



**Battalion Chief
Rick Howard**

**INSIDE
THIS ISSUE:**

- Chili Cook Off** 3
- Station Tours** 4
- Mass Casualty Drills** 5
- Wellness Program** 6
- In the News...** 7
- Call Totals & Birthdays** 8
- Calendar** 9

American Fallen Warrior Memorial

Every American remembers where they were and what they were doing on the morning of September 11, 2001. We all felt the heartache, disbelief and despair as a nation reeling from the shock of an unexpected attack. With respect and dignity, the clean-up began. It was discovered that a section of the slurry wall that surrounded the world trade center footprint would have to be removed. The function of the slurry wall was to hold back subsurface flood waters from the Hudson River.

Pieces of the slurry wall were preserved and are now memorialized. Eleven pieces were saved and are now placed, as memorials, across the nation. The first piece is in Lawrence, Kansas set in place September 11, 2013 at the American Fallen Warrior Memorial.

The next piece traveled through Utah to be placed at Fort Douglas. On September 30, 2013 it stopped here in Lehi. Julean Ashcraft, wife of fallen Prescott Arizona firefighter Andrew Ashcraft was in attendance. A tribute was presented to her and the 19 Yarnell wildland firefighters. The following is the tribute that was presented that night by Battalion Chief Howard:



“Service before self. These three words speak volumes about one’s personal beliefs, decision-making and commitment to a specific cause.

The most visible strength of public safety personnel is the unselfish service and sacrifice of its members. Their lives of service and sacrifice are the most appropriate expressions of their commitment to serve.

What is sacrifice? To sacrifice is to give up something valuable or precious, often with the intent of accomplishing a greater purpose or goal.

Their willingness to perform is seldom, if ever, in question when the ravages of fire or other emergencies strike our communities or directly affect our loved ones.

Service before self is not a catch phrase: it’s a lifestyle. It’s the characteristic of truly dedicated individuals and it’s the purest representation of brotherhood and sisterhood to each of these men and women we pay homage to.

To those currently serving at home or abroad who have put service before self, I say Thank You; you have and are continuing to raise the bar of professionalism for us all.



June 30th, 2013 was the greatest loss of firefighter lives since 9/11. 19 wildland firefighters from the Granite Mountain Hotshots from Prescott Arizona were battling a large wildland fire protecting the lives and homes of the residents of Yarnell, Arizona when the weather made a drastic change and over-ran the hotshot crew killing all but one.

One example of professionalism and selfless service is Granite Mountain Hotshot, Andrew Ashcraft. Andrew recently taught his family during family home evening a lesson about being a better person. Andrew’s wife, Juliann said “as a part of the lesson he got all of his family these white rubber wristbands. He said they would remind us to be better, so we called them our “be better bands.”

The family wore theirs on and off but Andrew never took his off. Andrew promised Juliann that he would wear his until it fell off his wrist because it was so worn out or until the day he died.

It was a symbol of his commitment to Juliann and their family and that it was forever—he wore it all of the time—it made him want to be a better man. Juliann reports that only a handful of personal effects were returned to her but most important was a singed, off white, rubber bracelet with the words “be better” still visible.

Mahatma Ghandi said “A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.”

The men and women of today’s fire service are confronted with a more dangerous work environment than ever before. We are forced to continually change our strategies and tactics to accomplish our tasks.

Our methods may change, but our goals remain the same as they were in the past, to save lives and to protect property, sometimes at a terrible cost. This is what we do, this is our chosen profession, this is the tradition of the fire fighter.

The fire service of today is ever changing, but is steeped in traditions 200 years old. One such tradition is the sound of a bell. The sound of a bell holds special significance for firefighters. Historically, the toll of a bell summoned members to the station, signaled the beginning of a shift, notified departments of a call for help, and indicated a call was completed and the unit had returned to the station.

Departments sounded a series of bells when a firefighter died in the line of duty to alert all members that a comrade had made the ultimate sacrifice. This time-honored tradition continues today during the funerals or memorial services for firefighters.

Today we will honor the memory of those with this tradition, which reflect honor and respect on those who have given so much and who have served so well. To symbolize the devotion that these brave souls had for their duty, a special signal of one ring represents the end of our comrades’ duties and that they will be returning to quarters. And so, to those who have selflessly given their lives for the good of their fellow man, their tasks completed, their duties well done, to our comrades, their last alarm, they are going home.”



