



HOTSHOTS... for the Gilbert Fire Department Volunteers

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April 2010

Kim's Corner

By Kim Yonda
GFD Volunteer Coordinator

April is one of my favorite months! True spring is here and the weather is great. But this particular April has so much more to offer it will always hold a special place in my heart! April is Volunteer Appreciation month nationally, and to see organizations throughout the country pay tribute to Volunteers is breathtaking. It is my hope that we continue to demonstrate appreciation to our Volunteers year round, but the opportunity to especially celebrate our Volunteers is fantastic!

This year's Volunteer Awards Ceremony, "Volunteers ~ Our Good Fortune," will be held on April 24. If you have yet to RSVP, please reply soon. It is going to be a fabulous event celebrating YOU! Award recipients will also be announced at the Ceremony. Please be sure to get your nominations in soon. And yes, *The Golden Plunger* award returns! This is a great opportunity to say thank you to a Volunteer. Recipients may be nominated by a Volunteer or by GFD Personnel, and submitted to me via e-mail or fax, and in person at the office.



GFD photo

Have you submitted your registration form for the Arizona Central Region Citizen Corps Symposium on April 16, and April 17? There are many great classes, and most are filling fast. You may attend on one or both days. Here is a great way to fulfill your supplemental training requirement for the year. Registration packets were sent by e-mail, if you would like another one please let me know. I look forward to seeing many of you there.

Every day I am inspired by our Volunteers. Thank you for sharing your inspiration, talents, and time with the Gilbert Fire Department!

FROM THE CHAPLAIN

Life in the Rear-View Mirror

By Chaplain Bill Birdwell

I have been preparing for my ordination for well over ten years now. This has been through education, by serving in my local church, and by being a chaplain. As I took the necessary steps that were laid out before me, I had to wonder where this road would eventually lead me, and if it was worth the journey.

Whenever we are involved in one of the many steps in life, our view is forward. It's as if we are looking out the windshield of a car. Our thoughts, feelings, and emotions are a reflection of what we are seeing in front of us. How we process the incoming information will, in some way, determine our response.

I can't tell you that all of the different steps that I went through to prepare for ordination were things that I would have chosen, or even that they were always pleasant. But I can tell you that when I look through the rear-view mirror at those steps now, they don't seem to be as frustrating or painful as they were then. When we are called to respond to difficult or traumatic events as Volunteers, sometimes it's our outward reactions and abilities that can make the difference in someone else's circumstance.

Take in all of what you are involved in. The event will mark you in some way. It will most likely mark someone else too. How others are marked is sometimes up to you and your reaction.

On March 1st, my wife and I sat before twenty other pastors. They would determine if I would be recommended for ordination. I was marked by this event, and by those who were sitting around the table interviewing us. My wife Kathy and I were a little apprehensive about the process. We will undertake the final part of our journey on May 21st. Though we will be looking fondly at the road behind us as Kathy and I participate in the ceremony of ordination, we will look with eager anticipation out the windshield at what lies ahead.

Reviewing CERT

By Johnna Switzer
GFD Volunteer

Last month I presented some medical review questions. I hope you did well. Did you get my hint about looking at the "big picture" when answering question number 3? (A person gasping for air without an obvious reason should make you think that this may be a hazardous materials incident, and you need to head up-wind immediately!)

The spring/summer season is upon us, and this could lead to outdoor accidents resulting in injuries. This month we are going to focus on medical triage. Good luck and enjoy the beautiful weather!

1. During triage, what determines the victim's mental status?
 - a. Failure to follow simple commands.
 - b. Fewer than 30 breaths per minute.
 - c. Capillary refill of less than 2 seconds.
 - d. Excessive bleeding from an injury.
2. The goal of triage is to identify victims who have:
 - a. Internal injuries.
 - b. Psychological trauma.
 - c. Closed-head injuries.
 - d. The 3 "killers".
3. To indicate the results of triage, every victim receives a tag with:
 - a. "#1" for first priority level, "2" for second priority level, or "3" for third priority level.
 - b. "G" for green (for release), "Y" for yellow (for observation), or "R" for red (for treatment).
 - c. "I" for immediate treatment, "D" for delayed treatment, or "Dead"
 - d. "L" for life-threatening injuries, "S" for severe injuries, and "M" for minor injuries.

Applause! Applause! Applause!

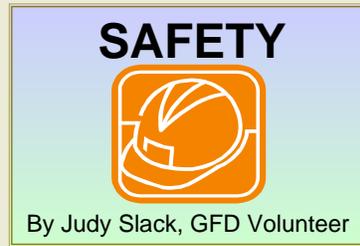
A round of applause to the Volunteers who helped stuff approximately 6,500 bags for the Walk for Water Safety.

