

January 15, 2010

Special points of Interest:

- Call Analysis
- 2010 Census Jobs
- Message from Chief Parker
- Information from Chief Flynn
- Health Tips: Your Childs Health

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
Meredith Hawes 1234

Dave Lather 1229
Randy Agruda vm 1240
Mike Vaughn 1225

Troy Holliday 1231
Brian Bloom vm 1241
Tony Posey vm 1242

Admin Fire Office 3000
231-947-3000
Station One 3814
231-947-3814
Station Eight ****
231-938-9533
Station Nine 0299
231-947-0299
Station Eleven 7682
231-941-7682

Juvenile Fire Setter vm 1240



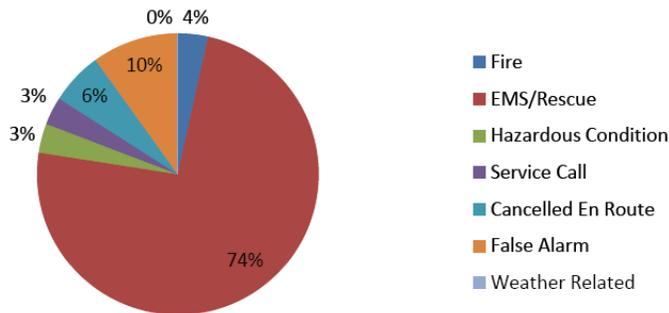
The Metro Insider...

Grand Traverse Metro Fire Department

2009 Call Analysis

	Station 1	Station 8	Station 9	Station 11	Metro	2008 + / -
Fire	27	21	22	51	121	-13
EMS/Rescue	575	222	165	1,653	2,615	+43
Hazardous Condition	26	8	10	38	82	-11
Service Call	25	14	24	40	103	+43
Cancelled En Route	47	25	16	157	245	-83
False Alarm	77	51	27	146	301	+51
Weather Related	-	-	3	1	4	-7
	777	341	267	2,086	3,471	+23

2009 Call Type Analysis



2008	January	February	March	April	May	June	July	August	September	October	November	December
Metro	269	280	286	308	284	295	306	310	296	267	240	308
Station 1	2	57	66	57	61	53	65	66	62	58	43	62
Station 8	24	27	35	42	29	42	29	36	23	27	26	26
Station 9	46	23	22	29	30	34	22	21	18	27	17	29
Station 11	197	173	163	180	164	166	190	187	193	155	154	191

2009	January	February	March	April	May	June	July	August	September	October	November	December
Metro	274	272	304	294	292	305	322	289	270	299	259	291
Station 1	62	59	49	57	71	73	75	78	61	71	61	60
Station 8	27	29	28	28	34	37	27	25	34	33	14	24
Station 9	25	22	16	26	25	29	25	23	17	17	22	21
Station 11	160	162	211	183	162	166	195	163	158	178	162	186
Acme TWP	24	20	24	26	32	35	24	24	30	29	12	22
East Bay TWP	61	58	44	54	62	68	71	53	44	54	54	55
Garfield TWP	177	188	228	207	192	194	226	206	191	211	192	208

Keep an eye out for our 2009 Annual Report.

2010 Census Jobs ...

Your community is counting on you!

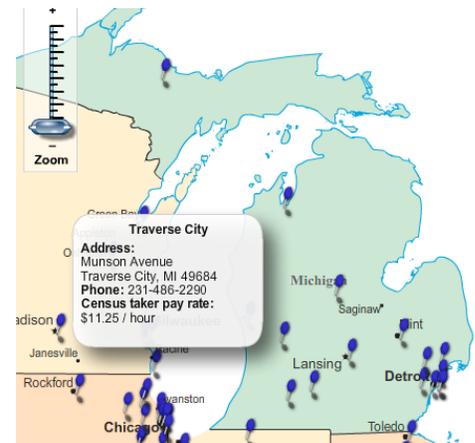
The U.S. Census Bureau is recruiting temporary, part-time census takers for the 2010 Census. These short-term jobs offer good pay, flexible hours, paid training, and reimbursement for authorized work-related expenses, such as mileage incurred while conducting census work. Best of all, census takers work right in their own communities.

Census taker jobs are excellent for people who want to work part-time, those who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community.

