

March 15, 2009

Special points of interest:

- Apartment Fire
- Fire Corps program
- Training Dates
- Message from Chief
- Info from Chief Flynn
- Health Tip: Vitamin Deficiencies

Fire Officers:

<u>CHIEFS</u>	<u>RADIO #</u>
Chief Pat Parker	701
Asst Chief Flynn	702
Asst Chief Schnaidt	703

<u>CAPTAINS</u>	
Brian Bloom (11)	710
Tony Posey (9)	712
Jeremy Draper (1)	713
Troy Holliday (8)	714

<u>LIEUTENANTS</u>	
Wayne Mervau (8)	720
Mike Scanlon (11)	721
Jeff Carpenter (9)	722
Randy Agruda (8)	723
Chris Childers (11)	724
Mark Shaul (11)	727
Jeremy Metcalf (9)	728
Adam Drewery (1)	729
Mike Lince (1)	737

<u>SAFETY OFFICERS</u>	
Mike Vaughn (HSO)	747
Tom Henkel (8)	741
Randy Rittenhouse (11)	771
Jeremy Metcalf (9)	728
Adam Drewery (1)	729

<u>CHAPLAINS</u>	
Jude Younker	709
Glen Walters	740

<u>PUBLIC INFORMATION</u>	
Randy Agruda	723

<u>FIRE INSPECTORS</u>	
Brian Belcher	735
Robert Casey II	736
Mike Lince	737
Kathy Fordyce	738

The Metro Insider...



Apartment fire quickly extinguished ...



The Grand Traverse Metro Fire Department with the assistance from Traverse City Fire Department was dispatched to a deck fire at the Glen Drive apartments around 6:15 pm on March 15, 2009. The fire was quickly knocked down using master streams from Truck 1 and Engine 11. Fire crews from Metro and TCFD then made entry and initiated a fire attack to the second floor apartment. No injuries have been reported and the fire is currently under investigation. All crews worked quickly and effectively to contain this fire.



The Metro Insider...

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GT Metro Fire Dept to partner with new program ...



Homeland Security Department created a program to establish and coordinate a new Citizen Corps volunteer program—Fire Corps which will provide individuals with opportunities to support their local fire departments by volunteering their time and talent to assist with activities not related directly to fire suppression.

Curt Holliday, retired Captain from Station 11, has been asked by Chief Parker to research this program and to establish a Fire Corps for GT Metro Fire Department. This program will strengthen community fire services by providing volunteer support for activities such as administrative duties, and assisting with education and outreach efforts to encourage fire safety and prevention.

Fire Corps is administered through a partnership between the National Volunteer Fire Council, the Volunteer and Combination Officer's Section of the International Association of Fire Chiefs, the International Association of Fire Fighters, and the U.S. Fire Administration.

Look for more information regarding this program in upcoming issues of the Metro Insider. If you know of anyone interested in serving the department in any capacity, contact GT Metro Fire Dept.

Feb — March Training Topics

Mar 16th — 1900 hrs (Sta. 8)

REQ: RIT: Bertha Vos School

Mar 18th — 1900 hrs (Sta. 11)

REQ: Haz Mat: Sara Lee

Mar 19th — 1900 hrs (Sta. 1)

Ropes Rescue

Mar 25th — 1900 hrs (Sta. 9)

REQ: Medical: CPR Training

Mar 26th — 1900 hrs (Sta. 1)

Extrication

Apr 1st — 1900 hrs (Sta. 11)

Medical: Trauma CEU: 1 Practical, 1 Lecture

Apr 8th — 1900 hrs (Sta. 9)

Extrication

Apr 9th — 1900 hrs (Sta. 1)

Wildfire Training

Apr 13th — 1900 hrs (Sta. 8)

Medical: Patient Assessment

CEU: 2 Lecture | Category: Patient Assessment

Apr 15th — 1900 hrs (Sta. 11)

REQ: RIT: Location TBD

Visit www.gtmetrofire.org/current-training-calendar.

MANDATORY TRAININGS

[March 16 – RIT \(Sta. 8\)](#)

[March 18 – Haz Mat \(Sta. 11\)](#)

[March 25 – CPR \(Sta. 9\)](#)

[April 15 – RIT \(Sta. 11\)](#)

Message from the Chief ...

I want to clear up some rumors and clarify Metro's position as it relates to the numerous articles and editorials on the fire service here in Grand Traverse County. For the past year and a half, a citizens advisory group called COFAC (Citizen's Operational and Financial Analysis Committee) has been studying the City of Traverse City's finances and operations. They were to study options and recommend alternatives. A large portion of the study looked at the fire and police departments. Recently COFAC came out with their recommendations for TCFD. One recommendation was that Metro and the TCFD should merge. A recent article in Record Eagle talked about the airport contract and the article said that there was to be a discussion on a possible merger with Metro.

As of this date, no party from the City has contacted our authority board to ask or talk about any mergers. Any combination of departments would come after much study and the weighing of the pros and cons. Any merger would have to be win/win for both organizations. Like I told the reporter from the Record Eagle, if by combining departments we could take advantage of economies of scale to reduce costs or improve services we should take a look at it. As for the airport, we have put in a competitive bid for providing ARFF services. Should the airport ask us to provide that service, we would probably do so. Our board has yet to see a contract proposal from the airport.

