

Sterling Fire District Newsletter



Sterling Fire District

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May/June/July, 2012

Join Our Team of Volunteers!

Have you ever thought of becoming a Volunteer Firefighter or EMT? We would love to have you join “our team”! Being a volunteer is a very rewarding experience. Our fire department is run 100% by VOLUNTEERS. The main requirements are that you are a compassionate person and have a desire to help others in their time of crisis; are 18 years old or older; and have a high school diploma or G.E.D. Our department will pay for your training; you just have to make the time commitment!

The training required to become a Basic Emergency Medical Technician (EMT-B) consists of 150 hrs. of classroom training which is offered locally at the Wayne County Schools Career Center in Smithville, along with 10 hrs. of emergency room experience and 10 hrs. of “ride time observation” in the emergency squad. This process can be accomplished in a matter of a few short months by attending classes twice per week and every other Saturday. After com-

pletion of the course you must take and pass the National Registry Emergency Medical Technician exam. It’s that easy! If you would like to advance to higher levels of training, such as EMT-Intermediate or EMT-Paramedic, to help benefit our community, we have a strong commitment to make that option available.

To become a Firefighter, the same general requirements apply as well. The training is offered locally at the Wayne County Fire and Rescue Association Training Facility in Apple Creek through the Wayne County Schools Career Center Adult Education Program. We currently have both male and female firefighters on our department and training consists of 36 hrs. of hands on and classroom training, and passing the final exam. Advancement to Firefighter Level 1, (136 hrs.) and Level 2 ,(256 hrs.) are also an option that requires additional training/education.

Continuing education requirements also have to be met every 3 years in order to

maintain your level of certification with the State of Ohio. These CE’s are offered throughout the year by our department or can be obtained by attending courses offered by other departments or area hospitals.

The Sterling Fire & Rescue Association conducts a monthly business meeting on the first Tuesday of each month to discuss the various projects and fundraisers conducted by the association such as the annual Pancake Breakfast in April; the Easter egg hunt, the Chicken BBQ in August and the Fish Fry in November. We have a designated Tuesday training for EMS and a designated Tuesday for Fire training. On the last Tuesday of the month we meet to perform truck/squad maintenance/equipment checks. Being a member of the fire department does require some commitment, but it is very worthwhile. We invite you to stop by any Tuesday to learn more about being a part of our team and becoming a volunteer!

Submitted by Lisa Rupp

Mark your calendar...

- **May 19 - Sterling Fire District Community Safety Day at the Sterling School Park 9:00 a.m. to 2:00 p.m.**
- **August 4 - Sterling Fire & Rescue Association Annual Chicken BBQ Fundraiser**

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Swimming Safety

As the summer season approaches this year, cooling off in the backyard pool or out at The Fountain provide needed relief from the Ohio heat. However, without sufficient preparation we put ourselves and loved ones at unnecessary risk. Review our checklist to make sure you are ready for a safe and relaxing summer.

- * Never leave children alone
- * Advocate annual swimming

lessons taught by a certified instructor

- * Invest in safety equipment such as drain/filter covers to avoid entrapments, gate locks, door alarms
- * Enclose pool with adequate fencing to keep children and strangers out
- * Be aware of leaving children around portable pools, buckets, fountains, barrels, etc
- * When the pool is open, always completely remove the cover
- * Don't allow children in hot tubs or spas

Submitted by Joe Rice

- * Stock your pool with an adequate number of life saving flotation devices
- * All persons old enough for CPR and First Aid training classes should review before the season
- * Keep a phone readily accessible while the pool is occupied
- * Share pool safety information family, friends, neighbors

We encourage you to read about the Virginia Graeme Baker story. For more information on swimming safety, please visit <http://www.poolsafely.gov>.

Mock Accident

On Tuesday, April 26, two of our EMTs, Jodi Conrow and Krista Gallion, assisted Rittman Fire and EMS, Canaan Twp. EMS, Metro LifeFlight and several local law enforcement agencies in a mock accident in Rittman for the junior and senior classes at Norwayne and Rittman High Schools.

The "accident" was the re-

sult of the driver texting while driving at a high rate of speed. This was a scenario EMS sees all too frequently and not just from teen drivers. Besides the driver, who was treated for minor injuries, there were three other teens in the car. One victim was ejected from the vehicle and was pronounced dead at the scene by

Submitted by Jodi Conrow

the Assistant Coroner, another received moderate injuries and was taken by squad from the scene and the last was taken to the waiting LifeFlight helicopter for her serious injuries.

Adding real life to the scenario, the students took part in a "mock" trial the next day at Norwayne High School.

Member Spotlight: YOU!!

Every newsletter we have published since it has started has spotlighted a member of our department as a way to help you get to know us, the responders.

