

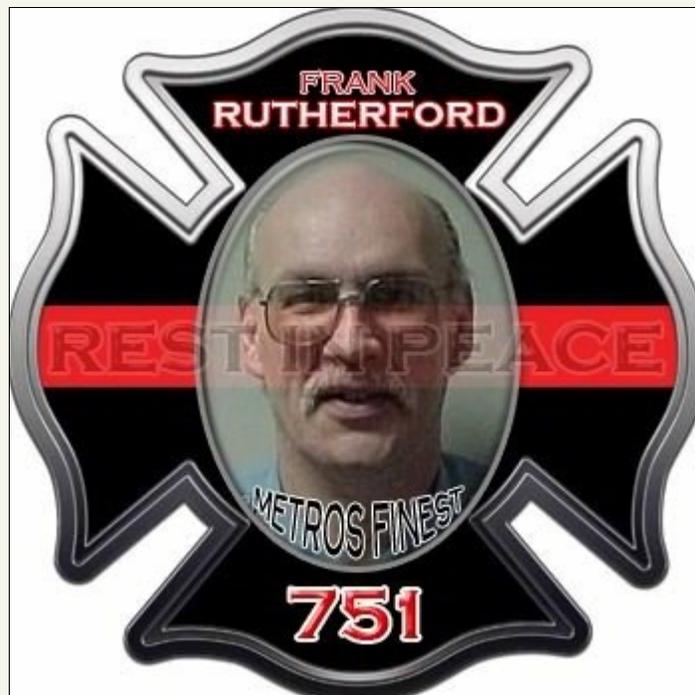
THE METRO INSIDER



GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

LOSS OF A FELLOW BROTHER...

On May 6th, 2012 we lost one of our own in a fatal accident on E M 72. Frank Rutherford had 48 years of fire service across multiple departments and was indeed a great firefighter, mentor, leader and teacher. Frank was a man that always had a heart of gold and was willing to do anything for anyone both in the public and within the department. Frank was known as a gentle giant. He carried a smile and a kind word for all he met, and he has touched countless lives in the community. Through his work as an emergency responder, he saved lives, soothed hurts, and calmed fears. His family would like to express their gratitude for all the support that has been shown over the last few days. To celebrate the memory of Frank, they invited those who attended his visitation and memorial service to participate in a video tribute by sharing their own “Frank Stories” and memories. A memorial service was held Monday, May 14, 2012 at 6 p.m. at New Hope Church in Acme. Frank will be missed, but never forgotten...



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TRAINING

Medical Training

Wednesday June 6 1900 hrs @ Sta. 12
Special Programs (1L, 1P)

(REQUIRED)

Monday June 11 1900 hrs @ Sta. 8
Special Programs (1L, 1P)

(REQUIRED)

Monday June 18 1900 hrs @ Sta. 8
Medical Skills (1.5P, 1L)

(REQUIRED)

Monday June 25 1900 hrs @ Sta. 8
Diabetic Emergencies (2L)

Wednesday June 27 1900 hrs. @ Sta. 9
Special Programs (.5L,.5P)

(REQUIRED)

Fire Training

Monday June 4 1900 hrs. @ Sta. 8
Extrication (Trauma/Ops 1L,1P)

Thursday June 7 1900 hrs. @ Sta. 1
Extrication (Trauma/Ops 1L,1P)

Wednesday June 13 1900 hrs. @ Sta. 9
Apparatus Pumping

Thursday June 14 1900 hrs. @ Sta. 1
HazMat Technician -Instrumentation

Tuesday June 19 1900 hrs. @ Sta. 8
Water Rescue (1P,1L)

Wednesday June 20, 2012 @ Sta. 11
Extrication (Trauma/Ops 1L, 1P)

SPECIAL TRAINING

Tuesday – Thursday May 22-24
1400 hrs @ Traverse Cold Storage
Hazmat Tech Pre-Incident Survey

Thursday May 24 1900 hrs. @ Sta. 1
RIT/Mayday Training (1.5 P, .5L)

(REQUIRED)

Wednesday May 30 1900 @ Sta. 11
Ladder Operations **(REQUIRED)**

MANDATORY TRAINING DRUG TESTING MEETING

MAY 29th 0800 HRS—ADMIN
MAY 31st 1900 HRS—STATION 11
JUNE 5th 1900 HRS—STATION 1
Online meeting available, contact Capt. Holliday

FIRE PREVENTION NEWS ...

