



HOTSHOTS... for the Gilbert Fire Department Volunteers

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October 2010

Kim's Corner

By Kim Yonda
GFD Volunteer Coordinator

As I was preparing to write this letter, I was overcome with enthusiasm and energy. I believe this was not only because of the fantastic Volunteers on our team, but because of my recent return from a conference called "Growing Communities Through Volunteerism." I am inspired, energized, and looking forward to sharing information and incorporating new ideas into our program. Hang on, we are in for a fun ride!

One of the Key Note presentations I found particularly interesting was "Generational Volunteers," presented by David Remson. His humor, and the history and research he shared showed the ways to develop strategies for engaging individuals across the generational spectrum. I found this interesting because our Volunteer Program has Volunteers from four generations. These are "The Veterans," "Baby Boomers," "Generation X," and "Millennials." Did you know the largest generation is the "Millennials" with 77 million members, and the smallest is "Generation X" with 54 million? Our Volunteers range from ages 18 to 81! What an amazing group of talent, knowledge, and expertise we have! If you want to learn a little more about your generation and interacting with others, please be sure to attend the upcoming Mission Possible training on October 23, or 26. You pick!



Our "Butterbraid" fundraiser has begun, and order forms are now available. If you are a GFD Volunteer, you may pick up your order form, or ask for one to be mailed to you. To order Danish, please contact me (kim.yonda-lead@gilbertaz.gov). We will be selling the delicious Danish through the month of October. Proceeds will benefit our Gilbert Fire Department Volunteer Program. The Danishes are perfect for a morning breakfast or brunch, especially over the holidays. Thank you all, we appreciate your support!

Grab your pens and mark your calendars for a training you won't want to miss! Mission Possible will be held on October 23, and October 26. (Please refer to the calendar for details.) You will discover a little more about your generation, meet Gilbert Police Volunteers, discover new opportunities for Volunteering in an emergency, and select the positions you would like to be activated for. Be sure to watch your e-mail for information. I highly encourage all Volunteers to attend. Be sure to RSVP as soon as you can, the class will fill up fast.

Thank you for being a champion for our cause ~

Cook & Ladder

*HotShots is running tried and tested Gilbert **Firehouse Recipes** that our crews and Volunteers might enjoy. If you have a Firehouse Recipe that works, and/or a cooking tip that helps, please send it to Kim.*

AND if you are a firefighter with an urge to write, come assist HotShots with this new monthly feature. Just contact Kim (kim.yonda-lead@gilbertaz.gov). We would welcome you with open arms!

This recipe comes from Andy Larkin and the crew of Engine 252A

Baby Back Ribs

Ingredients:

1 or 2 slabs of baby back ribs
2 to 3 liters of Barbeque sauce

Cut slab into 2 to 3 riblets.

Put in a big pot and fill with barbeque sauce until all ribs are covered.

Boil for 1 1/2 to 2 hours until meat begins to separate from the bone.

Remove the ribs and put on a hot grill and baste with barbeque sauce.

Cook approximately 5 to 10 minutes, just to get the grill marks and allow the barbeque sauce to set in.

Remove and eat.



Applause! Applause! Applause!

Thank you for Volunteering at the Welcome Table during the Basic CERT class!

Jon Switzer
Bob Watson
Nicole Hayes
Sonja Grosch

Janice Edgington
Lila Stubbs
Terry Watson

Reviewing CERT

By Johnna Switzer
GFD Volunteer

This month we will be looking at disaster psychology. Below is a scenario to read before answering the questions. There may be more than one answer.

It is Wednesday afternoon at the San Tan Village shopping mall. A microburst touches down near the mall, causing damage and injuring shoppers. Members from Gilbert CERT are deployed by the fire department. The first members to arrive are assigned to assist with setting up a command post in the parking lot. Once that is completed they receive their next assignment.

Select the best answer or answers for the following questions related to this scenario.

1. It is time for the CERT members to conduct a triage evaluation. Two members, Vince and Carly, begin to talk to victims and gauge their injuries. First they meet Bernadette and Lucy. What are the three (3) "killers" Vince and Carly should look for in their evaluation?

- a. Shock
- b. Superficial bruises on head
- c. Obstructed airway
- d. Broken limbs
- e. Dilated pupils
- f. Uncontrolled bleeding



2. Lucy has a headache but is alert. Other than a few bruises, she does not appear to have any other injuries. Bernadette has a bleeding head wound. She is also having trouble catching her breath. Based on what the CERT members observed, does Bernadette or Lucy require more care?

