

Savannah Fire & Emergency Services

FIRE REPORT

3rd Quarter, 2008

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A Message from the Chief:



As we approach the close of another year, I'm reminded of that old adage about time flying. Indeed it does and we have to continue to get as many things accomplished as possible if we hope to keep up. It is no secret that we are facing tight financial times, however we will as we've done in the past, manage our way through them.

Now, it's not all bad. We made tremendous strides in spite of the lean financial times. We have two major projects that will soon take off, the building of a new Fire Station 11 and the construction of a new Fire Training Academy. We are also negotiating to find a location to place a new Fire Station (Station 16) somewhere in the Chatham Parkway/Ogeechee Rd corridor. We will soon be placing a new Ladder Truck in service (Trk 16) which will run temporally out of Station 6. We are also in negotiations to finalize a plan which would allow us to co-locate with another entity on the site where we will relocate the current Station 5. (Bull St between 32nd & 33rd Sts) Additionally, we are very close to finalizing a long term Fire Apparatus Replacement Program. This program will actually allow us to project our apparatus needs out over the next 15 years. In the meantime, we are moving forward with planning new fire stations for the annexed areas.

We've developed a Strategic Plan which will serve as a blueprint to our Accreditation efforts. We are and continue to work closely with ISO. We have a recruit school planned for next year, as well as promotional processes for Battalion Chief, Captain & Master Firefighter.

So you see, no matter what the times bring us, we at Savannah Fire just do what we always do. We will continue to grow, continue to deliver superior service with that personal touch, continue to snatch victory from the jaws of defeat!!

Let's be particularly careful out there!!



2008 FIRE OFFICER OF THE YEAR



Captain William L. Jones (Engine 9) was selected as the 2008 Fire Officer of the Year by the members of our department. He was honored at a luncheon by the Southside Optimist Club on September 10, 2008. Captain Jones has more than 30 years on the department and serves as a leader, mentor, and respected member of our staff. Congratulations Captain Jones!

Fire Company Engine 6-B met with the crews of Crescent Towing to thank them for their efforts during the Imperial Sugar incident. The Crescent tugs supplied water from the Savannah River through drafting operations. Members of the Crescent crew received Savannah Fire Department T-shirts and a letter of appreciation from Chief Middleton.

TRAINING UPDATES

If you fight wildfire in the United States under the supervision of a state or federal agency you should be familiar with the “pack test”. All forest firefighters must meet minimum levels of fitness to fight fire depending on the type of duties they are assigned. Passing this test is one good indicator of minimum fitness.

Wildland firefighting means working in difficult environments that demand a high level of conditioning to safely perform physically demanding work. Taking a working capacity test like the “pack test” does several things. It better protects the firefighter’s personal safety and health as well as the safety of co-workers. It also improves the fire fighting operation and function.

The “pack test” is intentionally stressful and is a good indicator of aerobic capacity, muscular strength and muscular endurance. The test rates workers according to the duties they perform.

Taking the “pack test”

Once you are cleared to begin training, here’s what you’ll need:

Adequate footwear that will cover and protect feet and ankles while testing.

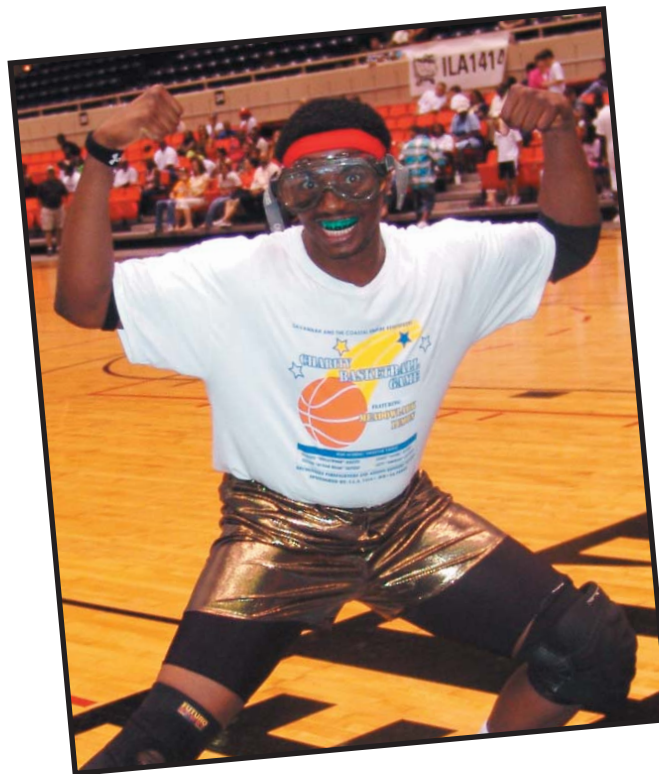
Comfortable clothing.

A pack. The type of pack is a personal choice, but it must weigh either 45 or 25 lbs., depending on whether you are testing for arduous or moderate duty.

An accurately measured, safe, and level course.

No jogging or running is permitted.

Caught on the “Gotcha Cam”:



Firefighter Elijah Walden brought his “A-game” to the recent charity basketball game against Meadowlark Lemon’s Harlem Allstars. The game raised almost \$10,000 for victims of the Imperial Sugar Refinery explosion.