This is one of the busiest times of the year for Fire Prevention. Inspections of Hotels, Motels, and Restaurants keep us hopping in the inspection arena. We have plans coming daily for review. Early in the year is also busy for Public Education with planning all of the spring and summer events such as Senior Expo and all of the Cherry Festival activities. It has been relatively quiet in the Fire Investigation world, knock on wood, and the same for Juvenile Fire Setters.

A quick note on fireworks. As you probably know, fireworks that leave the ground and make noise are now legal. Some examples are bottle rockets, roman candles, and aerals. Keep in mind that these fireworks may be the cause of unexplained grass, woods, and even structure fires. In your travels throughout the Metro area, if you see the large fireworks being sold please notify Fire Marshal Belcher, Mike, or Kathy.

In the future, we would like to contribute to the Metro Insider on a regular basis to explain what each of our divisions do, how we impact the public, and how we contribute to the safety of the operations division through inspections and education. Standby for further.

We always welcome questions or comments, so please feel free to call, e-mail, or stop by.



Congratulations to Inspectors Kathy Fordyce, Mike Lince, and Capt. Troy Holliday for the successful completion of the NFPA Fire Inspector II certification. There are not many in the State of Michigan with this certification.

BURN PERMITS

For current status on GTMESA Burn Permits, please see the main page of our website at

www.gtmetrofire.org

MESSAGE FROM CHIEF PAT PARKER

As I sit here in front of the computer this morning contemplating my newsletter article, a smile came to my face as I reflect on the events of the last few weeks.

I want to first start by thanking the department for the outpouring of support to our brother firefighter Frank Rutherford. Everyone showed great poise considering the pain we were all experiencing along with the Rutherford family. It truly shows the family that we all belong to when we join the fire service. We do have each other's backs and when one member is hurting, we all hurt. The Community memorial held at New Hope Church was fitting for a man who gave over 48 years of service to helping others. I can't thank you all for the heartfelt emotion, honor, and gratitude you bestowed on Frank and his family. Station 8 has lost a great servant. Frank, you will be missed; never forgotten!

Out of the bad came some good. The day of Frank's memorial, we had 10 calls before 6:00 pm. One call was a structure fire with a handicapped homeowner trapped. A rapid Metro response and quick thinking and rescue by Chief Belcher saved a grateful homeowner from a sure death. On top of this, DPW had taken the Birmley water tower down that morning. We were working with what was in the lines and what the pumps could give us. Because of the quick response, we only used around

1100 gallons on this entire structure fire. Awesome outcome on a potential devastating incident. Frank, did you give us a little help on this one?

I wanted to brief you all on our recent ISO evaluation. The ISO representative was in for four days and I think he was a bit overwhelmed on everything that we threw at him. He mentioned numerous times the improvements he witnessed since the last evaluation in 2003. He will need to return in the next month to gather some more information and to perform some hydrant flows. None the less, he was impressed with our preparation and improvements. We may not know the results until later this fall. Thanks to everyone for their hard work in preparing for this evaluation. A special thanks to our three townships who made the commitment and stood behind the Department as we made the necessary transfor-



mation from a small department to a large department. There were times that our board had to take some political heat as we increased expenses in order to make this investment in our future.

This coming Monday is Memorial Day. Let's also not forget those who gave their lives in order for us to enjoy the freedoms we have in this great country!

Until next time, Be Safe out there!



Chief Parker

Mark Your Calendars....

Submitted By: Meredith Hawes, Fire and Life Safety Educator

Summer is just around the corner and planning is underway for
Grand Traverse Metro Fire Department's involvement in the 2012 National Cherry Festival!



The 4th Annual Heat event is scheduled for **Tuesday, July 10th** and this year Metro is helping to bring Heat to the beach! The teen Heat event will be located by the volleyball courts at the National Cherry Festival and will feature local bands, fire apparatus, along with safety demos and hands-on activities for young people ages 16-20. The event runs from 8:00pm-11:00pm and volunteers are needed to chaperone! If you are interested in helping this year, contact Meredith Hawes at mhawes@gtmetrofire.org for more details and remember to bring your bunker gear!

New to Heroes Day this year, Grand Traverse Metro Fire Department and Traverse City Fire Department will host a live side-by-side fire demonstration at the Open Space on Monday, July 9th at 11:00 am! Metro also welcomes guests for the event from both the National Fire Protection Association's Fire Sprinkler Initiative and the National Fire Sprinkler Association! This Demo will feature two 10 foot by 10 foot rooms, with one equipped with a residential sprinkler. On-lookers will observe the rapid rate that fire grows and learn first-hand of the importance of home fire sprinklers. For information on how to assist . . .contact Captain Tony Posey at tposey@gtmetrofire.org



SIT AND BE SICK REALLY!

