

# THE METRO INSIDER...



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November 2013

GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

## GTMESA 2nd Annual Recognition Awards Ceremony.... Oct 24, 2013

It is with great honor to announce this year's 1st Metro Wide Firefighter of The Year Award to veteran of 7yrs.

### Lt. Kyle Clute

Lt. Clute is always willing to help out, there isn't anything that he would do for our department. He was our chairman for the Teen Heat event for the Cherry Festival, he volunteered to chair this year's open house during fire prevention week. Lt. Clute also offered to be involved in our Public Information Officer program. He completed his Fire Inspector certification this year. He did many of these without asking for any recognition or pay.



Firefighter's were nominated from each of the stations. The nominations were then reviewed by Chief Parker and the Command Staff, and they made the final decision. Those firefighters nominated were:

Station 1 — FF Hal Miller  
Station 8—Lt. Wayne Mervau  
Station 9—Lt. Gary Francisco  
Station 11—Lt. Kyle Clute  
Station 12—Lt. Chris Comeaux

Each member has performed exceptionally well during the year and have gone above and beyond to help out when needed. Congrats to all nominated.

Other awards handed out during the evening were yearly service awards to members who have reached 5yrs—30yrs with GT Metro Fire Dept.

Chief Pat Parker 30yr	Asst. Chief Brian Belcher 25yr	Mike Vaughn 25yr	
Rick Osburn 25yr	Tim Wrede 25yr	Lt. Randy Agruda 20yr	Capt. Tony Posey 10yr
Lt. Adam Drewery 10yr	Joe Lambert 10yr	Adam Mervau 10yr	Greg Walker 5yr
Cody Lipe 5yr	Shawn Stinson 5yr	Curtis Walters 5yr	Dan Watkins 5yr
Brent Strom 5yr			

Mikie Parker was given a special award for the dedicated years of service to our department as "Medic 9" for over 25 yrs.

Honor Guard achievements were given out to FF Daren Mansfield, Lt. Chris Comeaux and Lt. Adam Drewery.

### Message from Chief Patrick J. Parker



Recently I've had a couple of days to just sit and relax waiting for a deer to come into my bow stand in the Northwoods of the UP. Other than feeling like a human popsicle sitting 17 feet in a tree, I found my mind wandering off to work. I had to smile on how far we have progressed in the past 5 years. We have covered a lot of ground and have seen a lot thrown at us.

However, I have seen an attitude start to set in that "we are the best, and nobody else can do what we do!" I had to question myself and ask, have we become too complacent?" Are our people becoming too comfortable, are we too set in our ways? Hopefully I am wrong.

In talking with Chief Flynn and Chief Belcher the other day, we agreed that we have become a "good" fire department but far from a great one. I'm not sure that great can ever be accomplished. The playground that we run in is constantly changing. The fire service is changing and we must have an attitude that good is not good enough. We must always strive to get better and that comes from continuous learning, keeping your head grounded and not getting too cocky.

I'm reminded of Kid Rock song called *Cocky*. The lyrics read, "They say I'm cocky and I say, What? It ain't braggin' if ya back it up!" I like our firefighters to have a little swagger, but can we always back it up? I also like our firefighters to know the difference that we have NOT been there, done that, and bought the t-shirt. We are not experts in everything and that there is still a lot to learn. Let's think a little before shooting from the hip, be a little humble, and be thankful for what we have.

Being thankful is the reason for season. We truly have a good fire department because we have good people!

Happy Thanksgiving to you all and thanks for what you do!

Until next time, Be Safe Out There!

*Chief Parker*



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## Thanksgiving Safety....

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

### Thanksgiving Safety tips

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.



### Turkey Fryers

Grand Traverse Metro Fire Department discourages the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property. Metro Fire Department urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants for the preparation of the dish, or consider a new type of "oil-less" turkey fryer."

Grand Traverse Metro Fire Department, through the generous support of Paul Davis Restoration and Remodeling, will be providing a **live demonstration on Monday, November 25<sup>th</sup> at 6:00am** to expose the risks involved in misusing a turkey fryer. The demonstration will be held at Metro Fire's Station 1, located on Industrial Circle, off of 3 Mile Road. Assistant Fire Chief Terry Flynn urges that "Turkey Fryers are a non-traditional method of cooking and we see a spike in their use seasonally around Thanksgiving. We want to be sure that we are helping people understand the risks that are involved with using them".



