



# FULLY INVOLVED

## ADAIR RURAL FIRE & RESCUE Newsletter Winter 2023



Proudly serving your Adair Village and Soap Creek Valley neighborhoods since 1974.

### 2022 Year In Review. A Word From Your Fire



Chief Aaron Harris EMT/RN

At our annual awards banquet in December, I shared an overview of our past year, to give the family members of the volunteers a better understanding of what we've accomplished while participating in the fire department. One of my firefighters suggested I share the same information with our community to help you better understand what volunteering truly encompasses. So here are some highlights of last year at Adair Rural Fire and Rescue.

In the area of recruitment and retention, we will greatly miss two firefighters who decided it was time to hang up their uniform and focus of other areas of their very busy lives. We are very thankful for their years of dedicated service and offer them best wishes in their other adventures. On a more positive note, we had 6 people join the department, wanting to learn how to help and serve their community. One of the new recruits comes to the department already being trained as an EMT, and we gained an additional EMT through our training opportunities.

The department continues to support our community and those surrounding us, by attending many local events. Adair Fire participated in the Benton County Park Easter Egg hunt, Adair Village Founder's Day, and we hosted our Annual Open House. The department helped commemorate the passing of two local firefighters by participating in a funeral procession for one, and with a show of support along Hwy 99 as another fire fighter's body passed through our area.

Our department was called by the state to participate in two different types of conflagrations. The first was a call to pre-position a Benton County task force in Klamath Falls ahead of a large summer storm, with the intent to keep potential wildfires small. For the second, Adair Fire joined a task force from the northern coast and spent 11 days protecting homes/structures in the area known as Galice Road along the Rouge River during the Rum Creek Fire outside of Merlin, Oregon.

Your firefighters continue to strive towards self-improvement through increased training opportunities. Halsey-Shedd Fire Department invited us to participate in two burn-to-learns, in which our firefighters got to train inside actual houses with live fire. Once a month, the fire departments of Benton County meet at the Corvallis Fire Dept's training tower. This helps to better the workability and relationships between our agencies, for when we have large events which require mutual aid. We held two training burns in EE Wilson Wildlife Area, which gave us opportunities to observe and work a wildfire in a controlled environment, to better prepare for a true wildfire. During the second burn, we were able to invite 5 of the surrounding agencies to participate. Lastly, Oregon Department of Public Safety Standards and Training, DPSST, was kind enough to provide training via props and instructors for two separate live fire classes.

In recent years, it has become even more critical for the department to most efficiently use every dime we are allotted for training and supplies, to ensure the greatest benefit for the safety of our firefighters. Due to this, I try my best to ask for grants as often as appropriate. Last year, the department applied for and received 5 separate grants totaling approximately \$50,000. These extra funds, sometimes paired with ours, allowed the department to get new SCBA (firefighter oxygen tank) vehicle brackets, wildland firefighting clothing, AEDs, handheld radios, and a county-wide command-and-control trailer for large incidents. Without these opportunities, the department would struggle to maintain a level of safety for our people. Lastly, we received a wonderful donation from a family residing in our district, gifting us 8 handheld thermal imaging devices. Stay safe and have a wonderful year.

### ARF&R Is Always Training

### Backyard Burning Problems - We Need Your Help



Water Supply



Vehicle Extrication



Wildland Suppression



CPR Recertification

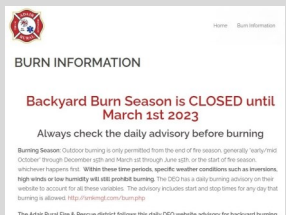


Forcible Entry

Backyard burning isn't the first thing on our minds in the middle of winter, but the Adair Fire Department is asking for everyone's help during the upcoming burn seasons. Burn complaints and dangerous backyard fires were our district's number one easily preventable problem last year. The Oregon Department of Forestry and Department of Environmental Quality establish safe days and hours to burn. If you are burning outside the designated times, or burning prohibited materials, you are **breaking the law**. You are putting your property and surrounding areas at risk.



