

Flash Point

LANE FIRE AUTHORITY

Fall/Winter Edition: 2016

Featured in this issue of Flash Point:

- Lane Fire Authority merger information
- 20016-17 Burn Permit
- Winter safety check list
- Why do we do that?
- Health & safety information



**From the
Chief's Desk**
By Terry Ney, LFA Fire
Chief

Fall is upon us and we've had a busy fire season here at Lane Fire Authority. To date, we've had just under 900 hours of personnel and equipment to help fight a series of brush fires within Lane Fire Authority or neighboring fire districts.

Providing mutual aid to our neighbors does not impact the service we are able to provide locally. Part of the reason for this is the improved emergency response capabilities we have since creating Lane Fire Authority through an inter-governmental agreement between two fire districts in 2012.

You see, Lane Fire Authority is actually a partnership between Lane County Fire District 1 and Lane Rural Fire/Rescue. This partnership has improved emergency service for both communities, and is more cost-effective for taxpayers.

The partnership is working – but it's not official yet. The Boards of Directors for both organizations are asking voters to approve a merger during the November General Election. The ballot measure numbers are Measure 20-268 for Lane County Fire District 1 and Measure 20-267 for Lane Rural Fire/ Rescue. There is more information about the merger in this newsletter and we hope you will take time to read it.

The merger will help reduce the bureaucracy and costs associated with running three (yes, three!) organizations. Savings from the merger will be used to hire one additional full-time paramedic to staff the ambulance at the Veneta Fire Station. This would staff an ambulance during peak call times for the first time from this location.

Lane Fire Authority operates under a balanced budget, and has passed all accountability and financial audits. Our Board meetings are open to the public, and we encourage you to attend and learn more about how we operate. If you are unable to attend, we regularly share information through our newsletter, media releases, web site (www.lanefire.org), and Facebook page [/LaneFireAuthority](https://www.facebook.com/LaneFireAuthority).

We appreciate your support, and thank you for partnering with us to save lives and property. Please feel free to contact me at terryney@lanefire.org or (541) 935-2226 with any questions.



On the November 8, 2016 Ballot Voters Asked to Finalize the Merger of Lane County Fire District 1 and Lane Rural Fire/Rescue

This November there will be a great deal of attention paid to elected positions and issues at the state and national levels. However, there are important decisions to be made locally as well. Among them is a ballot measure asking voters to finalize a merger between Lane County Fire District #1 (Measure 20-268) and Lane Rural Fire/ Rescue (Measure 20-267).

Below are a series of frequently asked questions and answers that help explain the ballot measure and why we are asking property owners to approve the merger.

What is on my ballot? Lane County Fire District 1 and Lane Rural Fire/Rescue are asking voters to finalize their merger into Lane Fire Authority during the November General Election.

Why is my fire district asking for this? Many fire agencies are forming regional partnerships to reduce costs and improve emergency services for the communities they serve.

I thought these fire districts already merged? No, the fire districts wanted to make sure the partnership worked before asking voters to approve a merger. Since 2012, they have been operating under an intergovernmental agreement as Lane Fire Authority.

How has this partnership improved emergency services? Working together has helped staff one more fire station full-time, add one more ambulance (with plans for another), and have additional emergency response units ready to serve our community.

How has this partnership reduced costs? We have reduced administrative overhead as well as costs for training, equipment, fuel, and other supplies. Our partnership also has improved the property insurance rating for both fire districts, which means homeowners and businesses benefit from lower premiums.

What additional benefits will residents receive? Voter approval for the merger will reduce the costs of running three organizations. These savings will be used to hire one additional paramedic for the Veneta Station to staff an ambulance during peak call times for the first time at this location.

How will this affect my taxes? The new levy rate would be approximately \$2.04 per \$1,000 of assessed property

value (based on 2016 assessed valuations) and take effect July 1, 2017. This means property owners in Lane Rural Fire/Rescue would see a tax decrease of 8-cents/\$1,000. Those in Lane County Fire District 1 would see a 5-cent/\$1,000 increase for improved service, or approximately \$12 per year for the average homeowner.

Where can I find more information? You can find more information on our web site at www.lanefire.org. Fire Chief Terry Ney also is available to answer questions at (541) 935-2226 or terryney@lanefire.org.

Lane Fire Authority’s Combined Resources have Play a Key Role in Improved ISO Ratings



In the Spring/Summer edition of *Flash Point* we discussed the new ISO (Insurance Services Office) ratings for properties in our response areas. They went into effect April 1, 2016. Many insurance companies subscribe to ISO and use their information when calculating premiums. In both of the areas covered by Lane County Fire District #1 and Lane Rural Fire/Rescue, the ratings have improved, which may have/or will translate into lower insurance premiums for property owners. *(Editor’s note: Not all insurance companies subscribe to ISO; some determine the risk classification from other information.)* This improvement is because of the improved emergency response capabilities of both fire agencies working together as Lane Fire Authority.

As discussed in the Spring/Summer *Flash Point*, insurance companies establish their rates using a variety of factors. One is the rating by the ISO which gathers data regarding fire protection capabilities to develop a Public Protection Classification, or PPC, which uses a numbering system from 1 to 10. The number 1 indicates the best possible PPC and 10 indicates there is no recognized fire protection. This classification system may then be used

by the underwriters of subscribing insurance companies to calculate premiums based on nationally recognized standards.

Previously, Lane County Fire District #1 had a PPC rating of 4 within 1000 feet of fire hydrants, 8B within five miles of a fire station, and 10 outside of a five mile radius. Lane Rural Fire/Rescue had a PPC rating of 5, 8B, and 10 respectively.

Lane Fire Authority was re-rated late last year, and improved its ratings in all categories. These new PPC ratings took effect April 1, 2016. Properties in our jurisdiction within 1000 feet of a rated fire hydrant supplied by the water departments of Veneta, Junction City, or Eugene (EWEB) now have a PPC of 3. All properties in our jurisdiction that are more than 1000 feet from a hydrant, but within five road miles of a recognized fire station, now have a PPC of 4. Any property that is more than five road miles from a recognized fire station now has a PPC of 10W, which means that a fire department does respond, but the time and distance limits the effectiveness of that response.

