

CLACKAMAS FIRE DISTRICT #1



June 30, 2010

Fire District Information Regarding the Oak Lodge Community Council Area

Opening of the Clarkes Community Fire Station

The Clarkes Community Fire Station update is now complete. The station officially opened as of July 1, 2010 with the first volunteer suppression crew working the first duty shift there that night. There will be 16 volunteers assigned to this station. With 16 volunteers also assigned to the Logan Fire Station, both stations will be staffed approximately one-half to two-thirds of the time; however, there will generally always be a crew at least at one or the other station. The opening and addition of the completion of the updated Clarkes Fire Station is a significant improvement for the Clarkes community.

There will be a formal station dedication of the Clarkes Station on Tuesday evening, July 20, 2010 at 6:30 p.m. This will be followed by a BBQ hosted by the Volunteer Association. The public is invited.

Volunteer Recruitment Update

The District is currently receiving applications for both support and suppression volunteers. Applications are available at the Volunteer Services Office at the John Adams Fire Station (Station 15) located at 624 7th Street in Oregon City. They may also be found on our website www.clackamasfire.com/volunteerservices. If you have questions, please contact the Volunteer Services Office at 503-742-2655. The deadline to submit applications is Monday, August 16, 2010 at 4:00 p.m. at the Volunteer Services Office.

Fireworks – Keep it Legal, Keep it Safe

With July 4th just around the corner, firework stands will be seen throughout the community. Legal fireworks may be purchased only from Oregon permitted fireworks retailers and stands. Oregon law bans possession, use or sale of fireworks that fly, explode or travel more than six feet on the ground or 12 inches into the air. Fireworks commonly called bottle rockets, Roman Candles, and firecrackers are ILLEGAL in Oregon.

Under Oregon law, officials may seize illegal fireworks and fine offenders up to \$500 per violation. Those who misuse fireworks or allow fireworks to cause damage are liable and may be required to pay fire suppression costs or other damage. Parents are also liable for fireworks damage caused by their children.

Steps to safer use of fireworks include:

- Be prepared before lighting fireworks: keep water available by using a garden hose or bucket.
- Be safe when lighting fireworks: keep children and pets away from fireworks.

Be responsible after lighting fireworks: never relight a dud. Wait 15 to 20 minutes, then soak the fireworks in a bucket of water before disposal.

Have a fun a safe Fourth of July!

Distinguished Service Award Received

Volunteer Firefighter Mike Gasperson was presented a Distinguished Service Award at the June 21, 2010 Board of Directors' meeting. Mike received the award for his prompt and decisive actions on May 17, 2010 for saving a woman's life at the Multnomah Athletic Club where he works. The woman collapsed during a spinning class and Mike was able to use CPR and an AED to establish a pulse as Portland Fire Rescue personnel arrived on scene and took over patient care. The woman is alive and doing well.



Chief Kirchhofer and VFF Mike Gasperson

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Congratulations Graduates

Four Fire District personnel received masters degrees this year. In February, Information Technology Director Oscar Hicks received his Master of Science in Applied Information Management from the University of Oregon. In June, Deputy Chief Fred Charlton, Battalion Chief Ken Horn and Deputy Chief Scott Weninger each received their Executive Masters Degree in Public Administration from the Mark O. Hatfield School of Government at Portland State University. Congratulations!



DC Fred Charlton



IT Director Oscar Hicks



BC Ken Horn



DC Scott Weninger

Refurbishment of Truck 15 Completed

The refurbishment of Truck 15 at the John Adams Fire Station's has been completed and it is now back in service. It now includes a 105 foot ladder, which replaces the 75 foot ladder. It was rebuilt in order to fit into the bay at the Fire Station. The cost to rebuild it is \$275,000 as opposed to the cost of \$850,000 to \$1 million for a new one that would be similar.



Bond Renewal

In 2000, District voters approved a \$9 million bond levy to allow the District to upgrade facilities, build fire stations, and purchase apparatus. Current economic conditions have allowed the District to refund (refinance) a portion of the remaining bonds for bonds at lower interest rates. Due to a number of factors (our improved bond rating, world market conditions, a high investor interest), the savings to our taxpayers has been increased from the approximately \$160,000 as reported in the May newsletter, to approximately \$190,000. While refunding the bonds does not improve the District's financial position, it does reduce the tax burden to our citizens.

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Purchase of Property Completed

Over the past months, the District has been in the process of purchasing the property to the north of the Training Center. An environmental study was completed. The sale has been finalized and the recording of the property purchase took place on Tuesday, June 29, 2010. The purchase of this property will enable the Fire District to pursue the expansion of the Training Center.