The same goes for Peninsula Township. A consultant's report recommended as one of three options for their department to merge with Metro. Again, no formal request has been made to our board. The same type of analysis would be required as mentioned above.

While it's flattering that outside organizations see the good things that are happening here, we cannot take our eye off the ball on what we are trying to accomplish at Metro. We have embarked on a plan to improve customer service by better response times and greatly improved level of operations. With all of your help and effort we are doing just that. People are noticing that Metro is going places. There really isn't anything to get alarmed about with all of the talk on the street about mergers. Let's just keep doing what we do best; that of serving our community. I would hope that any conversations you have with outside people that you don't spread rumors. I don't know when or with whom we might partner with in the future. Let's concentrate on "raising the bar" personally and for this department. Thanks! *Pat*

Note from Chief Flynn ...

Fire on Brook Dr. - Sta. 11 and Sta. 1 along with TCFD were dispatched to a house filling with smoke. The owner stated he was having trouble with his furnace and a contractor loaned him some space heaters the night before. At first this may give an indication as to look for the origin of the fire. Upon further investigation and overhaul, the fire was found in an enclosed area on the "C" side of the building. Please be careful in going on just what the occupant tells you.

The owner later said that he had to replace the fuses because they burned out after turning on the loaned space heaters. Look at the wiring!



- The first RIT/MayDay Training of the year will be held at Bertha Vos on March 16th. All members should be familiar with the policy on when to call a Mayday. Per policy: When a firefighter finds that they fall into one of the following parameters at a fire they shall call a Mayday:

- Become tangled, pinned or stuck **and** the low alarm activates;
- If you fall through the roof;
- If you become tangled, pinned, or stuck **and** do not extricate yourself in 60 seconds;
- If you are caught in a flashover;
- If you fall through the floor;
- If there is zero visibility **and** no contact with the hose or lifeline **and** you do not know in which direction the exit is;
- If your primary exit is blocked by fire or collapse and you are not at the secondary exit in 30 seconds;
- If your low-alarm is activated and you are not at an exit door or window in 30 seconds;
- If you cannot find the exit door or window in 60 seconds.



(Pictures from RIT Training March 16th—Members from Metro and Elk Rapids Fire Department trained on scenarios of down firefighters.)



- There have been six preplans done this year already and there will be many more. To get everyone to participate in at least one, I need to know what times are the most convenient for everyone. Please let your Captain know and I will try my best to set the times.

Want to recycle those used batteries???

Drop them off at the Administrative building at the battery drop-off box.



Not getting our Newsletter???

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



**GRAND TRAVERSE METRO FIRE DEPARTMENT
BIGGEST LOSER CONTEST**

**Start down the road to a healthy life style and
lose those extra pounds!!**

DON'T FORGET TO WEIGH IN EACH WEEK!



Northern Climates and Vitamin D Deficiencies?

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

References :American Heart Association, WebMD, Linus Pauling Institute

So I finally got around to having my annual physical (which I must admit I haven't been annual in doing). And it is amazing what you can find out if you just take the time. I consider myself to be pretty healthy and live a mostly healthy lifestyle. I attempt to keep myself well read in what is new in Health and Wellness. So I was surprised to learn from my Doctor that I had a low Vitamin D level, and how that can affect my health in ways I was not aware of at all.

If you are like me, you probably know that Vitamin D is important to bone and teeth strength and health. But did you also know that it may also affect and contribute to heart and immune health as well? There are numerous studies that have been done and are continuing to be carried out that are indicating that because of the relationship of vitamin D and its effects on Calcium absorption in the human body, there could be many other health benefits that Vitamin D, in the right form and dosage, may have on heart health, Cancer risks, Diabetic incidence and treatment, and many others. An American Heart Association journal report indicates that "The same vitamin D deficiency that can result in weak bones now has been associated with an increase risk of cardiovascular disease; an increase as high as 62% in participants with low levels of vitamin D." Other areas Vitamin D may be beneficial are Immunity, Blood pressure regulation, and Insulin secretion.

What is important to note is that Vitamin D is naturally produced by our bodies when we are exposed to the sun. It is recommended that we have unprotected sun exposure of 10-15 minutes each day to produce what our bodies need. (This is well within the recommendations of the American Dermatological Association with regard to sun exposure and skin cancer risk). Well, as you may have deduced already, those of us who live in the Northern Latitudes don't see the sun every day, especially in the winter months. And many of us don't get outside even when the sun is out, due to jobs and other constraints. This has been shown to be 20-30% of the US population with moderate to severe vitamin D deficiency. Therefore, we must get our intake from other source such as: milk, yogurt, salmon, sardines, tuna, catfish, mackerel, egg yolks and fortified cereals.

Other factors that may contribute to a deficiency in Vitamin D are: Skin pigment (darker skin inhibits the absorption of the UVB rays required for vitamin D synthesis), Aging, Covering all exposed skin or using sunscreen at all times, Diseases/Syndromes that impair the absorption of Vitamin D (Crohn's, Cystic Fibrosis, Obesity), and Exclusive breast feeding.

The bottom line is that it is very likely many of us have a vitamin D deficiency that could increase our risk for several different diseases. So why not be preventive. Find out what your vitamin D levels are, and talk to your Doctor about the best sources and dosage for your state of health. The new recommendations coming out are 400 IU's for children, 1,000 IU's for adults to age 50, and adults over age 50, 2,000 IU's.

Bring On the Sun !