Draper Police Sargent-
Derek Johnson
Andrew Ashcraft
Robert Caldwell
Travis Carter

Dustin Deford
Christopher Mackenzie
Eric Marsh
Grant McKeeSean Misner
Scott Norris

Wade Parker
John Percin
Anthony Rose
Jesse Steed
Joe Thurston

Travis Turbyfill
William Warneke
Clayton Whitted
Kevin Woyjeck
Garret Zuppinger



Engineer Jeff Smith

LFD Firefighter Chili Cook Off

Last month Utah Disaster Kleanup and KSL hosted the 1st Annual Firefighter Chili Cook-off. Organizers had been exploring the idea for the last couple years, but after learning the burn camp lost over \$20,000 dollars in funding, organizers were prompted to take immediate action. Over twenty departments participated in the event, including military and fire departments. The only criterion given was for participants to cook ten gallons of chili, on site, at the Gateway District Mall. Awards were given for best booth design, most money raised, and best tasting chili. Lehi Fire Department finished fourth on the booth design and fifth in money raised by raising over \$500 dollars in chili sales. I

would like to take this time and thank Captain K. Beck, Captain R. Stanley, FF C. Clifford, and FF T. Stanley for cooking the chili and participation in all the work before the event. Thanks to all the Lehi Fire Department members that supported the event, assisted in the booth construction, and to the families who took the time to visit during the fundraiser and support their department and the burn camp. Also, Smith's Marketplace, Costco, Lehi Fire Department, Lehi Fire Association, and Lehi Local Union #4862 for financial assistance in the cost of food and supplies for the booth design. A total of \$11,000 dollars was raised and is to be donated to the burn camp. The event is set to continue next year and we can only hope that more money can be raised to benefit the children at the burn camp.



Fire Prevention - Station Tours

Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its damage on October 9, 1871.

According to popular legend, the fire broke out after a cow - belonging to Mrs. Catherine O'Leary - kicked over a lamp, setting first the barn, then the whole city on fire. Chances are you've heard some version of this story yourself; people have been blaming the Great Chicago Fire on the cow and Mrs. O'Leary, for more than 130 years. Like any good story, the 'case of the cow' has some truth to it. The great fire almost certainly started near the barn where Mrs. O'Leary kept her five milking cows. But there is no proof that O'Leary was in the barn when the fire broke out - or that a jumpy cow sparked the blaze. Mrs. O'Leary herself swore that she'd been in bed early that night, and that the cows were also tucked in for the evening. But if a cow wasn't to blame for the huge fire, what was? Over the years, journalists and historians have offered plenty of theories. Some blamed the blaze on a couple of neighborhood boys who were near the barn sneaking cigarettes. Others believed that a neighbor of the O'Leary's may have started the fire. Some people have speculated that a fiery meteorite may have fallen to earth on October 8, starting several fires that day - in Michigan and Wisconsin, as well as in Chicago.

While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. That distinction goes to the Peshtigo Fire, the most devastating forest fire in American history. The fire, which also occurred on October 8th, 1871, and roared through Northeast Wisconsin, burning down 16 towns, killing 1,152 people, and scorching 1.2 million acres before it ended. Historical accounts of the fire say that the blaze began when several railroad workers clearing land for tracks unintentionally started a brush fire. Before long, the fast-moving flames were whipping through the area 'like a tornado,' some survivors said. It was the small town of Peshtigo, Wisconsin that suffered the worst damage. Within an hour, the entire town had been destroyed.

Those who survived the Chicago and Peshtigo fires never forgot what they'd been through; both blazes produced countless tales of bravery and heroism. But the fires also changed the way that firefighters and public officials thought about fire safety. On the 40th anniversary of the Great Chicago Fire, the Fire Marshals Association of North America (today known as the International Fire Marshals Association), decided that the anniversary of the Great Chicago Fire should henceforth be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. The commemoration grew incrementally official over the years. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9 falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925.

Besides the traditional "Fire Prevention Week", Lehi Fire Department has traditionally observed the whole month of October as "Fire Prevention Month". This year the crews at Station 81 and Station 82 taught more than 1800 school age children, both at their schools and at the fire station. In addition to public education activities, all fifteen schools in Lehi City participated in a Fire Department supervised fire drill. Public education and school fire drills have served as a good opportunity for our crews to educate the public and ultimately making Lehi City residents safer through public education.



