

Saco Fire Department-Saco, Maine

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Chief's Message.....

Our third issue of our bi-monthly newsletter is our first issue of 2014. The changing of the calendar is always an exciting time. Often a new year is viewed as a new opportunity to put the past year behind us and while we can't start over, we can start new.

Starting new in 2014, means we will take this time to look at what we do and how we do it to be sure that we are providing the best possible emergency response and service to our community. Our focus, which coincides with our Strategic Planning, will be to look at five specific areas: Cost Efficiency, Data, Deployment and Staffing, Culture, and Customer Service. We will look at our service areas of Operations – Fire Suppression, Operations – Emergency Medical Services, Operations – Special Hazards and our Fire Prevention – Loss Control programs to ensure that we are delivering services in a safe, cost effective and efficient manner. We will work to disseminate meaningful and current data and study staffing and response data to match resources to demands. As an organization, we need to look at new ideas and options to meet the changing demands placed upon the fire service.

I would like to take this opportunity to thank the members of the Saco Fire Department for all of their hard work and efforts over the past Holiday Season. Once again, your commitment and dedication to our community was reaffirmed through our annual Lighting of Central Fire Station, the Food Drive in support of the Saco Food Pantry, and your support of the Salvation Army through the annual Gift Giving Tree.

Best wishes in the coming year,

—John L. Duross, Fire Chief



BE PROACTIVE IN PREVENTING CARBON MONOXIDE POISONING IN THE HOME

DETECTION, MAINTENANCE and SNOW REMOVAL are three important considerations for keeping you and your family safe from the effects of carbon monoxide poisoning. Detection of carbon monoxide (CO) is provided in the home by properly placing an appropriate number of CO detectors throughout your home.

Maintenance and proper use of all fuel burning devices found in the home, per the manufacturer's recommendations, will help to ensure that these systems run efficiently and safely.

Snow removal from around vents and exhausts of heating systems which terminate to the outside will prevent CO from backing up into the home. [continued on page 3]



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Test your Fire and Safety Knowledge

According to the Centers for Disease Control and Prevention, Carbon Monoxide (CO) poisoning is a leading cause of unintentional poisoning deaths in the United States. It is a colorless and odorless gas that usually remains undetected until it cause injury or death. Carbon Monoxide is produced when burning which of the following:

- A. Coal
- B. Wood
- C. Gasoline and Oil

Answer: ALL 3: A, B and C. Injuries and deaths from carbon monoxide are preventable. For more information about this important health and safety subject, its detection and prevention please see our article on page 3.



For Your Super Bowl gathering try making this Super Chicken Pot Pie for something to offer to your guests along with your appetizers—

Here's what you will need

- 3 cups of cooked and then shredded chicken meat (white and/or dark or both)
- 1 10 oz can of cream of chicken soup
- 8 oz of frozen veggies
- 4 oz of fresh mushrooms
- 2 cups of shredded Monterey Jack cheese
- 2 cups of fresh or frozen diced potatoes
- 1 cup of all purpose flour
- 1/2 teaspoon of pepper
- 1 stick of melted butter
- 1 cup of buttermilk (add 1 Tablespoon of vinegar or lemon juice to a cup of milk)

Here's how to prepare

Preheat your oven to 425 degrees

In a 9 by 13 casserole baking dish, lightly grease the bottom with cooking spray or shortening and place the cooked chicken into the dish

Add the cream of chicken soup, frozen veggies, mushrooms, diced potatoes and jack cheese. Mix all together.

In a separate bowl, add the pepper to the flour and add the melted butter. Then slowly add the buttermilk stirring into the flour mixture until you have a slightly wet doughy mixture. Spoon this flour mixture over your pot pie ingredients in the baking dish and then spread evenly over all.

Place the dish into your oven and bake for 45 minutes. The top crust should be browned and the pot pie mixture should be hot and bubbly.

Try serving with a dollop of sour cream on top and sprinkle diced green onions over the sour cream.