There are also two alternate water sites that are recognized by ISO. One is the Lane Fire Authority pump station on the Long Tom River at Vick Road in Alderwood, and the other is the gravity fed hydrant at the base of Fern Ridge Dam on Clear Lake Road. Both of these sites are considered hydrants, and structures within 1000 feet of them have a PPC 3 rating.

We are working on developing a tool for our website that will allow you to enter your address, and determine what the ISO rating is. You can use a mapping tool such as Mapquest to determine distance from a fire station. Using the directions function, enter your address in one of the fields, and the closest fire station in the other, to find out the distance. If your house is close to a fire hydrant, you can use the trip meter on your car to get a close approximation of the distance. Two tenths (2/10) of a mile is 1056 feet. So if your house is a little less than 2/10 of a mile from the nearest hydrant, you are probably within 1000 feet of it.

Below is a list of our station addresses to use for this purpose:

Location of Lane Fire Authority Stations

- 101 (Veneta), 88050 Territorial Hwy, Veneta, OR 97487
- 102 (Central Rd), 87636 Central Rd, Eugene, OR 97402
- 103 (Butler Rd.), 23704 Butler Rd, Elmira, OR 97437
- 104 (Noti), 22575 Fir St, Noti, OR 97461
- 105 (Elmira), 88794 Fountain Rd, Elmira, OR 97437
- 106 (Walton), 18796 Transformer Rd, Walton, OR 97490
- 107 (Fox Hollow) 84501 McBeth Road, Eugene, OR 97405
- 108 (Lorane Highway), 84111 Lorane Highway, Eugene, OR 97405
- 109 (Spencer Creek) 27980 Spencer Creek Road, Eugene, OR 97405
- 111 (Crow) 86074 Central Rd, Eugene, OR 97402
- 112 (Alvadore) 90825 Alvadore Road, Junction City, OR 97448
- 113 (Franklin) 91970 Territorial Hwy, Junction City, OR 97448
- 114 (Alderwood) 22900 Highway 36, Cheshire, OR 97410
- 115 (Irving) 29999 Hallett St, Eugene, OR 97402

You may also contact our headquarters station in Veneta at (541) 935-2226. We will be happy to assist you in determining your new ISO rating. If your insurance agent or company needs it, we will provide you with a letter verifying the rating, or you can have your insurance agent contact us with questions. Agents for insurance companies that pay to subscribe to the ISO services can get this verification from the ISO website, but as mentioned above, not all insurance companies pay this subscription fee. You may want to ask your insurance agent to get you quotes from multiple insurance companies, as rates can and do vary. Be sure to notify your agent of these changes, as it may not be changed automatically by your insurance company.

Back Yard Burning & Common Sense



Depending on the weather and air quality, burn season will open on Saturday, October 1st (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.



2016-17 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.

2016-17 Winter Safety Check List

Each year we publish a Winter Safety Check List as an aid in helping you keep your home and family free from harm. Please take a few moments to review this list and take action where needed.

☐ **Woodstove, Pellet Stove, Fire Place:** If you use a fireplace, wood stove or pellet stove, have the flue cleaned annually, more frequently if you have to burn “green” or wet wood. One of our most frequent calls in the winter is for flue fires caused by creosote buildup in chimneys and stove pipes. Such fires can readily extend into walls, ceilings, and attics.

☐ **Smoke Alarms:** Check your **smoke alarms** monthly. If possible, vacuum dust from the face and vents. Press the test buttons to make sure they are functioning. Alarms that are ten years or older should be replaced with new units (some new smoke alarms are required by law to have batteries that last ten years). You should have a smoke alarm in every sleeping area on every floor. If you have smoke alarms that are wired into the house electricity, change the backup battery at least once per year.

☐ **Home Escape Plan:** Develop a home escape plan – every family member should know two ways out of every room and a safe place to meet outside. Practice your escape plan at least twice a year and make sure your smoke alarms are loud enough to wake up the occupants of your house.

☐ **Portable Electric Heaters:** Make sure all your electric portable heaters have 36 inches of empty space around them and are attached directly to an outlet. Never use extension cords with portable heaters. Your heater should have a “tip over switch” which shuts the heater off if it falls over. Check the heater’s electric cord for frays or cracks, and while the heater is on, feel the cord to see if it is getting hot. The cords should never have anything on or over them. Overheated cords are a common cause of fire. Never use kerosene heaters, barbecues, charcoal grills or camp stoves indoors as they can produce carbon monoxide, a deadly odorless and colorless gas.

☐ **Extension Cords:** Inspect all appliance cords for cracks and frays. Never run extension cords under rugs or furniture. Do not use extension cords for appliances drawing heavy amounts of current. Make sure the cord can handle the amount of current demanded by the appliance.

☐ **Electrical Outlets:** Make sure electrical outlets are not overloaded. Outlet extenders that allow multiple connections to one outlet can easily lead to overloading.

☐ **Cooking:** Always be cautious when cooking. Stove-caused fires and burns are more frequent in the winter months. Use a lid to extinguish grease fires – never use water!

☐ **Candles:** Never leave burning candles unattended. Use sturdy fire-proof candle holders. Make sure all candles are away from flammable material. Try using “flameless” candles. They are scented and flicker just like a real candle.

☐ **Holiday Lights:** Use UL-approved holiday lights, check them for damaged cords and broken bulbs, and be careful not to overload circuits—don’t connect more than three strings on a single line. Use small “twinkle” lights or LEDs. They use less electricity and are much cooler.

☐ **Christmas Tree:** If you buy a tree for the holidays, make sure it is fresh (the needles should be deep-green and flexible) and water it daily—a tree can use more than a gallon of water per day!

☐ **Holiday Decorations:** Keep holiday decorations away from candles, holiday lights, and other heat sources. If at all possible, holiday decorations should be non-combustible or flame resistant. In homes with small children, take special care to avoid decorations that are small, sharp or breakable. Avoid trimmings that resemble candy or food as children might try to eat them.

☐ **Gas/Propane Appliances:** If you have propane appliances, make sure they are properly vented. Know the location of the supply valve. If you smell propane, do not operate any switches. Evacuate your home and call 911 from a portable phone.

☐ **Flammable Liquids:** Store flammable liquids in tightly sealed containers, placed in a well-vented area away from your home. Use all gas powered tools and equipment out-of-doors and make sure they have cooled down before refilling them.