Re-Accreditation Update

The Peer Assessor Team site visit was completed on May 27, 2010. Over the past month, the team has been in the process of completing their report. We have learned that we will be recommended for re-accreditation at the International Association of Fire Chiefs' conference in August in Chicago. Here, the Commission on Fire Accreditation International will review the report and will have the final determination regarding re-accreditation.

Clackamas Emergency Services Foundation Update

The Clackamas Emergency Services Foundation's First Annual Luncheon and Silent Auction was held on June 8, 2010 at the Oregon Golf Club. Over 190 people attended including employees, many business representatives from the community, elected officials and citizens. Guest speakers included recipients of the Foundation donations over the years. After accounting for expenses, over \$10,000 was raised from this event. These funds will help further the Foundation's mission, "To provide humanitarian assistance to those who have been adversely affected by disaster, tragedy, injury or other misfortune, and to work actively toward preventing or minimizing the impact of such misfortunes in our community."

For more information or if you have questions regarding the Foundation, please contact Clackamas Fire District #1's Administration office at 503-742-2600 or visit the website at www.clackamasfire.com/foundation.

Wild Canyon Games

On June 4-6, 2010, 11 members of our Fire District (Team Mayday) participated in the Wild Canyon Games held on the Washington Family ranch outside of Antelope, Oregon. There were 51 teams that participated in this weekend event to raise money for children to attend the Young Life Camp. These teams participated in three phases of competition. The first was a sprint triathlon consisting of a one mile swim, a 12.5 mile bike ride and a 10K run for three of the team members, while the other four teammates competed in a geocaching competition unlike any other. The second phase was skill competitions involving the longest zip-line in North America, a 40-foot high canyon swing, a high ropes course and blobbing. The third and final phase was a seven person relay race to the top of the highest peak on the ranch. Team Mayday (pictured below) finished an impressive 11th overall in the field of 51 teams. AO Troy Gooding volunteered his time and resources to provide rescue and medical safety during the triathlon swim. Capt. Dave Phillips served as a member of the Wild Canyon Games implementation team and was event safety officer.



Team Mayday from left to right: AO David Aasland, AO Bryan MacKender, VFF Mikel Commers, VFF Michael Gasperson, Fire Service Hopeful Jake Petty, FF Jamen Lahodny, FF Scott Kohler

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Unusual Incident - Watermelon Caper

On Sunday June 27, BC 3, Heavy Rescue-4, Engine-12, Engine-9, and Squad-17 located a unique situation while enroute to the Training Center for a drill. At the freeway entrance to I-205, a semi tractor and trailer was stopped with part of its load hanging off the side and threatening another traffic lane. Oregon Department of Transportation and the Oregon State Police responded and a unified command was established. A mitigation plan was developed. Fire District technical rescue personnel stabilized the load using extrication struts so the carrier could safely begin off-loading the load of watermelons to pickups. All went well. When you bite into a juicy watermelon this Fourth of July holiday, remember those that rose to the occasion and saved these seven large boxes of precious cargo and made CFD1 proud. Thank you to the following crews: HR4—Capt. Toby Vilhauer, AO Brian Goodrich, FF Dan Mulick, FF Ryan Patrick; E12—Lt. Gratiot, FF Miller, FF Herzog, FF Scrutton; E9—Lt. Doug Damm, AO Ryan McDonald, FF Justin McWilliams; SQ17—Lt. Kyle Olson, AO Bryan MacKender.



Community Thank You

Below is a thank you the Fire District received from a grateful citizen.

On Monday, May 31, 2010, I, in the company of my friend Asa Winant, stuck my drift boat on a rock in the Mine Field Rapid, a nasty class 111 rapid that basically has not clear channels. Believing the water was high enough to run more fight than left (as if the water is high enough there is less banging of the boat). Alas, the water was running strong; it was not the 14 I guessed, but only about 13 ft. I should have checked the flow before I put in, but the run we chose was decided late.

When we ran aground on the rock, the back end of the boat swung downstream and we slid into a broach position with water coming over the gunwales of the upstream side of the boat. Because we were in shallow water and we were able to high side early enough in the incident, the boat filled with water before it could be forced upside down by the current.

Everything happened in slow motion and we had plenty of time to get our gear together. We had several thousand dollars worth of gear on board and our concern was how to safeguard it and prevent the boat from totally sinking. If we swam to shore, we would surely lose the gear and possibly the boat would be destroyed. We discussed ferrying gear to shore, but with the cold water we would not have been able to safely make one trip to the bank.

We made the decision to call for help and the team from the Clackamas County Sheriff's Marine Patrol and the Clackamas County Fire's Water Rescue Eight came to our aid. They helped us secure our gear and then made sure we were safely out of their way and went to work freeing my boat. They did this with quite some risk to themselves: risks of slipping and falling on the slippery river rock and resulting potential injury, twisting ankles and even the risk of foot entrapment. The boat rescue took over an hour to accomplish and was done without significant damage to my boat. (I had to really examine it to even find one new dent.)

