

# THE METRO INSIDER...



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GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

## FIRE CADET TRAINING . . . By Firefighter Tim Wrede

As some of you know I have been assisting with the Public Safety Program at the TBAISD Career Tech Center. This class exposes students to what a career might be like in law enforcement, EMS and the fire service. I

spend 5 days with the class giving them an idea what firefighters do. The first day I do a lecture on what it means to be a firefighter and what it takes to be a firefighter. I promote both a full time career or a part paid career option for the students.



We spend on day doing hose lines letting them see what it is like to use a charge hose line. We spend one day demonstrating vehicle extrication and this year we spent two days doing our confidence course. We did the first day to get them familiar with the course and how it

works. The second day we filled the room and course with smoke and let them experience what we go through at a fire.

It is fun to share this career with eager students. There are a total of 41 students in the class including two of our explorers. One of our explorers is Erin Fluharty in the afternoon class, and the other is Victoria the daughter of Firefighter Jeremy Draper in the morning class.

I would like to thank the people that helped with this class. It took time to set up the course and several different people helped with the extrication demonstration. I plan to work with the class next year. If you have any interest in helping let me know.



Above: CTC morning class

Right: CTC afternoon class

## Message from Chief Patrick J. Parker

I'm writing this article as I ride down to Lansing with the Tom Lennox the TBA/Career Tech Protective Services instructor and the Fluharty family to support Erin Fluharty's award. She is being recognized as the State of Michigan Board of Education's Breaking Traditions Award. Erin won the award for being a female in a traditional male industry. She is an Explorer assigned to Station 1 with Lt. Andy Doornbos as her mentor.



We are so proud of her accomplishments and wish her the best in her career as a firefighter/paramedic. For those who have not met her, she has fit in wonderfully and you will know it is Erin because she is always working, cleaning, or training.

I just got back from Washington DC last week representing the Michigan Fire Chiefs at the Congressional Fire Service Institute. The entire fire service from across the country came together to lobby our representatives and senators. The Michigan contingency hosted a Michigan Legislative Breakfast where most of Michigan's congressional districts were present. Chief Forbush from Alpena and I met with Representative Dan Benishek to discuss AFG and SAFER grant funding, funding for the National Fire Academy, tax credits for business who proactively install fire sprinklers and some volunteer firefighter issues. We were met positively and hopefully they will not forget the fire service during the upcoming budget battles.

## Stitches of Love ...

North Flight EMS and GT Metro Fire has received 19 quilts from the Grand Traverse Senior Center.

These quilts are used with patients and victims of accidents and fires. The North Flight unit stationed at Station 8 in Acme used a quilt when they had to transport a child from the auto accident involving the Grayling Golf Team.

FF Deering (*far right*) said it settled her right down. They were presented to North Flight and GT Metro at Hope Village on Monday, April 22, 2013 at a pizza luncheon.

*"If you meet these ladies, you would see they are truly angels!"*

- Chief Pat Parker



A highlight of three days was the honor of placing a wreath at the Tomb of the Unknowns at Arlington Cemetery. If you have never had the opportunity to go to Arlington and see the Tomb it is very special to recognize all those men and women who gave their lives for our freedom. Not everyone gets this chance to be that close to the tombs.

While I was in DC, we lost a Michigan brother to a building collapse. Firefighter Brian Woehlke was 29 and from the Wayne Westland Fire Authority. Five firefighters went in and only four came out on a strip mall fire. A mayday was called but after several attempts they could not find Brian. He leaves a wife and a 13 month old daughter. His funeral was this past Monday. Being in DC with many SE Michigan fire chiefs, I got to live the moment with them as they all new the department and the firefighter. Let's be careful out there!

Until next time, BE SAFE!

*Chief Parker*



## Wildfire Season ... by Asst. Chief / Fire Marshal Brian Belcher

All too often in the national media we see wildfires destroying homes and buildings. Many times we feel immune to these tragedies as our area becomes more urban/suburban and less rural, however much our three townships are still within the urban interface zone where forest meets residential communities. Wildfire doesn't have to burn everything in everything in its path. In fact, cleaning your property of debris and maintaining your landscaping are important first steps to helping minimize damage and loss.

The work you do today can make a difference. Follow these simple action steps now and throughout the year to prepare and help reduce the risk of your home and property becoming fuel for a wildfire:

- Clear leaves and other debris from gutters, eaves, porches and decks. This prevents embers from igniting your home.
- Remove dead vegetation from under your deck and within 10 feet of the house.
- Remove anything stored underneath decks or porches.
- Screen or box-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Remove flammable materials (firewood stacks, propane tanks, dry vegetation) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- Wildfire can spread to tree tops. If you have trees on your property, prune so the lowest branches are 6 to 10 feet from the ground.
- Keep your lawn hydrated and maintained. If it is brown, cut it down to reduce fire intensity. Dry grass and shrubs are fuel for wildfire.
- Don't let debris and lawn cuttings linger. Dispose of these items quickly to reduce fuel for fire.
- Inspect shingles or roof tiles. Replace or repair those that are loose or missing to prevent ember penetration.
- Cover exterior attic vents with metal wire mesh no larger than 1/8 inch to prevent sparks from entering the home.
- Enclose under-eave and soffit vents or screen with metal mesh to prevent ember entry.

