

May 15, 2009

Special points of interest:

- Fire Dept bowls for children
- Public Education
- Training Dates
- Message from Chief Parker
- Information from Chief Flynn
- Health Tip: Diabetes

Fire Officers:

<u>CHIEFS</u>	<u>RADIO #</u>
Chief Pat Parker	701
Asst Chief Flynn	702
Asst Chief Schnaidt	703

<u>CAPTAINS</u>	
Brian Bloom (11)	710
Tony Posey (9)	712
Jeremy Draper (1)	713
Troy Holliday (8)	714

<u>LIEUTENANTS</u>	
Wayne Mervau (8)	720
Mike Scanlon (11)	721
Jeff Carpenter (9)	722
Randy Agruda (8)	723
Chris Childers (11)	724
Mark Shaul (11)	727
Jeremy Metcalf (9)	728
Adam Drewery (1)	729
Mike Lince (1)	737

<u>SAFETY OFFICERS</u>	
Mike Vaughn (HSO)	747
Tom Henkel (8)	741
Randy Rittenhouse (11)	769
Jeremy Metcalf (9)	728
Adam Drewery (1)	729

<u>CHAPLAINS</u>	
Jude Younker	709
Glen Walters	740

<u>PUBLIC INFORMATION</u>	
Randy Agruda	723

<u>FIRE INSPECTORS</u>	
Brian Belcher	735
Robert Casey II	736
Mike Lince	737
Kathy Fordyce	738

The Metro Insider...



Fire Departments bowls for kids ...



Grand Traverse Metro Fire Department supported the Big Brother Big Sisters *Bowl for Kids Sake* event on Friday, May 15 at Timberlanes.

The **Metro Admin Team** took on the **Crazy 8's** to compete to raise the most dollars for the event while having some fun and helping kids. Chief Parker made the most important donation for the event by donating his face for a pie from the winning team. Over \$500 was raised and will go directly towards helping the organization locally match kids with Big Brothers and Big Sister volunteers.



Thanks to our bowlers: Chief Parker, Kathy Fordyce, Brian Belcher, Meredith Hawes, Shawn Stinson, Troy Holliday, Dan Watkins, Mike Bryan, and Greg Walker, and a special thanks to Sara Lee Bakery Company for the generous donation of chocolate cream pies.

The Metro Insider...

Page 2

If you are interested in helping with public education, please contact Meredith Hawes, Fire and Life Safety Educator.

mhawes@gtmetrofire.org



Apr – May Training Topics

May 18th – 1900 hrs (Sta. 8)

REQ: Hose Lead Out at Sta. 1

May 20th – 1900 hrs (Sta. 11)

Vehicle Extrication

May 21st – 1900 hrs (Sta. 1)

Vehicle Extrication

May 27th – 1900 hrs (Sta. 9)

Medical: Emergency Driving

CEU: 2 Lecture

May 28th – 1900 hrs (Sta. 1)

Ropes and Rigging

Jun 1st – 1900 hrs (Sta. 8)

REQ: Special Programs

CEU: 1 Lecture/ 1 Practical

Jun 8th – 1900 hrs (Sta. 8)

Medical: Haz Mat

CEU: 1 Lecture/ 1 Practical

Jun 10th–1900 hrs (Sta. 9)

Water Rescue Training

Jun 11th – 1900 hrs (Sta. 11)

Medical: Medical Legal

CEU: 1 Lecture

Jun 11th – 1900 hrs (Sta. 1)

Vehicle Fires

Visit www.gtmetrofire.org for current training calendar.

Message from the Chief ...

Hello all!

Station 12 is a go! On May 4, 2009 the Garfield Township Board passed a resolution allowing the department to locate the new fire station on the Silver Lake Recreation Area parkland.

The department had chosen the area a long time ago and thought the park was a great site. The majority of the surrounding homeowners were in favor of the proposal. What happens next?

By the end of May, the department will apply for government stimulus monies to build the station. There is \$210 million set aside just for fire station construction. The projects must meet certain criteria and be “shovel ready.” With the positive direction that Garfield Township has taken, we are close to meeting the criteria. Our architect is putting the final touches on the plans and we are working with the township planners and zoning administrators. It is our hope that we could be in the new station by this time next year. If we do not get the stimulus money, we will still move the project forward. However, we will have to shore up financing and fit it to our 2009/2010 budget.

