

Flash Point



LANE FIRE AUTHORITY

Fall/Winter Edition: 2017

**Featured in this issue of
Flash Point:**

- 2017-18 Burn Permit
- LFA sends crews to four major fires.
- Meet Your Firefighters.
- Upcoming LFA Events.
- Winter's Coming, Be Prepared.
- Crow Station Remodel.
- Back To School Safety Tips.

**Welcome to the
Fall/Winter Edition of
Flash Point**

A Message from Capt. Stan Turner, Editor

Thank you for taking the time to read the 32nd publication of *Flash Point*, Lane Fire Authority's bi-yearly newsletter. Since the fall of 2003, the goal of *Flash Point* has been to provide our patrons with important information regarding your fire department's services, educational programs, health and safety tips and community services.



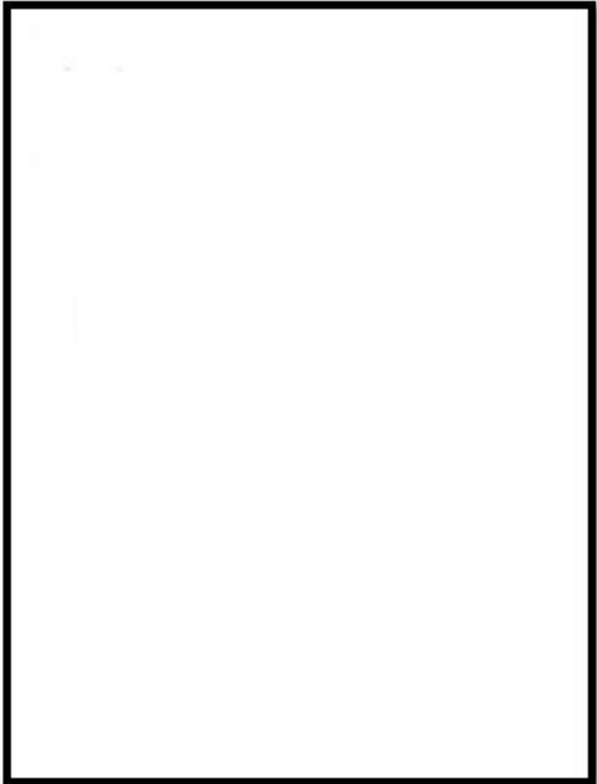
We are a "combination" department, meaning we have both paid and volunteer staff with a total of 120 members. Our motto is "Dedicated to Service" and as written on many of our apparatus, we have a tradition of "Neighbors Volunteering to Help Neighbors." Both statements reflect our purpose and goal. Together, paid and volunteer staff are dedicated to serving the emergency needs of our patrons, no matter the time of day or night. We may get up in the middle of night to respond to calls, and with little sleep, report to work the next morning. We are constantly training to improve our skills. We devote countless hours

to supporting our communities through conducting school fire-safety programs, providing medical support at athletic and community events, offering classes in CPR and first aid, and hosting local holiday food and toy drives.

Lane Fire Authority comes from a long tradition of providing emergency services to both rural and suburban communities. Our heritage can be traced to a collection of small rural fire protection districts that provided volunteer coverage for the small communities of Alderwood, Alvadore, Crow Valley, Elmira, Irving, Franklin, Walton and Veneta. Gradually, consolidation led to the formation of Lane County Fire District #1 and Lane Rural Fire/Rescue, culminating today with Lane Fire Authority. Each consolidation has led to improved services, better equipment and more comprehensive training.

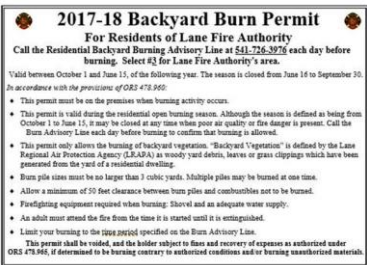
The articles in this edition of *Flash Point* reflect our continuing effort to keep our patrons informed and aware. You will find topics ranging from safety tips, to suggestions on how to prepare for major disasters, introducing members of our department; upcoming public events that demonstrate our skills; educational opportunities; and our charitable activities.

Our motto, *Dedicated to Service*, reflects who we are and what we do. Please feel free to contact us anytime with questions or concerns. BUT, if you have an emergency, please call 911!



**Burn Season Delayed –
Watch Our Website for
Updates**

Our hot, dry summer, and the absence of a soaking rain at the start of fall has delayed the start of the backyard burn season. If you live in an area that allows backyard burning on days approved by LRAPA, please keep informed of the date backyard burning season opens by going to the home page of our website: www.lanefire.org (Note: if there is no information posted on our website, it means the backyard burn season has not yet opened.) Please also note you are required to have a Burn Permit in your possession and be in attendance at the site of your burn pile. A copy of LFA's Burn Permit (no charge) is printed on page 3, along with associated regulations and restrictions. Once the season opens, Burn Permits will also be available outside the entry doors of all of our fire stations.



Sample – See page 3 for LFA's burn permit and regulations.

