 1P)

**Note:** The trainings listed above that have **REQ:** next to them are trainings that are part of the required trainings that each member must attend. It does not mean you have to attend each one listed above.

Check website for additional trainings.

## Message from the Chief ...

With the winds of November comes the culmination of the political season. Both the country and Metro are facing new leaders. With it comes some uncertainty. Because of the new emergency services authority, we will now have a six person board. Our board will consist of Supervisor Wayne Kladder and Trustee Frank Zarafonitis from Acme, Supervisor Glen Lile and Trustee Butch Strait from East Bay, and newly elected Supervisor Chuck Korn and Township Clerk Kay Schumacher from Garfield. I have known all of our new board with the exception of Supervisor Korn whom I have had numerous conversations with. Chuck seems sincerely interested in our line of work. Frank Zarafonitis was instrumental in the planning of new authority and now will serve on our board. Butch Strait and I were on Station 9 back in the early 80's. His dad and grandfather were founders of the East Bay Fire Department. The first fire truck was stored in their back yard. In the winter everyone took turns putting wood on the fire in order for the truck not to freeze. Butch has always had an interest in the fire department.

I especially would like to thank Lee Wilson for his many years of service to this department. His counsel and insight into government and service to the constituents will be missed. We wish him well in his retirement and next venture. I would also like to thank other outgoing township trustees. Beth Friend from East Bay and Joe McManus from Garfield also were very instrumental in the planning and eventual passing of the articles of organization which created the Grand Traverse Metro Emergency Services Authority. Beth will not be far as she will now be a County Commissioner. She has been a passionate supporter of the fire department. As for Joe McManus, he will be out of politics for now, but he has left a mark in the public safety arena.

As for our country, we have a new leader. No matter who you voted for, the people have spoken and let's give those elected our support and give them a chance to lead. Thanks to all of you who have kept your comments to yourself. Thanks for acting professional and with dignity when opportunities arise to make comments on the election and governing process.

Until next time, Happy Thanksgiving! For those of you hunting, shoot straight and good luck!

Chief Pat Parker

## Training News ...

Upcoming Training: See schedule on page 2.

**Little Caesars Training:** Captain Posey coordinated training at the Little Caesar's restaurant (US 31 North) on Oct 26<sup>th</sup>. Capt. Posey was able to put together with short notice to have firefighters perform RIT/Mayday drills, Trapped and Disoriented Firefighter drills, Ventilation of different style roofs, and Search & Rescue drills. We had approximately 14 firefighters show up for this training that went very well. Thank you Capt. Posey for the training. Members can login to the Members Area on the website to see photos of this training.



**RIT / Mayday Training:** November 24<sup>th</sup> is the last RIT / Mayday training available to everyone for 2008. If you are one of those that need this training, you **must** make this training. Training will be at the house next to Grand Traverse Academy entrance on Three Mile Rd.

**Medical Skills Training:** December 10<sup>th</sup> is a skills night where you can brush up on anything you feel you need some extra work in. A lot of members have expressed a deficiency in taking basic vital signs. This training will help you fine tune your skills on patient assessment. Please contact Mikie Parker at Station 9 or your Station Captain if you are interested in attending.

**Hazardous Materials Training:** December 6<sup>th</sup> will be the last Haz Mat training for the year. This will be a hands-on training and Sara Lee would like a good showing from Metro fire personnel. Anyone needing a Haz Mat training should attend and anyone available to help out is more than welcome to attend also. Captain Tony Posey and FF Andy Doornbos will be leaving on Sunday, November 16<sup>th</sup> for a week long Haz Mat Technician class. Captain Holliday, FF Harvey, FF Lemcool, and FF Francisco will be attending this class in spring time to bring our total of Haz Mat Techs for Metro up to 9.

**Pre-Incident Surveys:** Sam's Club and Great Wolf Lodge have been our latest Pre-Incident Survey occupancies. Did you know that Sam's Club has three stand-pipe connections that we can connect to inside? How about the different connection types in the Great Wolf Lodge? There are stand-pipe connections both in the stairwells and on the other side of the fire rated doors in the hallways.