Captain Jake Beck



Captain Kim Beck

Mass Casualty Drills

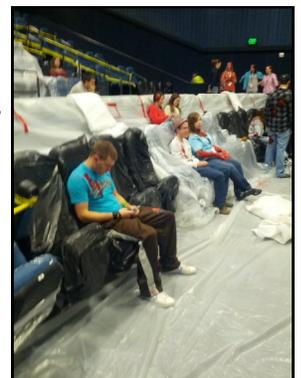
This year Lehi Fire Department was invited by the Salt Lake Valley Fire Alliance to participate in Active Shooter/Mass Casualty Incident (AS/MCI) training. This was a six day event; a north drill for three days at Woodrow Wilson School in South Salt Lake and a south drill for three days at The District Movie Theater in South Jordan. A total of 13 agencies participated, including all Salt Lake Valley Departments, Park City, South Davis, and Lehi. On the north drills, Lehi participated as evaluators and observers only. Both drills included an active shooter with Law Enforcement (LE) response, with an average of 50 live moulage patients. With a total of 480 Firefighters and 217 Fire and EMS apparatus responding, including Life Flight and Air Med, this made the drill one of the biggest this state has seen.

With active shooter calls becoming an almost daily event, the drills were very timely. Attorney General Eric Holder said the number of active shooter events nationwide have soared over the past five years. The United States saw an average of five active shooter incidents a year, between 2000 and 2008. Alarmingly, since 2009, this annual average has tripled. As of Oct. 13 we have seen 12 active shooter events.

With a scenario similar to the Aurora, Colorado theater shootings, Lehi Fire Department's response to the District Theaters covered three days and included Company 81 with A, B, and C platoons participating. On the first day Captain Tim Robinson, as acting Battalion 81, arrived first and participated in the Command role. Next to arrive was Captain Ernie Curwen's crew who were first into the theaters with the assignment of Triage. In the lobby, they immediately faced 20 critical patients. Captain Curwen and crew then made their way into the dark theater, with the movie still playing, and continued to Triage an additional 30 patients. Ambulance 81 was on the outside transporting patients. Lehi C platoon did an excellent job in a very stressful situation. A and B platoon both performed equally as well.

Active Shooter/Mass Casualty incidents are volatile and complex. We must continue to train and learn from these incidents. Some of the lessons we have learned from this very informative training was:

- Lehi Fire and Police Departments must develop local protocols for responding to AS/MCI's.
- Lehi Fire and PD must train together
- It is important for all departments to utilize the National Incident Management System (NIMS)
- Front load command, if possible
- Determine how transportation to and communications with area hospital/trauma centers will be accomplished.
- We must ensure constant training with START triage
- Learn the duties of Triage, Treatment, Transfer, and Transport.
- One jurisdiction cannot handle an AS/MCIs by themselves.
- PPE: wear eye protection and helmets, change gloves between patients
- Establish response corridors on arrival



This training was a great opportunity for Lehi Fire Department. We were able to establish working relationships with other departments that we may need help from in the future. I had the opportunity to participate as an evaluator for six days during these drills. I realize now that these kinds of events can be very confusing, and very emotional. As members of the crews who respond to these events, we need to be prepared by constantly training and honing our skills. I would like to thank the Salt Lake Valley Fire Alliance for the invite and we look forward to participating in AS/MCI drills in the future. I was proud of all the Lehi crews and the job that they performed.

Lehi Fire Wellness Program Update

I am impressed that many of you are making such a strong effort to eat healthier. It is not always easy and, like any kind of positive commitment that is difficult, interest can be lost over time. This is **THE** problem! This is the problem that we have all faced over and over again. Anyone can be healthy for a week or a month when they are excited. For those of us that have tried to lose weight before, this is how it has worked, right? We know very well how to lose weight, get in shape and be motivated, yet each time after we see success we revert back to our old habits. This may not be the monumental revolution that will change everything for you in the future....but why not? You have the tools, you have the support of the other guys in the department and you have me if you want me. If you have had this pattern in the past, I do not see why we cannot decide today that it will not happen again. The success and results in life go to those with the character to diligently stick to commitments (that they may not want to do, yet will enrich their lives) when the initial emotion has passed. This is my challenge for us. Here is a tip on how to stay committed.



Firefighter Brady Cragun

I have gone up and down and up and down with exercising and eating right. I get tired of doing what I should be doing and I lose it. Once I make one bad decision it then becomes much easier to rationalize another one because I have already messed up. The solution: splurge meals. Once a week allow yourself a bad meal. Look forward to it, eat it, celebrate with your family or whomever then be done with it. Do not use this as a trip wire to fall back into laziness on your habits. Rather use it as a tool to say, "Hey, I can do this if I am still allowed to eat some foods I really like once in a while. Now that I have eaten them, I am re-motivated to do better tomorrow." Make sure that this is just a splurge MEAL and not a splurge DAY.

Once again, I am happy to help. I can create meal plans, give you recipes, create fitness plans and even come work out with you if you want. Please let me know if I can be of assistance.

Here are a couple healthy meal ideas...