- a. Bernadette
- b. Lucy

3. CERT member Carly is examining Lucy. Lucy insists that she is fine and just wants to go home. Since nothing is physically wrong with her, she thinks that she is fine and that she will go home and forget about it. What are some effects of traumatic stress that Lucy might experience?

- a. Thirst
- b. Dizziness and fainting
- c. Difficulty making decisions
- d. Elevated blood pressure
- e. Muscle tremors
- f. Acting in ways that are out of character

Answers: 1. a, c, f 2. a 3. a, b, c, d, e, f



by Josh Mock

Phillip Moore and I were heading to Station #1 because we wanted to put ice in the cooler. We were driving eastbound on Williamsfield Road, and as we approached Val Vista, I saw a disabled vehicle. The owner was standing in the shade. We stepped out of the vehicle and Phillip put out cones and turned on the lights for safety. I went and spoke with the customer (I'll call him Joe) to see if there was anything we could do. He said that he was fine, and that he was waiting for his father to come back with a new tire. Because his car was in the street, and partially in the traffic lanes, I told him that we would stay with him for added safety. We offered him some water and a seat in the air conditioned Suburban. As we waited I started to fill out the incident report. Joe told us that he was on his way to work when the tire went flat. He then explained that his step-father was looking for a tire shop but because it was Sunday, no tire shops would be open until 10:00AM. Phillip and I decided to drive him to work so that he wouldn't be any later than what he already was. Then we would go back to his vehicle to wait for his step father. We would put the tire on the car, and then drive his car to Joe's work. He was amazed that we could do something like that, and agreed that this was the best option. So Phillip and I took him to his work as a salesman, and then waited for his step father to come back with the tire. When he returned I put the tire on the vehicle. When the step father asked if we would also install the other tire he had purchased, we gladly did. When we returned to Joe's workplace to give him his car keys, he approached us with a big smile. He explained that because we took him to work when we did, he was able to make a \$12,000 sale. I want to end this article by reminding everyone to always reassess what is going on during a call. Think outside of the box, there might be something that could be done that doesn't come to you right away.



A Little Laugh

After a Halloween party, two Firemen took a shortcut through the cemetery. Right in the middle of the cemetery they were startled by a knocking noise that seemed to be coming from the shadows. Since they were Firemen they knew no fear, so they looked around and soon found an old man with a hammer and chisel, chipping away at one of the headstones. "Holy cow, Mister," one of them said, "What are you doing!!! We thought you were a ghost! What are you doing working here so late at night?" "Those fools!" the old man grumbled. "They misspelled my name!"

FROM THE CHAPLAIN

RUNNING THE RACE

BY CHAPLAIN BILL BIRDWELL

I recently planned a 2nd Annual Campout at a great spot for the men and their sons from our church.

On one of our camping days, we all took an excursion up to the waterfall to see the Indian ruins, and do a little exploring. I had been to this spot before, and to get to the base of the falls where the ruins were you had to traverse a steep hill that is about 100' down, at about a 70 degree angle, and with lots of loose rock. Now, I had made this climb many, many times before – albeit 35 years ago, or more – and it didn't look "too bad." But as I stood at the top of the hill, the final straw was picturing my older, out of shape body sliding down that hill. It was the first time in my life I said, "I might break a hip!" out loud. So...I and a few of the others decided to walk down the trail a bit. We wanted to find a more "suitable way" to walk down to the creek. After what seemed like walking a very long way without finding a better place, we turned back. As I stood at the top of that same steep hill again, I told myself that I was not going to let this hill get the best of me – injury or not. As you can imagine by reading this far, I should have stayed at the top of the hill.

I used the monopod with my digital camera attached to for additional support as I went down. It worked pretty well, and I made it down to near the bottom and finally saw the creek. To my dismay, I had gone too far down and had to climb part of the way back up, then down again. But the group finally made it – mission accomplished and without injury!

The waterfall was all that I remembered it to be. It was awesome to sit below the power of that water. It was falling nearly 150' and crashing onto the large rocks at the bottom. But then...how was I going to get back up the hill? Most of my adventures to the waterfall were traveled through the actual creek bed, climbing over the large limestone rocks and through the water – so I talked a friend into joining me to walk the creek part of the way back. Little did I know ...