☐ **Carbon Monoxide Detectors:** Install a carbon monoxide alarm if you use propane, have wood-fueled appliances in your home, or have an attached garage. All can be sources of deadly carbon monoxide.

☐ **Teach Your Children Fire Safety:** Teach your children that fire is a tool adults use for cooking and heating, not

a toy to play with. Keep matches and lighters out of the reach of children.

☐ **Make Backup Copies of Your Personal Documents and Photos:** Use your computer and a scanner to copy precious family photos and important documents (deeds, birth certificates, passports, credit card numbers, key phone numbers, etc.). Transfer the scanned items onto a CD or DVD and place the disc in a safe deposit box or give copies to trusted friends or relatives. You can also have your photos transferred to discs at many photo outlets.

☐ **Assemble an Emergency Cache:** During the winter months, heavy winds, flooding, and snow, often accompanied by lengthy power outages, could isolate you and your family for several days. Assemble an “emergency cache” of food and drinking water that could sustain your family for three to four days. Also, make sure that you have extra blankets or sleeping bags, a first aid kit, a working flashlight, and a portable radio plus spare batteries.

Crow Road Couple Commended for Quick Action

Lane Fire Authority and Flash Point would like to recognize the swift action of Michael and Kirstin Phinney. In the early morning of Saturday, October 8, 2016, the Phinneys, who live on Crow Road, heard a loud crash near their property.



Looking out their window, they saw what appeared to be a vehicle in flames. Michael immediately called 911 while Kirstin ran down to investigate. She found a late model Ferrari on its top with fire quickly spreading to the entire vehicle. The two occupants, a male and a female, had self-extricated. The female occupant was able to walk, the male was lying down and appeared to be significantly injured. Kirstin pulled him away from the burning vehicle and both Phinneys as well as a passing motorist provided patient care until the arrival of Lane Fire Authority apparatus and crew.

We want to recognize the Phinneys for their prompt and effective action. They not only quickly activated the emergency response system but played a direct role in saving the victim.

Gates Blocking Access & LFA's Lockbox Program



Electronic gates on roads leading to residences have become increasingly popular among our rural patrons. Gates can be both aesthetically pleasing and provide a measure of security. However, one major problem is that they block access to emergency vehicles and can lead to significant delays when time is of the essence.

No matter whether you have an electronic gate or regularly padlock access to your property, we highly recommend you install a *Lockbox* in an accessible location. *Lockboxes* are available for purchase (at cost) from Lane Fire Authority. A *Lockbox* is a small metal box safe that can be mounted to a post or wall near the gate and contains the gate combination or a key to the gate padlock. To maximize security, the *lockbox* is opened with a special key stored in a secure location on each of our apparatus.

If interested in purchasing a *Lockbox*, come by Lane Fire Authority's Veneta Station at 88050 Territorial Highway between 8:00 am to noon or 1:00 to 5:00 pm Monday to Friday. We have *lockboxes* in stock and sell them at cost (\$93 which includes mounting hardware). They are easy to install and, on a limited basis, we have personnel who can provide assistance.

If you have questions or are interested in purchasing a *lockbox*, please call Julie Meriwether at (541) 935-2226.

Jerry's Fire and Life Safety Day Was Held on Saturday, October 1, 2016

On Saturday, October 1st, 2016 LFA's annual *Jerry's Fire and Life Safety Day*, located at Jerry's Home Improvement Center, 2600 Highway 99 North in Eugene, was held. A variety of fire and EMS apparatus were

on display along with the Sheriff Department's rescue boat, Eugene Police Department's Bomb Disposal Unit, and a helicopter from Reach Air Medic Transport.



The theme this year was *Smoke Alarms, Don't Wait, Check the Date*, reminding everyone that all smoke alarms need to be less than ten years old.

The Jerry's event is held annually. If you missed this year, we encourage you to watch for next fall's announcement. We guarantee an interesting, educational and fun event for the entire family. The emphasis is on safety and prevention. We present on-the scene scenarios related to motor vehicle crashes and fires. Activities for children. Tours of our apparatus and lots of opportunity for questions and answers.

Why Do They Do That?

By LFA Assistant Chief Steve Strain

It seems that whenever there is a fire at a home, someone always asks why it took so many people to put out a simple fire. Even when the fire just involves a single room and its contents, there is no such thing as a simple fire.

When the first unit arrives on a fire, their job is to immediately size up the situation and if necessary call for more resources. This usually starts with a quick lap around the building to determine the extent of the fire, whether or not any victims may be trapped, and if there are any immediate hazards to our responders. The Officer may choose to take immediate action and pull a hose line, or prepare to make entry to rescue a victim. Depending on how many firefighters are on the first unit, they may be only able to prepare for entry. We are bound by a rule known as "two in, two out" that states; whenever an attack team makes entry, a back-up team capable of rescue

must be ready on the outside. Exceptions can be made only when we have a "known" trapped victim that would otherwise not survive unless swift action is taken. If there are only two or three members on the first apparatus, they may be only able to slow the fire by fighting it from the outside. We call this a transitional attack, moving to the inside of the building when more help arrives.

In first couple of minutes of arrival at a fire, it can look like nothing is being done to put out the fire. On the contrary, the Incident Commander (I.C.) or first arriving officer must carefully orchestrate a plan of attack to best utilize the resources without jeopardizing the safety of the responders. They must plan for where the apparatus must park, what tasks must be accomplished and in what order. They may designate a Safety Officer to make sure there are no major hazards like overhead power lines, propane or natural gas services, and to make sure everyone has been accounted for. In most of our response area there are no fire hydrants, so water supply must come from tank trucks we call "tenders", and if the fire is of any size, it may take several tenders to supply the fire engines. The I.C. must plan for this as well, or he may assign it to a Water Officer.



The Water Officer coordinates the movement of the tenders to provide a continuous flow of water to the fire trucks. This involves setting up a separate parking area with a supply hose to the fire and designating the nearest water source for the tenders to refill. If a pond is used as a water source, a separate fire engine is used to pump the water from the pond and deliver it into the tenders. For a simple house fire, the water requirement may be as much as 250 gallons per minute. Our tenders carry about 3,000 gallons of water, so that gives us enough water for about 12 minutes, so we usually call for more than one tender on any structure fire.