For more information contact  
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## National Awareness November

Submitted by Beth Pryde, GT Metro Wellness Coordinator

References: MayoClinic.com, American Diabetes Association, American Cancer Society, Lungcancer .org

November is National Awareness Month for several health related issues. Two stand out are Diabetes and Lung Cancer. Both affect millions of people whether it be themselves or someone they love or care about. And both are preventable in most instances with lifestyle choices. 8.3% of the American population has been diagnosed with diabetes, 79 million are pre-diabetic, and it is estimated that there are 7 million people undiagnosed. Lung cancer accounts for approximately 27% of all cancer related deaths. It is the second most common occurring cancer for both men and women ( prostate and breast being first, respectively), and it is believed to be the number one death causing cancer among both men and women. So let's take another look at what the risk factors or causes are, what can help prevent, and what can help manage or reverse these conditions.



Let's start with Diabetes. A precursor to diabetes can be what's called Metabolic Syndrome. This is defined as "a cluster of conditions including... increased blood pressure, high blood sugar level, excess body fat around the waist, and abnormal cholesterol levels...that occur together, increasing the risk for stroke, heart disease and diabetes." Pre-diabetes is when blood sugar levels are elevated, but not to the level to be diagnosed as diabetes. This condition raises the risk for developing Type 2 Diabetes and cardiovascular disease. Some people may have no symptoms with pre-diabetes and are walking around not knowing they have it. Others may show actual symptoms of type 2 diabetes, which could be: frequent urination, extreme thirst, feeling very hungry (even when eating), blurry vision, extreme fatigue, tingling, pain or numbness in hands or feet. The good news again is that pre-diabetes and type 2 diabetes are preventable and reversible. Losing just 7% of your body weight and walking briskly for 30 minutes, 5 days a week, can reduce your risk for developing diabetes by 58%. Lowering your risk should also include maintaining healthy blood pressure, cholesterol and blood sugar levels, and not smoking.

Lung Cancer is most frequently diagnosed later in life, the average age being 70. The majority of lung cancer development comes from tobacco smoking. "Near 87% of all lung cancers in the United States are smoking related." Second hand smoke exposure for non-smokers increases their risk of developing lung cancer by 20-30%. Some other known, but less prevalent causes are; exposure to radon, asbestos, industrial substances ( arsenic, coal products, gasoline and diesel exhaust...), and air pollution. Symptoms include; persistent cough, coughing up phlegm or sputum tinged with blood, coughing up blood, pain in chest, change in voice or hoarseness, shortness of breath, recurrent lung infections. Not smoking is the number way to reduce the risk of developing lung cancer. Quitting smoking also substantially reduce the risk (sooner rather than later is better considering the late onset of diagnosis). Limiting any kind of exposures of smoke, particulate, or chemical substance is the best prevention.

Both of these diseases in themselves or by the habits that create them increase the risk of developing other serious health conditions as well. Heart disease, stroke and various cancers just to name a few. Firefighters already put themselves at risk just by the nature of the job. So now take the time and take the small steps with controllable measures, such as lifestyle choices of eating healthy, exercising regularly and not smoking, to make type 2 diabetes and lung cancer can be virtually nonexistent.

