



Campbell County Fire Department Newsletter

Issue 17 February 2015

Editors: Admin Staff

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Happy Valentines Day!

February 2015

Anniversaries!

Phil Weibel	2/26	34	Years
David King	2/24	20	Years
John Cattles	2/23	19	Years
Ronald Ellis	2/23	19	Years
Dan Grace	2/12	14	Years
Sandra Johnson	2/12	14	Years
Ron Smith	2/14	10	Years
Tanner Lynde	2/6	8	Years
Shane Kirsch	2/16	6	Years
Kelly Abelmann	2/12	1	Years
Maria Cortez	2/4	1	Years
Serjio Cortez	2/4	1	Years
Nikki Nellerhoe	2/3	1	Years
Terry Thomas	2/7	1	Years

February 2015

Birthdays!

John Gunnels	2/3
Gene Plessner	2/3
Bill Macy	2/6
Shane Coates	2/7
Duane Myers	2/7
Louann Izatt	2/10
Clyde Ellertson	2/13
Toddy McCann	2/19
Kory Study	2/19
Robert Hauber	2/20
Glen Terry	2/22
Richard Hauber	2/25
Ed McNair	2/25
Richard Stainbrook	2/25
Andrew Rutigliano	2/28

THE DEADLINE FOR MARCH'S NEWSLETTER ARTICLES IS:

February 23, 2015

@ 5:00p.m.

dcrippen@ccfire.us

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Wellness Meeting</i>	3	4 <i>Academy</i>	5 <i>Countywide Business Meeting</i>	6	7 <i>Banquet</i>
8	9	10 <i>Chief's Meeting</i>	11 <i>Academy</i>	12 <i>Countywide Training</i>	13	14
15	16 <i>President's Day</i>	17 <i>Captain's Meeting</i>	18 <i>Board Meeting Academy</i>	19 <i>Countywide Training</i>	20	21
22	23	24 <i>Cadre</i>	25 <i>Academy</i>	26 <i>Business</i>	27	28

Congratulations to Chad Richards for his promotion to Battalion Chief

Where are you from? Gillette, WY

Which secondary (*high*) school did you attend? Campbell County High School. Sports: Football and Wrestling.

What has kept you located in Gillette? Family has kept me here and the beautiful scenery.

What company do you work for and what is your primary Job? Construction Manager for Inter Mountain Construction and Materials.

Why and when did you decide to become a firefighter? Growing up on the ranch, we had a fire truck to help with grass and timber fires. Firefighting has interested me since I was a young boy.

How long have you Volunteered with CCFD? Thirteen Years

Is there a particular aspect of firefighting that you enjoy more than others? Structural

Do you have a significant other and/or children? I have been married for fifteen years with my wife Cassady. We have four children: Zaiah 18, Miah 14, Jacob 13 and Kasen 3.





LINE OF DUTY DEATHS:

2014 Year to date: 3

Location	Name	Age	Cause of death
Raymore, MO	Batt. Chief Christopher Tindall	42	Heart Attack
Jackson, CA	Captain Franck Tremaine	58	Unknown
Garden City, KS	Firefighter Ronnie Peek	49	Heart Attack

HISTORY:

1929

The city received an old dump truck and put a 500 gallon tank and pump on it. The pump would put out about 84 pounds of pressure.

Late 1929 or early 1930 the City recieved a real fire truck. It was a 1929 6 cylinder Chevrolet, and couple pump from a fire hydrant into the fire house.

In the 1930's and early 1940's was the Great Depression and there was no money for anything.

On January 3, 1933 the Mountain States Telephone and Telegraph Company entered into an agreement with the City for a fire alarm system to be installed at the telephone office. The operator on duty would sound the alarm.

For years the operators would tell the public the fire's site. When this load became too heavy for one operator, it was changed to just notify the firemen. Various codes were tried until one became widely known and used . The system was changed again and the firemen or their wives were asked for the information using their name. This contract was still in effect when the services was converted to dial. This service was handled by operators at City Hall until about 1975. In 1975 the Sheriff's office had started to dispatch 24-hours a day (Phyllis Fritzler dispatched during the day from the Sheriff's Office at least into the mid 1970's).

QUOTE FOR THE MONTH:

There are no problems we cannot solve together, and very few we can solve by ourselves.