If victims are involved there may be a medical component necessary requiring an ambulance for care. At any fire there is always need for someone to set up a

“rehab area”, to provide a place for the firefighters to cool down and change air bottles. If you are wondering why we need rehab, you could simulate what our firefighters experience by dressing in your warmest winter clothing. Now put on a back pack with a couple of gallons of milk in the back and get on a treadmill for around 20 minutes. To complete the simulation, have the treadmill in a sauna set to 140 degrees and add steam occasionally. After the 20 minutes, I assure you that you will need to cool down and get something to drink.

So, I have mentioned a lot of folks so far just for our simple fire. Let’s add them up; Incident Commander – 1, Safety Officer -1, Attack Team – 2, Backup Team – 2, Water Supply Officer -1, Tender Operators -2, Pump Operator (fire supply) – 1, Pump Operator (tender supply) - 1, Medical Care – 2, Rehab -1. The minimum number of responders on a “simple” room and contents fire needs to be about 14. This would be for a fire requiring only a quick knock down. If however the fire has extended into the attic, or adjacent rooms, add in personnel for ventilation to remove heat and smoke, overhaul to breach walls and ceilings, and an investigator to determine fire cause. Having 20 or more firefighters involved in a rural fire is rarely too many. That’s why I am always recruiting more members.

If you think you have what it takes to be a firefighter, and have about 10 hours per week to invest in your community, give us a call. We would love to see you in our next recruit academy.

Meet Your Firefighters

Editor’s note: In each issue of Flash Point we introduce you to five or six members of Lane Fire Authority. They include both paid staff and volunteers, each with a unique story on why they became firefighters and serve with Lane Fire Authority.

Tom Kozlowski – Station 101



Tom Kozlowski lives in Eugene, but frequently works out of the Veneta and Irving area stations. He joined Lane Fire Authority in 2012 because he felt it offered one of the best opportunities to gain experience and growth as a firefighter.

Tom has had a variety of careers including employment as a cook,

journeyman carpenter, bartender, and educational assistant with the Lane Educational Service District. Currently he is enrolled in the LCC paramedic program and hopes to complete his academic program and be certified later this fall. He is also employed part time with Lane Fire Authority, working part time in the maintenance department.

Ken and Kristi Cates – Station 105, Elmira



Ken Cates. Both are no strangers to community services. Kristi was a member of the Lane County’s Sheriff’s Office Search and Rescue Team and also served with the U.S. Coast Guard Auxiliary. Ken was a long time employee with the Lane County Sheriff’s Office, well known in the Veneta area as the assigned deputy. He also worked with the Sheriff’s Office Search and Rescue Team.

Kristi joined the fire department in 2011 and Ken joined a year later. Ken has the rank of Firefighter and Kristi is an Engineer (operator of a fire engine) and an EMT-Intermediate. They primarily respond out of the Elmira Station.

Both Ken and Kristi have stated they joined to be able to directly help people. They collectively note that one of the great benefits of membership in Lane Fire Authority is the camaraderie – “It’s all about family, everybody taking care of each other. When you go on calls it’s like you are seeing your brothers and sisters.”

Brett and Palmer Deedon



The Deedon brothers, Brett and Palmer, are from a firefighting family. Both their parents, Greg and Amanda were volunteers with the Crow Valley Fire Department (which subsequently merged with Lane County Fire District 1, later becoming Lane Fire Authority). Their father, Greg, went on to be hired by Springfield’s Fire Department. Greg is now in his 30th year as a paid firefighter, holding the rank of Captain with the unified fire department of Eugene-Springfield.

Brett and Palmer are well known for their involvement with 4H, where both have been recognized for their well-honed skills in the care of livestock. They have participated in and conducted many 4H clinics on how to care for and show animals. Brett has been a 4H judge at the Oregon State Fair. Both boys are graduates of Churchill High School. Brett attended Oregon State University where he was Student Body President during the 2013-14 school year.

In 2015, both Brett and Palmer joined Lane Fire Authority. They primarily respond out of the Spencer Creek Road Station. Palmer is LFA’s photographer and Brett is a Firefighter and Emergency Medical Technician. In addition, Brett was just hired by Eugene-Springfield Fire to help staff a basic life support ambulance service. The brothers are proud to carry on the family tradition.

Daniella Campbell



Daniella Campbell, who is currently a Probationary Firefighter, responds out of Station 115, located just off of Prairie Road serving both the industrial area around Highway 99 and the Irving neighborhood. Daniella recently completed LFA’s firefighter academy. She found the academy both challenging and fun. It tested her both mentally and physically.

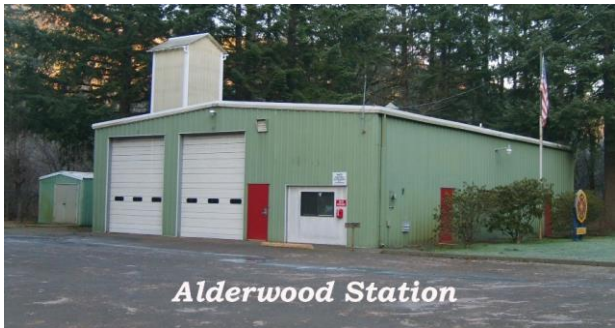
Daniella works as an account clerk. She is a single mother with a seven-year-old son. She has found the time commitment to Lane Fire Authority to be one of the most challenging aspects of being a firefighter, particularly when she has to give up family time and family events. Yet Daniella says it is worth it, both because she is able to give back to her community, and she is “able to work with people who mutually sacrifice so much and receive nothing in return.” To her, one of the most valuable experiences is the “camaraderie” she has with her fellow firefighters.



Alderwood Annexation

By Fred Scalise, LFA Historian

(Editor's Note: This is the seventh in a series of articles written by Lane Fire Authority's firefighter and historian Fred Scalise who has been tracing the origins of Lane Rural Fire/Rescue and Lane County Fire District.)



Alderwood Station

The upper Long Tom River valley is the area along Highway 36 that is located between Poodle Creek Road on the east, and Low Pass (formerly known as Long Tom Station) at the base of the Coast Range Mountains on the west. European settlers began filtering into the valley, in search of accessible and available land to farm or raise livestock, in the late 1850s and 1860s. By the late 1890s, there were enough families living in the area to warrant the building of a school near the center of the valley, at Mt. Carmel.