PEER FITNESS: PERIODIZATION

Periodization can be a complex subject, between meso-cycles, macro-cycles, preparatory, competitive and transition phases; even linear and undulating phases, it is a subject that confuses many athletes. In short, periodization is a specific period of time in which the loads and or the volume of training fluctuates to achieve the desired fitness goals. An example of this is doing a fitness circuit several times a week for a two month period. The weights lifted during this circuit would get progressively heavier as the phase progresses, keeping the rest and total time the same. By the end of this two month phase, the firefighter slowly becomes stronger and can start a rest phase of lighter exercise for one week. Then, the next time the firefighter starts his phase he should be able to begin this new phase stronger than he started the last time, thus fulfilling his goal to improve slowly over time. This technique can be applied to any of the aspects of fitness, such as muscular endurance, muscular strength, cardiovascular endurance, and even flexibility. I highly encourage all to further research these subjects or to contact me for more information. These are complex subjects, which are difficult to fully explain in a confined article. Train hard and train smart.

BATTALION HAPPENINGS

BATTALION 1-B

My goal for this quarter's news letter submission was to highlight firefighters babies being born. Although they didn't do any of the hard work, they do deserve our congratulations. When you see these guys give em' a slap on the ole back.

B- Shift battalion one would like to recognize the birth of Cannon Chase Morgan to the Winsor Morgan family. A baby boy weighing 9lb 5oz was born July 21st The parents are very happy to welcome this addition to their family and haven't had one single good night sleeping yet.

Other Battalion baby news includes Scott Williams Howard (and his wife Heather) are expecting a baby boy in September. The family has chosen Seth as the name and they are excited to welcome this promotion to their family. Yet another of our firefighters is expecting a new addition, Blaine Hart and his wife Heidi, are expecting early next year. No word yet whether it's to be a boy or a girl. Let us congratulate our friends as they start new families.

In other news station eight began work on the restoration of the old Snorkel platform. The plan is to display this at the city's firefighter museum. Captain Mike Metivier is heading up this endeavor and will no doubt make us proud. If you would like to help in this project contact Captain Metivier and he will tell you NO.

In more B- shift north battalion news, Captain Barbot wants you to know that he has one thing to say. The Big Red 6 has got your back.....

BATTALION 2-B

Congratulations to FF Andy Mooreland on his engagement. Andy and his fiancée Haley will be getting married in September.

Congratulations to Captain Elmer Cuevas, Captain Cuevas and his wife are expecting the arrival of their sixth child in November.



FF Morgan Winsor and FF Derrick Brown manage a hoseline at a recent triple structure fire on West 36th Street. The fire destroyed one home, while two exposures suffered heavy damage. The instability of the homes forced firefighters into defensive operations.



The downtown area was darkened in more ways than one when an underground fire erupted on Bull Street, between Bryan and Bay. Firefighters responded to the area of thick black smoke that shrouded City Hall and the surrounding area. An electrical fire in underground service ducts was to blame.

Firefighting operations were limited until Georgia Power could shut service to the area. Most of the northern portion of the Historic District was blacked out through the night. The fire caused minimal damage a few vehicles.

Fire crews extinguished the blaze, effected a few elevator rescues, and monitored area businesses for alarms.

FACTOIDS: Cooking is the leading cause of home fires in the U.S. It is also the leading cause of home fire injuries. Cooking fires often result from unattended cooking and human error, rather than mechanical failure of ovens and stoves. Careless smoking is the leading cause of fire deaths. Heating is the second leading cause of residential fires and the second leading cause of fire deaths.

Firefighter stopped for a photo with some of the Harlem Globetrotter Legends. Chief Middleton hosted a luncheon and media opportunity with the famed "Clown Prince" Meadowlark Lemon and a few Savannah Natives from the Globetrotter Hall of Fame. The luncheon was in support of a charity basketball game cosponsored by Savannah Fire & Emergency Services.



Congratulations to the recent graduating class of recruits! These 27 recruits-turned-rookie hit the floor in late July. They are assigned across all three Battalions and shifts. While many of the rookies are locals, several have migrated from as far away as Michigan and Massachusetts. We welcome all 27 firefighters to the department, the floor, and the family.



KITCHEN CORNER

Garlic Basil and Honey Chicken Breast Fold Ups with Rice

- Rice 3 lbs.
- Chicken Breast halved into six breast
- 3 Garlic bulbs diced
- 1 Cup Honey
- 1 Tbsp. Fresh or Dried Basil
- 2 Small Summer Squash or Zucchini
- 1 Small Onion
- 1 Bag Baby Carrots
- 1 Box Rice
- 6 Sheets Aluminium Foil.

Cut Chicken Breast into halves. This should render about 6 halves. Coat each breast with the Honey. Then Sprinkle on Garlic and Basil. Cut up the squash/zucchini and onion. Pre cook baby carrots until about 3/4 of the way done. Pre-heat oven to 375 F. Lay out your sheets of foil. Place breast in the middle and then surround the chicken with the veggies. Fold up the foil, BUT make sure the top IS NOT touching the Chicken. Fold up the sides. Do the same for all the rest of the pieces. Place six breast on a cookie sheet and place in oven for 25-30 minutes. While chicken is cooking prepare the rice. When ready place Rice on plate, place chicken breast on rice and surround the chicken and rice with the fresh veggies.

Stuffed Pepper Soup

- 2 lbs. ground round
- 2 14.5oz. cans diced tomatoes
- 3 14 oz. cans beef broth
- 2 29oz cans tomato sauce
- 2 med. onions
- 2 green peppers
- 3 cups instant rice (uncooked)
- 1/4 tsp. black pepper
- 1/4 tsp. white pepper
- 1/2 tsp. seasoning salt

In large soup pot, brown and drain ground beef. Add onion, broth, tomatoes, and tomato sauce. Add green pepper and seasonings and bring just to a boil. Reduce heat and simmer 1-2 hours. Add rice approx. 1/2 hour before serving. serves 6-8 people. For thicker soup use 1 less can broth and add 1 can tomato paste.