

Sterling Fire District Newsletter

February 2013

Volume 5, Issue 1

Upcoming Events:

- March 8 & 9—
Sterling Fire &
Rescue Association Picture Fund-
raiser
- April 6—Sterling
Fire & Rescue
Association Annual Pancake Day
Fundraiser
- May 2013 - Look
forward for infor-
mation on our 2nd
annual Community
Safety Day

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Members Honored for Years of Service

By Lisa Rupp

The Sterling Fire & Rescue Association held their annual Christmas Party and Awards ceremony on Sunday, December 9, 2012 at the Sterling United Methodist Church.

The Sterling Fire & Rescue Association makes recognition to its members who have reached five-year increments of service. This year we are pleased to formally honor and recognize the following individuals for their years of service to our community:

30 Years of Service:

Dale Glessner—Dale is a life-long resident of Milton Township, joining the department in 1982 as a Volunteer Firefighter and in 1985 became an EMT. He is currently a Captain with the Fire District, having previously been a Lieutenant and Assistant Chief. Dale comes from a long line of Glessners who have committed to serving the fire district over the years. Dale is very active in the depart-

ment, serving on various committees and participating in many functions and trainings. You will likely see Dale as “chief pancake flipper” at our Pancake Day Fundraiser held each April.

Dale is a leader and mentor to many members of the department. His knowledge of how each apparatus functions has made him an invaluable member of the organization; and his years of service are greatly appreciated.

We are grateful Dale’s wife, Corene, and children, Alexis and Wyatt, understand the commitment of a volunteer fire department, allowing him to spend many hours away from home taking care of department responsibilities.

10 Years of Service:

Jodi Conrow—Jodi is also a lifelong resident of Milton Township, joining the department in 2002 as an EMT.

Jodi is currently the Secretary of the Sterling Fire & Rescue Associa-

tion, an office she has held for the past six years. She does her job quite well and her continued participation as the Association Secretary is much appreciated. Jodi also serves on many committees of the Association.

Jodi is married to John Conrow, who has 29 years on the department as well. Together, they have two lively and wonderful daughters, Gabrielle “Gabbi”, age six, and Grace, age 3.

Jodi is a valuable asset providing patient care in the field, knowing just what to do and when; always lending a helping hand where needed. Jodi is also very active taking numerous duty nights for EMS calls.

Heather Davis—Heather also joined the department in 2002 as an EMT and comes from a long line of family members who have served on the department of the years. Her father, Wayne, and brothers, Don and Chris, gave many volunteer



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hours as well.

Josh Bischoff— A lifetime resident of Milton Township, Josh joined the department in 2002 as well, earning his certification as a Volunteer Firefighter. In 2011, Josh became an EMT.

He also comes from a long line of family participation within our organization. His father, John, mother, Barb, and

brother John (JR) are all past members who have served on the department. Josh's uncle Jim is also on the department. When multiple family members follow in the footsteps of those before them, committing numerous volunteer hours assisting the need of others, it shows them as being caring, selfless and dedicated individuals. Josh is one of the hardest working

members we have, at times working his regular job seven days a week, but still finding time to volunteer.

Josh is currently the President of the Association and is always actively participating in the department fundraisers.

Josh is married to Amanda, our department photographer.

Thanks to our members for your service!

Staying Hydrated in the Winter Month

By Jessica Musser

When the temperature drops, the signs of dehydration are easier to overlook. Dehydration can lead to muscle fatigue, exhaustion, and cramps. It can also make the body more susceptible to getting a cold or the flu. More severe, untreated dehydration, can lead to seizures, strokes, brain

damage and even death. An easy way to see if you are starting to become dehydrated is by checking your urine to see if it is a light to clear color. If you take medication, it may be darker for a few hours after taking the medication.

Here are a few tips for staying hydrated:

- Drink eight 8 oz. glasses of water each day, even if you are not thirsty.
- Make sure during exercise to drink water before, during and after the workout.
- Limit caffeine intake, which increases the body's need for additional fluids.

Member Spotlight: Jason Musser

By Jeff Stump



Jason Musser has been proudly serving the Sterling Fire District since 2008.

