

# Saco Fire Department-Saco, Maine

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#### **Chief's Message.....**

As our second issue of our newsletter 'goes to press' we are finishing up on our month-long fire prevention activities to coincide with the National Fire Protection Association's **Fire Prevention Week**. Students at the Young School and at the Fairfield School were given an opportunity to participate in our Fire Safety House where lessons about the value of smoke detection in the home, crawling low under smoke and conducting Exit Drills in the home were taught by members of the Saco Fire Department. A number of other Fire Prevention and Public Education activities were also conducted by our members which included several tours of Central Fire Station by pre-school children as well as site visits by department members at Day Care Centers. We visited many of our elderly assisted living facilities and strongly emphasized fire prevention practices in the home and this year's theme of Preventing Kitchen Fires. I would like to take this opportunity to thank the members of the Saco Fire Department for their hard work and efforts in getting the Fire Safety message out to our community.

**Continuous training in Fire Services and in Emergency Medical Services** disciplines is essential. Our Emergency Medical providers recently completed an Advanced Cardiac Life Support program which deals with pre-hospital care of patients having a cardiac related emergency. All of our members participated in our annual Coordinated Fire Attack Class which consists of practicing the skills of fire attack, search & rescue and ventilation under live fire conditions at the Hollis Training Facility. All of these training sessions are led by in-house instruction on our policies and procedures to improve our effectiveness and efficiency during actual events.

**Training in the fire service is on-going throughout our careers.** Not only do we refresh previously learned skills but we introduce and learn new skills to challenge ourselves to be better and safer at what we do each and every day. We work extremely hard to ensure the organizational success of department in the future through developing our personnel to be high-quality performers who are better prepared and focused to become the leaders of tomorrow.

In closing, I would like to take this opportunity to wish you all a safe and healthy holiday season.



*—John L. Duross, Fire Chief*

**Hear Ye ! Hear Ye ! Hear Ye !**

**Come One! Come All! Families, Friends and Everyone are invited!**

**To the Annual Lighting of our Holiday Lights and our own special visit by Santa at the Central Fire Station, 271 North Street in Saco.**

**The Lighting Ceremony begins at 7:00 PM this Thanksgiving Day night and Santa will be arriving to meet with kids of every age.**

# Saco Fire Department-Saco, Maine

## Test your Fire and Safety Knowledge

During the winter months of December, January & February, what is the leading cause of U.S. residential fires?

A. Power system outages?

B. Heating equipment ?

C. Improper storage of heating fuels such as wood , kerosene and wood pellets?

Answer: B Per the National Fire Protection Association, heating equipment is one of the leading causes of home fires during the winter months; 50% (Fifty Percent) of home heating fires occur in December, January, and February. Heating equipment was involved in an estimated 57,100 reported home structure fires in 2010, resulting in 490 civilian deaths, 1,530 civilian injuries, and \$1.1 billion in loss.



## Next time you have a group over try our FireHouse Chili.....

### Ingredients....

- 2 Tb. olive oil
- 1 lb. sirloin, diced (or ground beef) & 1 lb ground sausage
- 3 Tb. masa, (corn flour)
- 2 Tb. ancho chile powder
- ½ tsp. cayenne, optional
- 1 ½ Tb. cumin
- 1 Tb. dried oregano
- 1 large onion and 1 red pepper, small diced
- ¾ cup minced carrot
- 3-4 garlic cloves, minced
- 1 ½ tsp. salt and 1 to 2 Tb brown sugar
- 2- 28 oz. cans crushed or pureed tomatoes
- 2 -14 oz. cans kidney or pinto beans, drained
- 1 12 oz bottle of mild flavored beer
- Shredded cheese, sour cream & green onions for topping the chili

### Directions.....

Heat the oil over medium high heat. Add the onions, peppers, carrots and garlic and sauté for 5 minutes. Next, add the sausage and ground beef and cook until brown (for about 8 to 10 minutes). Break up any large meat clumps.

Add the masa, cumin, chili powder, oregano. Cook for another 3 minutes stirring frequently. Then add the salt, sugar, tomatoes, beans and 3/4 of the beer. Scrape the bottom of the pan to deglaze.

Reduce heat to low to medium and cook for 30 minutes until thickened

Add the cayenne for heat and serve with toppings & tortilla chips

## Apparatus Spotlight

### Engine 3

2007 Ferrara Fire Engine



Side mount pumper with a seating capacity of 6, a 1500 GPM (Gallon Per Minute) pump 1000 gallon tank, Class A and Class B foam tanks and 11 SCBA Units (Self Contained Breathing Apparatus)

## Safety Tip

Remember to replace your fire alarm batteries when you turn back your clocks

In September and October your Fire Department responded to the many citizen requests for urgent needs. The total number responses was 301 for September as compared to 262 last year. Of the 301 calls, 242 or 80%, were medical emergencies; that number is up from 216 in 2012. In October of 2012 the department responded to 298 emergency calls which included Hurricane Sandy calls. In 2013, October calls were 262. Of the 262 calls, 212 or 81%, were medical emergencies.

