



# The SPANNER

A Bi-Monthly Publication for the Friends and Firefighters of the Stayton Fire District

[www.staytonfire.org](http://www.staytonfire.org)

November—December 2017



## From the Chief's Desk

~ Chief Jack Carriger

Christmas is such an amazing time of year, it touches us in so many ways. It gives us the opportunity to do so many things, big and small, for our loved ones and for those we may not know. It reminds us we are limited only by our own thoughts as to what we can do for others. It provides us with an opportunity to truly appreciate what we have, where we live and how much has been sacrificed to provide us the freedom and opportunity we enjoy every day.

Christmas is truly a time to appreciate all those things we, for the most part, take for granted much of the rest of the year. I think most of you have heard me say 'Stayton Fire District is a long way from being perfect but that we try to get better every day'. I truly believe that. I know that we have our challenges, but for the most part, I think we are very fortunate to be here, in this community and a part of this fire district.

Because you, our members, have all chosen to be here and be a part of the District, you have taken on a great opportunity and commitment to give to others day in and day out.

With that thought in mind, I would like to say I deeply appreciate each and every one of you. I appreciate the fact that you are willing to give of yourselves to others, whether you know them or not. That you give the time you have for the betterment of the community and that you don't do it for glory, but for grace. That is the true cause of the fire service, to protect and serve without expectation. I am honored to serve with you and I'm looking forward to another year of providing for our community together.

I wish you all a wonderful Christmas and a Happy and Joyous New Year.





## DISTRICT ANNIVERSARIES

### DECEMBER

Doug Kintz—27 years  
Scott Vigil—16 years  
Kristin Griffith—9 years  
Theresa Smith—7 years  
Michael Beaumont—1 year

### JANUARY

Dan Houston—31 years  
Jeff Deetz—18 years  
Gene Dershewitz—8 years  
Nastasja Johnson—5 years  
Jacob Adams—2 years  
Damon Button—2 years

### FEBRUARY

Steve Orr—7 years  
Scott Orr—6 years  
Kaitlynn Woodsmall—6 yrs.  
Josh Pearce—5 years  
Josh Lindemann—2 years

**Congratulations  
For 152  
Years  
of Service!**

## 5 Healthy New Year's Resolutions That Are Easy To Keep

**Eat mindfully**—eat more real foods, less processed foods



**Get your sleep**—at least 7.5 hours a night



**Start moving**—walk more, strength train



**Cut down on sugars**—cut out sugary drinks, white flour, white rice, white bread; also avoid artificial sweeteners



**Drink more water**—don't obsess on the number of glasses per day; the water content in foods count too.



**Start slow - making small changes in the right direction in each area. You can do it!**

New Streets in Stayton in the Wildlife Meadows Subdivision (off of Shaff Road, east side of Stayton Middle School)

Deer Ave.

Fox St.

Rabbit Run St.

Beaver Ave.

**Record Call Volume** - The District has responded to over 1071 calls for service so far this year; this has set a record number of responses for the district!

**THANK YOU for your dedication and commitment to the citizens we serve!!! ~ AC Jay Alley**

# Shoes and Socks

We are taught as children that we rightfully praise and admire those people whose actions have gone against their own self-interests. We justly provide medals and awards to those who act, despite almost certain injury or loss, to advance another or support the mission. This is in recognition of the fact that most of our actions and efforts can be explained by our pursuit of our own self-interest and well-being. This is not to say that doing good things to advance one's self or position is at all wrong or anything to frown on; it simply is meant to compliment those who can put others ahead of themselves.

We do things like show up for work, eager to complete assignments on time or ahead of time, because doing so directly benefits either our financial situation or our social status. Actions that help others more than they help ourselves are rare among most ordinary folks. Firefighters, however, are different. Although it has never been proven, it can be argued

that firefighters have an extremely elevated level of sympathy. Sympathy, simply put, is the ability to be affected by the feelings and experiences of others. Sometimes another person's situation may prompt us to action. As firefighters, it doesn't matter to us if someone is injured or if someone injured others; as firefighters, our level of sympathy is not affected by the actions that have resulted in someone's situation – it is only the situation of the others that we consider.

It was late January, around 1985. The weather was well below freezing. The call came in at 3:00 a.m. It was a familiar call to a familiar location to a familiar customer. Engine 15 was toned out to back up the rescue and ambulance. Captain Sanchez and the crew dutifully headed to the rig, and driver Omar lit it up and drove the rescue skillfully behind the engine.