Learn more about how to keep your family safe and reduce your home's risk for wildfire damage at

[www.firewise.org](http://www.firewise.org).



## Spring Cleaning for Fire Safety ... by Meredith Hawes, Fire Safety

Spring is finally here (or is it???) and many of us will be doing some cleaning around the house. Often times we spend so much time scrubbing, dusting and doing yard work that we overlook some simple things that could make our home a little safer. Consider the following:

- **Smoke Alarms!** Just a few weeks ago when we changed our clocks we reminded everyone to replace their smoke and carbon monoxide alarm batteries. If you have not done this yet, then this is a great place to begin! Alarms that are powered by batteries or that have a battery back-up need to have their batteries replaced yearly. These alarms also should be cleaned using a vacuum to remove any dust or cobwebs that has accumulated inside. Removing the build-up of debris in the alarm will reduce the chance of false alarms and may increase the effectiveness of the sensor.
- **Utility and Laundry Rooms** - A few minutes spent cleaning in these areas can greatly reduce the risk of fires. Make sure furnaces and water heaters have at least a 3-foot clearance from any combustibles materials. If your furnace has a filter, this is also a good time to change it. Clothes dryers are responsible for over 15,000 fires annually, an easy way to prevent a dryer fire is to clean your dryer and vent.



Start by unplugging the dryer and pulling the unit away from the wall. Be careful during this step as many dryers can only move a short distance due to the gas line connection. Once you have enough room, remove the large vent hose that leads to the outside. Use a vacuum to remove any lint buildup from inside the vent hose, inside the back of the dryer, and under the dryer. After the vent hose is reconnected move the unit back into place, so you can also vacuum out the lint trap and filter. Don't forget to check outside where the vent exits the home; make sure it is clear of lint or bird nests. Before you put that vacuum away it is also a good idea to clean out bathroom ventilation fans. Remove the cover access the fan. Remove dust and debris with the vacuum then inspect the fan motor and electrical connections if you notice any rust or corrosion have the unit checked by a licensed electrician.

- **A Good General Cleaning** – Take a look around the rest of the house. Reduce clutter by getting rid of unwanted items and old household chemicals, by doing this you are removing fuel from a fire. If a fire does occur the less items fire has to burn the slower it will spread, this will give the fire department a better chance of limiting the amount of damage. Inquire to see if your township has special chemical recycling days to properly dispose of unwanted chemicals.

To All Metro Employees

We are now offering you the ability to purchase AFLAC (accidental, cancer, and STD policies) starting June 1<sup>st</sup> using the Metro payroll as an avenue for your payments to be pretax. By going through Metro, your premium will be lower than if you choose to purchase the policies directly from AFLAC. For a brochure on the individual plans or to get started on the sign up process, contact Marcia at the Fire Office at 947-3000 x 1221.

Also, just a reminder that we offer everyone the ability to make contributions into a 457 (Deferred Comp) plan through Metro. This is voluntary and gives you the ability to contribute pretax into a retirement account, that you direct, through the payroll system. For more information please contact Marcia at the Fire Office.



## Fasting For Weight Loss ....and More

Contributed by Beth Pryde, Gt Metro Wellness Coordinator ~ References: Mark Sisson, Dr. Gabe Merkin, WebMD

Fasting has been a part of the human state for as long as time can record. Whether out of necessity for lack of available food, religious practices, practicing discipline, health to remove toxins, or for weight loss purposes, fasting has had its comings and goings. Currently there has been a great deal of health news related to what is termed "**Intermittent Fasting**". This is defined by abstaining from eating for varying lengths of extended periods. This can be as short as 12 hours, from dinner to breakfast the next day, to up to 24-36 hours at a time. or as simple as

There are many studies that have shown that fasting or intermittent fasting, also known as alternate day fasting, or alternate day caloric restriction, works well for weight loss. Basically what this method creates is an increased fat oxidation or burning state. Sure there is a decrease in overall caloric intake, which would be obvious for reducing weight. But in addition a fasting state increases certain hormones, such as Growth Hormone and Catecholamine's ( adrenaline and noradrenaline ), which enhance fat burning; and also decreases hormones that inhibit fat burning like insulin. Fasting actually increases insulin sensitivity, which ultimately reduces the spikes that occur and allows for your body to more readily access it's stored energy ( fat). So fasting doesn't just help you lose weight, it actually helps you burn more fat. At the same time, there is literature to support that it is more effective in retaining lean body mass as well. So when those days of overdoing the food intake happen, you know "the binge", an intermittent fast the next day may not be such a bad idea. In fact, it is currently not an uncommon practice to do some sort of intermittent fast every two days to keep caloric intake in check and not feel like you are deprived of some of your favorite foods.