Lyndon B. Johnson

2014 Guns-N-Hoses Blood Drive



Bravest,

We are proud to announce that the beautiful Guns ‘N Hoses trophy is back in its rightful place!! The blood drive was a great success and exceeded the United Blood Services goal of 400 units by 28. 357 citizens of Campbell County donated for the cause, and the majority exercised impeccable judgment and donated in the name of CCFD! We would like to thank all of the crews and volunteers that came out to make this event a success. This blood drive has become the best show of donations for the United Blood Services in Campbell County in recent years. Again, thank you all for your individual blood donations and crew support for this event! The trophy is located at Station 1 in the volunteer room for all to enjoy.

Sincerely,

A Crew

Haz-Mat Training 1-5-2015

Hazmat chemical training. Conducted by Captain JR Fox and Captain Bryan Borgialli



"We are what we repeatedly do. Excellence, therefore, is not an act but a habit".
Aristotle

RECIPE OF THE MONTH:

Sunday afternoon is the perfect time to do some meal planning for the rest of week. Make a batch of savory soup that you can enjoy for lunch or dinner later in the week! The secret to this French Onion Soup is to be patient and sauté the onions slowly. The payoff will be a satisfyingly rich soup that highlights the natural sweetness of the onions. Divide the soup into single-serve containers for lunch, or save it for an easy dinner. Just add salad and a whole-wheat baguette for a warm and wonderful Monday night meal.

Simmered Onion Soup

by Cleveland Clinic Wellness Editors

The secret to a superb onion soup: Sauté the onions slowly until they take on a caramel color, and then let them slowly simmer until the onions almost melt into the rich broth. The long simmering brings out the natural sweetness of the onions. This soup makes a delicious weeknight dinner on a chilly winter night.

Adapted from the *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*

Yield: 8 servings

Ingredients:

½ cup extra-virgin olive oil (poured into a small bowl)
4 large yellow onions, thinly sliced into rings
2 teaspoons sugar
2 quarts fat-free, unsalted beef broth
1 cup dry red wine
Freshly ground pepper
Eight ½ -inch-thick slices 100% whole-wheat baguette
1 garlic clove, minced
¼ cup freshly grated Parmesan cheese



Instructions:

Lightly brush a Dutch oven with some of the olive oil. Place over medium heat and add the onions. Cook, stirring, until the onions are limp, about 4 minutes. Sprinkle with sugar and continue to cook until the onions are the color of caramel, 20 to 25 minutes. Be careful not to let the onions burn. Add the broth and wine, cover, and simmer for about 2 hours, stirring occasionally, until the onions are almost dissolved into the broth. Add pepper to taste.

Just before the soup is served, preheat the broiler. Place the bread slices on a baking sheet and lightly coat each slice with the remaining olive oil. Sprinkle the bread evenly with the garlic and cheese. Broil until the cheese is melted and golden brown.

Ladle the soup into heated soup bowls and float a cheese toast in the center of each bowl. Serve immediately.

Nutrition Facts Per Serving: 300 calories, 16 g total fat, 2.5 g saturated fat, 9 g protein, 32 g carbohydrate, 8 g dietary fiber, 8 g sugar, 0 mg cholesterol, 310 mg sodium

Health and Wellness Tailboard Talk

CCFD Wellness Committee

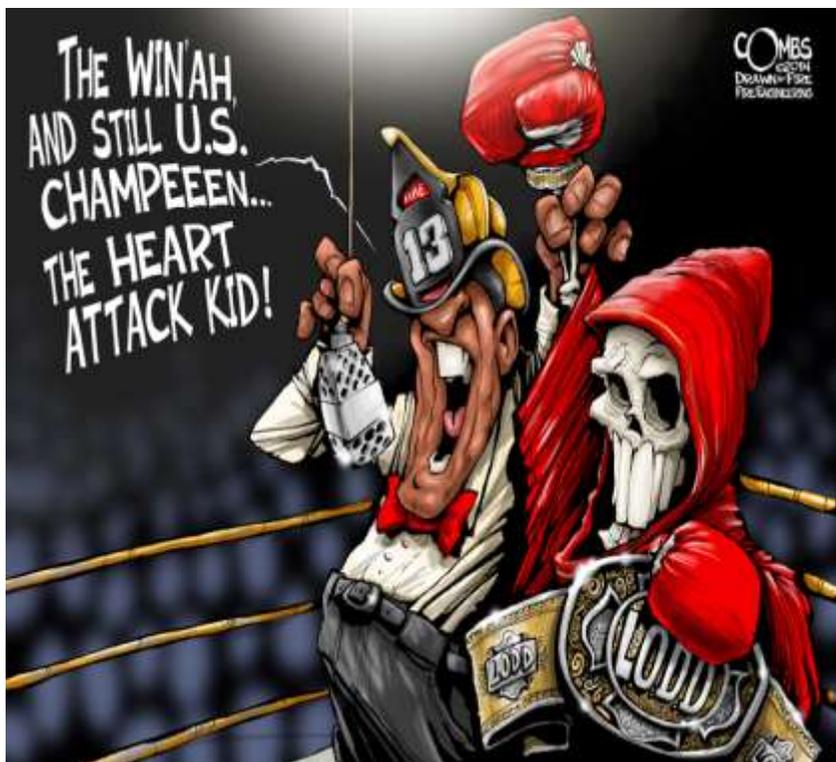
Wellness Committee Helps Celebrate American Heart Health Month

