



April 15, 2010

Special points of Interest:

- Chief Flynn, CFO
- Training Schedule
- Message from Chief Parker
- Public Education Award
- Message from Chief Flynn
- Health Tips: Walking

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...

Chief Fire Officer ... from Chief Parker

The GTMESA is pleased to announce that Chief Terry Flynn has successfully completed the process that awards him the professional designation of "Chief Fire Officer" (CFO). The Commission on Professional Credentialing met on March 9, 2010, to officially confer the designation upon Chief Flynn. Chief Flynn is one of only 680 CFO's worldwide.

The CFO designation is given only after an individual successfully meets all of the organizations stringent criteria such as applicant's education, experience, professional development, technical competencies, contributions to the profession, and community involvement. In addition, all applicants are required to identify a future professional development plan. His knowledge of the emergency services profession far surpassed the critical core competencies of personnel serving in senior fire officer positions.

The department is proud to be associated with you Chief. Congratulations on this designation!





Pancake Breakfast

May 2nd, 2010

8am–1pm

Metro Station 9

East Bay Fire Rescue & Ambulance Association

May 2010 Training Topics

Medical Training

Wednesday May 5, 2010 @ 1900

@ Station 11 Patient Assessment
(1L, 1P)

Monday May 10, 2010 @ 1900

@ Station 8 Preparatory (2p)

Thursday May 13, 2010 @1900

@Station 1 Medical Skills

Saturday May 15, 2010 @ 0900

@Station 9 Emergency Driving
(2L)

Fire Training

Monday May 3, 2010 @1900

@ Station 8 Hose Lead Outs

Wed May 12, 2010 @ 1900

@ Station 9 RIT /Mayday -REQ

Wed May 19, 2010 @ 1900

@ Station 11 RIT/Mayday -REQ

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

Message from the Chief ...

I was very pleased to see forty-four of you attend our futuring session last week at Station 11. It meant a lot to see the interest that all of you have for the direction of the department. I was also glad to hear that you think for the most part that we are heading in the right direction.

We are finally moving ahead with Station 12. On Thursday, April 15, we invited contractors the opportunity to bid on the new fire station. We should have quotes back by early May and we anticipate a early May ground breaking. That is good news considering all of the red tape we have endured so far. When we will be in the new station, is unknown. My best guess will be early next year.

You will be reading in Chief Flynn's article that we are moving ahead with accreditation. This is a process that will include all of you and the results will make us a much stronger and structured department prepared for the future. We have also seen the property values in our three townships shrink which will make budgeting a much more difficult process this next year. If you see cost cutting avenues, please share your thoughts with me.

Metro is also going GREEN. No not Michigan State green, but a recycling kind of green. In order for new Station 12 to be LEED Certified, we have to have a recycling program. I was always alarmed at the amount of paper and cardboard that we throw away. Starting May 1, we will have a cardboard dumpster here at the office to recycle paper and cardboard. You are welcome to use it or stop by your local recycling center at the Acme Plaza, East Bay Compactor Station or at the top of LaFranier Hill/County Building. By recycling, we will be able to reduce the amount of waste in our dumpsters and also save money. More to come on this issue.

Be safe!
Pat

Note from Chief Flynn ...

Policy Corner - As you all know GTMESA has started the accreditation process by the Center for Public Safety Excellence (CPSE). The process has four main components, Standards of Cover (SOC), Self Assessment Manual (SAM), Strategic Plan, and Risk Analysis. In moving through the process many members throughout the department will be called on to help address the many issues required. The SOC will be addressed in the Box Alarm development process. The Strategic Plan and Risk Analysis is currently being developed and the most time consuming portion will be the SAM which consists of 258 Performance Indicators that must be addressed by the department. In completing this component of the Accreditation process, new policies will most likely be needed to be written. Curt Holliday will assist in this process and it is anticipated to take 2 more years to complete.

Training- As you know we have increased the medical capability of the department last year when we upgraded to Basic Life Support (BLS) in an effort to improve the service we provide to the community. Part of that improvement process is the initiation of Medical Skills training which has been included in the required annual training for all members. The next Medical Skills training will be held at Metro Station One on Thursday May 13th at 1900 hrs. These trainings are not pass/fail but are review sessions on medical skills required to carry out the BLS service. Passed Medical Skills trainings have been productive and many members state that it has increased their medical skills.

Some Calls for the month- Fire on Shady Lane



Grease Fire at McDonald's on South Airport Rd.



