



**Battalion Chief
Rick Howard**

**INSIDE THIS
ISSUE:**

Bugle Notes	2
Foam Day	3
Current Events	5
Calendar	6
Personal Fitness	7
Call Totals	8
Featured Call	9
Pre-plan	10

Fully involved

VOLUME XVI

AUGUST 2011

Carpe Diem

After I received the threat from our Administrative Assistant to get my article done, I was doing some research on the topic I have chosen to write about and came across this statement. "Nothing defines a culture as distinctly as its language, and the element of language that best encapsulates a society's values and beliefs is its proverbs. It's interesting to note that the two most common words in English proverbs are 'good' and 'never'. A bit of arm-chair psychology leads to the conclusion that, if proverbs really do reflect belief, then the English are (or at least were when these proverbs were coined) inclined to be virtuous but negative - not so far from the truth perhaps? Proverbs are short and pithy sayings that express some traditionally held truth. They are usually metaphorical and often, for the sake of memorability, alliterative." (Martin, 1996)

One of the more popular proverbs is Carpe diem. If Google's search records are anything to go by, more people visit this site looking for the little-used phrase 'carpe diem' than they do for any other phrase. 'Carpe diem' is usually translated from the Latin as 'seize the day'. However, the more pedantic of Latin scholars may very well seize you by the throat if you suggest that translation. 'Carpe' translates literally as 'pluck', with particular reference to the picking of fruit, so a more accurate rendition is 'enjoy the day; pluck the day when it is ripe'. The extended version of the phrase 'carpe diem, quam minimum credula postero' translates as 'Pluck the day, trusting as little as possible in the future'.

The meaning is similar to that of many proverbs that we continue to use in English and is a warning to make the most of the time we have, with the implication that our time on Earth is short. Another popular one is "a chain is only as strong as its weakest link." The proverb has a literal meaning, although the 'weakest link' referred to is figurative and usually applies to a person or technical feature rather than the link of an actual chain. Some of you may remember the TV game show of the same name. The show, which relies on the demonstration of the abysmal lack of general knowledge by many of the participating contestants, is an example of the many 'humiliation television' shows of the early 21st century and is a sad spectacle. It is clearly a literal fact that a chain is only as strong as its weakest link. The conversion of that notion into a figurative phrase was established in the language by the 18th century. Thomas Reid's Essays on the Intellectual Powers of Man, 1786, included this line: "In every chain of reasoning, the evidence of the last conclusion can be no greater than that of the weakest link of the chain, whatever may be the strength of the rest."

The phrase that I wanted to spend the rest of my time with is "you are never a prophet in your own land." I just completed my portion of employee evaluations and was reflecting on each of the evaluations and if I portrayed the evaluation fairly and subjectively as I see each captain.

I shared my insights and gave them a vote of confidence and then I tried to give them some information that will continue to help them as they continue on their sojourn to guide the rest of the troops into our daily battles. I wonder if the information we discuss finds a place in their toolbox as they move through their careers. I think back on all of the information that I have gained over the years and look in my personal tool box to see if that information is collected and stored where I can get at it. My passion for impacting and changing our little piece of heaven can be overwhelming for some and over the top for others. One has to be very careful as it is a fine line between preaching and leading sometimes. Yes, I know it is about asking good "questions". I know it is about "modeling". I know... but ... well ... maybe I don't know. Can you be a prophet in your own land? Many times leadership staff are promoted into management positions; however, they often have not been trained on how to effectively manage employees. I need to try to help them reconnect to what their experience was like working with different supervisors. What characteristics did they like in supervisors they respected? What characteristics did they dislike in supervisors who were ineffective? I recognize that I have a need to train our leaders to improve their individual leadership skills, but I do find myself reading articles and books from leaders that are either dead or live thousands of miles away to get good ideas to help in my endeavors. By some upper management people it is assumed that most staff in leadership positions have all the skills they need. While some of them are well-versed in skills that are inherent to a leadership position, you can never over train. So, onward and upward, whether it is prophecy or not I will continue on my quest to provide "tools" that may or may not be used.

CHANGES

While trying to decide on a topic to write about in this article I started thinking about when I first became a firefighter. Our culture has changed a lot in my time in the fire department.