During the month of February, most Americans equate the human heart as a symbol of love usually coupled with a small nymph, chocolate, and flowers. But the Centers for Disease Control and Prevention (CDC) and The American Heart Association view February as a time to learn about risks for heart disease and stay “heart healthy” for yourself, family and friends. That extended family is those who serve alongside you on the CCFD. Being as healthy as possible makes us a better organization to serve the citizens of Campbell County to the highest level possible.

According to the CDC, cardiovascular disease (which includes heart disease, heart attacks, stroke, and high blood pressure) is the number one killer of both men and women across all ethnic groups in the United States each year accounting for 600,000 or 1 in every 4 deaths. It is also the leading cause of disability and costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

What hits home the greatest for us is the same cardiovascular disease, especially heart attacks, account for over 50 percent of all firefighter line-of-duty deaths every year. How many of these deaths attributed to heart attacks are read off each month at our battalion meetings? How many of us secretly under our breath say “that will never happen to me?” What has been shocking, deaths have ranged from those in their 20 to over 60 or 70. It should be painfully aware to all of us that heart related issues are a risk to any one of us, especially in the one of the most dangerous, stressful, and demanding occupations we have chosen to participate. Every day we handle situations and emergencies where we have to give it our all. There are enough risks we face without adding heart disease and related health concerns to the list. But, we can do something to mitigate those risks to be ready for the stress, strain, and challenges of being a firefighter.

It is impossible to consolidate all information relating to heart health in a one article for our monthly newsletter. But in this month dedicated to mitigating the risk of heart disease, the Wellness Committee hopes you take the time to reflect on what that heart means to your friends, family, and fellow firefighters. **While engaging in your own reflection, these are typical lifestyle choices that put firefighters (and people) at risk for heart disease:**



Tailboard Talk continued

Overweight and obesity – Poor diet – Physical inactivity – Excessive alcohol use – Smoking

A few simple things you can do to start on being more “heart healthy.”

Get a physical and follow your doctor’s recommendations. Get a physical once per year regardless if it is required or not. Besides your blood pressure, you can have standard bloodwork done to give your levels of cholesterol, glucose, and triglycerides which all have an impact on your heart. Monitoring and controlling these levels through exercise, diet, and medication are great ways lower heart related risks.

Monitor your blood pressure (BP). Regularly monitoring your blood pressure is quick and painless and allows you to see results of your other actions. There are two numbers associated with your BP. The first, systolic, represents the pressure in your blood vessels when your heart beats. The second, diastolic, represents the pressure in your blood vessels when your heart rests. These are measured in millimeters of mercury (mmHG.) While there are ranges that are **considered normal or at risk, everyone’s BP is different and what is normal for one person may be an issue for another.** Establishing a baseline, constant monitoring, and reviewing regularly with your doctor is the best way of ensuring you are on the right track for a healthy heart. Almost all full-time firefighters are trained to take your BP reading and there is at least one Wellness Committee member on each shift that is also trained. Please call ahead to make sure they are available, but it only takes a few minutes to give you this reading on a regular basis to help you monitor this important statistic.

Proper diet. Nutrition is also another extremely important area to be concerned. There are a number of resources out there but generally a diet low in sodium/saturated fats and high in protein, fruits, and vegetables is optimum. Again, it is important to discuss with a professional as certain people need to focus on different aspects of a diet depending on their circumstances, age, activity level, and medications they may be taking. Proper diet can help address issues with cholesterol, glucose, and triglycerides which all play a part in heart disease related risks.

Smoking. Firefighters face enough toxins in the environments we are involved in without adding smoke and other cancer causing agents directly to our cardiovascular system. Simply put, if you do smoke, quit as soon as possible. There are a number of resources to help you and the Wellness Committee will help you find those resources. We are here to help.