The quarter of a mile or less that my friend and I traveled was treacherous, to say the least. There were a lot of large trees down. I said that I didn't remember it being this difficult, and my friend replied sarcastically that it was funny how things could change in 35 years. We both laughed as we climbed over the next tree, and that's when it happened. I slid down a large bolder and tore the side of my leg on jagged limestone. It wasn't the broken hip that I had predicted, but it hurt none-the-less. Time for a change in plans. I looked up and declared loudly (so the bears could hear me) "I'm going that way!" After another 30 minutes, we both made it to the top. The only casualties were my right leg and, of course, my monopod. It gave its life so that I might go on living!

There is more to the story, but I will leave you with this – we all must run the race of life, toward the prize or goal at the end (whatever you think that may be). In my case I go back to Scripture where it tells me that I run the race toward the prize that God has set before me. What I have often done though, is mistake the actual race itself. You see, it is my race to run...not God's, my wife's, my sibling's, or my friends...MINE. I must make choices along the way...choices with the prize or goal in mind, and those choices have to be made through my faith, my morals and my integrity. It's not just climbing down the hill to see the waterfall, it's taking risks that we are sometimes uncomfortable with – even if our footing is loose. Sometimes our biggest fears, when conquered, can become our greatest accomplishment, and keep us running the race with confidence. Even though we have to run our own race, there are others running right alongside us who may need our encouragement and support.

Run your race. Keep your eye on the prize set out before you. Encourage others along the way. Be safe!



By Sheri Gibbons
Emergency Management Coordinator, TOG

Heat related deaths and illness are preventable, yet in recent years excessive heat has caused more deaths annually than all other weather events combined. Historically, the CDC notes that from 1979-2003 excessive heat exposure caused 8015 deaths in the United States.

During a heat wave, stay hydrated, listen to critical updates from the National Weather Service, and check on family, friends and neighbors who spend much of their time alone or may be without air conditioning. Those more likely to be affected by the heat include the elderly, the very young, or those who are sick. Also, ensure pets have the water and shade they require.

To learn more about excessive heat go to <http://emergency.cdc.gov/disasters/extremeheat>

You've Been Spotted

Chaplain Rick Oller
Chaplain Carmin Battista
Chaplain Bill Birdwell
Kerri Scott
Kevin Johansen
Beverly Schweitzer
Bob Hoeberrmann



You are appreciated!

New Lobby

by Josh Friedman, GFD

The Town of Gilbert was awarded a grant to target harden the lobby of the Fire Department and the Police Department investigations section. These projects are nearing completion and include locking doors with remote access and photo capability, bulletproof walls and glass, and increased security procedures. Please take the time to check out the projects as they finish in the coming weeks. In addition, be prepared for updated information related to entering the facility for training classes, and how persons without badges will access the facility.

In Memorium



Gary Pettett passed away on August 9th. Gary was a Volunteer with the department for many years. We will always recall his smile and eagerness to lend a hand. Gary shared his time parking cars, working with our HAM radio team, taught CCC CPR, and participated in CERT drills and trainings in a positive manner. If there was a project the department needed assistance with, Gary was right there to lend a hand. He was also an active team member on the Specialties Team that contributed to the writing of SOPs for the Parking Specialty.

Gary was passionate about his family, his employment with Basha's, and his Volunteering with the department. He was kind to all of us, and we will miss him.

HOTSTUFF

OCTOBER

4	Butterbraids Fundraiser Starts			CERT, FC
23	Mission Possible	9:00 AM - 12:00 PM	Amphitheater	CERT, FC, VIPS
23	Specialties Team	12:00 - 1:30 PM	Room 6	△
23	Logistics Team	12:00 - 1:30 PM	Room 6	△
23	Bloodborne Pathogens	1:00 - 5:00 PM	Room 1	△
26	Mission Possible	6:00 - 9:00 PM	Amphitheater	CERT, FC, VIPS
31	Butterbraids Fundraiser Ends			CERT, FC

NOVEMBER

1	Co-Chairs Meeting	4:00 - 6:00 PM	Room 6	Co-Chairs
3	Towing A Trailer	6:00 - 7:00 PM	Room 6	CERT, FC
9	Butterbraids Fundraiser Pick Up	5:00 PM	Room 2	CERT, FC

Mission Possible

A Very Important Training for all CERT, FC, and VIPS Volunteers

Volunteering as an Emergency Worker and Emergency Support Functions

October 23 9:00 AM - 12:00 PM

October 26 6:00 -9:00 PM

Two presentations. Pick the one that is best for you.

△ Open to CERT, FC, VIPS and USA on Watch 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>