

April 15, 2009

**Special points of interest:**

- Fire Dept books for children
- New Members
- Training Dates
- Message from Chief Parker
- Information from Chief Flynn
- Call Statistics
- Health Tip: Smoking

**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...



## Fire Departments receive gift ...

Books will be read by children during emergencies  
 BY LISA PERKINS, TRAVERSE CITY RECORD EAGLE

TRAVERSE CITY ~ First responders have a new tool in their toolbox ~ books for children. Children facing the trauma of a car accident, fire, domestic dispute or other frightening situation may find comfort in books through a gift to area fire departments by With Wings and a Halo ~ R.E.A.C.H. a Child.

"Too often children are standing by with teary eyes, watching everything going on," said Rebecca Thomas, Michigan executive director of the national program that equips emergency vehicles with a packet filled with 10-12 donated books geared for toddlers to teens.

Thomas said her own children could have benefited from the program, remembering that they watched as she was rescued from her vehicle after they were involved in a serious car accident a year ago.

"Books can calm, comfort and distract children from whatever emergency situation they are facing," said Thomas, who presented more than 40 packets of books to five area fire departments including Blair Township, Traverse City Fire Department, Grand Traverse Rural, Peninsula and Grand Traverse Metro, Friday at Fire Station 1 in Traverse City.

"It is fitting that the launch of the program in Michigan takes place at Fire Station 1," said Thomas, noting that more than 50,000 books have been distributed in nine states in the 15 months since the program was established in Wisconsin by children's book author and publisher Paul Scott Gilbertson and his wife Chris.

Thomas hopes the program in Michigan will be met with the enthusiasm that it has found in Wisconsin, where more than 4,000 squad cars and ambulances in all 72 counties are equipped with the red packets of new and nearly new books.

"We are really excited that With Wings and a Halo chose the Grand Traverse region to roll out the program in Michigan," said Pat Parker, fire chief of the Grand Traverse Metro Fire Department. "It is an outstanding program that we are proud to be part of," Parker said.



Rebecca Thomas presented more than 40 packets of children's books to fire chiefs Jim Carroll, of Blair Township; Jim Tuller, of Traverse City; Bill Sedlacek, of the Grand Traverse Rural Department; Rich VanderMey, of the Peninsula Department; and Pat Parker, of the Grand Traverse Metro Department. **Lisa Perkins / Record-Eagle**

# The Metro Insider...

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## New Firefighters join Station 11...

Welcome to GT Metro Fire Department – Station 11:

Bryan Ferguson: Firefighter I & II, EMT-B, Paramedic student



Jon Marchel: Firefighter I & II, EMT-Paramedic



Peter Trumble: Firefighter I & II, MFR



### Apr – May Training Topics

- Apr 15th – 1900 hrs (Sta. 11)  
**REQ:** RIT: Location TBD
- Apr 16th – 1900 hrs (Sta. 1)  
Vehicle Extrication
- Apr 20th – 1900 hrs (Sta. 8)  
Ropes Rescue
- Apr 22nd – 1900 hrs (Sta. 9)  
Vehicle Extrication (Med CEU)
- Apr 23rd – 1900 hrs (Sta. )  
Ropes Rescue
- Apr 27th – 1900 hrs (Sta. 8)  
Vehicle Extrication
- Apr 30th – 1900 hrs (Sta. 1)  
**REQ:** Hose Streams / Hose Lays
- May 2nd – 1130 hrs (Sta. 9)  
*Search & Rescue Drill*
- May 6th – 1900 hrs (Sta. 11)  
**Medical: Diabetics**  
CEU: 1 Lecture/ 1 Practical
- Mon 11th – 1900 hrs (Sta. 8)  
**Medical: Ob / Gyn**  
CEU: 2 Lecture
- May 13th – 1900 hrs (Sta. 9)  
**Fire Training: Ladders**

Visit [www.gtmetrofire.org](http://www.gtmetrofire.org) for current training calendar.

#### MANDATORY TRAININGS

- Apr 15 – RIT (Sta. 11)***
- Apr 30 – Hose Leads (Sta. 1)***

## Message from the Chief ...

Hello all!