Jason Musser joined Sterling Fire District in 2008, faithfully serving for the past four years. Jason serves as a Level 1 firefighter and EMT-B, following in his grandfather's footsteps, who also served on the department many years ago. Jason currently serves with his

wife, Tana, sister, Jessica, and brother, Jeremy.

A graduate of Norwayne High School, Jason has lived his entire life in Milton Township, presently living in the same house as his grandfather. He is employed by Morton Salt in Rittman and enjoys fishing, jet

skiing and boating in his spare time. Jason and Tana became proud parents of a little boy recently, and the department hopes to have a future firefighter!

Jason has served on several department committees over the years, helping in many ways.

Recipe Corner: Broccoli & Cheese Soup

By Jessica Musser

This edition's favorite recipe has been submitted by Tana Musser. Tana enjoys this recipe because it is quick and easy for a cold winter night. It goes great with corn bread!

Ingredients

1/2 C. Diced onion
4 oz. Small noodles
3 TB LS. Butter
1/2 TSP. Salt

3 C. Water
1/4 TSP. Garlic powder
12.6 oz. pkg. of Broccoli
3 C. Milk
18 oz. Velveeta Cheese
3 Chicken bouillon cubes

Sautee Onion & Butter. Cook, for 3 minutes, the water, chicken cubes, salt & noodles and then stir in the pkg. of broccoli and garlic powder. Cook for 4-5 minutes. Add milk &

Velveeta cheese & stir until cheese melts.

Note: In our effort to keep our newsletter filled with fresh content and new ideas, we have decided include a favorite recipe, in each edition, that has been submitted by one of our members. We hope you enjoy!

CPR/First Aid Opportunities

By Patricia Glessner

As part of our community outreach for CPR and First Aid, we are pleased to announce the following opportunities for those interested in a CPR and/or First Aid course.

~ Adult CPR with AED on Wednesday, February 20, at 7:00 p.m., Saturday, March 16, at 9:00 a.m. or Monday, April

15, at 7:00 p.m.

~ Infant CPR on Saturday, March 16, at 1:00 p.m.

~ First aid on Saturday, March 23 at 9:00 a.m.

These times are available for a class, and interested individuals should contact Patricia Glessner at 330-465-8857 or leave a message at the fire station at 330-939-2121.

All participants will need to pre-register in advance in order to determine the best date for those involved for a respective class offering.

The cost for the classes are approximately \$30 and covers the book fees and the cost of having the card printed, once the course has been completed successfully.

Photography Fundraiser

By Pam Hartzler

The Sterling Fire & Rescue Association will be hosting another photography fundraiser. This year we will have local photographer Ed Marty taking our photographs. We will also be having a photography session with live rabbits in celebration of Easter. There will be a

fundraiser letter sent out to fire district residents in mid February with more information about this fundraiser. Each fundraiser helps fund the cost of special equipment to help our firefighters and EMTs perform their life-saving duties. In addition it helps fund community

events, such as the Easter Egg Hunt and Trick-or-Treat.

Profits from our current fundraising efforts will be used to help purchase a new heart monitor.

On behalf of our entire department I would like to thank everyone for their continued support.

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Chief's Corner: Dick Glessner, Fire Chief



Sterling Fire District
Chief Dick Glessner.

This community has been truly blessed with the type of individuals that have represented this fire department since its founding. We have asked members to sacrifice countless hours in training time, responding to emergencies of many types, participating in many of our Sterling Fire & Rescue Association fundraising activities, providing fire prevention and first aid/CPR opportunities. In addition, our members help out with community activities such as the annual Easter

Egg Hunt and Trick-or-Treat. This takes special people as well as a special family to understand the time commitment required to be able to make this a better community to live in and enjoy.

Minimal training hours currently in place in the State of Ohio to become an EMT or firefighter now exceed 150 hours for each certification. The firefighters and EMTs of Sterling thank our families for understanding the commitment we have made to Milton Township

and neighboring communities. None of this would be possible without the outstanding support we receive from Milton Township elected officials and last, but not least, YOU who help make our training and equipment purchases possible with your continued support of Sterling Fire District levies. As Fire Chief, I would like to say thanks to our dedicated members and to those of you who have and continue to support Sterling Fire District in Milton Township.