Our goal was achieved and ahead of the timeline we were given.
Our Volunteers rock!

Bev Schweitzer
Terry Watson
Sonja Grosch
Bill Chaloux
Rick Harston
Ryan Keating
Sue Zocco

Jerry Witt
Tim Zalesky
Dan Zehring
Steve Smith
Dianna Erickson
Katharine Keller
Diane Howard

Janet LaTour
Wayne Szabo
Sumii Daikai
Chris Lefler
Mike Kessler
Jon Switzer
Herb Paule



Spider Safety

It's always time for safety, but if you're new or relatively new to Arizona, it's a good idea to become familiar with the local pests. Especially become familiar with those pests that might cause you or a loved one pain, or unexpected down time.

1. Tarantula - These are most often found outside in desert areas, perhaps while hiking any of the wonderful desert trails around the Valley. They can be as large as your hand, and they are hairy. Their coloring is typically brown and black, which matches the Arizona landscape. They are relatively harmless to humans though a bite will cause some discomfort.
2. Black widow spider - These spiders are highly venomous and it pays to know where they might be found. Typically they hang upside down from very sticky webs. The females are black with an hourglass shaped red mark on their abdomens. The males are tan with light striping on their abdomens. These spiders are often encountered outdoors around entryways, hose bibs, storage sheds, and possibly inside campers.
3. Scorpions - There are 30 species of scorpions found in Arizona. They are relatively inactive during daylight hours, and during our cooler season. The younger the scorpion, the more poisonous the sting. Size is usually an indicator of age.

First aid for spider bites should include:

- cleaning the site with soap and water
- using a cool compress
- elevating the affected limb to approximately heart level
- giving aspirin or Tylenol as needed for minor discomfort

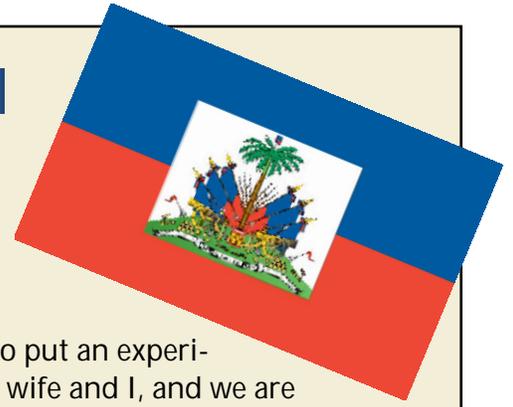
When in doubt about what kind of spider you are encountering, play it safe and keep your distance. If you think you have been bitten but didn't get a good look at the perpetrator, call Banner Poison Control Center (800-222-1222) and heed their advice.



HELPING IN HAITI

Part 2

By Justin Dupuy
Community Assistance Volunteer



When we came home from the trip, everyone was asking, "How was Haiti?" This was difficult to answer. How do you begin to put an experience like this into words? It was an incredible opportunity for my wife and I, and we are thankful that we were able to experience it and learn.

After taking some time to digest the trip, I gained a new perspective on Community Response. Overall, the ability to remain flexible in how we carry out our assistance, and our effectiveness in communicating empathy to those affected will, to a large extent, determine how useful we are in crisis response situations.

In terms of flexibility, when we respond to an emergency we should arrive on the scene prepared for many different scenarios and problems. This physical and mental preparedness is critical to solving problems. However; it is easy to get wrapped up and locked into a perception of exactly how our skills and resources will be used. Our skills are best utilized when we are able to put aside our own perceptions and agendas and submit to the command structure on the ground.

Once we were able to adjust to the flow of the situation in Haiti, we figured out new ways to use our resources and ultimately contributed to the response effort. Being flexible and adaptable is very important to the success of a Community Response mission.

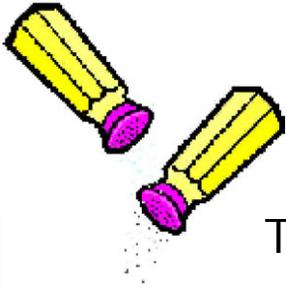
When dealing with people in crisis, it is important to meet them where they are. This means culturally, emotionally, and physically. With the children at the clinic, this meant using stuffed animals to give them comfort and lift their spirits. The Haitian people speak Creole French and the Dominicans speak Spanish. This posed a cultural barrier that had to be crossed through hand gestures, eye contact, and thankfully, translators. We met many people whose immediate need was food, and we were usually able to provide them with, at least, something to eat. It was assumed that we would be called upon to meet the medical and physical needs. However; there was one thing that we really couldn't help. This was the desolation and loss that was in their hearts. I think the only thing you can do in a situation like this is to somehow communicate that you are deeply sorry for what they are going through, and that you genuinely care. Do not say "I know how you feel," because unless you have lived through exactly what they have experienced, you don't. And they know that.

