

Saco Fire Department-Saco, Maine

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FROM THE CHIEF.....

On behalf of the Saco Fire Department, I would like to publicly thank the residents, neighbors, and community members who assisted us on Thursday May 8, 2014 at the large fire incident that ran along the railroad tracks in Saco.

The situation that we faced was numerous fires burning along the 1.59 mile stretch of railroad tracks from Common Street to the Old Orchard Beach town line along with a large woods fire off Cumberland Avenue that burned 15 acres. Many property owners that abut the railroad right of way had damage to personal property including fencing, sheds, and other belongings that were stored in their yards. At one point, a gas grill propane tank became involved which created some very tense moments. Because of fires also burning in Scarborough, Old Orchard Beach, and Biddeford, these communities were unable to assist us as they normally would. This required us to reach out to outlying departments to get the necessary assistance needed to bring this emergency under control. The response by individual property owners, their neighbors, and members of the community who stopped to help out was over-whelming and we can say that had it not been for this assistance there was a real possibility that more damage would have occurred.

Often we are asked "Why do you send a fire truck with an ambulance?" There are several very good reasons why we do this. First and foremost is to ensure that you receive the best care as quickly as possible. Every career member of the Saco Fire Department holds a license issued by Maine Emergency Medical Services to practice emergency medicine. 21 of the 35 members are Paramedics; the highest license level available to ground transport ambulance services. 5 more are Advanced Emergency Medical Technicians and the remaining members are licensed at the EMT-Basic level. Additionally, a number of our Call Division members are also licensed providers including 2 Paramedics and 7 EMT's. When it comes to saving a life, getting there quickly and having enough help are very important. Statistics show that we are able to be on scene in less than 8 minutes more than 88% of the time and 96% of all patients with cardiac emergencies arrive at the hospital **with a pulse**. When you compare these results with national averages, you quickly find that our service exceeds the national averages in both categories.

Our Paramedics on the ambulances do a great job and the firefighters who are on the ambulances, some of whom are also Paramedics, are equally responsible for our high success rates and exceptional service. In addition to providing medical assistance, our firefighters assist with lifting and gaining entry to the building. When a patient needs fast medical care, there is no such thing as "too much help" to ensure that a life is saved.

In closing, I would like to take this opportunity to thank the Citizens of Saco for their continued support and the members of the Saco Fire Department for their dedication and their hard work on a daily basis.

Best Regards,

John L. Duross, Fire Chief



A FIREWORKS Reminder — Fireworks are not legal in Saco. The Saco Fire Department would like to remind residents and visitors that Saco City Ordinances bans the use, and possession with intent to use, consumer fireworks in Saco. The Police Department intends to seize any illegal fireworks encountered by officers and will cite violators to court, where a fine of up to \$400 could be assessed; up to \$600 for repeat offenders. Please, help our departments to keep us safe; fireworks are illegal in Saco.



Saco Fire Department-Saco, Maine

Test your Fire and Safety Knowledge about _____Lightning

See if you know the correct answers to some lightning safety practices:

1) **Lightning never strikes the same place twice. A. True or B. False**

Answer: B. False. According to the National Weather Service, Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit nearly 100 times a year.

2) **If trapped outside and lightning is about to strike, I should lie flat on the ground. A. True or B. False**

Answer: B. False. According to the National Weather Service, Lying flat increases your chance of being affected by potentially deadly ground current. If you are caught outside in a thunderstorm, you should keep moving toward a safe shelter.

3) **A lightning victim is electrified. If you touch them, you'll be electrocuted. A. True or B. False**

Answer: B. False. According to the National Weather Service, the human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid and be certain you contact emergency services for assistance.

From the Firehouse Kitchen



Blueberries.....Did you know that May is National Blueberry Month?

According to the University of Maine's Fact Sheet No 220, Maine is the largest producer of wild blueberries in the world. Maine produces 15 percent of all blueberries in North America, including wild and cultivated production. To celebrate our significant blueberry producing heritage, try out this anytime blueberry cake with crumb topping treat.....

Here's what you'll need for the cake....

- 3/4 cups of sugar
- 1/2 cup of butter
- 1 egg
- 1/2 cup of milk
- 2 cups of flour
- 1/2 teaspoon of salt
- 2 teaspoons of baking powder
- 2 cups of frozen blueberries

And here's what you'll need for the topping.....

- 1/2 cup of sugar
- 1/3 cup of flour
- 1/4 cup of softened butter
- 1 teaspoon of cinnamon

Directions.....

Preheat your oven to 375 F and grease the bottom and sides of a 9 x 9 inch baking pan with shortening or butter.

Cream the sugar and butter together. In a separate bowl, mix the egg and milk. Sift your dry ingredients together and add to cream mixture, alternating with the liquid mixture of the egg and milk. Now, fold in your blueberries and pour the batter into your greased 9 x 9 inch pan.

Mix the topping ingredients together and spread the topping over cake batter.

Bake for 30 to 40 minutes until topping is browned and cake is firm. Serve warm with ice cream!!!

Apparatus Spotlight

Engine 9

Ford 550 Forestry Truck with a 250-gpm pump 300 gallon tank on



a skid unit and a Robwen Class-A foam system. This unit carries all the forestry equipment during the summer months and ice water rescue equipment in the winter.