First we have become a lot more family oriented. This doesn't just make our home lives more satisfying but it also makes us closer in our crews. We bring our families to the station to spend time with us on holidays and we socialize with our co workers and their families outside of the department. This makes us closer as a department. Being closer has a lot of advantages including an increase in job satisfaction and a decrease in negative traits such as back biting and gossip.

Secondly, we are far more educated than we were in the past. We have multiple opportunities to obtain training and certification. This change should make us feel both proud and appreciative. The better trained and more educated that we, are the safer we and the community at large is.

The final change is that we are much more open and willing to communicate. We can resolve our problems in a much more constructive way. This is not just helpful when dealing with interpersonal issues within your crew but also in our interactions in the field.

Changes are often scary and seen as negatives, but they can also be positive and make us all safer and better able to deal with our very stressful and sometimes dangerous position within our community.



Captain Ernie Curwen



Captain Robert Stanley

FOAM DAY JULY 23, 2011

Lehi City's 3rd Annual Foam Day was a big hit once again. Thanks in big part to the members of our department. It was awesome to see so many families come to the park and enjoy the festivities.

We saw an increase in attendance once again this year. Some estimates I heard were as many as 5,000 people attended. This was due to the great job of advertising that was done this year. ABC 4 Morning show did a live broadcast from the Sports Park a couple of days prior to Foam Day with a preview of the events. I also heard several ads on the radio and of course Facebook. However, our best advertising came by word of mouth due to the success of the last two years.

The feedback I received from our citizens was all positive. They wanted me to thank the fire department and the city administration for holding the event. I had several people tell me they were visiting Lehi from different parts of the country, some from as far as the east coast. They all were very impressed with the event and with the fact that Lehi City would put on such a fun party. Most said they were going to contact their local fire departments and city administrations to suggest they host the same type of event in their home towns.

The Lehi Chamber of Commerce did an outstanding job attracting a wide variety of vendors. Last year there were approximately fifteen, this year they ended up with nearly 50. The feedback from the vendors was, for the most part, very positive.

Lehi City CERT did a phenomenal job this year with first aid, lost kids and crowd control. I'm unsure of the number of injuries they attended to or the number of lost kids they helped, but I do know they were able to organize the crowd and make sure the event on the foam field ran smooth and safe.

Thank you to all that were able to help. I have already been given some great ideas for making next year's Foam Day bigger and better. This is a great tradition that has been started and I am grateful we are able to be a part of it.

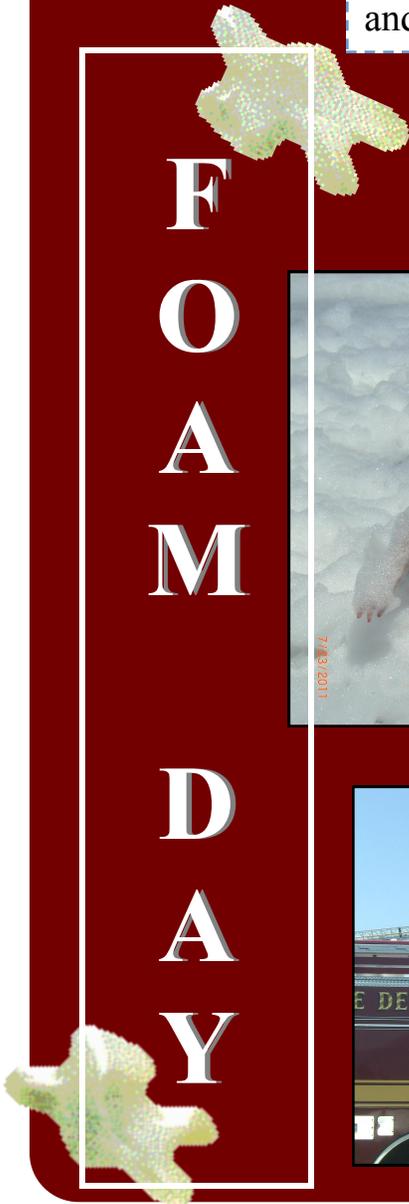




Lehi Firefighters Association sold hotdogs, chips, and drinks in support of the firefighters association.