The fire department responds to all dispatched small fires and burn complaints. We make sure everything is safe before we leave which can involve us staying on scene for many hours to extinguish burn piles. If everyone follows the rules, we can avoid these calls that strain the department and tie up resources needed for other emergencies. These calls can be the only time someone isn't happy to see us, but we can't let a fire you thought might be ok turn into the one that "got away". It happens! Please visit our website's Burn Information page below for more details. Thank you for your help.



### www.adair-rural-fire.com website and Facebook Page

The Adair website and Facebook page are good resources for department information and current events. The website includes a burn information page with links to the daily burn status. The website is expanding, so check back frequently. Following us on Facebook will provide 2-4 posts per month of timely information and pictures.



## Six New Recruits in 2022

Our 2022 recruiting drive successfully added six new members to the department. First year recruits enroll in a Fall Fire Academy and Spring Emergency Medical Responder course. The large recruit class provided an opportunity to run our own Adair-specific academy covering all the state requirements. The cadets all worked very hard and did a great job. We are proud to have them as members of the Department.

We are still looking for volunteers. **Epecially in the Soap Creek area**, for quick response out of our substation. If you would like more information, please call 541-745-7212, or email Chief Aaron Harris [aaron@adair-rural-fire.com](mailto:aaron@adair-rural-fire.com).

We'd like to welcome all new residents to the area and answer a few common questions about the siren.

Adair is a volunteer department without full time station staffing. The siren is one of three ways volunteers are called to action. The siren is used in combination with cell phone and pager alerts. There are areas of the district where the siren can be heard, but pager and cell phone reception is poor. Pagers and cell phones need to be charged, nearby and noticed.

The siren runs on the station's back-up generator so when the power goes out, it's still ready to go. Our volunteers have many examples when the siren was their only alert. When the linked phone and paging systems go down, the siren still works.

Over the years the siren duration has been cut in half. The decibel level has been tested and found to be non-harmful based on volume and duration. We limit nighttime use between 11:00pm and 6:00am when volunteers can purposefully set their phones near their beds.

The siren is not used for tradition, and doesn't mean run for cover. We understand it can be tiresome. Please understand the siren is used to ensure we respond to your emergency.



### FIRE SAFETY POP QUIZ:

**When was the last time you tested your smoke detector?**

**When was the last time your chimney was cleaned?**

**Do you have any space heaters plugged into extension cords? (DON'T!)**

## EMS Corner. Heart Attack Symptoms In Women Can Be Subtle

A heart attack occurs when the amount of oxygen delivered to the heart muscle decreases due to a partial or complete blockage in an artery that brings blood to the heart. Many people are familiar with some of the classic symptoms of a heart attack seen in both men and women. **Anyone experiencing any of these symptoms should call 911 immediately.**

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.

Coronary heart disease develops in vessels of different sizes in men and women causing the potential for symptoms to vary. Symptoms in women having a heart attack can be much more subtle and the patient often dismisses the symptoms as being due to another issue such as the flu, acid reflux or normal aging. Some women describe the onset of their heart attack as having a rope tied around their chest or back pain between their shoulder blades. **It is important for everyone to be able to recognize heart attack symptoms and it is equally as important to understand that potential subtle presentation in women.**

We've seen movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, if the heart attack victim was a woman, the scene may be much less dramatic. Heart Disease is the No. 1 killer of women in the United States. Even when the signs are subtle, the consequences can be deadly, especially if the person doesn't get help right away.

## HEART ATTACK SYMPTOMS



**MEN**

- Nausea or vomiting
- Jaw, neck, or upper back pain
- Squeezing chest pressure or pain
- Shortness of breath



**WOMEN**

- Nausea or vomiting
- Jaw, neck, or upper back pain
- Chest pain (but not always)
- Pain/pressure in lower chest or upper abdomen
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

American Heart Association.



**FOR MORE INFORMATION, GO TO [WWW.GOREDFORWOMEN.ORG](http://WWW.GOREDFORWOMEN.ORG)**

**The Desire to Serve - The Ability to Perform - The Courage to Act**

Adair Village, OR 97330  
6021 NE Marcus Harris Ave.  
Adair Rural Fire and Rescue