I want to give you an update on new Station 12. The department made a formal request to the Garfield Township board meeting on April 9th. The request was to locate the new station in the Silver Lake Recreation Area. The board viewed the request with favor, but wants to hold an information open house on the request on April 23rd. Later that evening, it is the department's hope that they will vote for a resolution in favor of the project.

The department is working with an architect on the project and we hope to have plans finalized soon. Thanks to all who have weighed in on the plans.

We have become aware of President Obama's stimulus plan for the fire service. There are 210 million dollars available sometime towards the end of May for the construction of new stations. This new station meets the grant guidelines of job creation, better response times and serving a growing population. This project must be "shovel ready" and we plan to have our project ready for application.

We are also looking at whether a new station in Acme could also be included in this grant request. We are working with some individuals to look for a suitable piece of land. We feel that we have a prototype station already designed.

It is wildfire season, so make sure that we are prepared for that. The allowable PPE for fighting wildfires are cotton pants, long sleeve cotton shirts, leather boots and fire helmets and leather gloves. You might want to have a GO kit in your trunk to fight wildfires instead of structural gear. We are looking at prices of fire retardant jump suits for wildland fire fighting.

Be Safe!

Pat

### Note from Chief Flynn ...

**Fire Call** at Burger King at Cherryland Center 0535 hrs on April 11th.

Smoke coming from the vent upon opening the store was found to be a burned out motor in the HVAC rooftop unit. Always ladder the roof and send personnel to check on this building component as this occurs frequently, given certain conditions.

**Unusual Circumstance-** On the morning of April 9th, a resident on Saylor Rd in Acme reported to the GT Sheriff's Dept that his house was broken into and he found a PVC container in his house. The container looked like a pipe bomb and when the occupant picked the unit up, it sloshed as if it had a liquid in it. The MSP bomb squad responded along with E-8 and Chief Flynn. After X-rays were taken the bomb squad determined it was not a bomb. It was later determined that a cleaning company working at the house weeks before had left the device used for cleaning floors.



**Reminder:** Station 11 will have a third shift opening up from 0900-1700 hrs from Monday to Friday. A five year analysis of calls from Station 11 has revealed that the largest percentage of calls occur in this time period.

**Just another tidbit:**



Here is a picture of the cause for a call for a house full of smoke on Brook Dr. It appears that we have received an unusual number of calls for an unknown cause of smoke in the residence that was found to be the occupant leaving food on the stove or in the microwave unattended.



Remember to check the kitchen first.

**Another Fire Call:** On Easter morning at 0559 Metro Fire had a fire in the laundry room of



The Great Wolf Lodge. The cause was the slow oxidation of the oily rags and the chlorine residue from the laundry process. Units on the scene experienced smoky conditions in the basement. Remember to keep guests out of the building until smoke has ventilated.



While venting the smoke from the first laundry bag fire, another bag nearby was ready to ignite. Here are pictures of the fire.

### 2009 Call Volume Analysis

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total	
<b>All Stations</b>	274	272	302										<b>848</b>	
<b>Station 1</b>	62	59	48										<b>169</b>	
<b>Station 8</b>	27	29	27										<b>83</b>	
<b>Station 9</b>	25	22	16										<b>63</b>	
<b>Station 11</b>	160	162	211										<b>533</b>	
<b>Acme Township</b>													61 Calls	7.19%
<b>East Bay Township</b>													163 Calls	19.22%
<b>Garfield Township</b>													592 Calls	69.81%



Not getting our Newsletter???

Send an e-mail to  
Troy Holliday at  
[Tholliday@gtmetrofire.org](mailto:Tholliday@gtmetrofire.org) to  
be added to our e-mail list.