Brush Fire on River Rd. (First fire for Brush 1)



House Fire on Hammond Rd.



NOTE: ALL WILDFIRE UNITS WILL NOW BE DESIGNATED AS "BRUSH" UNITS.

Brush 1, Brush 8, and Brush 9.

Public Education Award ...

Press release for news article

The Grand Traverse Metro Fire Department has been awarded three grants aimed at enhancing safety for those most at risk to be victims of fires and falls.

The GT Metro Fire Department is the sole recipient of the 2010 Rolf H. Jensen Memorial Public Education Grant. Presented annually to one local fire department in the United States, the Jensen grant provides Grand Traverse Metro Fire with \$5,000 to support the implementation and evaluation of a fire and life safety education program for people with disabilities, said Meredith Hawes, Grand Traverse Metro Fire Department's Fire & Life Safety Public Educator. Previous recipients have included fire departments in Charleston, SC, Rochester, NY, Sacramento, CA and Tuscaloosa, AL.

"We'll be doing small and large-group presentations of the National Fire Protection Association's 'Remembering When: A Fire and Fall Prevention Program for Older Adults' and providing educational materials that focus on people with disabilities," said Hawes. "We'll also have the funds to provide smoke alarms designed for people with disabilities and a partnership with the United Way's *Tuesday Toolmen* to have the alarms installed". "The program is focused on people who are dealing with mobility impairment, hearing loss or deafness, sight impairment or blindness or cognitive impairments. In some cases, we'll work with agencies such as the Northwest Area Agency on Aging, who provide home visits for people who are unable to get out and attend outside events."

The Quota Club International of Traverse City recognized the potential with Grand Traverse Metro Fire Department's outreach when it was first launched and they have stepped up once again to support outreach efforts this year to the Deaf community and to those with hearing loss. A grant of \$3000 was awarded recently to support the purchase of the specialized alarms that contain strobe lights and alarms with the ability to vibrate a sleeping surface. "The Quota International Club of Traverse City is excited to be of service and donate \$3,000 for the flashing/vibrating smoke detectors. Our mission statement and goals have always been to assist the deaf and hard of hearing. We are pleased and honored that Metro Fire Department has allowed us to partner with them in this worthwhile cause of fire protection and safety for our citizens" stated Jan Stretlien of the Quota Club.

In addition, Bay Area Senior Advocates has awarded Grand Traverse Metro Fire a \$3,000 grant to promote the prevention of fires, burns and slips and falls. The money will also be used to support training for and administration of the "Remembering When" program. It's all part of the department's Customized Outreach Project, providing individual, small and large group informational sessions addressing key safety issues. "Seniors are among the top groups that are at high risk for fire and burn injury, and fatality, and they also face a greater risk of injury or death from a slip and fall accident," Hawes said. "Remembering When" is an educational and interactive approach that draws on a nostalgia theme and props to help drive the message of safety home."

Approximately 2,000 seniors have already participated in the "Remembering When" sessions. With support from the grant, another 2000 are expected to be served.

Grand Traverse Metro Fire partners with the Northwest Michigan Area Agency on Aging to coordinate delivery of the "Remembering When" program. Other organizations that participate include the Grand Traverse Commission on Aging, Comfort Keepers, a variety of assisted living facilities, local churches and support groups.

Both grants help enhance an initiative begun in 2009, when Grand Traverse Metro Fire hired a full-time Fire & Life Safety Public Educator to reach high-risk segments of the local population. For more details, or to inquire about scheduling one of the educational sessions, call 231-947-3000.



Spaghetti Dinner

May 15th, 2010

4pm-8pm

East Bay Masonic Lodge

Acme Twp. Volunteer Firefighters Association

"These Boots Were Made For Walking"

Contributed by Beth Pryde, BSES: GT Metro Wellness Coordinator

From the moment we were born, every parent cherishes those first steps we take. It's the passage of babyhood to toddler, or maybe more descript "drunken sailor". Regardless of when those first steps are taken, we each take them and continue to take them for the remainder of our lives. They are our means of transportation, they are what separate us, humans, from those other less evolved mammals and animals. They keep us healthy, strong and energetic. But, it seems recently, more now than ever, that we humans are determined to take as few of these steps as we can. Driving our cars just blocks to drop off a movie, taking elevators or riding escalators instead of stairs, parking in the nearest space at the shopping mall, and driving our kids to their friends just down the street. We have become a society of non movers with the most natural way of moving being the easiest way to keep ourselves within a healthy weight, our hearts from failing, our bones from breaking, and our minds from going. Walking is the most natural form of exercise that is gentle, low-impact, requires no practice or special equipment; And we can do it inside or out, anywhere those feet will take us.