A rugged but reasonably-passable road (the "Low Pass" road) was completed into the Coast Range Mountains in 1896, connecting the upper Long Tom River valley with the Lake Creek valley to the west, and allowing direct travel between Mapleton and the Willamette Valley. The road was improved for motor car and truck use, and designated the Eugene-Florence Highway in 1917.

(Note: The road was officially re-named the Siuslaw Highway in 1928, but at various times has also been known as the Willamette Valley-Florence Highway, the Mapleton-Junction City Highway, and Highway 34. It was redesignated Highway 36 in the mid-1960s.)

To avoid having to travel the narrow, winding, and treacherous old stagecoach road between Richardson and Mapleton on Route F (Highway 126 before the tunnel was opened), most commercial and tourist traffic utilized the Siuslaw Highway (Route 36) through the upper Long Tom River valley to access the coast. To capitalize on the traffic, markets with gasoline stations opened at Long Tom Station (Low Pass) in the late 1920s, and at Burp Holler (where Long Tom River crosses the highway at Hall Road) in 1940. A highway wayside (Alderwood State Wayside) was

constructed, just to the east of Burp Holler, by the Civilian Conservation Corps (CCC) in 1935.

Life in the upper Long Tom River valley was, for the most part, quiet and peaceful. However, the tavern that was constructed at Burp Holler in the late 1940s became well known as a rowdy roadhouse that attracted partiers from all around the Junction City and Eugene area, and beyond, each weekend. It's rumored that the Burp Holler Tavern regularly hosted one of the best high-stakes (back room) card games in the southern Willamette Valley.

Like many outlying rural areas, the upper Long Tom River valley never had a fire department. When a fire occurred, there was nothing much that anyone could do about it. The fire usually continued to burn until it burned itself out. Notable fires in the valley include the market at Long Tom Station which was destroyed by fire in 1954, and the tourist cabins at Burp Holler which burned to the ground in 1960.



Faced with the prospect of steep increases in fire insurance premiums in the mid-1970s, residents in the area began to explore the possibility of creating their own rural fire protection district. However it soon became obvious to them that, given the small population of the valley, there would never be enough tax money to support the operation of a fire department. Undeterred, they instead pursued an alternate plan: Annexation into an existing fire district. But there was a



complicating factor. Residents didn't just want response coverage, they wanted

a fire station to be located in the valley. A local fire station was the only thing that would stabilize or decrease fire insurance premiums. The challenge for the community was to provide enough incentive to a nearby fire district for them to accept taking on the costs associated with expanded response coverage and operation of an additional station.

A dedicated group of local residents initiated a door-to-door petition drive in late 1976. The proposal was for annexation of a 13 square mile area along Highway 36, from Lawrence Road on the



east to Low Pass on the west, and including the northern 1.4 mile of Poodle Creek Road and the western portions of the Hall Road area. While collecting signatures, the petitioners also asked residents in the annexation area for donations to be used to acquire a fire station site and purchase firefighting equipment. The surprise donation was a pledge to donate the vacant Mt. Carmel school property if the annexation was successful.



Mt. Carmel Grade School closed in 1950, when Mt. Carmel School District 136 merged with the Junction City school district. The school building was then occupied by Mt. Carmel Union Chapel, a non-denominational church, through the 1960s. A group of local residents owned the property, and offered it as the site for a new fire station.

The petition for annexation, along with a report on fundraising activities and the pledge of the Mt. Carmel School property, were submitted to Lane Rural Fire District No. 1 (LRFD1) in mid-1977. The LRFD1 Board of Directors agreed to the annexation in July, and it became official in November.

From November 1977 into February 1978, a core group of local residents labored, using donated funds, to prepare the old schoolhouse for use as a fire station. The windows on the west side of the building were removed, the openings cut-down and widened, and barn doors installed to create three vehicle bays. Three pieces of surplus LRFD1 apparatus were delivered in mid-February 1977 (1938 International fire engine; 1953 International 1,200 gallon water tender; 1963 Ford pickup truck outfitted to serve as a rescue truck), and the new Alderwood fire station was placed into service with seven local volunteer firefighters.

A new Alderwood fire station was constructed (with the help of a lot of volunteer labor) just to the west of the old schoolhouse in late 1982, and for 30 years served as Lane Rural Fire District No.1 Station #4 and Lane Rural Fire / Rescue Station 54.

In July 2012, Lane Rural Fire / Rescue completed a functional consolidation with Lane County Fire District No. 1 to create the Lane Fire Authority which today provides firefighting, rescue, and emergency medical services to almost 300 square miles of territory located to the west, southwest, and northwest of Eugene. The Alderwood station is now Lane Fire Authority's Station 114, and continues to provide first response to incidents in and near the northwestern corner of the Lane Fire Authority, and mutual aid response to neighboring Lake Creek RFPD (Blachly; Horton; Triangle Lake).

Historical information and materials provided by the following individuals: Pete Holmes, Dale Borland, Robert Holmes

See something we got wrong? Have information or photographs that you would be willing to share? Let us know. Contact **Fred Scalise** at omnicon_envir@hotmail.com

We Are More Than Just a Fire Department (continued)

In the Spring-Summer Edition of Flash Point, we listed the many services Lane Fire Authority provides beyond fire and medical emergencies (including CPR training, hosting blood donations to Lane Blood Bank, providing medical coverage for high school football games, and

participating in holiday charitable events). In this issue, we continue discussing what members of our department do to support our patrons.

Some of our services and assistance are clearly visible, particularly our vehicles responding to emergency calls, our education programs, our support of community events and the bi-yearly publication of *Flash Point*. There are little known and unheralded acts as well. Every year we have department members quietly step forward to help patrons in need. For example, several months ago we were called to assist an individual who had fallen. After providing the requested help, a discussion with the patient and his wife, the responders learned that he loved to sail on Fernridge Reservoir but was having real difficulty getting into his boat. Soon after, two of the responders returned and built him a ramp he could use to get into his boat. This was done without fanfare, without any interest in getting attention, but was one of numerous acts of kindness done by members of LFA. Why is this done? Most of the members of Lane Fire Authority live within the fire district. The people we serve are our friends and neighbors and we believe in giving back to our community.