In 2017 Lane Fire Authority Helped Battle Four Major Oregon Fires

Lane Fire Authority sent crews and apparatus to four major wildland fires this year, a season that saw a proliferation of major fires in western Oregon and Washington state. LFA is among numerous local



Chetco Bar and Milli Fires



Eagle Creek Fire

The **Hillsboro Tribune** reported: *Fighting Oregon wildland fires this year has cost state, federal, local, tribal and private entities more than \$340 million and consumed 678,000 acres, as of Monday, Sept. 18, according to state authorities. All of that activity manifested into smoke-filled air and limited visibility for many Oregonians. The "sheer volume of fires all at the same time and continuous days of growth up through Washington and Idaho" created the oppressive conditions, said Doug Grafe, fire protection division chief at the Oregon Department of Forestry. More than 8,000 personnel from different agencies have been deployed to fight 1,903 separate wildland fires across the state. That's more than one-third of the personnel deployed to combat wildfires nationwide, Grafe said.*

LFA Will Participate in Several Holiday Community Events in 2017

One of the reoccurring themes in Lane Fire Authority is our commitment to supporting our greater community through our members volunteering their time and efforts at charitable events, many of whom face day-to-day economic struggles of their own.

We encourage you to mark on your calendar the following holiday events:

Friday, December 1 and Saturday, 2 - "Stuff the Truck" with non-perishable food (canned and packaged) and toys.

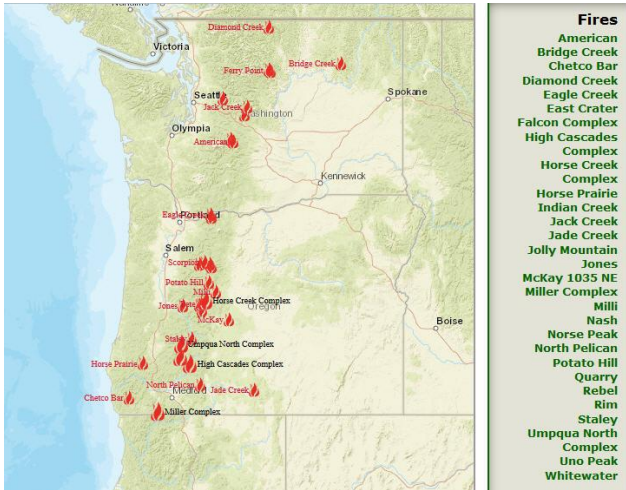


This event will once again be held at the West Lane Shopping Center in Veneta. The Veneta and Elmira postal carriers will also be collecting nonperishable food together with LFA. All of the food and toys will be distributed locally by the Kiwanis of Fern Ridge.

Lane Fire Authority apparatus will be present at "Stuff the Truck." "Children of all ages" will have an opportunity to sit in the driver's seat and LFA personnel will be available to answer questions. Stickers and souvenir fire hats will be given out.

December 16th, is the North Battalion Light Parade, food and toy collection. This classic event is best known for the lengthy parade of fire apparatus, all decked out with hundreds of holiday lights and decorations, snaking through the Irving neighborhood. Santa and Fire Pup dart about, along with LFA volunteers, all who collect food and toys generously donated by local residents. All items collected are given to Food for Lane County and Toys for Tots.

If you would like to make a donation of toys and/or nonperishable food but are unable to attend either event, you are invited to drop off your donations at one of our two main stations: Station 101 in Veneta, 88050 Territorial Highway or in the Irving neighborhood, Station 115, located at 29999 Hallett Street.



The map above shows the fires that were active in Oregon and Washington in late August of this year. Even fires that are under control will continue to burn until at least early winter and the arrival of a series of soaking rains.

Oregon fire departments that sign a voluntary agreement to provide apparatus and personnel when the governor invokes the Oregon Conflagration Act. Providing personnel and apparatus has mutual benefit. Our department provides support for other Oregon communities and is on the receiving end in the event of a major conflagration threatening life and structures in our fire district. The Conflagration Act was originally passed in 1947 as a civil defense measure. Once it is invoked by the governor, the act allows the State Fire Marshal to mobilize firefighters and equipment from around the state. This year LFA crews and apparatus were sent to the Milli fire near Sisters; the Chetko Bar fire that threatened the town of Brookings; the Eagle Creek Fire near Cascade Locks; and the Jones Fire, northeast of Dexter. LFA still has a crew providing medical backup at the Jones fire.



2017-18 Backyard Burn Permit



For Residents of Lane Fire Authority

Call the Residential Backyard Burning Advisory Line at **541-726-3976** each day before burning. Select #3 for Lane Fire Authority's area.

Valid between October 1 and June 15, of the following year. The season is closed from June 16 to September 30.

In accordance with the provisions of ORS 478.960:

- This permit must be on the premises when burning activity occurs.
- This permit is valid during the residential open burning season. Although the season is defined as being from October 1 to June 15, it may be closed at any time when poor air quality or fire danger is present. Call the Burn Advisory Line each day before burning to confirm that burning is allowed.
- This permit only allows the burning of backyard vegetation. "Backyard Vegetation" is defined by the Lane Regional Air Protection Agency (LRAPA) as woody yard debris, leaves or grass clippings which have been generated from the yard of a residential dwelling.
- Burn pile sizes must be no larger than 3 cubic yards. Multiple piles may be burned at one time.
- Allow a minimum of 50 feet clearance between burn piles and combustibles not to be burned.
- Firefighting equipment required when burning: Shovel and an adequate water supply.
- An adult must attend the fire from the time it is started until it is extinguished.
- Limit your burning to the time period specified on the Burn Advisory Line.

