

Saco Fire Department-Saco, Maine

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Chief's Message.....

As our fourth issue of our bi-monthly newsletter is being prepared for distribution, we are in the planning stages of our first-ever Open House. On Saturday, April 26, 2014, from 10 A.M. until 2 P.M. we will open our doors and are inviting the public to stop by the Central Fire Station to look around and gain information about your fire and emergency medical services and staff. Firefighters and Fire Officers from both our Career and Call Divisions as well as Fire Police members will be on hand to answer questions about our work. We are planning demonstrations that will involve Fire and Emergency Services as well as Public Education and our newest program: inspection of car seat installations. We are very excited about this Open House and hope that you will find time to stop in and visit the station.

With spring fast approaching, we recognize that this is a busy time for many property owners. As an agent of the Maine Department of Conservation, Maine Forest Service, we are here to assist you with obtaining Open Fire Burning Permits. Open burning is permissible if a permit has been obtained as long as the burning is conducted according to the terms and conditions of such permit and provided that no nuisance is created.

Burning permits are issued for open burning of recreational campfires, "wood wastes" such as brush, stumps, lumber, bark, wood chips, slash, deadwood trees and leaves.

Burning permits are not required for fires in outdoor grills and fireplaces when used for recreational purposes such as preparing food. They are, however, still subject to the clause in the rules regarding fires which create a nuisance.

The firefighters and fire officers of the Saco Fire Department are dedicated, competent, experienced professionals that continue to serve our community proudly. We are here each and every day to assist you with needed services and to provide the highest level of professional responses. I trust that you will not hesitate to contact us or to stop by the station whenever you have a fire or emergency services question or are in need of assistance.

—John L. Duross, Fire Chief



Spring Clean Up Time.....Burning Debris

Just around the corner will be Spring!! And many property owners will begin to clean up and collect winter debris from yards, gardens and walkways. To burn debris, you must first obtain a written burning permit prior to any outside burning within the City of Saco. Burning permits can be picked up from 7 AM to 10 PM at the Central Fire Station. Permits are considered valid for the date of issue until 9 am the following day. For safety, burning piles are to be kept reasonably small and must be attended at all times. Permitted fires that generate any complaints will be investigated by the fire department, and, if necessary, potentially extinguished. For more information on burning permits, please visit our webpage at:

<http://www.sacomaine.org/departments/fire/permits.shtml>

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Test your Fire and Safety Knowledge

According to the National Fire Protection Agency, what human factor contributed to the most fatalities in residential structure fires?

- A. Individuals were physically disabled
- B. Individuals were asleep
- C. Individuals were impaired by alcohol or drugs

Answer: B. According to an executive summary report produced for the NFPA, during the period of 2005 to 2009, one or more human factors actively contributed to 61% of the fatalities that occurred in residential fires. The most predominate factor, 30%, was that individuals were asleep during the fire. Smoke and Fire detectors that function properly help save the lives of you and your family.



From the Firehouse Kitchen

With Spring comes our Spring vegetables....this dish enjoys roasted spring time vegetables coupled with your own risotto and could serve a crowd of 6 to 8.....

Here's what you need~~~~

Asparagus-1 lb and cut into 2 inch lengths

Carrots-around 2 cups of baby carrots that you cut in half lengthwise

Green Onions-cut 8 of them into 1 inch pieces

Mushrooms-8 oz of baby bellas or white mushrooms sliced in half

Peppers-3 medium sized assorted peppers sliced into strips

Squash- 2 medium sized-one yellow and one zucchini cut into slices

Radishes-you will need about 6 large sized red radishes cut in half

Rosemary leaves-2 teaspoons of chopped fresh leaves

Vegetable Broth- you will need 4 cups

Parmesan Cheese-you will need around 1/2 cup

Rice-you will need 2 and 1/2 cups of uncooked Arborio rice

Olive Oil- you will need a tablespoon-Try Extra virgin if you have it

Here's what you do~~~~Preheat your oven to 425 degrees.

Spray a 17 x 11 roasting pan with cooking spray and mix the vegetables, rosemary leaves and a half cup of the vegetable broth in the pan and roast in the oven. After roasting 20 minutes, stir the vegetables only once and roast for another 10 minutes.