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I want to extend on behalf of myself and Asa, our sincere appreciation of their efforts and risks on our behalves.

*Thank you again,
Dan Alsup
President, Oregon River Games*



Rescue crew from left to right: Lt. Jeff Knapp, FF Ryan Savage, FF Scott Walker, CCSO Sgt. Steve Thoroughman, AO Troy

Program Highlight – Wellness Program Update

The Clackamas Fire Wellness Program takes an individualized approach to improve the fitness, health and longevity of all personnel. Specifically, the Wellness Staff interact with firefighters, staff and volunteers to promote positive lifestyle changes. The interactions focus on fitness, nutrition, disease prevention, injury prevention, behavioral health and general health education.

When the comprehensive program began in 1998, medical and fitness testing were provided to evaluate the health of the group. Data collected by the Wellness Program was focused on career firefighters because the medical and fitness portions of the program were given to all union personnel. The data from 1998 had Clackamas Firefighters in the undesirable categories for almost all fitness levels. After two years of the comprehensive program, data was collected to see the changes in the group. (Table 1)

TABLE 1

Test	1998 (Prior to Program)	2000 (2 years into Program)
Systolic Blood Pressure <i>Normal is below 120</i>	130	124
Diastolic Blood Pressure <i>Normal is below 80</i>	86	80
Total Cholesterol <i>Desirable is below 200</i>	200	191
HDL (Good) Cholesterol <i>High risk is below 40</i>	41	49
LDL (Bad) Cholesterol <i>Normal is below 130</i>	133	121
Flexibility <i>Poor is less than 13 inches</i>	11.3 inches	13.7 inches

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All components, besides systolic blood pressure, were within the desirable category. It is normal for a wellness program to see positive changes in the first few years of a program because it is new and on people's minds. The real challenge was to see if the group could stay healthy. Table 2 shows the group average results from the 2009 testing.

TABLE 2

Test	1998 (Prior to Program)	2000 (2 years into Program)	2009
Systolic Blood Pressure <i>Normal is below 120</i>	130	124	116
Diastolic Blood Pressure <i>Normal is below 80</i>	86	80	71
Total Cholesterol <i>Desirable is below 200</i>	200	191	184
HDL (Good) Cholesterol <i>High risk is below 40</i>	41	49	46
LDL (Bad) Cholesterol <i>Normal is below 130</i>	133	121	113
Flexibility <i>Poor is less than 13 inches</i>	11.3 inches	13.7 inches	15.1 inches

All components were still in the desirable categories; however, this data was for the group as a whole. Some might think that Clackamas Fire is hiring healthier firefighters and retiring out the unhealthy firefighters. To find out if this was true, each person was given a unique number based upon their hiring year (if after 1998) or as part of the original group. The following is the average data from the original group comparing 1998 to 2009:

Test	1998 (Original Group)	2009 (Original Group)	% improvement
Systolic Blood Pressure <i>Normal is below 120</i>	130	118	9% decrease
Diastolic Blood Pressure <i>Normal is below 80</i>	86	73	15% decrease
Total Cholesterol <i>Desirable is below 200</i>	200	186	7% decrease
HDL (Good) Cholesterol <i>High risk is below 40</i>	41	44	7% increase
LDL (Bad) Cholesterol <i>Normal is below 130</i>	133	114	14% decrease
Flexibility <i>Poor is less than 13 inches</i>	11.3 inches	14.7 inches	30% increase

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All components of the original group in 2009 were in the desirable categories. Another noteworthy finding was that the average waist measurement of the original group was the same in 2009 as it was in 1998. With obesity rates climbing each year, this was encouraging.

An investment in wellness by Clackamas Fire has paid off in having healthier employees. The Wellness Program is more than a medical exam and fitness testing. It is proactive, individual approach to keeping firefighters healthy and able to serve the community.



LOCAL STATION ACTIVITIES

Station 3 – Oak Lodge Fire Station

- Station 3 gave tours of station and fire safety trailer to 70 students from Oak Grove Grade School. DFM Shanklin gave a fire safety education presentation to all children.
- Hosted a “dinner with the firefighters” for four adults and two children. DC Weninger and DFM Shanklin gave a fire safety trailer demonstration.
- Checked two smoke detectors and installed two others in residences after medical calls.
- Checked a smoke detector in a home after a medical call.

May

Total Number of Responses for Station 3 in May = 202

Number of Medical Aid Calls = 164

Number of Fires = 4

Other = 34

Mutual aid given - 3

Mutual aid received - 4

District-wide

	<u>2009</u>	<u>2010</u>
Total number of calls during May	1,379	1,333
Total number of calls January – May	6,508	6,117