This permit shall be voided, and the holder subject to fines and recovery of expenses as authorized under ORS 478.965, if determined to be burning contrary to authorized conditions and/or burning unauthorized materials.

Safety Tips

- Call the burn advisory line every day prior to lighting a burn pile. You may also check LRAPA's web-site at www.lrapa.org
- Keep the yard debris pile dry by covering with plastic until ready to burn. Remove plastic before lighting.
- Use small, dry wood to start a fire like one would for a camp fire. Add small amounts of yard debris to the fire, keeping it burning hot and clean with little smoke.
- Yard debris should be of a diameter that will burn in a one-day time span, as allowed by LRAPA (i.e., stumps are too large). The purpose of this restriction is to ensure that the debris will be burned by the evening, before an inversion layer traps the smoke. This will help keep the air clean for residents who may have respiratory difficulties.
- You may use a burn barrel; however, all backyard burning rules still apply.
- **Never** use flammable liquids to start a fire. Accelerants can be invisible until ignited, and explosive.
- Maintain a safe area around the burn pile where children are not allowed.
- Recycle yard debris instead of burning. It keeps the air cleaner and can be done all year.
- If a fire burns out of control, call 9-1-1 immediately.

To report a complaint about burning, call the LRAPA complaint line at 541-726-1930.

There are many types of burning permits issued, depending on how debris was generated. Please read below to determine which rules to follow.

Backyard Burning Permit:

The Backyard Burning season is determined by both the fire service and the Lane Regional Air Protection Agency (LRAPA). LRAPA has determined that backyard burning will be allowed between the dates of October 1 through June 15. The season can be closed on any day due to poor air quality or fire danger. The season is permanently closed from June 16 to September 30 due to an increase in fire danger. A Lane Fire Authority burn permit must be on the premises while burning backyard vegetation.

Slash Burning Permit:

This permit is issued by the Oregon Department of Forestry (ODF) to burn logging slash debris. Contact Western Lane ODF at 541-935-2283 for more information.

LRAPA Letter Permit:

This type of permit is generally issued for land clearing operations. These burn piles are often very large, and material to be burned looks like logging slash and will include stumps. LRAPA performs a required inspection of the piles and often requests that the fire department accompany them for advice regarding any fire safety concerns. LRAPA will then issue a letter that permits the type and amount of material to be burned, but the District issues the permit to actually burn the material. The letter permit usually has a termination date whereby if the material does not get burned, then the responsible party will need to obtain an extension. These fires can be started on a sanctioned burn day and be allowed to burn continually until the material is gone. LRAPA will advise the responsible party on methods to gain a rapid, efficient burn. Contact LRAPA at 541-736-1056.

A Burn Permit must be issued by the Fire District prior to lighting a land clearing, non-logging debris burn pile.

Agricultural Permit:

LCFD #1 has the authority to issue permits that are designed to address vegetative material that does not fit either into the Backyard or Letter Burn Permit categories. An Agricultural Permit is issued because the volume of material is more than what could be burned in a single day's burning, or it was produced as a result of a commercial agricultural process, i.e., large amount of windfall debris after a storm, or Christmas tree farming operation. These fires are to be started on an approved burn day and are allowed to burn continually until the material is gone. LCFD #1 will inspect the piles to be burned to ensure that the piles do not contain any prohibited items or materials, and will advise the responsible party of any additional requirements, such as suppression equipment, or clearing.

A Burn Permit must be issued by LCFD #1 prior to lighting an Agricultural burn pile.

Note: Our Agricultural Burn Permits are for downed, dead material, not live standing grass or weeds.

Note: Field burning is not allowed under our Agricultural Burn Permit even though it is an agricultural process. Field burning is managed through the Department of Agriculture under rules established by DEQ, for fields that are registered by the grass seed grower.

Note: Slash burning is managed by ODF as a part of permitted logging operations. Burning is permitted under a forestry smoke management plan and is exempt from the rules of LRAPA.

Open Fires:

Recreational, cooking, and warming fires do not require a permit as long as these fires are on the property of the legal occupant of that property, and the fire is in a designated fire ring. A fire ring should not be larger than 36" across with additional clearing space or green grass that has been mowed short. A cooking fire usually has a set-up for a grate or spit. These types of fires can be initiated at any time of the year providing there is not a total ban of all fires imposed by ODF through a **Regulated Use Closure**, which is often imposed in the dry summer months. Fire suppression equipment, such as an adequate water supply and shovel should be kept nearby and used to extinguish the fire when it is not in use.

Back Yard Burning & Common Sense



Depending on the weather and air quality, burn season could open as late as Sunday, October 15th (Note: you must

live outside the Eugene Urban Growth Boundary to be able to burn in your backyard). If you are planning on burning this season, please keep this page. It contains your "burn permit." Further, make sure it is a *burn day* by calling (541) 726-3976.

