

THE METRO INSIDER



G R A N D T R A V E R S E M E T R O E M E R G E N C Y
S E R V I C E S A U T H O R I T Y

A MESSAGE FROM OUR NEW ASST CHIEF...

Greetings everyone. First off, thank you all for the well wishes and congratulations messages on my new position. I'm honored to have been selected to serve as the new Assistant Chief/ Fire Marshal.

As you know we did not replace the full time plan reviewer position so needless to say my plate is very full with all the new responsibilities of Assistant Chief/Fire Marshal on top of my old job. The new job assignments are very different from the previous job description as I'm sure you have noticed with my response to emergency incidents. This will allow a Chief to be on call at all times and give everyone some time off as well.

We began the New Year with some new and exciting things happening in the Fire Prevention Bureau. All three of our townships passed their new fire prevention ordinances which adopts the 2009 International Fire Code as our local fire prevention code. Acme Township will become effective February 10th, East Bay Township on February 15th, and Garfield Township on February 16th. With these new ordinances come several changes. First is the local control of open burning. The largest change comes in Acme Township where it is now illegal to burn yard waste and other debris. This brings Acme in line with East Bay and Garfield which prohibited yard waste burning due to population levels and state law. This does NOT affect recreational campfires contained in a campfire pit or ring. These are still allowed. However if the recreational fire is large, out of control, unattended or is producing obnoxious smoke levels you are authorized to require extinguishment. Due to these new changes we will be implementing new procedures for obtaining a required burn permit from our Administration Office for agricultural burns, large bon fires and other open burning etc. Stay tuned for more on that.

Also included in the new ordinances is our ability to issue tickets for non-compliance to the fire prevention code for inspection related items or for failure to receive a burn permit among many other items. This authority is will be the Chief and two Assistant Chiefs.

Our Inspectors are working hard conducting inspections and are currently inspecting in Garfield Township. They also have been working on new certification levels which puts them in a small select group of highly trained Inspectors throughout Michigan and the country. If you have any questions in regards to properties during your pre-plan tours feel free to contact them.

Public Education is off to a great start this year with the expansion of Risk Watch in the schools and the Remembering When programs for our elderly populations. Meredith has also been asked to deliver the Remembering When program in other cities in Northern Michigan with all costs reimbursed by other agencies.

Also our smoke alarm project is off to a fast start. Thanks you everyone for all your hard work on this. We are currently trying to secure funding to purchase alarms as we know the program will only grow over time. Remember this is the time to make our residents proud of THEIR fire department!

If you have any questions feel free to contact me at the office.

Assistant Chief/ Fire Marshal Brian Belcher

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TRAINING

Medical Training

Wed February 1, 2012 @ 1900
@ Station 11 Patient Assessment
(1L, 1P)

Monday February 13, 2012 @ 1900
@ Station 8 Report Writing (2L)

Tuesday February 21, 2012 @ 1900
@ Station 12 Medical Skills
(Trauma 1L, 1P) **(REQUIRED)**

Wed February 22, 2012 @ 1900
@ Station 9 Patient Assessment (1P)

Wednesday February 15, 2012 @ 1900
@ Station 11 Special Programs
(REQUIRED) TENTATIVE
WILL CONFIRM WITH EMAILS.

Fire Training

Monday January 23, 2012 @ 1900
@ Sta. 8 Snowmobile Rescue (.5L, .5P)

Tuesday January 24 2012 @ 1900
@ Sta 12 Target hazard Pre-Planning (2L)
(REQUIRED)

Saturday January 28, 2012 @ 0900
@ Sta. 11 Fire Investigations for
Engine Companies

Monday February 6, 2012 @ 1900
@ Station 8 High Rise Evolutions

Thursday February 9, 2012 @ 1900
@ Station 1 Pre-Incident Planning
(Operations 2L) **(REQUIRED)**

Monday February 20, 2012 @ 1900
@ Sta 8 Ice Rescue (1L, 1P)

Thursday February 23 2012 @ 1900
@ Sta 1 Utility Awareness

Tuesday February 28, 2012 @ 1900
@ Station 1 HazMat Technician Training
Patching/Plugging

MESSAGE FROM ASST CHIEF TERRY FLYNN

After having spent a productive Wednesday evening with the Wellness committee, I was encouraged with the progress the department has made toward improving the overall physical fitness of all members. However, you can imagine my dismay when, while working out at Station 12, I discovered this sight in the men's locker room. I can't make out the badge # on his helmet. It wasn't the fact that he was creeping in the men's locker room, which by itself is disturbing, but that there are two bags of Cheetos nearby. I will have to inquire with the Captains on this matter.