F
O
A
M

D
A
Y



Current Events

We started the month of July off with a “BANG!” (Sorry, that was pretty lame.) The Lehi City fireworks show was held at Thanksgiving Point and was a huge success. A colorful display of high flying, loud popping, jaw dropping fireworks lit up the night sky on a pleasant 4th of July evening. Residents and others that attended were treated to a spectacular show that rivaled any other fireworks display in the state. As far as fire calls....it was pretty uneventful. The only fire call we responded to was a garbage can full of spent fireworks that ignited in the back of a truck while driving down Pioneer Crossing.



Firefighter Shad Hatfield

Foam Day took place on July 23rd, I'll I can say about that is WOW, what an event!! We'll let Captain Stanley tell you more about that.

Saratoga Springs hosted an extrication class at Willow Creek Middle School that was taught by L.N . Curtis and Sons. They were kind enough to let us join in on the action. A four hour classroom presentation on the latest extrication techniques was taught, and then a hands on extrication training with several cars to cut apart and use the new techniques and tools was a great experience.

Scott Wilbur finished paramedic school and graduated on July 19th, so when you see Scott congratulate him on his great accomplishment!



AUGUST BIRTHDAYS

- Brad Jensen 08/09
- Josh Hicken 8/24
- Bryce Longaker 8/29



Happy Birthday! Happy Birthday! Happy Birthday! Happy Birthday!

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Bountiful Baskets Food Co-op - station 82
7	8 Payroll ACLS/BLS Certifi- cation @ Station 82	9 ACLS/BLS Certifi- cation @ Station 82	10	11 Officer's Meeting @ station 82	12 ACLS/BLS Certifi- cation @ Station 82	13 Bountiful Baskets Food Co-op - station 81 & 82
14	15 IM Flash Open House 11:00-3:00	16	17	18	19	20 Bountiful Baskets Food Co-op - station 81 & 82
21	22 Payroll Wildland Urban/ Interface Train- ing @ Station 82	23 Wildland Urban/ Interface Train- ing @ Station 82	24	25	26 Wildland Urban/ Interface Train- ing @ Station 82	27 Bountiful Baskets Food Co-op - station 81 & 82
28	29	30	31			



Engineer Dan Harris

Personal Fitness: A Journey, Not A Destination

I was inspired recently by a friend from my days at the West Valley Fire Department. While flipping through a recent edition of the Straight Tip, I came across an article written by Captain Brent Hobbs. Brent, who was once my engineer, looked quite different in the picture from when I worked with him almost 5 years ago. In the article Brent talked about how he suffered a heart attack, which we all know is the number one killer of firefighters, he talked about how that changed his life by making him look at his own eating habits. I was inspired by the fact that Brent had decided to make a change in his health and he was able to stick to it.

As I read his article, I began to think about how, number one: it is never too late to make a change, and number two: personal health and fitness is a journey, not a destination.

All too often when I am on a trip with my family, I get in such a hurry to just get to where we are going that my wise and wonderful wife has to remind me that the trip is about the journey, not the destination. It's the same with our lives and our health. You have to work on your health and fitness everyday in order to be healthy. While "diets" may have their place, they are not sustainable. True health is a lifestyle that is both sustainable and very rewarding. I would like to suggest a few ways to make personal health and fitness part of your your lifestyle.

First, do something active everyday. I hate "working out". I have to "trick" myself into exercising by doing something fun. For me, I enjoy things that put me in motion, running, biking, climbing, hiking, those kinds of things. Find something that you enjoy doing, something that makes you active. It's important to work up a sweat. A good general rule is that if you're not working up a sweat, you're not doing enough. Everyday your fitness is declining little by little so it's important to push yourself, otherwise you cannot maintain, let alone improve your fitness. That being said, it is also important to "listen" to your body. Get to know when you can push it and when to take it easy. If you have an injury, let it heal. Do something different that will keep you active but allow the injury to heal. For example, swim while letting a sore ankle heal.

It is also important to do some type of resistance training. Some people like lifting weights, I don't. So I get my resistance training through things like rock climbing, or by body weight exercises like push ups, sit ups, etc. Resistance training helps your bodies support muscles to stay strong which helps prevent injuries. As we age we also lose bone density and resistance training helps build that bone density.

Find a system that works for you to make sure you get your exercise in. I know that if I don't wake up and get into my workout clothes and work out right away, that the chances of me working out decline exponentially as the day goes on. So find a routine, find a time, but make sure it happens. Your life depends on it, literally.