Why do we have a limited burning season and require a burn permit on the premises? It is all related to health concerns, safety, and not burning when there is high fire danger. If you do burn, your burn piles must be no larger than three cubic yards (multiple burn piles are allowed). Your burn piles are limited to yard vegetation (woody debris, leaves, or grass). You cannot burn paper, rubber products, tires, plastic, garbage, petroleum and petroleum-treated materials, asphalt, industrial waste, or any material that creates dense smoke or noxious odors. A shovel and adequate water supply must be nearby. An adult must be present and all fires must be extinguished by dark (this is so smoke can escape more readily into the atmosphere).

What you can do to reduce or eliminate backyard burning:

- **Precycle** – Buy recyclable products.
- **Compost** – Let your yard debris and food waste decay. There are some great and easy ways to do this. Go to <http://www.wikihow.com/Compost>.
- **Reduce** – Reduce the amount of “junk” mail you receive. Tell companies to remove your name from their mailing lists.
- **Reuse** – Think before your burn if the item can be reused, fixed, or salvaged.
- **Recycle** – Recycling has come a long way. You can now recycle such items as newspaper, magazines, “junk” mail, glass, metal, and plastics. Contact your local recycling center for more information.
- **Properly Dispose of Waste** – Do not litter, dump, or burn your waste items. Use a waste collection service, transfer station, convenience center, or local landfill.
- **Cover Your Burn Piles** and, for the first backyard burn of the season, wait until we've had a good soaking rain.

Before you burn, remember to call the Lane Regional Air Protection Authority using the phone number on your burn permit. Each day, LRAPA analyzes air quality and weather data to determine if ventilation is sufficient to allow open burning in the Willamette Valley.

If you would like to learn more about the regulations related to backyard burning, the State of Oregon air quality rules that govern open burning are found in Oregon Administrative Rules, Chapter 340, Division 264. It is important to be aware that open burning violations can result in penalties of up to \$10,000 per day of violation.

Meet Your Firefighters

(Each edition of Flash Point introduces our patrons to five to six of our 120 firefighters. As can be seen by those featured in our Fall/Winter issue, we have a rich mixture of new members and “more seasoned” veterans. – Ed.)

Taylor Hensley

is starting her senior year at Crow High School and will graduate in June of 2018. She has been a resident of the Veneta area since she was eight and began her volunteering in 2014 as a member of the Lane County Sheriff’s Office Search and Rescue Team. It was there that she met people who were also volunteering with Lane Fire Authority. Already bitten by the volunteering bug, she signed up for LFA’s 2016 fall Recruit Academy and started going on calls in January of this year. Taylor will not be eighteen until January of 2018, so she is currently restricted as to her assignments, but nevertheless she has been playing a vital supportive roll on a great variety of calls including fires, motor vehicle accidents, and medical emergencies. Taylor has considered both a career as an RN and as a medic.



Raymi Piltz

graduated from Cottage Grove High School in June of this year and is attending Lane Community College where she is taking Emergency Medical Services courses. While a student at Cottage Grove high school she played soccer and was involved in theater, both at the high school and with Cottage Grove’s Community Theater. She has been in plays since she was nine years old. Since Raymi was a young child she has wanted to be a firefighter. She



learned about Lane Fire Authority’s volunteer program through several friends and signed up for the Spring 2017 Recruit Academy, which she completed in June. Raymi says she has enjoyed volunteering with LFA and appreciates the friendliness and support she has received.

Baylie Hill

was raised in Linden, California and moved with her family to Cottage Grove in August of 2015. In June of this year she graduated from Cottage Grove High School, where she played soccer and was in theater. Baylie first was drawn to the fire service by a visit to her local station in Linden at age nine. Her long held dream of becoming a firefighter came when she learned about LFA’s volunteer program through her close friend, Raymi Piltz. Bailey attended the Spring 2017 Recruit Academy, which she completed in June. She is now enrolled in LCC’s EMS program and hopes to work professionally with the fire/ems service in the future.



Jon Jasper

Jon Jasper has been a member of Lane County Fire District 1 and Lane Fire Authority since 2005. He began as a volunteer and was hired as a Firefighter/EMT in 2012 to help manage the department’s facilities.



Jon was born in California and moved to Eugene as he entered his senior year at South Eugene High School. He graduated from South Eugene in 1991. Soon after, Jon began working as a building contractor, working primarily on home construction in the Eugene area.

In the late 1990’s Jon moved to California. He continued to work as a building contractor plus he and his first wife, Cindy, became involved in the foster children’s program. In a twelve-year period, they fostered over 100 children.

In 2005, Jon moved back to Eugene and not long after, his step-daughter, Brooke, was severely injured in a motor vehicle crash. Jon had just joined Lane County Fire District 1 as a volunteer, and the Volunteer Firefighter’s Association immediately stepped forward to provide assistance to the family. Jon was moved by this outpouring of support. He decided the best thing he could do to show his appreciation was to expand his skills in helping others by becoming an Emergency Medical Technician, earning a Basic rating. Soon after, he was hired by Sacred Heart Hospital at RiverBend as an Emergency Medical Technician.