MESSAGE FROM CHIEF PAT PARKER

Happy New Year to you all. I look forward in serving alongside you this next year. I was thinking about a theme that we all should be working on this next year and my mind keeps coming back to personal health and fitness. Here it is only three weeks into the New Year and we already have seven Line of Duty Deaths in the fire service nation-wide. Three have been from crashes, three have been from heart attacks/strokes, and one from a fall.

Statistics will prove that firefighters that are in good health have less lost work days, less chances of on the job injuries, and can perform better on the fire scene. We at Metro have never had a line of duty death and I want to make sure that we keep it that way. Please look inward this year and let's make this the year of getting more healthy and fit. Our health and wellness committee have all of the tools to help us get in better

shape. It all starts with our weight and what we eat followed by exercise. I lost 50 pounds about 5 years ago just changing my eating habits and exercising. Now if I go 2 days without working out, I feel terrible. For full timers, it is mandatory that you work out 1 hour a day. We encourage the paid on call employees to work out while they are on duty as well. It is a lifestyle change that really doesn't hurt that much. Let's change the culture here at Metro. We all go home!

Fit for duty testing this year is in October. In the next two years all employees must have a health and wellness assessment. We want half of the part-timers to complete theirs this year. Why not just get it out of the way and call Beth at extension 1244 to set your assessment.

Until next time, be safe! **Chief Parker**




Oil Well fire on 4 Mile Rd. on Jan 4th. Sta. 9 and 1 responded.



Please review your withholding status and if you wish to make any changes, please complete and submit a new Form W-4 for Federal withholding and/or Form MI-W4 for Michigan withholding. Please note that any employee claiming "exempt" status from withholding taxes must annually submit a new W-4 as the current form on file expires February 10, 2012, and withholding will begin after that date. Forms W-4 and MI W4 may be found on the "Client & Employee Services" page of the IPS website at www.ipspayroll.com or at the Admin office.

Please make sure your mailing address is correct on your paystub. This is the address that IPS will be using to mail your Form W-2 in January. Please call the Admin office if it needs updating.

You may also print paystubs and W-2's from Cyberpay on that same website. We would like to go paperless if we can get everyone to get setup with direct deposit.



GT Metro Biggest Loser Health and Fitness Challenge 2012

Beth Pryde, GT Metro Wellness Coordinator

What station is going to "Bring It"?!?

Who's going to be the "Biggest Loser" at GT Metro Fire for 2012???

The GT Metro Biggest Loser Health and Fitness Challenge kicks off Tuesday February 7th. Yes this is a weight loss event, but note it is called a "health and fitness challenge. So included in the goals and prize winnings are monitors for exercising and making healthy lifestyle choices. How else does one lose weight and make changes in habits? It takes practicing new behaviors that change old "bad" habits to new "good" and healthier habits.

The initial weigh in for all participating in the GT Metro BL Challenge will be at the Administration offices on Parsons. All subsequent weigh-ins will be at each member 's station by either their Captain or their Wellness Committee member.

Individuals will be rewarded each week with an incentive prize for the largest % of weight loss, and a final prize that all will find worth the efforts to start down the road of healthy lifestyle changes.

There will be much fun in the comradery of stations (including Administration office staff) competing with each other for the largest % of weight lost each month as well. One station will claim the final bragging rights and branding of the traveling trophy, as well as a prize awarded for the entire station to enjoy. While the station with the lowest % of weight loss will carry the not so sought after "spare tire" award.