Shrimp or Fish Tacos



- cook shrimp or fish in pan (save the juices from the shrimp or fish)
- spice the shrimp/fish with old bay/garlic/onion/cilantro/little bit of pepper/olive oil
- pour the juices from the shrimp/fish into a bowl. Mix with a little bit of lite mayo/lime/lemon/2 drops of honey/sriracha. This is your sauce to put on the shrimp/fish tacos
- brown corn tortillas on the stove
- put shrimp/onions/cilantro and avocado in the tortillas
- make a salad for the side

In the News - Trench Rescue

Man partially buried in 10-foot deep trench

October 29, 2013



LEHI — Crews in Lehi were able to free a man who was partially buried in a deep trench.

Whipple Service employee Seth Thomas, 41, was in a 10-foot deep trench Tuesday morning in the front yard of a Lehi home near 2400 North and 910 West trying to replace a broken sewer pipe. The homeowner says she heard a loud cracking and snapping noise and rushed outside but couldn't find Thomas in the hole and called 911.

The fire department responded to her call and was able to locate 41-year-old Thomas in the trench. He had been buried in the dirt up to his chest and pinned against the pipe. Battalion Chief Rick Howard of the Lehi Fire Department said they first made sure Thomas could breathe before they started the rescue.

"We had crew secure his airway and make sure the dirt was removed from his face so he could breathe," Howard said.

Rescue workers couldn't jump in the hole and immediately rescue him — they had to make sure the other walls of the trench were secure first.

"We're not going to put rescue crews in the hole without the sides of the hole being safe so we had to secure the sides of the wall with our trench panels," Howard said. "Once we got those secure, we were able to get people into the hole to start (extracting) him."

An IV was also started while Thomas was still in the trench to help alleviate some of the "great deal of pain" he was in, Howard said.

After Thomas was freed, he was taken to Utah Valley Regional Medical Center where he was treated for a pelvic fracture and later released.

Thomas has been with Whipple Service for less than a year but has years of experience in this field with another company. Whipple Service said this is the first time this has happened to a Whipple employee and the crew was almost done with the repair when it happened.

Whipple Service also said that weather played a factor in the collapse — the damp, saturated soil was less stable for a repair.

Contributing: Celeste Tholen Rosenlof and Pat Reavy KSL.com



Call Totals for the Month of October...

Station 81

Fire:	35
Medical:	72
Total:	107



Station 82

Fire:	31
Medical:	57
Total:	88



ACLS Testing
November 11, 12, & 15th.

WEDDINGS



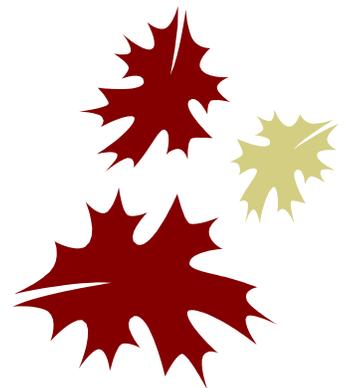
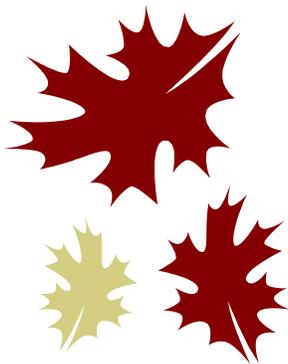
Congratulation to Firefighter Cory Taylor and his wife, Acacia. They were married on September 14, 2013.



Congratulations to our Administrative Assistant Angie Reynolds and her husband Jason. They were married on November 2, 2013.

NOVEMBER BIRTHDAYS

Tyson Lum - 11/09
Dan Harris - 11/10
Russ Poulson - 11/16
Steve Berendson - 11/18
Houston Sim - 11/18
Ryan Stephenson - 11/20
Fritz Borchardt -11/27
Ray Day -11/29



November 2013

	Mon	Tue	Wed	Thu	Fri	Sat
					1 BLS Testing/ ACL Refresher	2 Bountiful Baskets Food Co-op - station 81 & 82
3	4 I-200 Training UFRA	5 I-200 Training UFRA	6	7	8	9 Bountiful Baskets Food Co-op - station 81 & 82
10	11 Veterans Day City Offices Closed ACLS Testing	12 Payroll ACLS Testing	13	14 Officers Meeting Station 82 8:00am	15 ACLS Testing	16 Bountiful Baskets Food Co-op - station 81 & 82
17	18	19 Vacation Draws 2:00pm	20 Vacation Draws 2:00pm	21	22 Vacation Draws 10:00am	23 Bountiful Baskets Food Co-op - station 81 & 82
24	25 Payroll	26	27	28  Happy Thanksgiving	29	30