

THE METRO INSIDER



GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

The Sounds of Silence



People who are Deaf or hard of hearing face a high risk for fire and fire-related injuries. The hearing world dominates much of the way our society is structured both physically and socially, including warning signs that are sound oriented. And although significant progress has been made in developing fire protection and alerting devices, and in educating the public about fire prevention, much still remains to be done if people who are hearing impaired are to benefit from these advances.

November has become Grand Traverse Metro Fire Department’s “*Customized Outreach*” month for those in our community who are Deaf or hard of hearing. Since 2010, Metro has offered both community education classes on Fire & Life Safety, and Emergency Sign Language for First Responder classes. We will continue the tradition this year.

Wednesday, November 7 and Thursday, November 9, Grand Traverse Metro Fire Department, along with the Grand Traverse Industries/Lis’n Program provided an exhibit booth at the Re:con Conference held at the Grand Traverse Resort. Re:con (formerly known as the Michigan Rehabilitation Conference) is an annual conference that draws together individuals dedicated to quality continuing education, networking, and the sharing of knowledge with those who strive toward removing barriers in their communities. The Metro/GTI table exhibit featured upcoming events in the community (mentioned below), as well as specialized smoke alarms for people who are Deaf or hard of hearing, and the Emergency Sign Language and Communication Resource Book developed by Metro Fire Department and GTI.

Beginning **Tuesday, November 27th**, Grand Traverse Metro Fire Station 11 will host an Emergency Sign Language and Communication class beginning on Tuesday, November 27 and continuing each Tuesday until Tuesday, December 18, 2012. Each of the 4 sessions will be from 7:00pm-9:30pm at Metro Fire Station 11, located off of Veterans Drive, and the classes will offer a total of 10 Continuing Education Credits. The classes will be instructed by both the Fire & Life Safety Public Educator from Grand Traverse Metro Fire Department and an ASL Interpreter/Disability Support Services Coordinator through Northwestern Michigan College. The course is designed for Medical First Responders but affiliated agencies are welcome. There is no cost to attend, but seating is limited. Please contact Meredith Hawes at 947-3000 ext 1234 / mhawes@gtmetrofire.org to reserve a space.

Wednesday, November 28th, Grand Traverse Metro Fire Department, in partnership with the Disability Network, Grand Traverse Industries/Lis’n Program, and the Quota International Club invites the public to Station 11 from 5:30 -7:00pm to learn about *Heating and Holiday Fire& Life Safety*. Both ASL interpreters and CART captioning services will be provided. Attendees will experience an interactive cooking safety display, have the opportunity to watch a dramatic video that illustrates what happens when fire touches a dry tree vs. a well-watered tree, learn why heating equipment is one of the leading causes of home fire deaths, and enter to win a **FREE Silent Call Smoke Alarm/Bed Shaker!** To reserve your seat at this event please email Bonnie Newhouse at Bonnie@disabilitynetwork.net

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TRAINING

Medical Training

Monday December 3, 2012
Special Programs
Station 8 @ 1900 hrs (1P)

Wednesday December 5, 2012
Cardiac Review
Station 11 @ 1900 hrs (.5, 1.5P)

Monday December 10, 2012
Communicable Diseases/Blood borne
Station 8 @ 1900 hrs

Wednesday December 12, 2012
Medical Skills
Station 8 @ 1900 hrs

Wednesday December 19, 2012
Blood borne Pathogens
Station 9 @ 1900 hrs

Fire Training

Thursday December 6, 2012
Meth Lab/Mercury Response
Station 1 @ 1900 hrs

Wednesday December 19, 2012
Utility Awareness
Station 11 @ 1900 hrs

Haz-Mat Training

Thursday/Friday/Saturday
December 13-15, 2012

HazMat Technician-PPE donning
Duty Shifts -Daytime hours

SPECIAL NOTE:

Keep your eyes out for additional training made available to us in November at house on Herkner Rd. **Scenario and Live Fire Training** will be available at short notice.