Everyone was cold; everyone was tired from a small fire and

other calls earlier in the evening and eager to find out what situation had pulled them from their beds and out into the cold bitter night once again. A small group of police officers pointed with their flashlights at a 30-ish or so homeless man who was obviously extremely inebriated and feeling ill. The crew headed back to the rig to fetch the gurney while the medics worked to get information from the homeless customer.

Vital signs were taken, information was gathered, and the homeless man was taken away by the ambulance crew to a hospital. The crews were quiet as the rigs returned to the station.

Once back in the house, everyone was getting down from their rigs and getting ready to head back to the bunk room when Lt. Mora stopped Omar and asked, “Omar, where are your shoes?” Omar replied, “I gave them to him.” Mora asked, “To whom?”

Omar said, “To the homeless guy; he didn’t have any shoes or socks.”

Omar didn’t say anything else and walked back to the bunk room. He was not a rich man; he was a Vietnam vet and was a good engineer, but he had issues – family stuff, as many of us do. He had debts and he had personal concerns, but he had an incredible sense of sympathy.

He taught all of us that night that our own personal comfort is not what this job is about. He taught all of us that night that it is not the big things you do; it is the small things. He taught all of us that night that kindness isn’t something you do once in a while; it’s something you do all the time. He taught all of us a lesson about what it truly means to be a firefighter.





# Safety Spot

## Make sure you have working smoke alarms ·

Install a smoke alarm on every level of your home, outside sleeping areas (hallway), and in each bedroom. Sleep with your bedroom doors closed. A closed door may slow the spread of smoke, heat, and fire. Make sure everyone in the home knows the sound of a working smoke alarm.

## Create a home fire escape plan ·

Make a home fire escape plan and involve all of your family in developing it. Identify an outside meeting place a safe distance in front of the home; such as a tree, light pole, or mailbox. Make sure everyone knows where the meeting place is and to go there if the smoke alarm sounds.

## Practice your home fire escape plan ·

Practice your home fire escape plan at least two times a year at different times of the day/night.

**When the alarm sounds,  
Get out and Stay out!**

## DISTRICT BIRTHDAYS

### DECEMBER

4—Dana Orr  
8—Daniel Koellmann  
11— Russ Strohmeyer  
28—Eric Peterson

### JANUARY

5—Jeff Harris Sr.  
13—Jeff Deetz  
24— Byron Smith

### FEBRUARY

3—Doug Kintz  
5—Mike Beaumont  
12—Nastasja Johnson  
14—Lucy Hemenway  
23—Theresa Smith  
26—Doug Smith  
26—Kevin Bakke  
27—Alison Lindsay  
28—Ray Porter  
28—Will Comerford



Happy  
Birthday!

Let us remember  
that the Christmas  
heart is a giving heart  
A wide open heart that  
thinks of others first.



## Toys For Joy Donation Barrel Locations

Stayton Fire Station	Les Schwab
Sublimity Fire Station	Wilco Farm Store
Maps Credit Union	Bi-Mart
Willamette Collision	D'Tail Pet Groomers
Senior Center	

**2017 Toys For Joy and  
Gift of Christmas Dinner  
Program Registration  
For Stayton And  
Sublimity Area**

**For information contact  
Rosa Ramirez at  
(503) 399-9080 or see  
our website at  
[www.staytonfire.org](http://www.staytonfire.org)**





***Upcoming Events...***

Dec 2	Santa Cruise In
Dec 7	District Christmas Dinner
Dec	TFJ work parties, see website calendar for dates and times
Dec 16	Toys for Joy give away
Dec 25	Merry Christmas! Office Closed
Jan 1	Happy New Year! Office Closed
Mar 17	Annual Awards Banquet

Watch your email and regularly check the website calendar for activity and event notifications at [www.staytonfire.org](http://www.staytonfire.org)

***\*Congratulations Corner\****

**Congratulations** to Scott Vigil—new SVPC#1 President and Josh Pearce—new SVPC#1 Secretary.

**Thank you** to Byron Brown and Kaitlynn Woodsmall for your service in these positions. Well done!

**Congratulations** to Stayton members completing and passing EMR class:

- ◆ Daniel Koellman
- ◆ Kyle Jones
- ◆ Jason Wren
- ◆ Damon Button



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