All census takers must be able to speak English, but people who have bilingual skills are needed in communities where a large number of residents primarily speak other languages.

If you have the appropriate language skills and cultural knowledge to communicate well in your community, we encourage you to apply.

Apply today by [contacting your Local Census Office](#) or by calling 1-866-861-2010 .



February 2010 Training Topics

Medical Training

Wednesday February 3, 2010 @ 1900
@ Station 11 Special Considerations
(.5L, .5P)

Monday February 8, 2010 @ 1900
@ Station 8 Medical Preparatory

Wednesday February 24, 2010 @1900
@ Station 9 Patient Assessment

Fire Training

Wednesday February 10, 2010 @1900
@ Station 9 Ice Rescue Training

Thursday February 11, 2010 @ 1900
@ Station 1 RIT/MayDay

Wednesday February 17, 2010 @1900
@Station 11 Response to Drug Labs

Monday February 22, 2010 @ 1900
@ Station 8 RIT/Mayday
at Bertha Vos

Visit www.gtmetrofire.org for
Current Training and
Public Education calendar.

Message from the Chief ...

Happy New Year to you all. Thanks for taking time to read the first newsletter of the year. It is our hope that we can use this forum to communicate with each other. Here are some things to update you all on.

There is some movement from FEMA on Station 12. We currently are completing our Environmental and Historic Preservation (EHP) study. A local environmental firm is working on the report which needs to go to the Michigan Department of History, Arts & Libraries for their review as well as the Department of Natural Resources and Environment. From there it needs to go back to FEMA for their review and 30 day posting for comments from the public. We are swimming in an enormous amount of RED Tape to prove that we will not endanger the environment, a species, or disturb a historical site! By the time this is all done, it might be Spring and we haven't even bid it out yet. Hopefully, it will be a great building season here in Northern Michigan and we can be in it early next year.

New Engine 11 is close to being finished. The bids went out for the loose equipment and we should start seeing that come in soon. It is our hope to have this truck delivered by the end of February.

As you all know, we unfortunately had a double fatality fire early Christmas morning. It was not the story-book Christmas morning that we all hope for. My sincere thanks and gratitude goes out to all who helped out that morning. It was quite an emotional roller coaster. For those who couldn't make the fire, thanks for the moral support and prayers. This was tough on many of us. The heartfelt support that was shown by the entire department, got us through this. The family has praised our efforts even though the outcome was not positive. A big thanks to the Salvation Army for their canteen services. I am very proud of this department's professionalism and compassion that was shown towards the family and towards each other.

See you in the smoke, be safe out there.

Pat

Note from Chief Flynn ...

Policy Corner- This month we will be discussing the Response to Carbon Monoxide emergencies. This policy should be reviewed by all personnel and it is in the policy manual under 301.00. The policy states that if dispatched to an incident involving carbon monoxide with patients involved, an ambulance should be requested if not dispatched. Air monitoring will be needed and there shall always be two personnel present for entry in an IDLH area. The new carbon monoxide detectors will alarm at 70 ppm. The IDLH for CO is 1200 ppm but our guideline is anything greater than 400 ppm for SCBA to be donned. Review the concentrations of CO and the health hazards associated. This is the season for CO alarms so lets be prepared.

Training- There is a new training schedule posted for 2010 and you will see some additional trainings this year. We will hold 4 Medical Skills nights this year which will be mandatory for you to work shifts. In addition, we will also require all members that wish to work station duty shifts to attend the Fire Protection Systems class. There are four posted dates for this training and will be instructed by Brian Belcher. We will all be responsible for reviewing the new departmental Operating Guidelines when they are finished here shortly. All other training will be the same as last year.

On Christmas morning, stations 8, 9 and 1, along with Tanker 11 responded to a structure fire on Highview Rd in East Bay Twp. Chief Parker arrived with fire showing through the roof and out every window. These conditions proved too much for any successful rescue attempt. Here is a picture of the initial units when they arrived on the scene.



The Driving Simulator will be here at Station 11 starting January 22nd through February 6th. It takes about a 1/2 hour to go through scenarios. Please contact Tim Wrede to schedule a time. His availability should be posted at the stations.

New Engine 11 due to arrive soon... No more **slime green!**



Your Child's Health and Nutrition.....Do As I Do?