Lisa Rupp's article on the front page of this edition explains the state requirements of becoming a firefighter and EMT.

Our roster has room for

growth and we want you to be a part of that growth with us! This is a true and genuine opportunity for you to be a part of a great asset in your community. We are actively seeking volunteers who would like to become firefighters; as well as EMTs.

Being a member of a volunteer department is very rewarding in many ways.

Submitted by Josh Glessner

Many of our members live within a mile of the station, in Sterling, but our fire district covers all of Milton Township. As we plan our future, we would like to have members who live in the "country".

In the future, we would like to be able to "spotlight" you as a member of our department. Hope to see you soon!



You can be serving the Sterling Fire District since 2012!

Please fill out the form to the right letting us know if you would like to receive our newsletter. **If you have already done so, you do not need to again.** Your information will not be given or sold to any third party.

Mail to:

**Sterling Fire District
PO Box 35
Sterling, Ohio 44276**

Yes, I would like to receive the Sterling Fire District Newsletter

No, I do not wish to receive the Sterling Fire District Newsletter

Name (Last, First) _____

Street Address _____

City _____ State _____ Zip _____

Mailing Address (If different than Street Address) _____

City _____ State _____ Zip _____

Email Address _____ Phone Number _____

Please email the newsletter to me in PDF format to save postage!

Sterling Fire District Officers

- Dick Glessner—Chief
- Josh Glessner—Asst. Chief
- Jeff Stump—Captain
- Jim Bischoff—Captain
- Dale Glessner—Captain
- Bob Davis—Lieutenant

Sterling Fire & Rescue Association Officers

- President—Lisa Rupp
- Vice President—Josh Bischoff
- Secretary—Jodi Conrow
- Treasurer—Jim Bischoff
- Asst. Treasurer—Josh Glessner

Sterling Fire District Board

- Ben Imhoff
- Dennis Hartzler
- Rex Gasser
- Lisa Rupp—Fiscal Officer

ICE

No one wants to think about being involved in an accident that leaves them unconscious or unable to answer questions for the responding EMTs and firefighters, but it is a very real possibility. Who is your next of kin and what type of medical history do you have? At times, we've found that people don't have their driver's li-

cense or an ID with them, that can help in some ways, but doesn't provide us with emergency contacts or medical information.

That is where the idea of ICE came from. ICE stands for In Case of Emergency and was the brain child of Bob Brotchie, a paramedic from England. In 2005, he introduced the idea of having

Submitted by Jodi Conrow

people store the person they would want contacted in an emergency in their cell phones under the name "ICE". It takes only a few minutes (or less) to program this into your phone, but could provide life saving information for you when you really need it. Take a moment to add pertinent ICE information in your phone.

A Few Changes and Reminders...

We have received many positive comments regarding our newsletter and I appreciate that very much. As we strive to improve, we recognize the need for change. Our newsletter will now be issued around February, May, August, and November. We changed our distribution date to better coincide with the seasons and also

things that are happening in the fire service. We are still building our address database with those wishing to receive the newsletter. If you have already filled out a request form and received this edition, you are in our database. You DO NOT need to fill out a request each issue. However, if you haven't yet filled out our request form,

we ask that you do so as soon as possible so we can send our newsletters our efficiently as possible.

Our website has received a boost as we have started working with a new company! Details to follow soon!

Thanks for your continued support....Josh Glessner, Asst. Chief

To Save Lives and Protect Property

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*Visit Sterling Fire District
and Milton Township's
new website at
www.miltonsterling.com.*



Chief's Corner: Dick Glessner, Fire Chief



Sterling Fire District Chief
Dick Glessner.

Memorial Day is just around the corner and I hope we all remember to honor our veterans and attend a Memorial Day service. There are many opportunities as many of our neighboring communities hold services. The Ohio Western Reserve National Cemetery, located just north of Milton Township on Rawiga Rd. has a service on the Sunday before Memorial Day. The Sterling Fire District has had many service members also serve as department volunteers during over the years. A

piece of history I have come across is a copy of the "Civilian Defense Air Raid Instructions", issued by the Sterling Defense Council on March, 1943. The copy I have doesn't list the air raid warden, but does provide many instructions. I will provide a few now and more to follow in the future. Air Raid Instructions:

In an air attack the householder is responsible for his own fire protection. This responsibility involves the provision of the necessary fire fighting equipment and

the knowledge and will to use it. The fire siren was used for the following:

Dim Out - One minute continuous blast.

Black Out - Three minutes continuous blast.

All Clear - Night time, street lights turned on. Day time, one short blast.

Fire Practices - One short wildcat (up and down), Mon. nights at 6:00 o'clock only.

Fires - Continuous wildcat until truck leaves.

Hope you enjoyed this look at our history. Stay safe and see you in next newsletter.