In 2012 the newly created Lane Fire Authority, made up of Lane County Fire District 1 and Lane Rural Fire/Rescue, opened two new positions in the maintenance department. Jon was hired into one of the positions.

In 2017, Jon married Allegra Burdick. Together they have five children, two are still living at home.

Today Jon is a lieutenant/paramedic. He has been involved in remodeling projects at several Lane Fire Authority stations. Currently he is supervising the planning and major remodeling of the Crow Station under an Oregon seismic grant.

When Jon was asked what he felt about working for Lane Fire Authority, he said: *“It’s the most rewarding and best job I’ve ever had.”* He went on to explain he is able to use his skills in construction as well as being able to provide help to others.

Brian Seymour is a twelve-year veteran in the volunteer fire service. He has lived on Crow Road with his family for 27 years. His residence is located on a particularly dangerous set of curves where multiple motor vehicle crashes have occurred. He first joined Lane County Fire District One in 2005 because he wanted more training and expertise in being able to help victims in MVAs and other medical emergencies.



Brian is a computer programmer by trade. He worked for over 30 years as a software engineer. In 2011 he went to work for White Bird where he was a software engineer and Medical Assistant.

Brian has been a key member of LFA's South Battalion, where there are only four volunteers who regularly respond on calls. He has been willing to get up in the middle of the night and still report to work the next morning. In summarizing his thirteen years of service, he says he believes in the importance of providing care for patrons of the fire district. *"Being trained and able to help others is worth the occasional lack of sleep."*



Should I Get a Flu Shot?

Information from the U.S. Centers for Disease Control and Prevention

Why should people get vaccinated against the flu? Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens

of thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others. The CDC estimates that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the United States can begin as early as October and last as late as May.) An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work? Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

Who Should Be Vaccinated? For the 2017-2018 flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for everyone 6 months and older with either the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018. There is no

preference for one vaccine over another among the recommended, approved injectable influenza vaccines. There are many vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

When should I get vaccinated? You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. The CDC recommends that people get a flu vaccine by the end of October if possible. Getting vaccinated later, however, can still be beneficial and vaccinations should continue to be offered throughout the flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

Does flu vaccine work right away? No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's better to get vaccinated



early in the fall, before the flu season really gets under way.

Can I get seasonal flu even though I got a flu vaccine this year? Yes. There is still a possibility you could get the flu even if you got vaccinated. The ability of flu vaccine to protect a person depends on various factors, including the age and health status of the person being vaccinated, and also the similarity or “match” between the viruses used to make the vaccine and those circulating in the community.

However, antibodies made in response to vaccination with one flu virus can sometimes provide protection against different but related viruses. A less than optimal match may result in reduced vaccine effectiveness against the virus that is different from what is in the vaccine, but it can still provide some protection against influenza illness.

While a flu vaccine cannot give you flu illness, there are different side effects that may be associated with getting a flu shot or a nasal spray flu vaccine. These side effects are mild and short-lasting, especially when compared to the symptoms of a bad case of flu.



You Need to be Prepared

It's not a question of “if” a crippling disaster will strike our area, but “when”!

Lane Fire Authority has been working on a master plan to provide aid and support to our patrons and surrounding communities in the event of a major disaster. However, everyone

should know that our response may be hampered by hours, even days, depending on the magnitude of the event. Blocked roads, overwhelming calls for help, our workforce stretched thin, outside support slow in arriving all could play a role. This is a wakeup call to everyone: you need to be prepared to take care of yourself and your family for a minimum of 72 hours (three days).

The multitude of natural disasters that have occurred in the northern hemisphere over the last three months has clearly captured everyone’s attention. These events are wakeup calls to the need for all of us to be prepared to be self-sufficient for a minimum of **72 hours**. The reason is clear, living in Oregon does not make us immune from a debilitating natural disaster. If you developed a list of crippling disasters that have affected our region over the past fifty-five years, you could put a check mark next to every one of them: major wildland fires, floods, crippling ice storms, hurricane-force winds, landslides, tornadoes, volcanic eruptions (Mount St. Helens in 1980), and the threat of a devastating earthquake emanating from the major faultline along the Oregon coast.

- The biggest obstacle to being prepared is complacency. We are told these natural disasters will happen but in most cases it does not motivate us to make preparations for, at minimum, 72 hours of self-sufficiency. However, the motivation should come from a very simple statement: “It’s not a question of ‘if’ one or multiple natural disasters will happen, but when.” With natural disasters comes the need to be on your own, to fend for yourself and your family, for at least three days, maybe longer.

FEMA, the Federal Emergency Management Agency, has

developed a detailed booklet on being prepared for a widespread emergency titled *Are You Ready: An In-depth Guide to Citizen Preparedness*. It can be found in printable form at https://www.fema.gov/pdf/areyouready/areyouready_full.pdf. A summary of the key information related to compiling a stock of emergency supplies appears below:

Citizen Preparedness:

Some disasters strike without any warning. Have you thought about those supplies you’ll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family’s emergency kit. It’ll bring you a sense of relief, and your kids a feeling of empowerment. Make sure you have enough supplies to last for at least three days. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

If a big storm is coming ...