A Dream Realized By Sue West, LFA Firefighter-EMT I



In March 2016, as part of an exercise at a meeting of EMT instructors, we were asked to write down something we wanted to do as a life goal. Without hesitation I wrote that I had always wanted to hike the Pacific Crest Trail. That simple group exercise was the catalyst that led me four months later to embarking on a 452 mile journey.

As an avid jogger and hiker, I've always loved the out-of-doors but I hadn't backpacked an appreciable distance in over 30 years. In April I began some

preliminary research on hiking the Pacific Crest Trail, both on-line and by taking classes offered by the Eugene REI store. I also contacted friends who had done portions of the hike, and based on this collected information I developed the confidence that I could in fact make the trip. This in spite of the fact that I would be hiking as a grandmother and great grandmother, with a total of five grandchildren and three great grandchildren!

In May I began buying and testing the equipment I would need, as well as combing through accounts written by other "PCT" hikers. I became aware of how cautious I needed to be crossing rivers, streams and lava fields. I decided that I would limit the hike to the Oregon portion of the trail and I would need to hike 13 to 15 miles a day . . . doable, I figured, since I had run many marathons (each 26.4 - (CHECK) miles in length). By June, nearly everything was coming together, however, one key factor was not in place, who would I hike with? For much of the month it appeared I would be hiking alone . . . but in July, just a week or so from my departure date, my oldest son, Tim, said he would join me for at least the first portion of the trail.

We started our hike on July 19th to the south of Ashland. We quickly learned that elevation, dehydration, exhaustion and hunger were all major obstacles to overcome and marathons aside, conquering fifteen miles and more each day was going to take some getting used to. Along the way we learned to be aware of bears and to expect the unexpected. One of the great delights was something that Pacific Trail Hikers call "trail magic." We found it came in many forms . . . simple acts of kindness like the day-hiker we encountered that shared her water with us when we had run out miles before; or the veteran PCT hiker who every week set up a shelter where the trail crosses a main road through the Cascades and grills hamburgers for free for all hikers. There were other delights, like coming to mountain resorts where you could take a shower and eat a prepared meal.

There were also hardships, both expected and unexpected. The first section of the hike was made difficult by miles and miles of wind-fallen trees that blocked the trail. We had to climb over, under and around tree after tree. There were long expanses of open trail with no shade. We encountered several sections of the trail that were steep, narrow pathways with shear drop-offs and

covered with loose, slippery shale. We had to cross snow fields, some late in the day when you would quickly sink to well above your knees. Fast moving streams had to be forded. However, one of the worst obstacles was small in size but could make life absolutely miserable . . . mosquitos!

We completed our trek on August 24th, having hiked 410 miles over a total of 30 days. In spite of the hardships, it was one of the greatest experiences of my life. So much so that I am hoping to hike the Washington section of the trail next and perhaps then tackle the most difficult - the California section of the PCT, which begins in the desert along the Mexican borders and continues through the rugged Sierra Nevada mountains. I have to admit, as a mother, grandmother and great grandmother, I'm proud of my accomplishment. It was also wonderful that my son Tim agreed to hike with me. It was a special time for both of us.

LFA Will Participate in Several Holiday Community Events in 2016



One of the reoccurring themes at Lane Fire Authority is our commitment to supporting our greater community through our members volunteering their time and efforts at charitable events. Perhaps this is most visibly seen annually between Thanksgiving and the new year, when we assist with the collection of food and toys for those in need. We not only take pleasure in providing volunteer assistance but are equally gratified by the generosity of our patrons, many of whom face day-to-day economic struggles of their own.

We encourage you to mark on your calendar the following LFA holiday events which Lane Fire Authority sponsors:

- **Friday, December 2nd to Saturday, December 3rd - "Stuff the Truck"** with non-perishable food (canned and packaged) and toys as well as cash donations.



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 and together with LFA, the food and toys will be distributed locally by the Kiwanis of Fern Ridge.



Lane Fire Authority personnel at the "Stuff the Truck" event should be easy to spot. They will be the ones in fire department gear standing around our 1952 Mack fire engine. The Mack was once one of the "front-line apparatus" responding in the Crow Fire District. Stop by the West Lane Shopping Center in Veneta on December 2nd and 3rd. Fire hats, LFA stickers and tours of the Mack will be available and your donations, no matter the size, will be gratefully appreciated.

- **Saturday, December 10th, 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, 29999 Hallett Street.



Here's to Your Health

In each issue of Flash Point we endeavor to pass on to our readers practical seasonal information regarding the health and safety of individuals, friends and family members.

Fire Prevention Month

Editor's Note: Fire Prevention Month will have ended prior to this year's fall/winter edition of Nozzle News. None-the-less the information about smoke alarms is invaluable and is far from being out of date. Please read and heed. Life is much too precious.

This year's Fire Prevention Month campaign, "Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years," represents the final year of our three-year effort to educate the public about basic but essential elements of smoke alarm safety.



Why focus on smoke alarms three years in a row? It's because a National Fire Prevention survey data shows that the public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire. For example, only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced.

As a result of those and related findings, we're addressing smoke alarm replacement this year with a focus on these key messages:

- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home.
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

Here's why working smoke alarms are so critical:

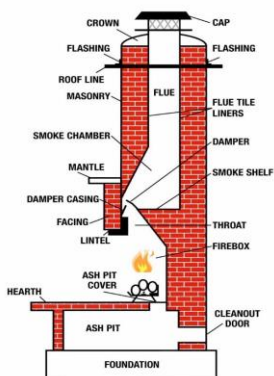
- Half of home fire deaths result from fires reported between 11 p.m. and 7 a.m. when most people are asleep.

- One quarter of home fire deaths were caused by fires that started in the bedroom. Another quarter resulted from fires in the living room, family room or den.
- Three out of five home fire deaths happen from fires in homes with no smoke alarms or no working smoke alarms.
- In 2014, U.S. fire departments responded to an estimated 367,500 home structure fires. These fires caused 2,745 deaths, 11,825 civilian injuries, and \$6.8 billion in direct damage.
- On average, seven people die in U.S. home fires per day.
- Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.
- Smoking materials are the leading cause of home fire deaths.
- Most fatal fires kill one or two people. In 2014, 15 home fires killed five or more people resulting in a total of 88 deaths.
- During 2009-2013, roughly one of every 335 households had a reported home fire per year.