## Firefighters Are Dying.....To Quit Smoking

**Smoking Cessation critical to Firefighter Longevity** Contributed by Beth Pryde; GT Metro Fire Wellness Coordinator  
Ref: International Association of Firefighters, Healthy Firefighter Newsletter, US News .com, WebMD.com, CNBC.com

It's no secret that the physical, emotional and psychological demands on Firefighters and Emergency Responders are high. Common sense would tell us that...yes! However, a number of recent and long term studies are now putting data to what common sense has told us for a long time. The New England Journal of Medicine with Harvard released a 10 year study, The University of Kansas released the results of their recent study, and a FEMA-sponsored study by St Joseph's Hospital in Atlanta, GA, have all revealed that Heart Disease kills more on-duty firefighters than anything else. In fact it has been shown that 45% of firefighters' on-duty deaths come from heart disease. And that it is definitely linked to emergency duties. Some of the other statistic revealed were; Firefighters are known to have a 300% increases risk for cardiac disease as compared to other segments of the population, Firefighters have Narrower-than-Normal Arteries, and many have underlying heart disease (not unlike the general population), high cholesterol, high blood pressure, and other risk factors that already put them at risk.

It is also no secret that Cigarette Smoking is hazardous to ones health. Nearly 1 of every 5 deaths is related to smoking. Because it is an acquired behavior, one that an individual chooses to do, it is the most preventable cause of premature death in our society. Smoking is the single most major cause of cancer mortality in the United States, and a major cause of heart disease, bronchitis, emphysema, and stroke.

The CDC estimates that adult male smokers lose an average of 13.2 years of life and female smokers 14.5 years of life because of smoking. Nicotine is the addictive drug in tobacco, and is found in substantial amounts in all forms of tobacco (including dips and chewing tobacco). An estimated 70% of smokers want to quit and 35% attempt each year. Less than 5% succeed due to the addictive properties of Nicotine.

With that in mind, the International Association of Firefighters state:

"Quitting tobacco is the single most important thing anyone can do to improve their health... due to the special hazards facing fire fighters who use tobacco , quitting is even more important for our members." **"As fire fighters, We are protectors of our communities, We are also protectors of our families, So we must protect ourselves."**

"There is a deadly synergistic interaction between tobacco use and on-the-job- physical stresses and exposures to carcinogens and other toxic agents that increase negative effects to even greater levels than the sum of these independent health risks. The consequences are higher rates of heart disease, chronic respiratory disease and cancer."

"The highest and most debilitating incidence of chronic respiratory disease occurs among experienced fire fighters who smoke. (With the risk increasing with the amount of time in service and the amount of tobacco smoked).

### So now the Good News:

Smoking cessation has major and immediate health benefits for people of all ages.

Former smokers outlive continuing smokers. People who quit smoking before age 50 will decrease the risk of dying in the next 15 years in half, compared with those who continue to smoke.

Those who quit smoking by age 35 avoid 90% of the risk due to tobacco use. But even smokers who quit after age 50 substantially reduce the risk of early dying.

The health benefits of smoking cessation far outweigh the risk factors of the possible average weight gain of 5 pound associated with quitting.

Several Fire Departments across the country have joined with the "World No Tobacco Day" Coalition ( Organizations such as: The American Cancer Society, Tobacco-Free kids, The Robert Wood Johnson Foundation, The American Lung Association, and many others), to "Go Tobacco Free with Your FD", to encourage fire fighters and all tobacco users to quit. The City of New York's Fire Fighter Chief Medical Officer states, *"Protecting the community and looking out for the safety of their colleagues are both part of a fire fighter's job...to do this terribly important job ,it is critical that fire fighters remain healthy and in top physical condition...to achieve this goal they must make every effort to be and remain tobacco-free."*

"Strength in Support" emphasizes an already established fire fighter philosophy. This stresses the importance of relying on others, such as colleagues, friends and family to be successful in achieving ones goals.

***"World No Tobacco Day" is observed worldwide on May 31<sup>st</sup>.***

***It's never too late to quit! Lets be an example of good health to our community.***

***I encourage and challenge all Metro Firefighters who smoke to seriously consider quitting.***

Contact your Wellness Coordinator at [bpryde@gtmetrofire.org](mailto:bpryde@gtmetrofire.org) , and resources will be made available to all who wish to quit smoking.