- Fill your car with gas.
- Fill plastic bags with water and place them in the freezer.
- Get extra cash out of the bank.
- Fill prescriptions.



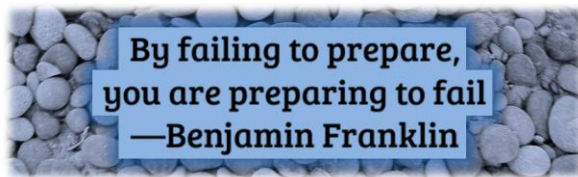
Don’t forget the needs of your pets.
Emergency Supplies List

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- Paper plates, plastic cups and utensils, paper towels
- Moist towelettes, garbage bags and plastic ties for personal sanitation

- Water – at least a gallon per person, per day for drinking and hygiene
- First aid kit
- Prescription medication and glasses
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live
- Matches in a waterproof container
- Toothbrush, toothpaste, soap and other personal items
- Feminine hygiene supplies
- Fire extinguisher
- Wrench or pliers to turn off utilities
- Dust mask, and plastic sheeting and duct tape, to help filter contaminated air
- Battery-powered or hand-cranked radio and extra batteries
- Flashlights and extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)
- Local maps
- Cash or traveler's checks
- Emergency reference material such as a first aid book or information from www.ready.gov
- Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container
- Infant formula and diapers
- Paper and pencil
- Books, games or puzzles (let your kids pick these out themselves!)

- Your child's favorite stuffed animal or security blanket
- Pet food and extra water for your pet

Don't forget to think about infants, the elderly, or any family members with special needs



LFA's Crow Station (Station 111) is to be Remodeled

By Lt. Jon Jasper



Lane Fire Authority was fortunate to receive a grant from the State of Oregon Seismic Rehabilitation Grant Program for \$967,483, to make significant improvements to our Crow Fire Station, located at 86074 Central Road.

The grant was given to allow Lane Fire Authority to make the necessary improvements to the station, to ensure the continued operational capability of the station, and our ability to provide fire and life safety services after any significant natural event. This may include the possibility of a major earthquake, heavy winds, snow and ice storms, and other natural disasters.

Many of the stations in Lane Fire Authority have their origins in donated land, materials, and labor which were generously given over time by members of the communities in which we serve. Time, circumstances, and changing requirements have caused some of our stations to no longer meet the expectations which are held for essential service buildings.

In 2015 Lane Fire Authority started evaluating all of our stations for their seismic resilience capability. The Crow Station was identified as the station most in need, and eligible for, a seismic rehabilitation grant. In the summer of 2016 Lane Fire Authority applied, and in April 2017, the department was notified that it had been awarded the grant.

Lane Fire is working to capitalize on the opportunity that the seismic rehabilitation work provides, and is planning to increase the future response capability from the station, by adding bedrooms and a kitchen to allow for responders to live at the station. The goal is that in the future, by having trained responders living at the station, response times to fire and EMS emergencies in the entire southern portion of Lane Fire Authority will be improved. We are excited that this grant will be able to ensure an improved response to the citizens in the community, not just after a natural disaster, but every day.



Lane Fire has selected Pivot Architecture of Eugene to lead the design of the necessary renovations, and currently we are working through the design and engineering portion of the project. We anticipate that the construction phase of the project will occur in the summer of 2018.

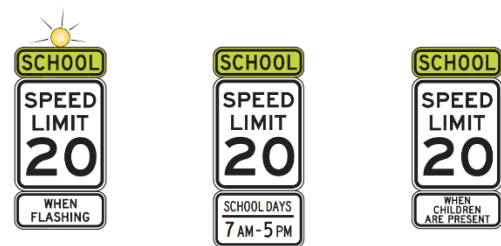


*Crow Valley Fire Department's logo.
The station was built in 1970.*

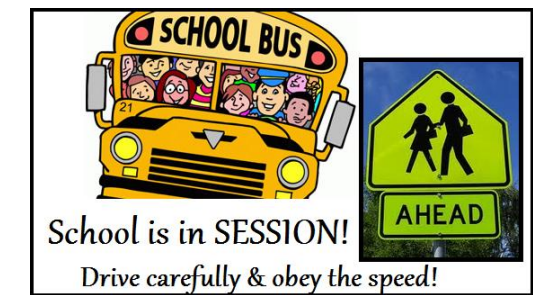
Three Things You Need to Know About School Zones

Every driver in Oregon needs to know the speed limit within school zones is 20 miles per hour. This law is strictly enforced because a speed of 20 mph saves lives.

Motorists should also be aware that School Speed zones have three different designations in Oregon.



1. Perhaps the least understood of the signs is the one that establishes a 20 mph speed limit “when children are present.” This means that if you see children walking along sidewalks and near crosswalks, or if there is a crossing guard present, you must reduce your speed to 20 mph.
2. The easiest to notice for motorists, is the sign with flashing lights that indicates the speed of 20 mph is in effect.
3. The third school speed zone designation states the speed limit is 20 on school days from 7 am to 5pm. If you aren’t sure if school is in session, slow down! A ticket in a school zone is quite expensive.