## New Firefighters hire Full-Time ...

Chief Parker and Asst Chief Flynn have hired Firefighter Nick Lemcool and Firefighter Gary Francisco to our full-time ranks. FF Lemcool is currently at LSSU working towards a Fire Science degree and will be finishing his schooling here locally. Nick has been involved in the fire service for some time and will be working at Station 11 (where his dad Ron Lemcool retired as an officer after many years at Station 11).



Firefighter Gary Francisco was a former officer at Station 9 for many years and will be working with Captain Draper at Station 1. Both FF Lemcool and FF Francisco will be starting full-time effective January 2009.

Congratulations Nick and Gary!

## Walk Your Way Through The Holidays

Contributed by Beth Pryde BS, ES: GT Metro Wellness Coordinator

Well here we are in the middle of November. We just passed Halloween and now Thanksgiving is just around the corner, with Christmas and New years sooner than we expect. Talk about a season of Eating, Drinking and being Merry. If any of you are like me, I find very difficult to pass up all the wonderful sweets, the second helpings and the holiday cheer. Not only is there more food, but more events and opportunities to partake. What are we to do? It is almost like we can watch our waste-line growing.

There is a balancing act here that each and every one of us can achieve during the Holiday Season. As you may know, weight control is a balance of food intake and energy expended. Simply put, in order to maintain weight your intake of food has to equal your output of activity (calories burned). If you want to lose weight, your energy output needs to exceed your food intake. Much of our days time is spent in various sedentary activities, i.e.. desk work, computer, TV, reading, etc. Not much calorie burning going on there. A simple and beneficial way to add activity is to WALK DAILY. A brisk (3-4.5 mph) walk of 30 minutes, for a 160# individual burns 120-220 cal; for a 220# individual, 165-315 cal. Now that can add up over time.

Not only does walking help you maintain weight, but it also helps boost your immunity. By getting your heart rate up, your heart beats more blood per minute. This allows for your blood to be filtered and cleaned more frequently, decreasing the toxins that can accumulate. Most people will perspire (sweat) when there heart rate increases. This is the body's natural cooling system. But with that sweat, are also toxins that your body is excreting. Your breathing will also increase, causing your lungs to work harder, pushing more airflow. This too decreases your lungs risk of harboring infections. All of this will make for a less friendly environment for bacteria's and virus' to grow. Bottom line, you won't get sick as often, the duration will be less, and it won't be as serious.

Studies have shown other benefits of walking to include; increased mental alertness, decreased stress, decreased frequency of depression. Also, if you expend more energy during your day, you will sleep better at night. Sufficient hours and quality of sleep are crucial in maintaining mental health and physical health.

Walking is a way to spend time with your friends or family to get closer, or reconnect. Or it can be your time to let the days stress melt away. Take your dog with you. They need their exercise too. Take your walk first thing in the morning to get the engines started. Take it at lunch time to boost your midday slump. Take your walk after work, before you go home, to clear your head. Or take your walk with you wife, kids or pet to share time you may not get back. There are so many ways walking is healthful and beneficial, and easy too. Take the time each day to take a brisk 30 minute walk during the holiday season. Enjoy and rediscover what is outside your door.

(And if you prefer the indoors; a treadmill works just as good. Don't forget all that great equipment at Station 1 is there for your use too.)

### Call Statistics for 2008

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Total	Percent
Station 1	2	57	66	57	61	53	65	66	62	58	547	18.88%
Station 8	24	27	35	42	29	42	29	36	23	27	314	10.84%
Station 9	46	23	22	29	30	34	22	20	18	27	272	9.39%
Station 11	197	173	163	180	164	166	190	187	193	150	1763	60.87%

**Total Incidents Jan–Oct: 2896      October = 262**

<u>January–October</u>	<u>Total</u>	<u>Percentage</u>
Acme Township Incidents	272	9.72%
East Bay Township Incidents	556	19.87%
Garfield Township Incidents	1,970	70.40%