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

**MEDICAL**

**Monday December 2, 2013**

Communicable Disease (1L, 1P)  
Station 8 @ 1900

**Wednesday December 4, 2013**

Pt. handling IV Maintenance (1.5L, .5P)  
Station 11 @ 1900

**Monday December 9, 2013**

Special Programs  
Station 8 @ 1900

**Wednesday December 18, 2013**

Blood Borne Pathogens/Comm. Disease (1L)  
Station 9 @ 1900

**FIRE**

**Tuesday-Thursday December 3-5, 2013**

Rules of Engagement  
Duty Shifts 1000/1300

**Friday December 6, 2013**

HazMat Tabletop Exercise-Hillshire Farms  
Station 11/1 @ 1000

**Tuesday-Thursday December 10-12**

Confined Space Training  
Duty Shifts 1000/1300 hrs

**Monday December 16, 2013**

SCBA Training/Fit Testing  
Station 8 @ 1900

*\*Color indicates Scheduled Shift Color*

*\* Trainings for December are tentative and subject to change.*

In case you missed it, I wanted to share the news link below. This is our 3<sup>rd</sup> year providing fire & life safety outreach for people locally who are Deaf or hard-of-hearing. We had a great turn out of approximately 30 people. Some I recognized from past years, and some new faces! All had the chance to learn how to prevent kitchen fires and how to create a home escape plan.

We appreciate our continued partnership with the Grand Traverse Industries-List'n Program for providing sign language interpreters, The Disability Network for providing the CART captioning system, and for our friends at Quota Club who provided delicious refreshments last night, as well as their continued funding for the purchase of specialized smoke alarms. We had 13 applicants for smoke alarms last night. 13 families that have been living with no potential warning of a fire in their home!

<http://www.9and10news.com/story/23952192/fire-safety-class-g geared-toward-helping-the-hearing-impaired>

And a thank you to Leanne Baumeler for her on-going dedication to this project, and the duty crew at Station 11 for helping with set up and station tours last night; Captain Mark Shaul, FF Chris Doornbos, and FF Spencer Scanlon. It was a great group effort!



You are phenomenal! I am forwarding this information to Quota International's Executive Director in hopes Quota around the world can help with this!!! Good Job!!! --- **Lisa Kent**, member of Quota International of Traverse City, past president of that club and current Lt. Governor for Quota International's District 20, which encompasses all the Quota International clubs in the State of Michigan

Another successful evening, Well done Meredith! --- **Leanne Baumeler, NIC**, Disability Support Services Specialist  
Nationally Certified ASL Interpreter, Northwestern Michigan College

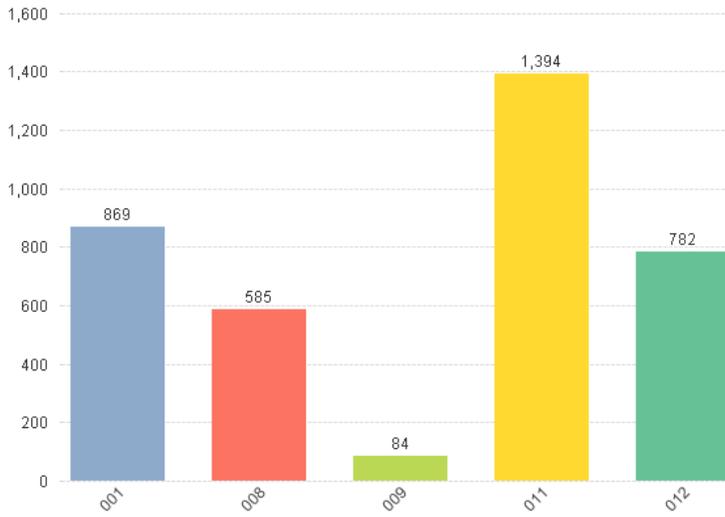
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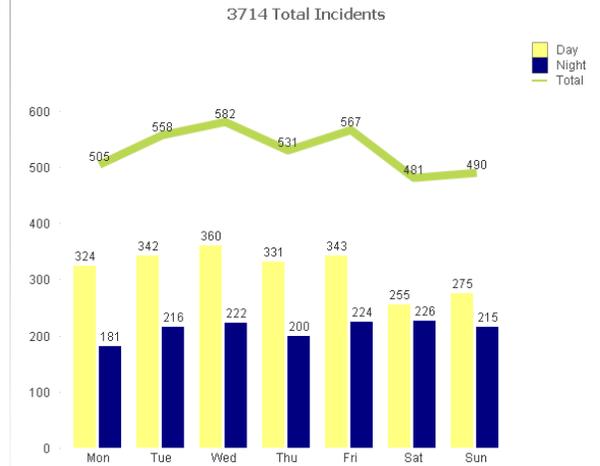


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3714 Total Incidents



Day vs Night Incidents



Incidents by Hour of Day