Contributed by Beth Pryde, BSES, GT Metro Wellness Coordinator

References: KidsHealth.org, Connie Eves,MS,RD (nutritionforkids.com),dr.mirkin.com, Georgetown University, Baylor College of Medicine

We have all heard and said, more times than we would like to admit, the old adage "Do as I say, not as I do". But when it comes to kids, I think we all know as parents, it is what WE DO that they really are watching and learning from. It's no different when it comes to what they eat and how they spend their time. Kids learn about food best by seeing the adults around them eating a healthy way. And they are more likely to be active if they grow up playing and being active as a family.

Currently there are over 14 million (24%) American kids between the ages 2 and 17 that are considered obese by medical standards, and over 8.6 million considered overweight and at risk for obesity. In a 12 year span, childhood obesity increased by 50% for white kids, and 120% for African American and Hispanic kids. A sharp increase in the past several decades had been a concerning trend, as children who are obese tend to be at a much higher risk to be obese or overweight as adults. This is of great concern to the medical population (and should be for each of us) as over 300,000 Americans die each year from obesity related illnesses. (Heart Disease, Diabetes, Cancer...)

So what better gift can we give our kids than to model good nutrition and a healthy lifestyle. (And we will surely reap the benefits as well). Experts agree that meal time should not be a battleground. By not making a big issue about proper diet, but by just preparing healthy meals, and having nutritious, ready to eat snacks (i.e. fruit, nuts, low fat cheeses, whole grain crackers, etc.), keeping junk food out of the house (as a regular), and involving the kids in the choice and preparation of the food, they will learn and make healthier choices throughout their lives about food. Parents, school staff, and other influential adults can best model a healthy diet and lifestyle by not focusing on the food itself, or dieting, or one's weight. "Dieting", or complaining about our bodies can have a backlash, negative effect, and actually foster negative body images or feelings for our kids.

Kids should have their say if they are hungry, or if they are full. The clean plate club of our parents generation has proven to be not necessarily the right strategy. Using meal time to sit down as a family and catch up with the day's events has proven to have more long term benefits. Kids are more likely to eat more fruits, vegetables and grains. They are less likely to snack on unhealthy foods. And they are less likely to smoke, use marijuana, or drink alcohol. This is especially important to parents with teens with today's stresses and peer pressure. Controlling what they will eat outside your home is not something that should be worried about. By controlling what is in your own home, you are instilling the lessons they will remember when they are grown, and will pass on to their kids. (Creating a legacy of healthy choices and living).

Activity obviously plays a role in a healthy lifestyle. One does not have to be an "athlete" to model good decisions for an active lifestyle. Physical activity comes in all sorts and forms. Family games, walks, or bike rides together; outside play; friendly competitions, and neighborhood/community sport leagues or teams, are just a few ways to get moving.

People come in all different sizes, and kids are people too. So using the scale is not the best nor recommended way to necessarily determine if your child is of a healthy size. Healthcare providers use a method called Body Mass Index (BMI), to determine a healthy weight range for boys and girls within their height. It estimates the amount of body fat an individual has based on their weight and height. With kids the BMI chart is divided into percentiles. A child between the 5th and 85th percentile is considered to be in a healthy range. Below the 5th percentile, the child is underweight, above the 85th but below the 95th is considered overweight, and above the 95th percentile is considered in the obese range. It is best to consult your child's physician to determine where your child stands, as they hold the history of your child's growth patterns since birth and can interpret and recommend the best plan for your child. However, calculating your child's BMI ahead of time can give you an indication if you should consult your physician. The Web site www.bcm.edu connects you with a quick calculating method for BMI to get you started.

The bottom line is that we as parents are the best role model our kids can have to live a long, healthy and fulfilling life. Being the "right" size for our own body type is the best way to achieve this for ourselves and our kids. Sure, genes and heredity do have some role to play. But they are not our destiny. Just as unhealthy eating habits and sedentary lifestyles can be passed down to our kids, so can healthy eating habits and active lifestyles. All it takes is a change in mind set, and small changes to old, bad habits each day to create a new family legacy of good health and nutrition.

To get more details on how to make a more healthful life for you and your family, see the reference line above for web sites to access.