Working smoke alarms make a critical difference:

- Three out of five home fire deaths from 2009-2013 were caused by fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 94% of the time, while battery powered alarms operated 80% of the time.
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.
- An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed to awaken or assist others, a combination ionization and photoelectric alarm is recommended.

Remember to Annually Clean your Flue



If you use a fireplace, wood stove, or pellet stove, this is our annual reminder, you need to clean your flue every year. The most frequent fire call we get during the fall and winter months is for flue fires.

What most frequently causes flue fires - creosote! Over time creosote, a by-product of combustion, builds up in the flue (chimney or stove pipe). The rate of the buildup depends on the rate of combustion. A slow burning, oxygen starved fire will produce larger quantities of creosote than a free burning fire. Creosote buildup is also related to what is being burned. Dry wood burns hotter and cleaner than wood that has retained moisture. Wet wood produces much higher amounts of creosote.

What's the big deal about creosote buildup? Eventually there is enough creosote present in the flue that it catches fire and can burn furiously. People who have had flue fires often describe the noise as a load roar, though there are others that have said they heard nothing and only noticed a problem when their stove pipe began to glow or a neighbor called them to say there was flame coming out of their chimney.

Flue fires are dangerous because they can directly lead to a house fire. The amount of heat alone can ignite surrounding wooden supports. The smallest of gaps in seams and in mortar can allow hot gases to escape into attics and onto flammable material.

So, the inconvenience and minor annoyance of cleaning your flue (or having it professionally cleaned) is far less than the impact of a house fire. We recommend you have your flue cleaned by a professional. However, Lane Fire Authority has chimney brushes available for loan (note: we assume no liability for their use and you will be asked to sign a liability waiver if you check out a brush kit.).



Holiday Health Tips



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid

getting sick and spreading germs to others. Wash your hands with soap and warm water for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Stay warm.



Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

Watch the kids.

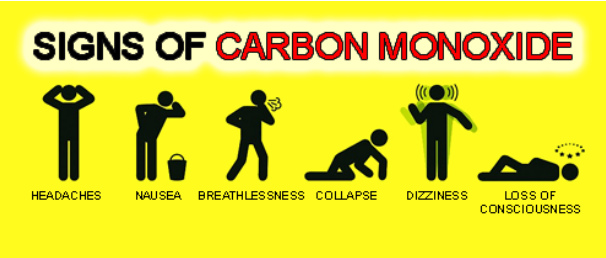
Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop and reinforce rules about acceptable and safe behaviors, including electronic media.

Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Carbon Monoxide, The Silent Killer!

Virtually every home and most other occupied structures have smoke alarms. However, another essential piece of safety equipment is a carbon monoxide detector. Anytime you have a device that utilizes some type of burning material, you have the potential of the buildup of carbon monoxide - an odorless, colorless gas that can silently kill. Carbon monoxide poisoning can result from a variety of sources including faulty gas appliances, wood stoves, fire places and vehicles left running in garages. The following article from HomeSafe.com provides a good summary of important information on CO detectors.



Carbon monoxide poisoning is a serious condition. CO combines with hemoglobin, the oxygen-carrying agent in the red blood cells. When oxygen is robbed from the brain and other organs, death can result. In addition, up to 40 percent of survivors of severe CO poisoning develop memory impairment and other serious illnesses.

Many cases of reported carbon monoxide poisoning indicate that victims were aware they were not well but become so disoriented that they were unable to save themselves.

Proper placement of a carbon monoxide (CO) detector is important. If you are installing only one carbon monoxide detector, the Consumer Product Safety Commission (CPSC) recommends it be located near the sleeping area, where it can wake you if you are asleep. Additional detectors on every level and in every bedroom of a home provide extra protection against carbon monoxide poisoning.

Homeowners should remember not to install carbon monoxide detectors directly above or beside fuel-burning appliances, as appliances may emit a small amount of carbon monoxide upon start-up. A detector should not be placed within fifteen feet of heating or cooking appliances or in or near very humid areas such as bathrooms.

Symptoms of Carbon Monoxide Poisoning:

Low levels of carbon monoxide poisoning can be confused with flu symptoms, food poisoning or other illnesses and carry a long-term health risk if left unattended. Some of the symptoms are:

- Shortness of breath
- Mild nausea
- Mild headaches

Moderate levels of CO exposure can cause death if the following symptoms persist for a long measure of time.

- Headaches
- Dizziness
- Nausea
- Light-headedness

High levels of CO can be fatal causing death within minutes.

Treatment Options

There are immediate measures you can take to help those suffering from carbon monoxide poisoning.

- Get the victim into fresh air immediately.
- If you can not get the people out of the house, open all windows and doors immediately.
- Any combustion appliances should be turned off.

Take those who were subjected to carbon monoxide to a hospital emergency room as quickly as possible. A simple blood test will be able to determine if carbon monoxide poisoning has occurred.

Carbon monoxide detectors come in a variety of shapes and sizes. Some run on batteries, other on house current.



When You Should and Should Not Call 911

When in doubt, call 911 but don't waste this resource

Your neighbor keels over in her yard or you witness a major car crash, it's a no-brainer: you call 911. But in cases of other emergencies, it's not as obvious when — and when not to — make an emergency call.

The general rule: Dial 911 any time there's a threat to life or property — such as an accident, a crime, a fire or a medical emergency.

When to call 911 - Don't hesitate to dial 911 if:

1. A fire breaks out. [Any fire](#) — even a tiny grease fire in your kitchen — merits a 911 call. A fire can grow and spread rapidly, so call right away even if you think you can put out the flames on your own.

2. A medical emergency happens. Call 911 immediately for any life-threatening medical problem. Medical emergencies include:

- Bleeding that will not stop
- Breathing problems (difficulty breathing, shortness of breath)
- Change in mental status (such as unusual behavior, confusion, difficulty arousing)
- Chest pain
- Choking
- Coughing up or vomiting blood
- Fainting or loss of consciousness
- Feeling of committing suicide or murder
- Head or spine injury
- Severe or persistent vomiting
- Sudden injury due to a motor vehicle accident, burns or smoke inhalation, near drowning, deep or large wound, etc.
- Sudden, severe pain anywhere in the body
- Sudden dizziness, weakness. or change in vision
- Swallowing a poisonous substance
- Upper abdominal pain or pressure

3. You witness a crime or possible crime. If you see an assault, [a burglary](#) or even a suspicious person lurking, call 911. Go with your gut feeling. It's better to call for help now than to have police show up later to ask if you saw anything because they're investigating a break-in up the street. If you call, an officer might catch the criminal in the act and foil the crime.