Sun Safety Tip
July is National UV (Ultra Violet) Safety Month
REMEMBER to use your sunscreen, wear a hat and protect your skin and eyes

In May and June, Department personnel answered the many needs of our citizens, businesses and surrounding communities. The total of responses was 250 for this May as compared to 302 last year. Of the 250 calls, 206, or 82%, were medical emergencies as compared to 83% last year. In June of 2013, the department responded to 304 emergency calls. In 2014, June responses were 279. Of these, 225 or 81%, were Medical Emergencies; last year's calls were 253, 83% of the total.

Saco Fire Department-Saco, Maine

Training Corner Courtesy of LT. David A. Hamel Fire Training Coordinator

As a part of our ongoing practices, the Department considers general and specialized training to be of paramount importance for the preparedness and professionalism of all staff. Training encompasses both fire fighting and public safety techniques, preparedness of the individual, coordination of the various teams and proper planning for anticipated, as well as extraordinary tasks and challenges. All members of the Career and Call Departments (including all Firefighters, Officers, Deputy Chiefs and the Fire Chief) participate in our training sessions and are required to participate in a minimum of scheduled training subjects.

A recent training program was dedicated to vehicle extrication. This valuable training is roughly an 8-hour refresher, which includes classroom and hands-on training. The material covered includes vehicle stabilization, the use of air bags for lifting and stabilizing vehicles, and of course vehicle disentanglement techniques. We use this type of training for motor vehicle accidents that require more technical procedures to extricate injured and uninjured occupants of various types of vehicles.



A special note of thanks to Kirb-Side Auto Salvage of Old Orchard Beach whose generous donations of vehicles used in these training sessions allow this valuable specialized training to be conducted.

Summer Heat, Humidity and Sunshine

Ultraviolet (UV) radiation is a year-round concern but it is especially troublesome during the summer months. The most hazardous time for UV exposure is between the hours of 10 a.m. and 4 p.m. The CDC recommends only brief periods of unprotected sun exposure, lasting approximately 15-20 minutes, throughout the day to decrease the likelihood of a sun burn and/or heat related emergency. If you remain in the hot sun for long periods of time it may lead to a medical emergency called hyperthermia (when your body overheats) which can become fatal if not treated immediately. A few ways to prevent a heat related emergency are to drink plenty of fluids, stay in the shade, wear light clothing that covers your upper and lower body to include your head, use sunscreen SPF 15 or higher, and utilize air conditioning when possible.

Courtesy of Brad Chicoine, EMS Coordinator



Saco Fire Department



2nd Annual

Citizen's Fire Academy

Coming in October, 2014



The Saco Fire Department's Annual Citizen's Fire Academy is a "hands-on" learning program for people who reside in Saco and want to know more about the fire service. It is our desire to increase the public's awareness of the operations of their fire department so that they may become well-informed citizens who are more involved with the long-term safety of our community.

For more information contact:

Karl Finley, Public Education Coordinator

207-282-3244 or kfinley@sacomaine.org

Ride to School in a Fire Truck Program

This program was inaugurated by Karl Finley, Public Education Coordinator, to increase safety awareness amongst our school age children. Youngsters in the 2nd grade were given a picture to color and youngsters in 5th grade were asked to design and make a fire prevention poster. The winners, chosen by a group of 5 firefighters, received a ride to school for themselves and a friend in a fire truck. From the over 100 submissions received, the coloring winner from the Fairfield School was Giavanna Brown. The coloring winner from the Young School was Alexis Pelton and the poster design winner from the Burns School was Demetrius. Congratulations to all those who competed!!!

Below is Giavanna Brown and her mom, Sonja, and brother CJ



Pictured above is Demetrius from the Burns School

Saco Fire Department-Saco, Maine

News from our Crews

Firefighter Roger Borduas retired after 29 years of service to the Department from March 5, 1985 to May 12, 2014.

Chief John Duross announced that Call Division Firefighters Trevor Nason, Damion Taylor, and Jason Lord completed the York County Chiefs Association Firefighter 1 & 2 Academy. Beginning in January each attended well in excess of 200 hours of classroom and hands-on training which included State of Maine Certification by the Maine Fire Service Institute, a division of Southern Maine Community College.



Included at left are members of the Saco Fire Department, Deputy Chief David Pendleton, Deputy Chief Robert Martin and Firefighter/Paramedic Marc Martin, along with other runners who participated in the Urban Runoff 5K Road Race. The combined efforts of the City of Saco participants resulted in the team winning the "Biggest Municipal Team" award. Congratulations to all who ran as Saco team members.



Pictured at right are Frank Lee and Jason Lord during their swearing in ceremony as Saco Career Firefighters at City Hall. The oath was administered by Michele Hughes, Saco City Clerk. Witnessing the ceremony were Chief John L. Duross, Deputy Chief

Promotions and Appointments

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

- ▶ Frank Lee, a resident of Saco and a member of the Saco Fire Department Call Division was recently appointed to the Career Division as a Firefighter/Paramedic.
- ▶ Jason Lord, a resident of Saco and a member of the Saco Fire Department Call Division was recently appointed to the Career Division as a Firefighter/EMT

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](#)

History is Reborn on Thornton Street.....

Our Former Central Fire Station is being converted to house local businesses and residences. Housing Initiatives of New England purchased the fire station property and has been renovating the historical structure. The façade of the historical building has been preserved in its original form by the new owners and the interior of the former station has been upgraded for its new occupants.



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](#)