



The SPANNER

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

www.staytonfire.org

HAPPY NEW YEAR! Jan—Mar 2021



From the Chief's Desk

~ *Stayton Fire Chief Jack Carriger*

I know (in the back of our minds) we had all hoped the New Year would bring “normalcy” back into our lives, unfortunately that has not turned out to be the case. As you probably already know, we will be in the “Freeze” mode until at least the end of January. This leaves us, as a District, with the same challenges in training and operations we have been dealing with for the last year. As frustrating as this is, it is vitally important that we continue to deliver the best service possible to our community.

As first responders, we have a great opportunity to show our patrons that even during crazy

times, not all is broken, that there are still people and services they can count on. More than ever our response and service can make a huge difference in the lives of the people we serve. During these times, especially for the elderly and shut-ins, we may be one of their only contacts to the outside. The service, compassion, and caring you provide and show them during your contact time can make a significant difference in their outlook and the quality of their lives.

With this opportunity, it is more important than ever we keep both our technical and patient skills at their highest. Although drill schedules and training look different, we will continue to motivate each other to be our best and provide outstanding service with commitment to saving lives and property.

Disaster Planning

So, the wildfires reminded us that anything can happen at any time. That's the thing about disasters and emergencies.—they like to happen when we least expect it.

BUT, there are things we can do to be more prepared for these events. Things we all NEED to do so we can take care of our families and help out our neighbors when the time comes.

Here are a few basic, simple things we can do right now.

•**Have a plan.** Create a list of who to call, where to go to meet up with each other, etc. Make sure everyone has the information and knows what to do.

•**Make a kit.** This can be as simple as a

plastic crate with supplies you can use and/or take with you in an emergency. Include items like flashlights, batteries, a first aid kit, bottled water, basic tools, non-perishable food, pet food, etc. You can build on this more as time goes by.

It's always good to keep your vehicle fueled up as well.

If you've already started, good for you! But check your plan and kit and make sure they are current.

If you haven't started planning, there's no better time than the present. When the next event strikes, you'll be glad you did.

Go to www.ready.gov for more information and take care of yourselves everyone.

DISTRICT ANNIVERSARIES

JANUARY

- Dan Houston—34 yrs.
- Jeff Deetz—21 yrs.
- Gene Dershewitz—11 yrs.
- Nastasja Johnson—8 yrs.
- Tim Godfrey—2 yrs.
- Tim Wilson—2 yrs.
- Rachel Heinrich—2 yrs.

FEBRUARY

- Steve Orr—10 yrs.
- Scott Orr—9 yrs.
- Kaitlyn Woodsmall—9 yrs.
- Josh Lindemann—5 yrs.
- Kathi Kent—2 yrs.

MARCH

- Doug Hansen—37 yrs.
- Eric Peterson—15 yrs.
- Jeff Harris—15 yrs.
- Trent Tegen—9 yrs.

**Congratulations
And Thank You
For 191 Years
of Service!**

Volunteer Recruitment

As we approached the New Year and 2021's Firefighter Academy, we welcomed six new recruits to the District, making a total of ten new recruits for 2020. Five of these recruits will be attending the Recruit Academy. We look forward to supporting and seeing them grow as they progress through their training.

We were able to have a successful recruiting year despite COVID and limited public interaction. We will battle some of these same struggles in the coming year.

We plan to keep a strong social media presence and adjust our ways of recruiting to fit within COVID guidelines.

During this time we must remember that the best recruiting method is still word of mouth, which accounted for 30% of all interest cards submitted.

Thank you all for your support in spreading the word of volunteering. Let's keep this momentum going into 2021.

Newest Recruits:

Alexandre Ponot	St 80 FF	Rachael Potter	St 83 FF
Matt Shine	St 82 FF	Timothy Trahan	St 83 FF
Braedon Davidson	St 80 FF	Christopher Nichols	St 82 FF

HOPE and Social Connections

HOPE is associated with many positive outcomes, including greater happiness, better academic achievement and even lowered risk of death. It's a necessary ingredient for getting through tough times, of course, but also for meeting everyday goals. Everyone benefits from having hope — and psychologists' research suggests almost anyone can be taught to be more hopeful.

Hope motivates us and a big part of that motivation comes from relationships with other people. Social support is important to having hope—to have people you can depend on and people who are meaningful to your life.

Social connections are fundamental to hopefulness.

So how do we keep those social connections during times of quarantine and limited gatherings? It may take a little more effort but it's worth it....try some of these ideas:

- * Call your family and friends regularly and check up on them.
- * Send cards and letters of encouragement - yes, old fashioned I know, but who doesn't like receiving a card or letter? *(And the Post Office will love you)*

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THANK YOU to everyone that helped us with our Toys for Joy program this year—those who gave donations and those who gave their time to collect, sort and bag toys. We could not do it without you.

Even though our program looked different this year, we were still able to help many families and give out 254 bags of toys!



(Continued from page 2, Hope and Social Connections)

- * Create an 'exercise' ZOOM meeting to workout with a friend
- * Drop off a care package on the doorstep of someone who needs encouragement
- * Join a small online class or small group with those of similar interests
- * Teach each other new skills (cooking, crocheting, changing a tire, fly tying, playing guitar, whittling—ok maybe not whittling—carving, you get the idea)
- * Play a game via FaceTime (Battleship, Trivial Pursuit, Apples to Apples, Yahtzee, Pictionary)

Cut back or avoid social media outlets—these often just expose us to more stress.



HOPE you try some of these ideas.

DISTRICT BIRTHDAYS

JANUARY

1—Jeff Harris
13—Jeff Deetz

FEBRUARY

3—Doug Kintz
5—Mike Beaumont
12—Nastasja Johnson
13—Chris Enquist
14—Lucy Hemenway
26—Doug Smith
26—Kevin Bakke
28—Ray Porter

MARCH

22—Rhonda Grant
30—Maria Sammons
30—Ryan Diehl

*Happy
Birthday!*



Upcoming Events...

District Buildings Remains Closed
to Public Meetings

Drills—thank you volunteers for your
dedication during these trying times

Valentine's Day
(No Sweetheart Bingo or Breakfast)

We will let you know as soon as we
know when we are able to have events
once again.

www.staytonfire.org

** Congratulations Corner**

Congratulations to Bradford and Kyleah as
they welcome James L. Dees
Born 11/27/2020. 9 lbs. 3 oz.



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