Apparatus Spotlight

Engine 4

1996 Ferrara Fire Engine



Side mount pumper with a seating capacity of 5, a 1250 GPM (Gallon Per Minute) pump 1000 gallon tank, Class B 55 Gallon foam tank and 8 SCBA Units (Self Contained Breathing Apparatus)

Safety Tip

A carbon monoxide detector is recommended for every home and multi family dwelling.

You will find them for purchase at your local hardware store or home supply store.

In November and December, Fire Department personnel answered the many urgent needs of our citizenry and surrounding communities. The total number of responses was 243 for November as compared to 237 last year. Of the 243 calls, 170 or 70%, were medical emergencies as compared to 176 in 2012. In December of 2012 the department responded to 262 emergency calls. In 2013, December calls were 282. Of the 282 calls, 233 or 83%, were medical emergencies.

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Preventing Carbon Monoxide Poisoning in the Home (continued from page 1)

Courtesy of Deputy Chief David Pendleton

CALL FOR HELP EARLY- Call 911 right away if you suspect that someone in your home is experiencing carbon monoxide (CO) poisoning. It is a good idea to leave the home if you are able and place the 911 call from another location. CO is often called the silent killer because it is an invisible, colorless and odorless gas.

SIGNS AND SYMPTOMS- CO poisoning can present itself with signs and symptoms similar to what people experience when they have the flu and may include a headache, weakness, dizziness, nausea, vomiting, shortness of breath, confusion, blurred vision and possibly loss of consciousness. When someone in the household is experiencing any or all of these signs and symptoms, it is imperative that he or she seek medical help as soon as possible. When you call for help, your local fire department will respond and make an evaluation of both the affected family member's condition and of the air quality of your home to determine the cause of the CO. Situations whereby several people in the same household are experiencing similar signs and symptoms may be a reliable indication that there are elevated CO levels in the home.

CARBON MONOXIDE DETECTORS- If your CO detector(s) sounds an alarm, be sure to treat it as a true emergency. Homes and apartments should have CO detectors installed in them following the manufacturer's recommendations. CO detectors sample the air in a room and sound an alarm when a minimum concentration of CO is detected. There are several styles of CO detectors of which some are battery powered and some are powered by the building's electrical supply while others use a combination of the two. There are also combination units which have both CO detection and smoke detection in one device. Follow the manufacturer's recommendation for the proper placement and installation of quality CO detectors. Test your CO detectors monthly along with your smoke detectors and replace the batteries as recommended.

FUEL BURNING EQUIPMENT- Just as important as having properly positioned and working CO detectors in your home, is ensuring that all equipment using fuels such as gasoline, kerosene, natural gas, propane, oil and wood, are adequately maintained and correctly operated. Most of us heat our homes with oil, propane or kerosene and it is necessary to have our fixed heating systems utilizing these fuels serviced each year to ensure they are operating efficiently and safely. A faulty heating system or a leaking exhaust vent device such as a stove pipe connection to the chimney or a direct vent through the exterior wall, will allow CO to build up in the home. In addition to or as a substitute to fixed heating systems, some people will use portable space heaters to provide heat. It is important to only use a listed and approved portable heater. Follow the manufacturer's recommendation for use, especially regarding ventilation requirements. Be aware that portable heaters need to have their fuel tanks filled regularly and that doing so poses the risk of a fire occurring while refilling. These portable heaters should be allowed to cool and be removed from the living space before being refueled. Many people use portable or fixed

(continued in next column)

generators to produce electricity when the power is lost. Generators must be located in sufficiently well ventilated locations that do not allow CO to enter the home. Generators operated in the garage or even under a carport roof, can allow deadly CO to accumulate. When we need to warm up our vehicles on these cold days, the vehicle must be outside of the garage and have the exhaust sufficiently away from any buildings.

SNOW REMOVAL- Accumulating snow can actually compound some of the issues described above. As snow piles up around an exhaust vent from a fuel burning appliance, CO levels may build and be backed up into the building. People should check their vent discharges regularly and remove snow as it collects around these vents. Similarly a vehicle with its exhaust pipe buried in the snow can cause a buildup of CO in the passenger compartment.