Experts agree some walking is better than none, and of course MORE is better yet than some. Choosing a moderate form of exercise that you enjoy will have a much better result of continuing it on a regular basis for a lifelong plan. Fitness is built on 3 premises: Frequency, Duration, Intensity. Running is not the only way to achieve the healthful benefits. With walking all of these can be modified for individual goal achievements, such as; weight loss, general fitness, increasing aerobic capacity, or toning/building muscle. Walking is being rediscovered by the medical community, health and fitness experts, and general health promoters as one of the safest, most convenient ways to gain health and well being.

The benefits of having a regular daily walking program are numerous; weight loss, reduced risks of heart disease (decrease by up 35%), breast cancer, colon cancer, diabetes, stroke, dementia. Walking is a low impact weight bearing activity, therefore it helps prevent the onset of osteoporosis, and is less stressful to the joints, muscles and connective tissue. Just a 30-60 minute brisk walk will burn fat stores, tone and build muscle, and speed up metabolism. All of which adds to a healthier weight and therefore healthier joints and heart from carrying around less weight. A person weighing 160 pounds walking 4mph will burn approximately 91 calories/mile. That is 364 calories in an hour. A 200 pound person will burn about 30% more calories/mile. Losing weight by dieting alone can rob your body of lean tissue mass (muscle), which is what makes up your metabolism for burning calories. Basically sabotaging future weight loss results. Another added bonus to adding walking and being more active, studies have shown, peoples food choices shift in a healthier direction without a conscious effort. So let's get started on this Walking Plan.

The idea is to get your body used to walking for fitness gradually by increasing duration (either time or distance) first. (Recommendations are to not increase mileage more than 10% a week.) Once you have built up to 45-60 minutes at a brisk pace, it is time to build in some increased intensity to raise your heart rate, with either increased speed or hills (stairs). By varying your walks, your body will become more fit than if you do the same thing every day. Intervals are also a good way to vary your walks and increase the intensity. Pick a marker on your route that you will increase your pace until the next marker (approximately 30-60 seconds later). Do this 3-6 times on a 60 minute walk. Or on a shorter walk day (20-40 minutes) pick up your pace for the full duration. Target heart rate zones should be 70-85% of your maximum heart rate (220-age). The upper end being your interval or high intensity range. An inexpensive heart rate monitor is a good investment (Approx.\$40) to more easily keep track of your heart rate response.

It is very important to make realistic goals, track your progress and find ways to stay motivated. By tracking your progress you will be able to see where you were when you started, and how much improvement you have made. This will make goal setting more realistic and rewarding. Rewards are what motivate many of us. But finding other motivations are a good plan in making health and fitness more enjoyable. Social events are part of the walking community: Charity walks, Nature walks, Competitive events, Terrain Challenges. Nordic Walking is becoming more and more popular, as it uses the upper body as well, by using poles and walking hills or terrain that engage more muscles for a fuller body workout. Plus there is the added benefit of being out-doors for fresh air and sunshine. Adding wrist weights is another method of adding intensity, and building upper body strength at the same time. (Never add weights to your legs or ankle, as this puts added tension on connective tissue and joints). On those rainy or ill-weathered days, try walking stairs inside. You will burn calories up to 3 times faster, and stairs are twice as demanding than brisk walking on flat terrain. Physicians have and still do use stair climbing as a fitness indicator.

The bottom line here is that 3500 calories =1 pound of fat. So by walking 5 days a week for 30-60 minutes, one will not lose weight or gain fitness overnight; But with a sustained effort, this will add up to the health benefits that will give each and every one of us more energy, less disease and illness, longer life, and better habits to pass on to our loved ones. Getting fit does not necessarily have to be painful and grueling. It just needs to be consistent, somewhat challenging, and a priority in our schedule. Walking makes that relatively easy, as it can be done indoors using stairs, tread-mills or malls; outdoors on trails, sidewalks, or hills. It can be done while traveling. It can be done in short bursts throughout your day, or as an all at once challenge. Walking is inexpensive, convenient and a very low risk for injury. The American Heart Association and American College of Sports Medicine's minimum recommendations for a walking program are 5 days a week, 30 minutes/day. Make this your starting point, and make April your official "Start Walking Month". Take a friend or family member with you while you're at it.