### And More.....

Intermittent Fasting has been shown through much research and study over many years to have additional health benefits outside of simple weight loss. For example, lower blood pressure, lower blood sugar and fat levels, and prevention of diabetes and heart disease are just a few. It is not foreign to many of us to have a loss of appetite when we are not feeling well. Or, we have observed relatives or friends not eat or even have an aversion to food during serious illness or treatments. For centuries it has been common practice to limit caloric intake as a method of treatment for illness and serious disease.

Cancer prevention and treatment, brain health (i.e. Alzheimer's), longevity and exercise have all been shown in recent study to be affected in a positive way with caloric restriction. Specifically, fasting methods have shown to deplete cancer cells of nutrients, while normal healthy cells tend to go into a survival mode similar to hibernation, increasing their resistance to stress, therefore making them less susceptible to disease. By creating reduced insulin resistance and a decreased risk of developing metabolic syndrome, which have both been linked to several types of cancers, fasting can also be a possible protective and preventative process. Additionally through historical review and study, from times of famine and during war time concentration camp literature, it has long been accepted that a restricted caloric regimen is associated with extended life-spans and longevity.

Cells are responsible for "cleaning up" or getting rid of the toxins in our bodies, as well as repairing themselves. Fasting has been shown to greatly increase this process, thus protecting cells from damaging disease processes created by increased oxidative stress such as cancers and Alzheimer's. Fasting increases compounds in the brain that enhance neuronal growth. There has been much research to report the possible benefits, decreasing the risk of strokes and age related dementia, Huntington's Disease, as well as the accelerating the healing from brain trauma and cervical spine injury.

As far as exercise goes, it is safe and actually beneficial in many ways to exercise while practicing intermittent fasting. Studies have shown improved efficient access to fat stores for energy ( increased insulin sensitivity), improved post workout recovery for both endurance and weight lifting activities, and improved glycogen (immediate energy) access and recovery. So not only will you lose weight if that is your goal, but performance can be enhanced as well.

While intermittent fasting may not be for everyone, most individuals that do try and or practice it have found it to be easier than constantly counting and restricting calories. Some would say "there is less of the feeling of depriving oneself, rather taking a break from food". "If you don't feel hungry don't eat, don't let the clock dictate your eating schedule." By simply reducing your intake of food to fewer than 500 calories twice a week, while eating normally on the other five days; normal being healthy fruits, vegetables, lean meat, high fiber foods, and plenty of non sugary fluids, fasting has been found to be more effective in a shorter period of time not only for simple weight loss but for cancer treatment regimens, as well as the other disease processes mentioned above.

**GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY  
TRAINING ANNOUNCEMENT**

**MEDICAL**

**Monday June 3, 2013**

Water Rescue (2 P)  
Station 8 @ 1900

**Wednesday June 5, 2013**

Geriatric (1L, 1P)  
Station 11 @ 1900

**Monday June 10, 2013**

Special Programs ~ REQUIRED  
Station 8 @ 1900

**Wednesday June 26, 2013**

Special Programs ~ REQUIRED  
Station 9 @ 1900

**FIRE**

**Monday-Wednesday June 3-5, 2013**

Ladders/Salvage/Overhaul Procedures  
Duty Shift @ All Stations

**Wednesday June 19, 2013**

RIT/May Day Drill ~ REQUIRED  
Station 11 @ 1900

**Thursday June 27, 2013**

Ladder Operations/Master Streams  
Station 1 @ 1900

*\*Color indicates Scheduled Shift Color*

**STAFF RECOGNITION**

Congratulations to Chief Flynn for becoming a new Grandpa to Gabriel Joseph Flynn born 5/15/2013



Congratulations to **Firefighter Curtis Walters** (Sta. 1) for receiving his Bachelor of Science in Fire Service Technology from Lake Superior State University!

Congratulations to **Firefighter Monte Rindlisbacher** (Sta. 12) for receiving his Bachelor of Science in Information Technology from University of Phoenix!



**GRAND TRAVERSE METRO  
EMERGENCY SERVICES AUTHORITY**

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**[WWW.GTMETROFIRE.ORG](http://WWW.GTMETROFIRE.ORG)**



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[Grand Traverse Metro Emergency Services Authority](#)

The poster features a central white card with a decorative border. At the top, it says "Please join us May 18" with a fork and knife icon. Below that, "SPAGHETTI DINNER" is written in large, bold, red letters. A green banner with a red circular logo containing "METRO 8 STATION" and the text "A benefit to help:" is positioned below the title. The text "Acme Township Firefighters Association & East Bay Masonic Lodge" is printed below the banner. The date and time "Saturday | May 18 | 4p-8p" are displayed in bold. At the bottom of the card, it says "COME FOR FUN, FOOD & PRIZES" and "Door prize tickets available at the door | \$1 each, 6 for \$5, 12 for \$10". Below this, it states "Proceeds will be used toward purchasing equipment for the new fire engine to be delivered in early 2014". Ticket prices are listed as "\$8 ADULT" and "\$4 CHILD". The bottom of the poster shows a close-up of a spaghetti dish with tomato sauce, melted cheese, and fresh basil leaves.