Exercise regularly. This topic has been, and will continue to be, covered by the Wellness Committee each month in some capacity. Besides making you a more effective firefighter, physical activity helps maintain a healthy weight, lowers cholesterol, and keeps blood pressure within “normal” levels. **Frontline firefighters (“Black and Red Helmets”) should engage in high intensity activities (combination of aerobic, anaerobic, and resistance training) for at least 30 minutes per day.** Other firefighters are recommended to participate in moderate-intense activity (aerobic and resistance training) for at least 30 minutes, five days per week. The more you exercise, the healthier your heart.

While we don’t have magical arrows like Mr. Valentine to make you fall in love with your heart, we hope you give serious thought to your heart health and utilize the Wellness Committee as a resource to help. If you are someone who exercises regularly and eats right, try to share what works for you with others. If you are someone who is just starting out but wants to get healthier, don’t get overwhelmed and start slow. The process is a journey and the most important thing to do is start. The Wellness Committee and your fellow firefighters are there to help. Happy Valentine’s Day and Heart Healthy Month!

Department Project.

I want to create a Campbell County Fire Department Cookbook. I am asking for all crews and Stations to submit a picture (crews and everyone in station If possible) and recipes. Or anyone else that wants to participate. It would be great to get everyone from the department in pictures for the cookbook. Also submit as many recipes as you want, if there is a duplicate we might have a Cook off!

I think this will be great item to have for years down the road!

The cookbooks are going to cost between \$4.50 and \$8.00 each, Depending on style we go with. So make sure you let me know how many to order.

I would like to start working on this sometime in the beginning of March, so you have a month to get everyone together for pictures and come up with some recipes!

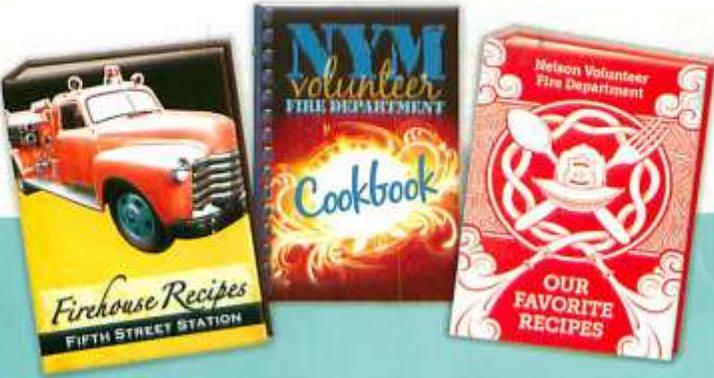
Any questions, please get a hold of me. Thanks Donna Crippen