Second, keep track of your input and output. Simply put, if what goes in doesn't equal what you burn off, then you are gaining unhealthy weight. On average, people gain about 1-2 pounds a year. You need to keep track of how many calories you eat compared to how many calories you burn through your exercise.

Now this is a good example of how health is a journey, not a destination. If I tell you to start counting every calorie and calculate every calorie burned, you will not stick to it. That's just too time consuming. So start small. Periodically carry a paper and a pen to write down everything you eat, when you eat it. Then look over what you ate for the day, you may be surprised how much you ate, or what choices you made, or it may help you to make a better choice because you know you are accountable for it. The more you are thinking about eating healthy, the more healthy you eat (weird how that works).

Start looking at food labels. Learn to read them, yes there are things to learn on reading food labels. For example Hydrogenated, or Partially Hydrogenated means trans fat or in other words bad fat. Also, if you minus the calories from fat on the label, from the total calories it lets you know what percentage of that food is fat. You may be surprised to find that what you are eating is 50% fat!

There are as many different diet philosophies (diet as in what foods you eat, not as in starve yourself diet) as there are people eating, so don't get to hung up on this way or that way is the only way to eat. However, you quite literally are what you eat, so try to eat foods with the most nutrients and try to limit those with less. For example, dark leafy greens are the most nutrient dense food there is, but you don't need to eat kale and spinach for every meal. Anyone who knows me knows that I love ice cream, and brownies, and donuts, and well... far to much junk! So it is important to work on your eating habits every day. Some days I eat like crap, others I do much better, the important thing is to continually be making progress in right direction, eating better today, than you did yesterday. I definitely eat better today than I did 5 years ago or even 1 year ago.

Third, foster healthy relationships. I know this may sound out of place but health is more than just looking like a model. Health includes mental health, emotional health and well being as much as it includes what you put in your mouth. I am not going to attempt to give any relationship advice, because I am far from qualified. I always say that the only thing I know about parenting is that I know nothing about parenting. I do however find that if you are not happy, which is greatly affected by the relationships you keep, you will not care to take care of yourself, and conversely if you don't take care of yourself, you will not be happy, which again affects the relationships you have with friends and family. Both are codependent on the other.

I don't have the answers on how to make your relationships healthy and happy, but I do know that the first thing that needs to happen in making any relationship healthy is to be thoughtful of the other person. So start with simply thinking of the other person and their needs, wether its your spouse, your kids, your friends, or otherwise.

Something I have found to strengthen both my fitness and my relationship is exercising with my wife. Our best "dates" both before we were married and still today are going for bike rides, trail runs, or skiing. It's also when we have some of our best conversations.

CALL TOTALS

<u>Station 81</u>		<u>Station 82</u>	
Medical:	84	Medical:	42
Fire:	31	Fire:	25
Total:	115	Total:	67

Featured Call

This month we couldn't feature just one call, we have to feature a C-Platoon 48 hour set. During the 24th of July weekend, more specifically Friday, July 22nd & Saturday, July 23rd C-Platoon responded to 29 emergency calls. You may be asking yourself why is that something to feature? Because of those 29 calls many of them weren't your everyday calls, we had some excitement!



Firefighter Shad Hatfield

July 22, 2011

Brush 81 is dispatched to a brush fire in the hills above Saratoga Springs. They assisted several agencies in containing the 500 acre "Dyno Fire."

Units from Lehi station 81 and 82, Lone Peak, and American Fork fire departments are dispatched to a 1.5 acre field fire in Lehi with a full size van, truck, and haul trailer on fire. The fire was quickly contained.

Shortly after the clean up was complete Engine 81 and Ambulance 82 is dispatched to a heart problem at the Lehi Medical Clinic. Upon arrival a 49 year old female, who was at her daughter's doctor appointment, mentioned to the nurse practitioner that she wasn't feeling well and felt like her heart was racing. Upon our arrival the patient was sitting upright in a bed complaining of chest pain, lightheadedness, dizziness, nausea, and a feeling of a racing heart. An assessment was performed while the clinic staff handed off a 12 lead EKG report showing SVT at a rate of 190 beats per minute. The patient was placed on O2, an EKG was applied and vagal maneuvers were attempted with no success. Vitals monitored and a 12 lead EKG applied confirming SVT. The patient had reported her heart had been racing for the past 4 hours without stopping, she had also stated she had the same feeling in the past but it had always quit on its own. The patient was very pale and diaphoretic. Fast patches were applied and an IV line was established in her Left AC. The patient was still showing SVT on our monitor. 5 mg of Versed was given IV for sedation and the first attempt at synchronized cardioversion was unsuccessful. The patient was moved to Ambulance 82 and transported to the hospital. Fentanyl was given for pain management. A second attempt at synchronized cardioversion was just what the patient needed to restore her heart to a normal sinus rhythm. She was stabilized and remained in NSR throughout transport.