While the veggies are roasting, prepare the risotto. In a 2 quart sauce pan, add the olive oil and heat over medium. Once the oil is hot, add the rice and stir. Then add 1/2 cup of the remaining broth and stir until the rice absorbs the broth. Continue to add the remaining broth 1/2 cup at a time and stir until absorbed. You judge your rice texture as you may not need to add all the broth.

To plate the dish....your cooked rice is topped by your roasted vegetables and liberally sprinkled with the parmesan cheese. Enjoy Spring!

Apparatus Spotlight

Engine 8

1999 Ferrara Fire Engine



Garaged in North Saco Station

Side mount pumper with a seating capacity of 5, a 1250 GPM (Gallon Per Minute) pump 1000 gallon tank, Class A 55 Gallon foam tank and 8 SCBA Units (Self Contained Breathing Apparatus) and carries our Code 3 Extrication System

Safety Tip

With Daylight Saving Time upon us—Now is a good time to replace the batteries in your fire, carbon monoxide & smoke detectors

In January and February, Fire Department personnel answered the many needs of our citizenry, businesses and surrounding communities. The total number of responses was 282 for January as compared to 279 last year. Of the 282 calls, 212 or 75%, were medical emergencies as compared to 216 last year. In February of 2013 the department responded to 247 emergency calls. In 2014, February calls were 249. Of the 249 calls, 193 or 78%, were medical emergencies.

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Saco Fire Department Open House

Everyone is invited to visit the

Central Fire Station

On Saturday, April 26, 2014

From 10 A.M. to 2 P.M.

Focus: Emergency Medical Services

(Courtesy of Brad Chicoine, NREMT, EMS Coordinator)

The Saco Fire Department had 3,361 calls for service in 2013. Of these calls, 2,738 (81.5%) required the assistance of the ambulance. This was an increase in call volume for ambulance services, which had 2,401 calls in 2012. Fully, 90% of these medical emergencies originated within the City of Saco. Responses to this very significant volume of medical calls were handled by two primary ambulances and emergency staff comprised of 20 full time Paramedics, 8 full time Advanced EMTs and 3 full time Basic EMTs.

Students Living-In at Camp Ellis Station

The Saco Fire Department Live-In Student Program continues to be a tremendous benefit for both the live-in students and for the City of Saco. The program offers qualifying students the opportunity to help reduce the cost of their college education and to experience the actual living environment that their anticipated career paths will take them upon either with the Saco Fire Department or with another agency. The City is benefited by having an additional piece of fire apparatus reliably available to assist the Career Division and to ensure that the Camp Ellis Fire Station and the apparatus garaged at Camp Ellis are highly maintained.

The students receive free room and board while living in the Camp Ellis fire station throughout their college studies and in return, they serve as members of the Fire Department Call Division. The students enter into a written contract with the Fire Department which stipulates their responsibilities and requirements. They must be enrolled as full time students in a Fire Science or Paramedicine program at a local college and must be trained to the Firefighter II level. The students must maintain a "C" average in each of the classes they are taking. Like all members of the Call Division, the students are required to attend the two regularly scheduled monthly meeting/drills at the Central Fire Station and respond to calls for structure fires across the City. They may also respond to non structure fires and emergency medical emergencies within the Camp Ellis District. Importantly, the live-in students are responsible for maintaining the living quarters and apparatus bay at Camp Ellis, conducting a weekly apparatus check of Engine 4 and performing weekly self contained breathing apparatus checks.

As members of Engine Company 4, the students report through the chain of command to their company Lieutenant and Captain. A Deputy Fire Chief also serves as a liaison for the students and is the overall program manager. Past students who have participated in the Live-In Program have been very successful and moved on to careers with various fire departments and several have remained here in Saco having been hired full time.

The two current live-in students are Thomas Gallant and Nathaniel Cross. Thomas is enrolled in a Paramedicine program and Nathaniel is currently working towards his Fire Science degree.

The Student Live-In Program continues to be a success providing beneficial results to our City and to our local live-in students whom we consider to be our future career public safety responders.

