



# The SPANNER

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

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

JULY—AUGUST 2020



## From the Chief's Desk

~ *Stayton Fire Chief Jack Carriger*

The effects of the COVID pandemic have impacted all of us, maybe not in the same ways, but it has impacted all of us. Many of the effects have been obvious, many not so much. Some have made huge differences in our personal lives, some in our jobs. Some have been literally in/on our face, some very quiet and unassuming, not necessarily attracting attention, yet affecting our lives without notice.

One of the ways we have all been affected is the cancellation of all the District's social events and volunteer functions. This has made it difficult for us, as a District, to maintain our social interaction and our comradery. Unfortunately, it looks like the social part is not going to change anytime soon. However, now that we are able to come back together as stations by participating in drills again, we can start renewing our connections and catching up with each other. I encourage everyone to attend drills and respond to calls to assist our community and renew our relationships with each other.

Another way we have been affected is not being able to recognize our very deserving award winners

for 2019 by our normal means. As you know, we waited to see if we were going to be able to have the banquet. When we realized it was not going to be right away, we moved forward with giving the District Awards and recognizing those very deserving individuals.

At that time, we hoped to be able to have some kind of a social event at a later date to give out the Length of Service awards, and spouse and member gifts. With no change in the foreseeable future and after discussion with the Officers, we have decided to move forward with presenting the Length of Service Awards and gifts station by station.

So, starting July 23, a small group of us will go to each station and present the awards. We will set up a webcast to the other stations so everyone can watch the presentations. We realize this is not the ideal way we would like to recognize our deserving peers, but felt that moving on like this is the best we can do for everyone. We are looking forward to making these presentations and congratulating the recipients. Thank you all for your patience and understanding in trying to navigate these unique times.



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## How much water do you need?

Every day you lose water through your breath, perspiration, and bodily functions. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

*So how much fluid does the average, healthy adult living in a temperate climate need?* The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20 percent of daily

fluid intake usually comes from food and the rest from drinks.

Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.
- Drink water if you're feeling hungry. Thirst is often confused with hunger.

## **DISTRICT ANNIVERSARIES**

### **AUGUST**

Laura Houston —26 yrs.  
Allyson Wren—10 yrs.  
Scott Cooper—7 yrs.  
Aletha Shine—5 yrs.

### **SEPTEMBER**

Kevin Bakke —14 yrs.  
Greg Beitel—8 yrs.  
Sean Weitman—8 yrs.  
Dana Orr—4 yrs.  
Ashley Griffith—3 yrs.  
Josh Starbuck—3 yrs.

***Congratulations  
And Thank You  
For 88 Years  
of Service!***

# Recruiting Volunteers!

During these uncertain times, recruiting efforts have had their challenges. All of the regular community events where public contact can be made with potential recruits have been canceled. However, we have had some success.

We have five candidates in the process and on their way towards membership for Stayton Fire. Three recruits have recently joined Sublimity Fire with a few still in the membership process.

This success is due to various recruiting messages and word of

mouth from our volunteers.

We have several recruiting methods in place to continue our recent success, but we all need to take every opportunity to recruit new members by sharing information about volunteering.

We are also working on Stayton's student resident program. Sublimity Fire is accepting applications for their student program. These programs offer great opportunities for students looking to start a career in the fire service.



## **Mental and physical preparedness, are you ready? ~AC Alley**

As we work through the pandemic issues, the forever changing of our lives, and response to calls and training, we need to be prepared.

We are back on track to responding to calls and with summer upon us, we typically see an increase.

We need to be mentally ready; think before we act, train regularly, use alternative methods to learning (online, publications), train together in small teams, and follow the policies and procedures we have in place for the safety of everyone.

Physically, we need to keep active, eat healthy, stay hydrated and exercise regularly. A little of each of these will help the brain and body to function better.

Be vigilant and stay safe!



Station 80 weight room remodel included a larger TV, cleaning supplies, padded flooring and equipment storage. Try it out!

## DISTRICT BIRTHDAYS

### AUGUST

- 5—Tanya McFadden
- 13—Trent Tegen
- 21—Scott Vigil
- 25—Steve Orr

### SEPTEMBER

- 2—Jack Carriger
- 8—Eric Fery
- 8—Tim Godfrey
- 22—Matt Riordan



## HEAT EXHAUSTION

### Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

**Cool down**  
**Rest**  
**Drink water**

## HEAT STROKE

### Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

**Call 911**  
**Cool person**  
**down**

*Upcoming Events...*

District Buildings Remains Closed to  
Public Meetings

**Have a Safe Summer!**  
~Keep cool and hydrated~

**Volunteers—check training  
calendar for mandatory  
drills in July—August**

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

**CAMPFIRE SAFETY**

1. Locate your fire pit in a safe place. Look up and around making sure it's not under low-hanging branches or near bushes. Keep a radius of 8-10 feet of the area around the pit clear of tents, debris, or obstructions.
2. Keep water near by.
3. Always watch; never leave a fire unattended.
4. Put the fire totally out before going to bed.



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