Back to School – Safety Tips and Reminders

School days bring congestion: yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the

bell rings; harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off: Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles.
- Don't load or unload children across the street from the school.
- Carpool to reduce the number of vehicles at the school.

Sharing the Road with Young Pedestrians: According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Always stop for a school patrol officer or crossing guard holding up a stop sign.
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas.
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way.
- Never pass a vehicle stopped for pedestrians.

Sharing the Road with School Buses: If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.

Sharing the Road with Bicyclists: On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist.
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass.
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals.
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this.
- Be extra vigilant in school zones and residential neighborhoods.
- Watch for bikes coming from driveways or behind parked cars.

-Check side mirrors before opening your door.

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.

Fire Prevention Week: Oct. 8-14, 2017



In a fire, seconds count. Seconds can mean the difference between residents of our community escaping safely from a fire or having their lives end in tragedy.

That's why this year's Fire Prevention Week theme: "Every Second Counts: Plan 2 Ways Out!" is so important. It reinforces why everyone needs to have an escape plan. Here's this year's key campaign messages:

- Draw a map of your home, marking two exits from each room and a path to the outside from each exit. Make sure the entire family helps draw and mark this map.
- Practice a home fire escape drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Always remember, **SMOKE KILLS**. Keep below the smoke by crawling if necessary.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.



Fall Prevention: Simple Tips to Prevent Falls

The following article is a continuation of a topic we began with our Spring/Summer edition of Flash Point titled "Aging in Place." It focused on making the living space useable, accessible and safe for older occupants. The article below focuses on fall prevention, a major cause of significant decline in health and mobility among the elderly.

Did you know that one in four older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

Balance and gait: As we age, most of us lose some coordination, flexibility, and balance— primarily through inactivity, making it easier to fall.

Vision: In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.

Medications: Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.

Environment: Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

Chronic conditions: More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

Six Steps to Reducing Falls

Here are six easy steps you can take today to help your older loved one reduce their risk of a fall:

1. Enlist their support in taking simple steps to stay safe.

Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt—even if they've already fallen in the past. A good place to start is by sharing NCOA's *Debunking the Myths of Older Adult Falls*. If they're concerned about falling, dizziness, or balance, suggest that they discuss it with their health care provider who can assess their risk and suggest programs or services that could help.

2. Discuss their current health conditions.

Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications—or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily?

Also make sure they're taking advantage of all the preventive benefits now offered under Medicare, such as the Annual

Wellness visit. Encourage them to speak openly with their health care provider about all of their concerns.

3. Ask about their last eye checkup.

If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.

Remember that using tint-changing lenses can be hazardous when going from bright sun into darkened buildings and homes. A simple strategy is to change glasses upon entry or stop until their lenses adjust.

Bifocals also can be problematic on stairs, so it's important to be cautious. For those already struggling with low vision, consult with a low-vision specialist for ways to make the most of their eyesight.

4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair.

These are all signs that it might be time to see a physical therapist. A trained physical therapist can help your older loved one improve their balance, strength, and gait through exercise. They might also suggest a cane or walker—and provide guidance on how to use these aids. Make sure to follow their advice. Poorly fit aids actually can increase the risk of falling.

5. Talk about their medications.

If your older loved one is having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss their concerns with their doctor and pharmacist. Suggest that they have their medications reviewed each time they get a new prescription.

My mom had an elaborate spreadsheet to keep track of her medications and schedules. Adding a timed medication dispenser that

my sister refilled each month promoted her peace of mind and allowed us to ensure her adherence to the prescribed regime.

Also, beware of non-prescription medications that contain sleep aids—including painkillers with “PM” in their names. These can lead to balance issues and dizziness. If your older loved one is having sleeping problems, encourage them to talk to their doctor or pharmacist about safer alternatives.

6. Do a walk-through safety assessment of their home.

There are many simple and inexpensive ways to make a home safer. For professional assistance, consult an Occupational Therapist. Here are some examples:

- **Lighting:** Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- **Stairs:** Make sure there are two secure rails on all stairs.
- **Bathrooms:** Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them. For even greater safety, consider using a shower chair and hand-held shower.

For more ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a home assessment checklist in multiple languages.

NCOA, the Administration on Aging, and the CDC also promote a variety of community-based programs, like A Matter of Balance, Stepping On, and Tai Chi, that can help older adults learn how to reduce their risk of falling. Contact your Area Agency on Aging to find out what's available in your area.



A Reminder: If You Have An Emergency

After you've called 911, stay at your current location (if safe to do so) and wait for our arrival. Do not drive to one of our stations. There is no guarantee there will be staff on the premises. Even at our main stations in Veneta and the Irving neighborhood, everyone could be out on a call. Further, at our rural stations, no one may be in the proximity and our response may be significantly delayed.