PUBLISH YOUR OWN

Fire Department COOKBOOK



CUSTOM FUNDRAISING &
KEEPSAKE COOKBOOKS



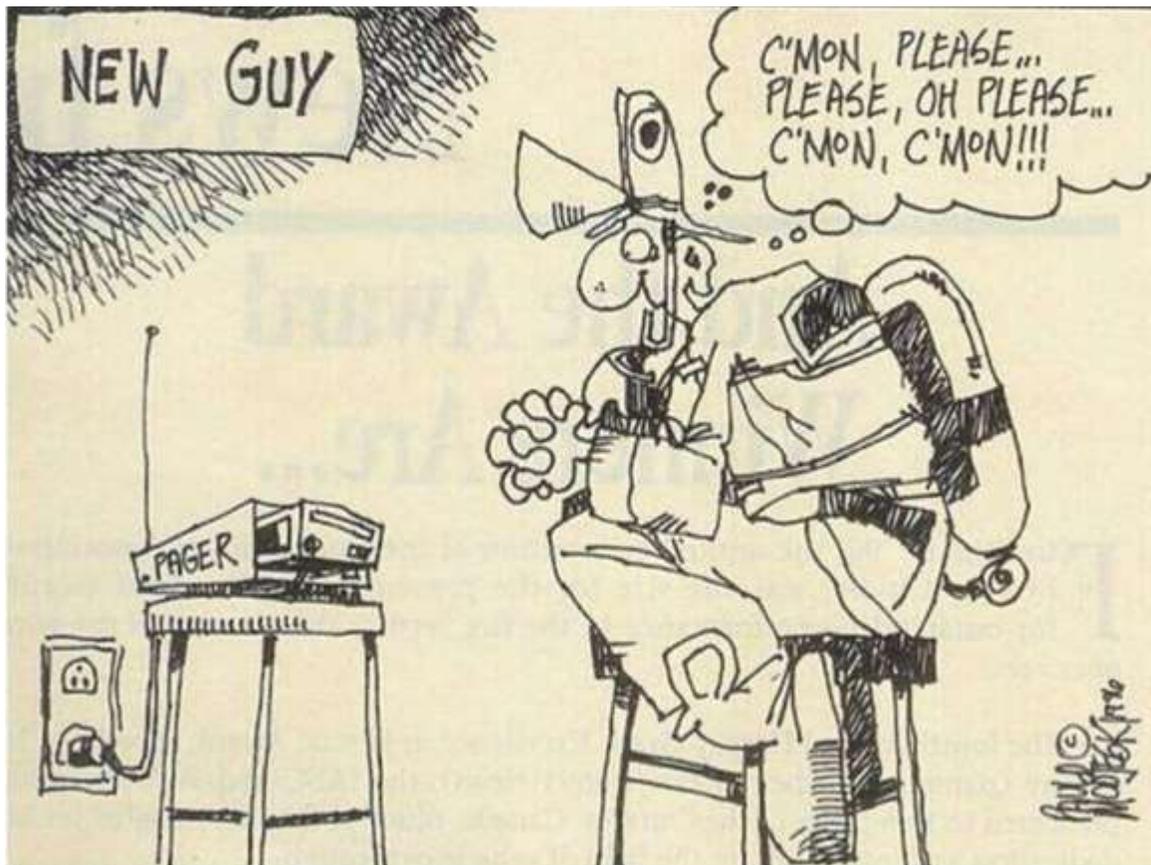
By the way if you haven't submitted anything by the beginning of March, I will start calling. I am not saying this is mandatory to do, but I would like to see everyone participate!

What's going on around town

Humm. Must not be much going on around town this month!

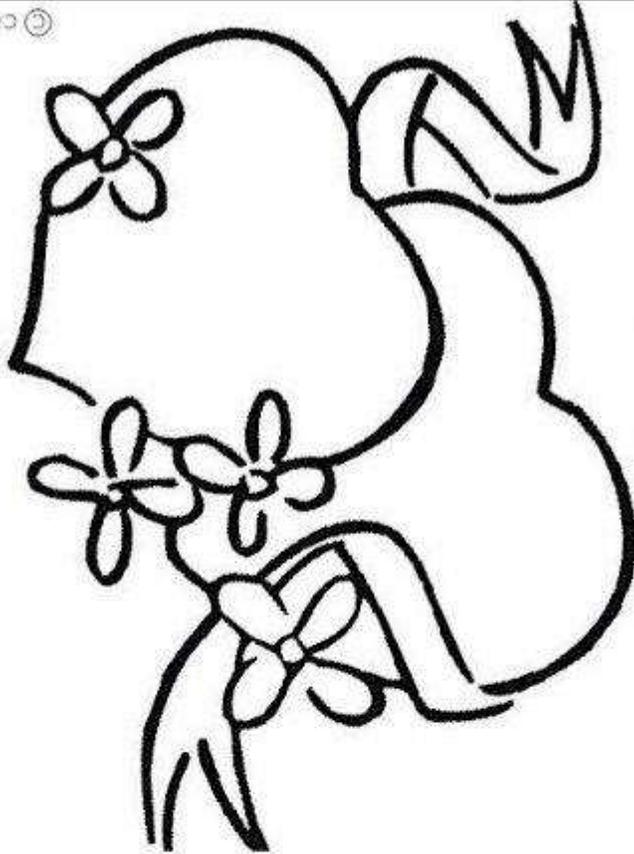
"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."

Martin Luther King, Jr.



We are looking for ideas, trainings, activities, etc. to add in the newsletter. If you have any suggestions please get with Donna Crippen.

Valentine's Day



WORD SEARCH

C H O C O L A T E G U
E S S Y V Y P M B I I U
M N R D W G D U C G D
D Q I E N G W O C E B
F O I T W A L O V E B
W I M P N O C E W D H
C G T R L E L U M I P
H E A R T S L F O P E
X K I S S E F N A P U G
E M W O R R A S V C C
D R A C M E Q U I V W

- FLOWERS
- HEARTS
- KISS
- LOVE
- VALENTINE
- ARROW
- CANDY
- CARD
- CHOCOLATE
- CUPID