One of the opportunities for me to address this was during a night shift at the clinic. It was about midnight and one of the boys was whimpering. His leg stump was itching and painful. I had given him some Benadryl and some pain medication, but they weren't working. I wanted to communicate to him that I was sorry for his pain and his loss, but he only spoke Creole. I decided to pick him up and hold him as if he were my own boy. I held him on my lap and rubbed his back. Although I was unable to change anything about his situation, at least I was able to give him some comfort. Empathy is sometimes very difficult to communicate, but it is essential in crisis situations.

I came away from this trip with an improved understanding of how flexibility and empathy can be very useful in disaster situations. I know my experiences in Haiti will help me when dealing with situations through the Town of Gilbert's Fire Corps Program.

As I said, it is difficult to put my Haiti experience into simple words, but I am thankful I had the opportunity to learn from this experience.

Pictures and stories of our trip are on Facebook. Join the group, [Team Haiti at the Grove](#).



F Y I

To Salt or Not To Salt? That is the Question!

By Belinda Barclay-White, MD

Salt is crucial for our health, but we eat far more than we need. Our bodies need the sodium ions in salt for a variety of essential bodily functions. Too much sodium has been linked to several health complications. High blood pressure, heart disease and stroke are the most common. The Mayo Foundation for Medical Education and Research says that 5% of our salt intake is added while cooking, 6% is added while eating, 12% comes from natural sources, and 77% comes from processed and prepared foods.

According to the National Academy of Sciences' Institute of Medicine, and the Departments of Agriculture, and Health and Human Services, healthy adults should not exceed 5.8 grams (2,300 milligrams) of sodium a day. We should actually target 3.7 grams per day. If we stayed within this range, it would have a tremendous effect, reducing the annual number of new cases of coronary heart disease, stroke, and heart attack by half. It would similarly reduce the annual number of deaths from these diseases by half. All this could save \$10 billion to \$24 billion in health care annually!

Six grams of salt is a level teaspoonful. It is difficult to measure our consumption because the majority of the sodium (77% on average) comes from eating prepared or processed foods. Salty tasting foods such as potato chips, bacon, cheese and olives are obvious culprits but bread, breakfast cereals, biscuits, baked beans and ready-made meals can be high in salt as well. Therefore it is very difficult to stay within the daily recommendation if the majority of your meals consist of processed food.

How can you tell how much you are getting in your diet? The food labels can be confusing and are often not complete. As a guide 0.5g or more of sodium per 100g is a high level. Below 0.5g is moderate and 0.1g is low. To calculate the amount of salt by weight, multiply the sodium content by 2.5.

Generally speaking, foods that do not have a label are not high in sodium. Fresh fruits and vegetables are extremely low in sodium. Dried fruits are higher in sodium. Frozen vegetables are typically quite low in sodium, but the canned version can have sodium added. Fresh meats and most dairy products are not usually high in sodium, unless they come in a box and are pre-prepared. Baked goods can be deceiving so be sure to check the label as there is sodium in baking soda and baking powder.

Our palates get accustomed to a certain level of salt, but they re-adjust after a few weeks of a lower salt diet. By decreasing your use of salt gradually, you will start to notice the taste of the food you are eating with less of a requirement for the saltshaker.

The best way to keep your sodium intake from climbing too high is to limit fast foods, prepared foods, and otherwise processed foods. As a general rule, shop the periphery of the grocery store to limit your exposure to processed foods and therefore limit your sodium intake.

As Volunteers we get to see our GFD professionals respond to many incidents, and some of them are very tragic. On these calls we all take a great amount of pleasure and satisfaction in supporting the crews and the citizens of Gilbert.



Recently we were asked to assist a crew. Our actions helped to prevent that crew from having to leave the station at all. The parents of a 9 month and a 6 year old child approached the crew of E252 A shift with a concern they had about their backyard swimming pool. The pool was not fenced, and the door to the backyard could be opened by the 6 year old. Their worry was that the 6 year old would open the door, and one or both of them would fall into the pool.

The crew obtained information about where they could get financial assistance for having a pool fence installed. However, until that fence could be erected, there was a very real danger the children could fall into the pool. Having to go on a run for an infant or child drowning is the fear of every member of GFD. But going on a child drowning run and facing parents who had reached out for help in advance would be an unimaginable pain.

The crew of E252 obtained two door alarms that will sound each time the door is opened, and a bar that stops the sliding glass door from being opened by a child. Community 251 was asked to go to the house and install the alarm and bar. Jeff and I met the parents at their home, explained the operation of the alarm and bar, and then installed the equipment the Captain obtained through the assistance of the Gilbert Emergency Relief Fund (GERF).