4. If you're in or you see a car crash. Call 911, especially if someone is hurt or feels dizzy or unwell.

When not to call 911

Never call 911 for any situation that's clearly not an emergency. That seems obvious, but the two 911 centers in Indiana got callers who asked about the weather, current road conditions and even the number for the local pizza joint. Other reasons not to call:

- A loud party or barking dog
- A power outage
- Burst water pipes
- To ask about paying a ticket
- You have a cold or flu symptoms
- Someone has a minor cut

Many 911 centers operate with only a few dispatchers, so if you call for the wrong reasons, you could delay help for someone with a real emergency.

If you call 911

Know your location. “Where is your emergency?” is the first question dispatchers ask because location is the top piece of information they need to send help. That’s especially important if you’re calling from your cell phone because the dispatcher might not be able to pinpoint exactly where you’re calling from, according to the Federal Communications Commission. If you don’t know where you are, look for buildings, landmarks and street signs.

Answer the dispatcher’s questions. Dispatchers ask a lot of questions, but they have important reasons for each one. It’s not because they’re nosy. Your answers help the dispatcher determine what kind of help you need, and how much. For example, a dispatcher might send an advanced life support ambulance staffed with a paramedic and special equipment (compared to a basic life support ambulance with EMTs) for a possible heart attack. Or, she might send three squad cars if a suspicious person has a gun.

Follow instructions. The dispatcher is trained to help keep you safe and explain how to do first aid while help is on the way. For example, he/she can instruct you on how to do CPR, walk you through the Heimlich maneuver to help a choking victim or tell you how to stop bleeding.

Signs and Symptoms of Diabetes

Diabetes has become increasingly more common within our society. It is triggered by a combination of factors including diet, weight and genetics. Diabetes is an insidious condition that may go undiagnosed until the conditions become severe enough to cause a patient to see a doctor.

There are two types of diabetes, Type 1 and Type 2. Many of the signs of Type 1 and Type 2 diabetes are similar. In both, there is too much glucose in the blood and not enough in the cells of your body. High glucose levels in Type I are due to a lack of insulin because the insulin producing cells have been destroyed. Type 2 diabetes occurs when the body's cells become resistant to insulin that is being produced. Either way, your cells aren't getting the glucose that they need and your body lets you know by giving you the following signs and symptoms:

Frequent trips to the bathroom: Urination becomes more frequent when there is too much glucose in the blood. If

insulin is nonexistent or ineffective, the kidneys can't filter glucose back to the blood. They become overwhelmed and try to draw extra water out of the blood to dilute the glucose. This keeps your bladder full and it keeps you running to the bathroom.

Unquenchable Thirst: If your body is pulling extra water out of your blood and you're running to the bathroom more, you will become dehydrated and feel the need to drink more to replace the water that you are losing.

Losing Weight Without Trying: This symptom is more noticeable with Type 1 diabetes. In Type 1, the pancreas stops making insulin. The body desperately looks for an energy source because the cells aren't getting glucose. It starts to break down muscle tissue and fat for energy. Type 2 happens gradually with increasing insulin resistance so weight loss is not as noticeable.

Weakness and Fatigue: It's that bad glucose again. When the insulin isn't there, or if the cells don't react to it anymore, then the glucose stays outside the cells in the bloodstream. The cells become energy starved and you feel tired and run down.

Tingling or Numbness in Your Hands, Legs or Feet: This symptom is called neuropathy. It occurs gradually over time as consistently high glucose in the blood damages the nervous system, particularly in the extremities. Nerve damage can creep up without our knowledge. Neuropathy can very often improve when tighter blood glucose control is achieved.

Other Signs and Symptoms That Can Occur: Blurred vision, skin that is dry or itchy, frequent infections, or cuts and bruises that take a long time to heal are also signs that something is amiss. Again, when these signs are associated with diabetes they are the result of high glucose levels in the body.

If you notice any of the above signs, schedule an appointment with your doctor. He or she will be able to tell you if you have reason to be concerned about a diagnosis of diabetes.

Please Donate Blood



As members of Lane Fire Authority we are very aware of the important role we play in saving lives. Yet, if you are an eligible blood donor, you can play an equally important a role.

The American Red Cross reports that every two seconds, someone in the

United States needs blood, with a total of 44,000 blood donations needed every day. One whole blood donation can come to the rescue of as many as three patients.

In addition to directly helping the lives of others, there are health benefits. In a study published in the *Journal of the American Medical Association* (JAMA), blood donation reduces the risk of heart attacks and strokes. Researchers found that participants ages 43 to 61 had fewer heart attacks and strokes when they donated blood every six months. In a study published by the *American Journal of Epidemiology*, researchers found in a sample size of 2,682 men in Finland, those who donated blood a minimum of once a year had an 88 percent lower risk of heart attacks than those who did not donate.

Interested in donating blood? To be eligible you must be at least 16 years of age and weigh 110 pounds or greater. A detailed list of factors that may effect your eligibility can be found on-line at: <http://lanebloodcenter.org/can-i-donate/donor-eligibility/>

The Lane Blood Center Blood Mobile will be at the Veneta Fire Station, 88050 Territorial, on the dates listed below. You can make an appointment by calling (541) 484-9111 or drop by.



Calendar of Events

October 26, Wednesday – Lane Blood Mobile, Veneta Fire Station, 1 to 6 pm.

December 2 & 3 – *Stuff the Truck* – West Lane Shopping Center, Veneta.

December 8 – Veneta Light Parade

December 10 – North Battalion Light Parade, Irving Neighborhood.

December 28, Wednesday – Lane Blood Mobile, Veneta Fire Station, 1 to 6 pm.

March 1, 2017, Wednesday - Blood Mobile - Veneta Fire Station, 1 to 6 pm

May 3, 2017, Wednesday - Blood Mobile, Veneta Fire Station, 1 to 6 pm

July 5, 2017, Wednesday - Blood Mobile, Veneta Fire Station - 1 to 6 pm

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