Thanks for everyone’s input in the project and thanks to the township board for their forward thinking!

Pat

Note from Chief Flynn ...

- I spent the month of April on the road with a trip to Brownsburg, Indiana for a workshop on Fire Accreditation. The Grand Traverse Metro Fire Dept. will be embarking on a long and tedious endeavor to become one of only a small number of accredited fire departments in the United States. The accreditation process is a self review and analysis of our fire department which looks at 244 performance objectives as measured by a nationalized standard. At the conclusion of the process which takes about 18 months, evaluators from across the country will come to our department and initiate a thorough 2 day evaluation. This process is long and tedious and I will be looking for any help that any member would be willing to offer. There will be more information in future newsletters in reference to this process. Stay tuned.
- My next leg of the trip was to the National Fire Academy where I attended two more classes over a weekend with chief officers from all around the country. Word from the chiefs is not good regarding funding for fire departments. Many of the chiefs are reporting layoffs and large budget cuts. Everyone is sharing ways on getting more from their departments with less funding. EVERYONE IS HURTING!
- My next leg of the trip was to Indianapolis for FDIC where there were some more good classes especially the re-vamped "Art of Reading Smoke". I have a presentation for the stations and would like to fit it in the Station Training when the weather turns bad in November.
- The last leg of the trip was to Fishers, Indiana where I attended another class on officer certification. There I shared ideas for fire officer certification and training for company officers.
- Station 8 and Station 9 personnel responded to this van fire off N. Timberwood Dr. The van was stolen earlier in the evening from the Bayside Inn in Acme.



Not getting our Newsletter???

Send an e-mail to
Troy Holliday at
Tholliday@gtmetrofire.org to be
added to our e-mail list.

Your Health and Wellness

(Contributed by Beth Pryde, BSES, GT Metro Wellness Coordinator)

This month I have chosen to reproduce an article from Dr. Gabe Mirkin's May 10, Fitness and Health E-Zine <http://www.drmirkin.com>. This article ties in many of the topics I have previously covered in my articles. With Diabetes being one of the fastest growing (yet most preventable) disease in both adult and child populations, it is key to make the connection with lifestyle choices and predispositions to minimize its proliferation. This article shows how intertwined exercise, nutrition, diet and disease are, and how by attending to one of these areas allows you to see results in the others that are most beneficial to your overall health and quality of life. I encourage you to visit and consider subscribing to this online newsletter. There is much of the newest information on the topics you are hearing about in the news, and much, much more.

Type 2 Diabetes is Preventable

More than 90 percent of adult onset cases of diabetes are preventable and if caught early enough, are curable (Archives of Internal Medicine, May 2009). Usually, you can tell if you are pre-diabetic or diabetic because you store fat primarily in your belly, rather than in your hips. This is a sign of high insulin levels since insulin specifically causes fat to be deposited in the abdomen. The first sign of diabetes occurs when your body loses its ability to respond to insulin, causing your pancreas to release increasing amounts of insulin to keep your blood sugar levels from rising too high. When blood sugar levels rise too high, sugar sticks to the surface membranes of cells and can never get off. It eventually is converted to sorbitol that destroys cells to cause heart attacks, strokes, kidney disease, blindness, deafness and the other consequences of diabetes. The following actions help to prevent and treat diabetes:

- 1) Exercise. Contacting muscle draw sugar from the blood so rapidly that they usually prevent a high rise in blood sugar.
- 2) Don't be overweight. Full fat cells release hormones that cause inflammation and block the body's insulin receptors from responding to insulin. You should not be able to pinch more than an inch of abdominal fat.
- 3) Get sunlight (with appropriate cautions to prevent skin cancer). Lack of vitamin D causes ionizable calcium levels to drop. This causes the parathyroid glands to put out huge amounts of parathyroid hormone that prevents cells from responding to insulin.
- 4) When you are not exercising, avoid foods containing refined carbohydrates that cause the highest rise in blood sugar. The worst offenders are sugar in liquid form (fruit juices, sugared soft drinks, sugar in coffee or tea) and foods made from flour.
- 5) Do not take more than two alcoholic drinks in a day. A drink is 12 ounces of beer, 5 ounces of wine, or 2/3rds of a shot glass.
- 6) Do not smoke.
- 7) Eat plenty of vegetables, beans, whole grains, nuts and other seeds.

The following article has been reproduced in concordance with Dr. Gabe Mirkin's permission statutes.