

# ◆ Sublimity Fire District ◆

Newsletter since 2003

May 2006

## MAY 2006 CALENDAR

4 - Dinner, 6:30 p.m.;  
EMS Drill, 7:00 p.m.;  
Business Mtg., 8:00 p.m.

11 - Extrication Drill,  
7:00 p.m.

### 14 - Mother's Day

16 - Safety Committee  
Meeting, 6:00 p.m.;  
Budget Committee  
Meeting, 7:00 p.m.

18 - Officers Meeting,  
6:30 p.m., Drill, 7:00  
p.m.

### 20 - Armed Forces Day

21 - Stayton Fire District  
annual breakfast, 6:00  
a.m.-12:00 p.m., Sta. 80

25 - Drill Night

### 29 - Memorial Day (OFFICE CLOSED)

27 - Drill Night

### April Birthdays:

2 - Jerry Heater  
8 - Kim Zuber  
9 - Tim Frost  
16 - Mike Patrick  
16 - Becky Merrell

### May Birthdays:

6 - Robert Hitchcock  
11 - Ira Doran  
12 - Tony Hendricks  
27 - Rick Kauffman  
31 - Rodney Banta



## *From the Desk of Fire Chief Tim Frost*

Congratulations to the members of the district who won awards at our annual banquet: Rookie of the Year-Derek Hammer; EMS Responder of the Year-Angela Hargin; Officer of the Year-Mike Patrick; and Firefighter of the Year-Dusty Thomas.

We appreciate all the time and hard work you give the community.

Just because you did not receive the top award doesn't mean that your efforts are not appreciated by your peers, as several of you received votes in the election process. Keep up the good work! The Sublimity Fire District is honored to have you as a member.

GRANTS, GRANTS, GRANTS. Amy and I have been hard at work trying to secure another grant. The Department of Homeland Security's Assistance to Firefighters Grant was due April 7. Our grant request includes: a new station

generator (100 kW) to replace our failing one, 21 new high-pressure SCBAs to be interoperable with our neighbors, 2000 ft of 1½" hose, four new TFT nozzles, one Blitzfire monitor nozzle, and a new cutter's edge ventilation saw.

Equipment is arriving from the Spirit Mountain grant. If you need a replacement pager, please see me, as I have a few to hand out. We are awaiting the arrival of the new turnouts. When they do arrive, we will issue them after you have washed all of your present gear and returned it.

The new training requirements from DPSST have been enacted and you will need to have at least 60 hours of documented training each year. The training can be in three forms: actual drill or training hours, task performance evaluations, or documented service delivery (on the job) performance.

We will be able to use any combination of the three and, like EMT re-cert, it will be the responsibility of the individual to document his/her training. DPSST will hold open your certifications as long as you document continuing training. Failure to do so will lead to a lapsed certification. You will be required to show proficiency at your highest certification level to be reinstated.

Budget is being prepared for the May 16, 2006, meeting. This will be a status quo budget will no large capitol expenditures proposed. We will be trying to hold our own on the budget, as expenditures are outpacing revenue and what carryover there was has been spent down. Wish I had a better forecast for budget but until we can look to the voters for an increase in operating levy I don't see any extras unless we are successful in our grant writing efforts.

**Frosty**

## *What's Inside*

|  |   |
|--|---|
| <i>Chief's Message; Calendar</i>                   | 1 |
| <i>2006 Alarm Totals</i>                           | 2 |
| <i>The Cooking Corner: A-Shift's Caesar Wraps</i>  | 2 |
| <i>New intern introductions; Bits &amp; Pieces</i> | 2 |

## *Meet the newest Sublimity Fire District Interns!*

Sublimity Fire District added two new interns to its family at the end of March. Both are fire program students.

Brock Bryant joins us from McMinnville. His work history includes being a motorcross racer and a dog handler. Brock has no

previous fire experience, but it's in his blood; his father is a career firefighter for Portland Fire.

Being active and in shape is something important to Brock. He enjoys sports, especially football, rugby,

wrestling and track. He also weight-trains twice a day and is an avid snowboarder.

Brock's goals include becoming a career firefighter with Portland, getting certified as a personal trainer, and racing pro motorcross.

Nick Gordon moved to Sublimity from Ashland and enjoys the small-town lifestyle. He grew up in a small town in northern California. He has no previous fire experience, but has joined the district because he is very eager to learn from other volunteer firefighters.

Music plays a large role in Nick's life. He even built his own acoustic guitar! (If you're lucky, you might catch him playing it one of these days in the station.) He enjoys rock and roll, hates rap, and the person he would most like to meet is Jack Johnson.

Aside from music, Nick also enjoys being active. He loves snowboarding and enjoys playing baseball, football, basketball and pool with his friends.

His future goals include: having a good job from which he can support his family, traveling the world, and being known as a respectful, hardworking guy who is easy to get along with.

## *The Cooking Corner*

### *A-Shift's Caesar Wraps*

**Ingredients**

- spinach tortillas
- Litehouse Caesar dressing
- Litehouse Bleu Cheese dressing
- shredded mozzarella cheese
- Romaine lettuce
- white rice
- boneless skinless chicken breasts
- olive oil

**Instructions**

In a bowl, mix dressings together. Set aside 1/2 cup mixture. Place raw chicken in remaining mixture. Heat olive oil in a frying pan on medium. Place chicken in pan and cover. Cook until no longer pink. Cook rice and set aside. Chop lettuce into bite-sized pieces. When chicken is done, cut into one-inch pieces. Roll up ingredients in tortilla. Top with remaining dressing and enjoy!

### *2006 Alarm Totals*

|                 |            |
|-----------------|------------|
| EMA             | 94         |
| Fires           | 6          |
| False Call      | 9          |
| MVA             | 5          |
| Service Call    | 25         |
| Good Intent     | 8          |
| Hazardous Cond. | 3          |
| Other           | 1          |
| <b>TOTAL</b>    | <b>151</b> |

## *Bits and Pieces*

◆ **NORTHWEST FIRE & RESCUE EXPO:**

Mark your calendars, because the Northwest's largest expo for fire, rescue, and EMS supplies and equipment is coming up on May 19-20, 2006. This expo is not open to the general public; it is open to fire personnel & their families. Contact your local equipment vendor for your FREE ticket. Questions? Call 503-769-6834 or 888-548-6834. For a list of exhibitors, visit: [www.northwestfirerescue.com](http://www.northwestfirerescue.com).

◆ **Firefighter Tip #1:**

Never miss an opportunity to use the restroom. The length of the call is directly proportional to the pressure on your bladder: the more pressure, the longer the call.

◆ **Firefighter Tip #2:**

According to a new Oregon law, when on a four-lane highway where a police officer has someone pulled over on the side of the road, you must move your vehicle into the opposite lane. See Chief Frost for details.

◆ **QUALIFIED INTERNS NEEDED**

Once again we are looking for qualified interns to fill two upcoming vacancies in our program. Sublimity will be saying good-bye to Spencer Mitchell in mid-May and Sean Doyle in mid-June. If you know anyone interested in becoming an intern, please have them call or swing by the station. Interns must be full-time Chemeketa students, preferably in the fire science program.