July 23, 2011

Tower 82 and Ambulance 82 are dispatched to a pregnancy problem around 5:00 A.M. Upon arrival they find a full term expectant mother waiting for them in her driveway. She is having strong contractions that were very close together. They had just enough time to place her on the stretcher and put her in the back of the ambulance before she was crowning. FF/Paramedic Dusty Smith assisted with the delivery of a healthy baby girl and the father helped by cutting the cord. They'll probably name her Dustina, I'm guessing!

Foam Day preparations began and both crews assisted with the celebration. Both crews have a couple of minor calls during Foam Day until the point that Tower 82 and Battalion 81 are called to assist Lone Peak on a house fire at a residence in Alpine. Tower 82 was utilized for several fire ground operations.

Not long after Tower 82 cleared they were called to respond with Ambulance 81 to a truck fire at a business. The truck's engine compartment was fully involved and was brought under control by Tower 82 quickly.

I could continue to go on and on and tell you about the many other lives saved and property protected this 48, but we need to wrap this up sometime. What I'm trying to say, and I'm sure the rest of C shift would agree... we had a great set!!

Preplan - Quest Building

There are some buildings in the beautiful city of Lehi that I pass all of the time and never think about. The Qwest building on 50 south 100 west is one of them. It is not that it is small or blends in. It is just that it has been there for a long time and to me it does not do anything. I have never seen anyone there working or any cars parked out front.

This building it turns out is a vital part of our cities infrastructure. It controls the phone and DSL for the city. It is manned from 8 to 5 Monday thru Friday by one person.

The building itself is a two story block buildings. There is business located to the north and apartment buildings to the south and west. The main doors to get in to the building are facing 100 west with a Knox Box by the north door. Access to the building is controlled by electronic badge access. A 2000 gallon diesel tank is located in a fenced in area on the northwest corner of the building. The tank supplies a diesel generator that is in the building south of the tank. The generator is tested once a month to make sure that it runs. The top floor is empty and not used at this time.



Engineer Kurt Walker



Inside the building there are racks of small low voltage wires running all over the building on the main level fed by high voltage wire. The building is not sprinkled and most of the fire extinguishers are CO² because of the electrical issues. This is not the place that you want to be throwing around water.

In the middle on the main room are two banks of lead acid batteries. These are not your normal batteries they each weigh at least a hundred pounds each and there are about 30 in a bank. There is one more bank in a room just south of the main room. The hazards from the batteries are the sulfuric acid in the batteries that can give chemical burns on

contact. If expose to the sulfuric acid the MSDS said to flush with water for 15 minutes. Electrical hazarded is another hazard of the batteries. This is not a normal batteries charging setup, it is fed from city power and from the backup generator and will hold a charge for 1 hour of operation, If you need to get close to it to work get the advise of the operator first. In the use of lead acid batteries, hydrogen gas is released. In your car battery this is not at problem there is plenty of ventilation to dissipate the hydrogen gas. In a building with that many batteries the fire code requires that there be ventilation setup that is on a power backup to pull the hydrogen gas outside and prevent a buildup of flammable gases. If the main power and backup power is shut off to the building be aware that there is hydrogen that is being release by the batteries that could be building up somewhere.



The EPA requires that companies that have chemicals over a threshold planning quantity, report what they have to the local fire department, Local Emergency Planning Committee and the State Emergency Planning Committee. At this site Qwest has two chemicals that they report on, diesel for being over 10,000 pounds and sulfuric acid for being over 5,000 pound.

This building holds some unique hazards that I hope I have highlighted. Please stop by and talk to Qwest if you have any other questions.

What have we been up to . . .

S
R
T

T
R
A
I
N
I
N
G



Low
Angle
Rescue
Training



HAZMAT



Traffic
Accidents



Station Tours