# Saco Fire Department-Saco, Maine

*With the cold weather heating season upon us, if you haven't already had your heating system professionally serviced for annual maintenance, now is the time to have a qualified technician check your heating system.*

## A Saco Fire Department First



### CITIZEN'S FIRE ACADEMY –

The Citizens Fire Academy is completing its 6 week program. Saco citizens have been able to see what a day in the life of a firefighter is like. The class was able to go into a smoke filled building with a SCBA (self contained breathing apparatus), pump a fire truck, advance a fire hose and flow some water. They learned about first aid, CPR and some of the medical skills paramedics perform in an ambulance. The class extended the ladder on an aerial truck which extends out 100 ft. and all climbed the 100 ft ladder to the end. The class used the Jaws of Life and turned two hard tops into convertibles. The class learned the workings of the 911 system and why and what apparatus are assigned to fire/EMS calls and the responses of firefighters and paramedics for different types of emergencies.

Visit our Citizen's Academy web page at:

[Citizen's Fire Academy](#)



The Saco Fire Department is one with a long standing tradition of firsts. We are pleased to usher in another first for our department and its history. In October 2013 we established the department's first All Female Rescue Crew.

Pictured above on the left is Firefighter/Paramedic Sarai Paulmann partnered with fellow rescue teammate Firefighter/Paramedic Kaitlin McKechnie, Firefighter/ Paramedic



Members of the Citizen Fire Academy during the Jaws of Life demonstration



Deputy Chief David Pendleton (Miss Fire Scene) and Firefighter/EMT-I Roger Borduas (with Grateful Dead attire) competed in the Saco Parks & Recreation 5K Costume road race.

**From everyone in your Saco Fire Department, we wish you and your family**

*A Happy Thanksgiving*



*A Very Merry Christmas and Holiday Season*

*And*

*A Happy, Peaceful and Healthy New Year*



# Saco Fire Department-Saco, Maine

## News from our Crews

**Pine Burn Foundation>>> Deputy Chief David Pendleton recently was named to the Board of the Foundation which held its 25th Anniversary meeting in Saco.** The Pine Tree Burn Foundation is a private, not for profit organization established to promote burn prevention awareness, education and treatment for Maine citizens.

**Giving Tree>>> The Saco Fire Departments Local 2300** is changing lives through its opportunity to provide 75+ children with additional toys for Christmas. The Salvation Army who provides us with names of the children. Thanks to all for your support and for stopping in and help us help others!!

**Food Drive>>> We need you!!** Saco Fire Department and Saco Professional Firefighters are asking the community of Saco for their support. We will be assisting in a local food drive. Where: Shaw's, Elm Street, Saco, ME on November 23, 2013 from 9am-3pm. We are striving to fill our spare ambulance full of non-perishable items for the Saco Food Pantry prior to the holiday season!! Additionally, we will be offering a blood pressure check for all who are interested. FMI please contact the Saco food Pantry or visit their web page for details regarding upcoming food drives. **Thank you in advance for all your support of a great cause!**



**Fire Prevention Week Activity >>> Kids from Discover Place paid a visit to the Central Fire Station and our Firefighters helped the kids to learn more about fire prevention and safety.** Among the many activities of Fire Prevention week, our firefighters were teaching fire safety to over 800 kids throughout our school system and daycares who learned about and practiced "Stop, drop, and roll", "Stay low and go", and fire drills.

## **Promotions and Appointments**

Michele Hughes, Saco City Clerk, recently administered the oath of office in a ceremony held at the Central Fire Station for the promotion to Lieutenant of:

- ▶ **Joseph Carroll, Firefighter/Paramedic, was promoted to Lieutenant**
- ▶ **David Hamel, Firefighter/Paramedic, was promoted to Lieutenant**
- ▶ **Jerry Beaulieu, Firefighter/Paramedic, was promoted to Lieutenant**
- ▶ **Captain Brian Boucher** of the Call Division has agreed to become the Fire Police Unit Leader and provide supervision and oversight to the Fire Police Unit and its members. His primary role will be as the point of contact for Fire/Police members to ensure training requirements and needs of the employees (safety equipment, radios, etc.) are met.
- ▶ **Call Division>>> Ray Legendre** was recently officially "pinned" as the new **Call Division Chief. Captain Matt Duross** was promoted from Lieutenant. **Lieutenant John Raby** was promoted to **Captain** filling the vacancy created by the retirement of **Captain Derwood "Woody" Sawtelle** earlier this year and **Firefighter Shawn Pendleton** was promoted to **Lieutenant**.

Michele Hughes, Saco City Clerk, administered the oath of office for the newly promoted members of the Call Division in a "pinning" ceremony held at the Central Fire Station



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](#)