So when your mom and dad told you to stop fidgeting, little did they know that what they were telling you would actually be bad for your health. On the other hand, when they were telling you to get out of the house and quit sitting in front of the "boob tube", now that was some of the best advice they could give.

Recent studies have been showing more conclusively how bad sitting/ being sedentary is for your overall health. With technology advancing and with the effort to "make us more efficient", the average number of hours we spend sitting (9.3) per day has surpassed the number of hours we spend sleeping (7.7). If we look at the type of work we do and how we do it in present day, over half of the jobs done by Americans involve little to no physical activity. Estimates show that the average adult spends 90% of their leisure time sitting down. Our bodies are not designed to withstand this, thus resulting in both long term and short term health consequences. Even if you exercise regularly, the health consequences of sitting greater than 3-4 hours per day remain. The only way to decrease these statistics is to reduce the amount of time spent sitting.

Prolonged sitting appears to disrupt processes that break down fat and sugars in the blood. This in turn allows for higher blood fats (triglycerides) and lower good cholesterol (HDL), increasing the risk of cardiovascular disease. A study published in 2010 in *Medicine &*

Science in Sports & Exercise found that men who reported more than 23 hours per week of sedentary behavior had a 64% greater risk of dying from cardiovascular disease than men who reported less than 11 hours per week. There have also been suggested links between sedentary lifestyle and certain cancers, diabetes, and metabolic syndrome and obesity. People who have sitting jobs versus standing jobs have a 2X greater rate for cardiovascular disease. Several studies have shown that sitting more than 6 hours/day increases a person's likelihood of dying within 15 years by 40%, and greater than 8 hours of sitting/day sees health risks go up exponentially. Some of the short term health consequences include a decrease in HDL levels by 20% after just 2 hours of sitting, and a decrease by 24% in insulin effectiveness increasing the risk of diabetes.

One in three Americans are classified as obese (>30% body fat). From 1980-2000 the obesity rate doubled. The one factor that stands out as a contributor to this increase is that the number of hours spent sitting has also increased. Obese individuals sit 2.5 hours/day more than thin individuals. When you sit your body's metabolism basically goes into a shut down mode. The calorie burn rate while sitting is 1/min, versus burning 3-5 times that while walking. Introducing the NEAT (non-exercise activity thermogenesis) revolution. Dr. James Levine (professor of medicine and Endocrinologist at the Mayo clinic in Minnesota) coined this as the "everything that isn't sleeping or eating" energy expenditure of daily living. Basically, by increasing your NEAT you are decreasing the time you spend sitting, thus helping to increase the health benefits of weight management, which in turn decreases substantially the risks of developing heart disease, diabetes and many types of cancers. Dr. Levine has actually gone as far as to develop a treadmill work station, which allows walking at a comfortable pace while working, that is available through office furniture builder *Steelcase*.

Some of the more frequently heard methods of getting more activity in your day are: taking stairs instead of elevators, or parking further away from where you are going. However, some other very good suggestions include: taking a 10 minute activity break at a scheduled time every day, replace your chair with a stability ball (aka: exercise or physio ball), station printers at a place where you need to walk to retrieve your work, and FIDGET. Stand up, stretch at intervals throughout the day, and have walking meetings. Toni Yancey's book *Instant Recess: Building a Fit Nation 10 Minutes at a Time*, is a great resource to integrating activity into what can normally be very sedentary environments; offices, boardrooms, school classrooms, sporting events. Adding simple movement frequently throughout the day can help lower blood sugar, cholesterol and triglyceride levels, as well as reduce waist size, BMI and overall weight.

The long and the short of it is that if you want to feel and look younger, but most importantly live longer with better quality, staying physically active, and being less sedentary is how you will achieve this. As many people's work requires them to sit for extended periods, it is how you spend your leisure time that is going to make the biggest difference. There is no "fountain of youth", just good old fashioned "GET UP AND GO".

CONGRATULATIONS!!!



Brayden Joseph Byrne

Born April 19th at 1848 hrs

7 lbs 14 oz and 20.5 inches long

Daddy: FF Joseph Byrne with Station 1



Leah Christine Comeaux

Born May 3rd at 2132 hrs

6 lbs 7 oz and 20 inches long

Daddy: FF Chris Comeaux with Station 11



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.