Although we will never know for sure, our assignment may have prevented a 911 call. The best possible outcome is achieved when the need for a 911 call is prevented in the first place.

By Jeff East and Larry MacDonald
GFD Volunteers



You've Been Spotted
Thank you for doing something great!



The sun shines a little brighter and hearts feel a little warmer thanks to the many families and individuals who participated in the *Bundles of Hope* and *My Blankie* Volunteer projects. **YOU** made a difference, thank you!

You are appreciated!



G.F.D.V.I.P.'s

Congratulations to our April VIP's, BOTH Jim Breen and Kerri Scott! Jim and Kerri worked together for several months to organize our Skills Assist Team, and they created an amazing curriculum.

Jim moved to Gilbert from Wisconsin three years ago, and began to Volunteer with GFD in 2009. His Volunteering philosophy explains that "It's easy to say I'll do it tomorrow, but sometimes tomorrow never comes." Volunteering is an important piece of Jim's life; he also shares his time with Friends of the Needy, and Literacy Volunteers of America.

In addition to spending time with his three children and grandchildren, Jim enjoys hiking and reading. His favorite book is *The Big Sky*, but he enjoys the works of many authors. Feel free to share your favorite "Beverly Hillbillies" television scenes with him because he owns every episode!

On April 27, Jim will celebrate his birthday. The next time you see this wonderful member of our team be sure to wish him a "Happy Birthday!"

Kerri Scott joined the GFD Volunteer Program in 2009. She has lived in Gilbert for four years. She has a seventeen year- old son, two cats, and an agility dog. Prior to moving to Gilbert Kerri lived in Kuwait, and Tianjin, China.

Kerri says that her Volunteering philosophy is to "Volunteer where needed." Over the years Kerri has also shared her Volunteer time with Rock Point Church, and with the Tianjin School.

Kerri has an adventurous side. When her son turns eighteen she plans to take him sky diving. Kerri also enjoys agility dog training, hiking, and triathlon training.

Kerri says that her greatest achievement is raising her son to be an honorable man. The next time you see this fantastic member of our team, be sure to say hello, and "I saw you in HotShots!"

Reviewing **Community Assistance**

By Steve Smith and Dan Zehring, GFD Volunteer

1. The center of the Town is:
 - a. Val Vista/Warner
 - b. Gilbert/Baseline
 - c. Gilbert/Elliott
 - d. Gilbert/Ray
 2. On the MCT at the end of your shift
 - a. Log off
 - b. Sign off
 - c. Shut down computer
 - d. You do not need to do anything to the MCT
 3. You may wear your Community Assistance uniform shirt when you are not volunteering as a Community Assistance Volunteer.
 - a. True
 - b. False
 4. You should wear your safety vests at every
 - a. Scene
 - b. MVA
 - c. Structure fire
 - d. Holiday event
-



The Fire Prevention Division is in **dire need of Volunteer assistance** with the following position. It requires a commitment until August 1, 2010, (give or take a little bit) and would take approximately 8 hours per week. The hours are flexible between Monday and Friday from 8 AM to 5 PM. They can be served in a solid eight hour block, or in two four hour blocks. The position is data entry into the Firehouse system. It requires the Volunteer to be comfortable with computer usage. Hands on program training will be provided.

If you are interested please reply to Kim Yonda.

HOTSTUFF

APRIL

3 Logistics Team	9:00 - 10:00 AM	Room 2	CERT/FC
13 Training Team	3:00 -4:00 PM	Room 2	CERT/FC
16 ACRCCC Symposium	8:30 AM - 4:30 PM	Ampitheater	▲/GFD/GPD
17 ACRCCC Symposium	8:00 AM - 3:30 PM	Ampitheater	▲/GFD/GPD
22 Tent Exercise	6:00 -7:30 PM	Station 1 vacant lot	▲
24 Volunteer Appreciation Awards	11:30 AM	TBA	CERT/FC

MAY

10 Operations Team	6:30 -7:30 PM	Room 2	CERT/FC
15 Collosion Avoidance	8:00 AM - 12:00 PM	Tempe Training	CA

Little Caesars Pizza Fundraiser starts May 10.
Watch HotShots for more information.

Fire Administration will be closed May 31 for Memorial Day



▲ Supplemental Training classes are open to CERT, FC, and VIPS Volunteers.
Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov

An up to the minute CERT/FC training calendar will be found at
<http://www.ci.gilbert.az.us/fire/volunteers.cfm>

Welcome
New GFD Volunteers
Chris Lefler Jan Allen
David Rodriquez