FIRE SUPPRESSION NEWS . . . BY ASST. CHIEF FLYNN

Training- Why do we train? I know many of you believe we as a department may do too much training and some of you think we don't do enough training. An old and wise fire chief once said that if you try to please everyone you often pleasing no one. The training schedule each year is developed by me with the collaboration of the officers in the department and with the approval Chief Parker. The Chiefs set the direction of the training and it will take the best effort of the officers to make it happen. There are often different ideas on how the training should be done but everyone believes it is only useful if it improves or reinforces current skills or teaches new methods of performing some task we need while we do our job. The training for 2013 is currently being finalized and will be out to all members in the coming weeks. There will be some new twists in the mandatory training with additional requirements for those who wish to work shifts on a regular basis.

Staffing at the Stations- As we have grown in the past few years, we have struggled with the staffing at the five Metro stations in an effort to put the best people on duty and be the most fair to everyone as possible. As easy as it may seem, the monthly scheduling of over 70 eligible members at the five stations is a very challenging effort which needs to be maintained daily by more than one person. Starting in 2013, the scheduling will continue to be bid on and filled on a monthly basis. However, there will be more of the part-time members pre-scheduled and the schedule will be pre-set quarterly. This means that 31 members will be prescheduled on a quarterly basis which is easier for both me and the Duty Officers in scheduling and maintaining. The criteria for this status is based on several factors including ability, skills, level of function, training, fire responses and of course availability. Shifts will now have to be "earned". Station officers will be watching to see who shows up for fires and who only shows for duty shifts. We have found that when personnel work and train with the same crew members on a regular basis, they become more efficient and effective which translates to

better service for the taxpayers.

High-Rise Training- As you know we have had two fires at the Four-Story Aspen Hills apartment building this year. We know that when we train often at the same building we become increasingly better at responding to emergencies should they occur. Aspen Hills is no exception. Here is a picture (above) of GT Metro fire fighters performing high rise evolutions on the fourth floor using the building's standpipe.

New Paging Rules on the East side of the GT Metro District.

The Station 8 page will be used for all GT Metro Station 9 calls starting November 27, 2012. East Bay 9A ambulance will continue to use the old Station 9 page for their calls. Station 9 members need to see Lt. Vaughn to get their pagers reprogrammed if they want to respond to station 9 calls. On another note, it has been told to me that many members are setting their pager to the Metro All-Call page when off duty. The Metro All-Call page is usually used on second alarm fires only. A great majority of our fires are held to the first alarm and off duty are needed before the call for the second alarm. In addition, there are those times we need off-duty members to be listening to the station pages especially during times of expected high call volume. Remember that duty shifts are also determined by the times you are seen back filling the station or responding to fires that don't go to the second alarm!

MESSAGE FROM CHIEF PAT PARKER

This will be our Thanksgiving issue and I want to wish everyone a Happy Thanksgiving! I hope you enjoy your time together with your family and friends. Maybe, just maybe we will see a Detroit Lion win? They only have lost 10 out of the last 12 Thanksgiving games. For those of you heading out into the woods for the deer opener, good luck bagging your buck!

We as an organization have much to be thankful for. I am thankful that we don't have many natural disasters like our friends to the East. If you think about the storm we had in March, magnify that by 10 times to share in the same devastation that they are experiencing. I am thankful that we have a community that assists our Fire Department with its tax dollars and support. I am thankful that we have an authority board that is supportive and encourages us to improve while remaining fiscally responsible. I am thankful for a Fire Authority that believes in fire codes which promotes life safety for our citizens and four our firefighters. I am thankful for living in a beautiful part of the world of which we are charged with protecting the environment from damaged caused by hazards. I am thankful for great facilities apparatus, and equipment which allows us to perform our jobs with comfort, safety, and efficiency. I am ever so thankful for all of our Metro family whether support, administrative, or operational. Your dedication to serve and protect the community is second to none. Thank you for all you do!

One last thank you. Thank you to the election season being over. No more robo calls, street signs, commercials and negative campaigns. I hope and pray that when you read this, we as a country have chosen people that can lead us to a better future.