By following the suggestions offered here, in addition to any research you may do on your own to learn more about carbon monoxide and preventing CO poisoning, we can all work towards reducing the number of incidents which occur each year.

Safety Enforcement Grant Awarded to Saco

The Maine Municipal Association (MMA) recently selected Saco as a recipient for one of the safety grants awarded each year to members of the Association's workers compensation fund. From among the 155 grant applications that were received by the Association, the application submitted by the Saco Fire Department was one of those selected.

The Safety Enhancement Grant programs offer incentives to members of the Maine Municipal Association's Workers Compensation Fund to purchase



Ice Commander Rescue Suit

safety equipment or services that assist in reducing the frequency and severity of workplace injuries.

The MMA grant will pay 2/3 (two thirds) of the cost (with a grant cap of \$1,131) for two new cold water/ice rescue suits for the Fire Department. The total cost of the suits is \$1,696.50. These two new Mustang brand Ice Commander suits will replace two older and well-worn (and leaking) rescue suits.

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News from our Crews



Marc Martin and Roger Borduas

Firefighters Roger Borduas, Marc Martin, Sarai Paulmann, Dave Hamel, Karl Finley, David Peters and Mark Kelly along with volunteers from the Saco Food Pantry stood by at the front doors of Shaws in Saco for a "fill the bus" food drive. Enough food donations were received to fill an ambulance with a large amount of non-perishable items that were distributed at the Saco Food Pantry this holiday season.



Members of the Saco Fire Department participated in the annual Giving Tree donation drive sponsored by the Salvation Army and the Adopt a Family charitable program. Pictured are (from left to right):

Scott Walker, Firefighter

Cliff Whitten, Firefighter

Major Beverly Smith of the Salvation Army

Eric Lane, Firefighter

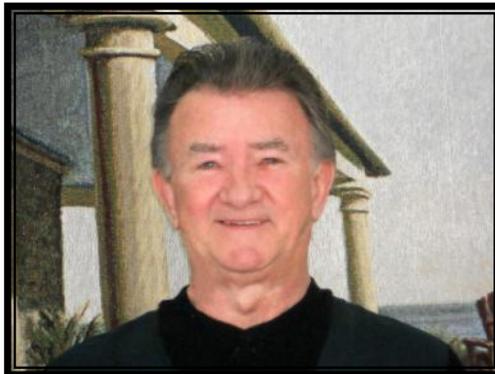
Marc Martin, Firefighter

Promotions and Appointments

Fire Chief John Duross announced the appointment of the following new Call Division Firefighters:

- ▶ Jason Lord, Firefighter and a resident of Saco
- ▶ Frank Lee, Firefighter and a resident of Saco
- ▶ Thomas Gallant, Firefighter and a resident of Saco
- ▶ Nathan Cross, Firefighter and a member of our live-in student program at the Camp Ellis station
- ▶ Joy Renell, Firefighter, a resident of Saco and a recent graduate of our Citizen's Fire Academy
- ▶ Chief John Duross announced the appointment of a new Fire Police member: Jason Gardner, a resident of Saco

Chief John Duross also announced the appointment of **Tom Roughan** of Saco as the Director of Communications for the department. Tom has served as the editor of our newsletter and will be responsible for assisting in developing and producing various print and electronic communications for the fire department.



Our Annual Report with detailed information on Department activities, responses, equipment, facilities, personnel and operations is now available on our website. To view or download, click:

[ANNUAL REPORTS](#)

The Saco Fire Department publishes its online newsletter bi-monthly. To receive an email notifying you when it is published, please visit our newsletter page and complete the email sign up information. Just click below to sign up:

[Fire Department Newsletters](#)

For the latest on what's happening at Saco City Hall, see the newest edition of the City Hall newsletter at:

[THE PEPPERELL POST](#)