If you have an emergency and are at a residence, call 911, and stay there. The only exceptions are if it is not safe to stay in place or you are advised by the personnel at 911 to go elsewhere. If you are on the road, pull over at a safe location and remain there. Some callers falsely believe they will get a faster response if they try to meet the ambulance on the road. The opposite is true. We are significantly delayed in finding the caller, should the caller move to a new location or continue driving.

Your best protection in an emergency is to remain calm, be prepared and able to provide an address or specific location and, in the case of medical emergencies, be trained in first aid and CPR.



SAVE A LIFE!

Learn First Aid
& CPR



Where Are The Fire Stations in My Area?

Do you need another burn permit and/or are wondering where the fire stations are located in your area? Lane Fire Authority's fire stations are geographically divided into three major areas and copies of our burn permits can be found at each station in clear plastic holders on the station entry or "man" doors. The locations of our stations are as follows:

North Battalion



*Station 115 – Irving (NB main station)
29999 Hallet St.*



*Station 114 - Alderwood
90825 Highway 36*



*Station 113 – Franklin
91970 Territorial Highway*



*Station 112 – Alvadore
90825 Alvadore Rd.*

Central Battalion



**Station 101 – Veneta (Main Station)
88050 Territorial Highway, Veneta**



**Station 102
87636 Central Rd.**



**Station 103 – Butler
23704 Butler Rd.**



**Station 104 – Noti
22575 Fir St.**



**Station 105 – Elmira
88794 Fountain Rd.**



**Station 106 – Walton
18796 Transformer Rd., Walton**

South Battalion



**Station 109 – Spencer Creek (SB main station)
27980 Spencer Creek Rd.**



**Station 107 – Fox Hollow
84501 McBeth Rd.**



**Station 108 – Lorane Highway
84111 Lorane Highway**



**Station 111 – Crow
86704 Central Road**

REMEMBER: If you have an emergency, call 911 from your current location. **Do not drive to one of our stations.** There is no guarantee there will be personnel to help you. A call to 911 will ensure we are notified and have apparatus and personnel on the way.

LFA Raising Funds for Youth Fire Safety Prop

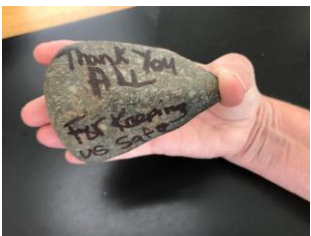
Lane Fire Authority's Public Education office has begun a fundraising effort to purchase a unique portable attraction used to teach school age children the key components of fire safety. This inflatable prop (see the accompanying photo) can be taken

to schools, public events and other venues. It would provide a fun way to teach children and adults the fundamentals of fire safety. Unfortunately, the cost of this prop, which is \$12,000 (for the prop, transporting trailer and generator), exceeds the amount budgeted for LFA's Public Education program. If you would like to make a donation, you may contact Lt. Tressa Miller at (541) 935-2226.



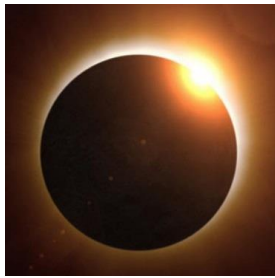
The Case of the Mystery Rocks

In the past ten months, Lane Fire Authority's Veneta station has been the recipient of numerous hand painted rocks. Some have been found in the planter box under our reader board, others have been dropped off at our front door. The pictures vary from seasonal themes to forest backgrounds. We wish to thank the mystery artist and your kind messages.



The Eclipse A Memorable Event

Through the eyes of some, the eclipse of August 21, 2017 may have been a bit overhyped, it was, never-the-less, a unique and special event. While the eclipse was not total in Lane Fire Authority's protection district, it was fascinating to watch (with appropriate eclipse glasses). The LFA crew on duty at our main station in Veneta brought out chairs



and watched the eclipse in front of our engine bays (ready, of course, to immediately move them out of the way had they been dispatched for an emergency).



Meanwhile, members of the Chetko Bar Fire strike team, located in Brookings, brought along the appropriate eclipse glasses. However, because of the heavy smoke they were unable to see the event! As shown in the photograph above, they looked in vain in nearly every direction but all they could report was that it got darker, and then lighter!

Halloween Party at LFA's Alvadore Station

All patrons of Lane Fire Authority are invited on Tuesday, October 31, to attend the Halloween Party at LFA's Alvadore Fire Station, 90825 Alvadore Road. There will lots of fun activities for children

and adults including games, a bounce house and raffles.

Grounds Keeping at LFA's Veneta Station

If you have driven by our main fire station, located at 88050 Territorial, you may have noticed the carefully manicured lawn and planter box under our reader-board filled with flowers. It's all thanks to LFA's Administrative Assistant, Julie Meriwether, who is often the first person you meet when you walk into the office. Julie loves to



garden and regularly mows the front lawn and keeps the planter box filled with plants and flowers throughout the year.

LFA Emergency Calls: 4112
Jan. 1 to October 11, 2017



Flash Point is published semi-annually by Lane Fire Authority. Visit our website www.lanefire.org. Please direct comments and questions to the Editor, Stan Turner, by calling (541) 935-2226 or by sending written comments to Lane Fire Authority, P.O. Box 275, Veneta, OR