There are four (4) levels of EMTs (Emergency Medical Technicians) that the State of Maine licenses to provide out of hospital care. They are: First Responders, EMT Basics, Advanced EMTs and Paramedics. The primary difference between the 4 levels is the educational achievements in the licensing requirements and the skills/treatments provided in the field. First Responders and EMT Basics are able to perform tasks such as applying oxygen, basic assessments and patient packaging. Advanced EMTs are able to perform the First Responder and EMT Basics tasks but are also able to perform more advanced assessments, administer a few medications, manage basic airway problems and start IVs. Paramedics are the most highly trained. Their scope of practice includes all emergency medical services that the other providers perform along with surgical procedures, advanced assessments and airway management, cardiac rhythm recognition and treatment, defibrillation and the administration of numerous medications (i.e. pain management, anti-seizure medications, etc). All four levels work under the medical oversight of a physician/medical director and perform treatments within parameters set by the Maine State EMS protocols.

The success of the quality of care we provide to our citizens is based upon our having highly skilled clinicians actively involved in these urgent calls. Our full time staff is comprised of over 57% Paramedics with the certifications needed to maintain this high level of skilled care is comprehensive and difficult. Our providers hold certifications that include Critical Care EMT Paramedic, Advanced Cardiac Life Support, Pediatric Advanced Life Support, Advanced Medical Life Support, Prehospital Trauma Life Support, Pediatric Education for Prehospital Providers, Tactical Emergency Medical Specialist – Advanced, Advanced Burn Life Support, Geriatric Education for Emergency Medical Services, Tactical Causality Care, International Trauma Life Support, and Basic Life Support. Many of our EMS providers have the distinction of having earned Associate Degrees, Bachelor Degrees and one of our current staff has earned a Master's Degree.

The staff of the EMS Department continues to perform at the highest levels of training and professionalism in the field to help those individuals in need of urgent medical attention.

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News from our Crews



Clif Whitten and Chief Duross

On January 18, 2014, **Firefighter/Paramedic Clif Whitten** graduated from the Maine Fire Service Institutes' Fire Officer 1 & 2 Academy upon completing an intensive 8-day academy held at the MFSI Office Complex located in Brunswick at the SMCC Midcoast Campus. The Fire Officer Academy course is a modern integrated learning system from Jones & Bartlett Publishers that prepares graduates to be certified at the Fire Officer I and II levels. The program course combines current content with dynamic features and interactive technology to better support students to prepare for and enhance a career as a Fire Officer.

Based on the National Fire Protection Association, Standards for Fire Officer Professional Qualifications, major topics covered included: written and oral communication skills, emergency and non-emergency leadership and management, budgeting, preparing for promotion, training and coaching, working in the community, organized labor and the fire officer, and Crew Resource Management.



One of Saco's **Junior Firefighters, Kathleen Lord**, has been competitively swimming for many years and recently competed in her fourth and final State Swim Meet for Thornton Academy. Kathleen will be graduating in June. She placed 4th in the 100 breast stroke, 13th in the 100 butterfly and her relay teams took 12th in the 200 free relay and 13th in the 200 medley relay. In addition to her Junior Firefighter activities, Kathleen works as a lifeguard at the Biddeford YMCA and at Wells Beach.

Pictured at left is **Kathleen Lord** displaying one of her swimming competition medals



Pictured at the right are **Thomas Gallant and Nathaniel Cross**, current participants in the Saco Fire Department Student Live-In program (please see our article on page 3) and who serve the City as members of the Saco Fire Department Call Division.

Promotions and Appointments

- ▶ *Chief John Duross recognized Firefighter/EMT Ben Jerome for having reached 25 years of distinguished service with the Fire Department on February 9, 2014.*
- ▶ *Chief Duross recently announced that Ernest Sparks, a resident of Saco, has been appointed to the Fire Police Unit.*

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

[ANNUAL REPORTS](#)

The Saco Fire/Police Unit

Captain Brian Boucher is the Leader of the Fire/Police Unit which consists of four members: Art Prentiss, Tom Bouchard, Jason Gardner, and Ernie Sparks.

Fire/Police members are NOT Police Officers; they are members of the Saco Fire Department assigned to the Fire/Police Unit. Their primary responsibility is to 'facilitate the movement of vehicular and pedestrian traffic at emergency scenes'.

This program is extremely beneficial to both the Fire Department and the Police Department as it provides a high level of safety at incident scenes and frees up police patrol officers for other essential police duties. Unit members receive initial training on Traffic Control at Emergency Scenes which meets the minimum training requirements as established by the Maine Department of Labor. The Saco Fire Department provides all necessary Personal Protective Equipment and equipment necessary to safely control the flow of traffic.

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](#)