This event has been designed to help those who want to lose weight and make some lifelong healthy lifestyle changes in fun and positive surroundings, while monitoring to ensure effective methods and maximum results. This is best done with encouragement and support by the people we are around the most and those that influence and affect our daily living and habits. That would include our family members of course, but also the people in our workplace and those that depend on us. I can't think of a career where people depend on each other more than firefighters. Your Wellness Coordinator will be calculating results and be on hand to provide general and individual guidance, educational and incentive materials, and attend to any questions or concerns .

Individual member % of weight loss will be tracked, however each stations participating members combined weight % total will also be tracked. Therefore even those who are not participating need to make sure they are giving positive encouragement to their station members who are for a best results showing. That means getting rid of and not bringing in unhealthy food temptations. Offering to work out with a member participant is always a bonus. Most people are more apt to stick to an exercise program if they have a partner, or some kind of accountability. Asking, from time to time, how things are going and if you can help in any way shows that you support and care about the what they are trying to accomplish. We all have made weight loss and exercise goals that we may not have reached, so we know how hard it is. The bottom line is that we keep trying and surround ourselves with reminders of what it is we want to accomplish.

Who's up for the challenge? Who wants to make big changes in their health, lifestyle and lifespan?

To sign up for the GT Metro Biggest Loser Health and Fitness Challenge email Beth Pryde, GT Metro Wellness Coordinator, at bpryde@gtmetrofire.org. Include the phone number best to reach you, the station you are assigned to, and if you need to have a wellness assessment completed. In order to use the fitness rooms at station 1 and 12 you must have had a wellness assessment completed in 2011 or earlier. Beginning in 2012 wellness assessments are mandatory on a annual basis for full time Metro firefighters, and on a bi-annual basis for part time Metro firefighters.

G R A N D T R A V E R S E M E T R O E M E R G E N C Y S E R V I C E S A U T H O R I T Y

Located in Northern Michigan, Grand Traverse Metro Fire Department is a unique fire department that consists of three former township fire departments outside of the Traverse City area. Metro Fire now operates as one department since 1980.

Metro Fire provides services to Acme Township, East Bay Charter Township and Garfield Charter Township. Each township supervisor (or designee) makes up the Grand Traverse Metro Fire Board who governs the GT Metro Fire Department.

[Station 1](#) in East Bay Charter Township, [Station 8](#) in Acme Township, [Station 9](#) in East Bay Charter Township
[Station 11](#) in Garfield Charter Township, [Station 12](#) in Garfield Charter Township.

Metro currently operates on two social media networks in an effort to better connect with both the public and its employees. Facebook for Metro was initiated so that another form of media could be utilized to better connect with the public entity. Facebook is regularly updated with information pertinent to public safety, community events and other news releases.

The Twitter account was setup as a communication device for Metro to stay in touch with its employees. Twitter is currently utilized to post upcoming training opportunities with the department. The Twitter account is open to the public to also follow, but is only targeted towards employees. You can enlist to follow the Twitter account and sign up for text message alerts and you will be reminded a day before an upcoming training.

All of these updates are free and open to public access and only require a Facebook or Twitter account. "Like" us on Facebook to stay up to date with community events and public safety info. Employees, Follow us on Twitter for upcoming training opportunities.



2011	January	February	March	April	May	June	July	August	September	October	November	December
Metro	320	262	302	349	356	332	403	367	312	352	328	304
Station 1	54	43	47	58	64	77	80	68	70	72	73	61
Station 8	41	47	37	55	53	34	53	46	34	38	41	29
Station 9	22	18	18	25	21	18	26	27	15	8	14	7
Station 11	203	154	200	211	195	148	175	166	134	159	144	139
Station 12	-	-	-	-	23	55	69	60	59	75	56	68
Acme TWP	37	42	34	54	50	31	49	36	24	24	30	23
East Bay TWP	49	41	39	53	58	46	62	69	53	57	55	41
Garfield TWP	232	176	224	241	248	253	289	257	232	260	235	232

Total Metro Calls for 2011 = 3,987