Thanks for all you do. Until next time, Be Safe!

Chief Parker

Right: Lt. Chris Comeaux, FF Spencer Scanlon, PC Chase Schelling passing out candy on Halloween to a little fairy princess.



YOUR MOUTH YOUR HEART YOUR HEALTH

Contributed by: Beth Pryde, BSES GT Metro Wellness Coordinator

Brushing, flossing, and dentists....What do all of these have to do with your heart you may be asking. Let's just say your mouth is the gateway to your overall health in many ways. What you put in it can leave a bad taste both literally and figuratively. With regard to dental hygiene, how healthy your gums are can directly affect your risk for heart attacks and other cardiovascular diseases.

All of us have heard that the human mouth is one of the dirtiest. Full of bacteria. These bacteria not only cause tooth decay, but also causes gingivitis (gum disease). When the naturally existing bacteria combined with sugars and starches it creates plaque. If the plaque is not removed within 72 hours it then turns to tartar, which now cannot be removed with normal brushing. It is the tartar that creates the inflammatory response, gingivitis, which if not treated will progress to serious gum disease, also known as periodontitis. This is the breakdown of the bone and connective tissue below the gums leading to tooth loss and a systemic inflammatory response. It is this systemic inflammatory response that has now opened the door to heart attacks, strokes, atherosclerosis and other cardiovascular diseases.

bacteria+sugars → plaque→ tartar → inflammation→ gum disease → more inflammation =

HEART DISEASE

The most significant risk factors for gingivitis are tobacco use, poor nutrition, and stress/depression. With stress comes a stress behavior, such as smoking or eating the wrong foods, i.e. higher sugar and fat content foods. Tobacco use on the other hand may be the largest preventable direct cause of gum disease (not to omit all the cancers associated with its use as well). Smoking decreases oxygen and nutrient transport, thus impeding gum immunity, healing and recovery. (Chewing tobacco also causes gingivitis, for you "non smokers" out there!)

A 2004 large study showed that 91% of patients with cardiovascular disease also suffered from moderate to severe periodontal disease. So, how to best prevent the gingivitis chain reaction? It is widely agreed that a regimen of brushing a minimum of twice daily and flossing once daily, with annual visits to a Dentist or Dental Hygienist will remove the plaque that builds and can start the gum disease reaction. **However, eating a low sugar, low fat, vegetable and fruit rich diet, in combination with drinking plenty of water can minimize plaque production; and not smoking and managing stress are the first and foremost steps in preventing gum disease and ultimately reducing your risk of cardiovascular disease.**

HHHHHMMMMM.....Where have we heard that before?

GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

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.

	2005	2006	2007	2008	2009	2010	2011	2012
Metro	2,384	2,344	2,935	3,449	3,471	3,783	3,987	3,565
Station 1	-	-	-	652	777	720	767	837
Station 8	326	280	384	366	340	400	508	513
Station 9	586	516	532	318	268	252	219	162
Station 11	1,550	1,548	2,019	2,113	2,086	2,411	2,028	1,345
Station 12	-	-	-	-	-	-	465	708
Acme TWP	274	239	318	318	302	374	434	393
East Bay TWP	600	536	572	658	678	641	623	691
Garfield TWP	1,328	1,479	1,954	2,350	2,420	2,748	2,879	2,443
Out of District	-	-	-	-	68	30	50	36

2012	January	February	March	April	May	June	July	August	September	October
Metro	329	304	501	341	359	309	405	384	312	321
Station 1	65	75	112	84	81	76	98	104	70	72
Station 8	56	40	94	49	44	36	56	50	46	42
Station 9	18	21	35	6	14	17	20	12	5	14
Station 11	105	97	171	130	145	132	162	154	128	121
Station 12	85	71	89	72	75	48	69	64	63	72
Acme TWP	34	32	76	37	36	26	41	38	39	34
East Bay TWP	69	73	112	60	62	51	87	66	49	62
Garfield TWP	222	194	306	241	256	231	272	275	221	225
Out of District	4	5	7	3	4	1	5	4	2	1