



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

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Kim's Corner

By Kim Yonda
Gilbert Fire & Rescue Department
Volunteer Coordinator

Recently I came across a quote from Bill Nye that resonated with me, "Everyone you will ever meet knows something you don't." The truth in those nine words is quite powerful. It reminds me of each of you, our Volunteers. I have learned so many things from each of you, just as you have learned from each other. Truly



these are some of the greatest gifts we can ask for. Thank you for sharing and teaching us all something new!

Summertime vacations are always so much fun! While you are traveling this summer please remember to photograph yourself visiting a local fire department, or maybe shoot one standing beside a local fire engine. Send it to me for one of the upcoming newsletters. It's fun to see where our Volunteers are traveling, and the

different fire personnel you are meeting. This month be sure to check out Katharine Keller's photograph taken outside Buffalo, NY.

Please join us this first week in June as we continue to spread the awareness of how CPR Saves Lives. Our CPR and CCC CPR Instructors are offering a variety of classes this week which will increase the number of people who know how to preform CPR in an emergency. They have also scheduled a class specifically for children on Saturday, June 6th. Did you know immediate, effective CPR could more than double a victim's chance of survival? For additional class details, or to register for an upcoming class, please call 480-503-6300. Thank you for learning how to save a life!

Always remember that a good deed brightens the world!

AN EVENING WITH ANTHONY

By Dianna Erickson
GF&RD Volunteer

I recently had the opportunity, along with several other Gilbert Fire & Rescue Volunteers, to attend the premier of “Anthony’s Adventure,” an inspirational film about a 14 year old boy with Duchene muscular dystrophy. Anthony had a “bucket list” wish to put his feet in the Colorado River, at the bottom of the Grand Canyon.



Daring Adventures sponsored a trip for him, and organized Volunteers from different fire departments around the Valley, as well as a host of other Volunteers, friends, and family members. They worked with everyone during practice hikes, meetings, and whatever, preparing everyone involved for all the aspects of the trip.

Before this event I knew that Chief Badgett was among these more than twenty invited Volunteers. I did not know the extent to which he was involved, nor how much teamwork went into this trip of a lifetime for Anthony.

The documentary showed just how ambitious the trip was. It was an uplifting film showing various clips during the hike, and culminating with Anthony putting his feet in the water.

From this film I learned how important and powerful the mind can be. Anthony had made it to the bottom of the Grand Canyon. Try to imagine this: a 14 year old boy in a wheelchair with his feet in the Colorado River and a smile that could melt your heart.

During the evening we had the opportunity to meet Anthony and his family, along with several of the Volunteers who were involved in this amazing journey. Meeting such an incredible young man, one who has overcome so many obstacles and yet remains so positive, was the highlight of the evening.

Hats off to Daring Adventures and to all of the Volunteers involved in this trip. Bravo for all they do to provide this type of experience to people with disabilities. But most of all, hats off to Anthony for his infectious attitude.

Remember, it’s not about what you can’t do, but what you CAN!



Here is a picture of Katharine Keller at the Wendelville Volunteer Fire Department, just outside Buffalo , NY.



DID YOU KNOW?

McDonald's first drive-through restaurant opened in 1975, in Sierra Vista, Arizona. This restaurant was located near a military base, and soldiers were not allowed to leave their cars while wearing fatigues. This fact gave birth to the brand new concept of drive-through restaurants. There are almost more than one-and-a-half times more McDonald's locations than hospitals in the United States: 14,350 McDonald's versus 10,660 hospitals!

A Little Laugh

A woman asked her husband if he thought she looked fat in her new outfit. He pointed to himself and replied, "Do you think I look stupid in this shirt?"

And For The Small Fry

- Q. What do you get when you cross a centipede with a turkey?
A. Drumsticks for everybody!

KILL THE DRAGON!!!

By Felix Castro, GF&RD Volunteer

With summer approaching and temperatures rising, I wanted to share something that happened on two separate occasions. On March 15, and again on March 22, my wife, two very good friends, and I traveled north of the Valley in search of a campsite for the Easter weekend. On March 15, my wife and I drove up to Rose Creek campground, northeast of Roosevelt Lake, and south of



Young, AZ. Both campgrounds are in the Tonto National Forest. As we traveled to these campgrounds, we were in awe of the beauty of the forest, and aggrieved with the vast areas that were charred from previous wildfires.

Both campgrounds had designated camping areas and provided a fire ring made of stone to hold a campfire. Unfortunately, both campsites had previous visitors who chose NOT to properly put out their campfires. At both camping areas we found a campfire STILL SMOLDERING! Both were within 30 feet of creeks flowing with water. All these unattended campfires needed was a wind driven piece of paper, wood, or some other type of combustible material and. . . POOF! We've

got ourselves a wildfire!! Also, due to the low rainfall in the areas, the ground was covered with dry pine needles, cottonwood, and sycamore tree leaves. Tinder was abundant.

We stopped, I pulled out my shovel from my toolbox and proceeded to stir the ashes and break open the large chunks of crackling firewood while my wife brought water from the creek and slowly poured it on the smoldering fire. Even the rocks used to make the fire ring were hot enough to turn the water to steam. Eventually, we were able to completely extinguish these potential disasters. It reminded me of the time when my father was teaching me the dos and don'ts of camping and hunting. He told me putting out a campfire is like killing a dragon. If all you do is tickle its tail, you're liable to get burned!

After the Rose Creek incident we drove into the town of Young for lunch. There at the Antlers restaurant I met Capt. Mark Justus from Station 3. He was there having lunch with his wife and kids, and he noticed the non-duty Gilbert Fire & Rescue t-shirt I was wearing. We talked briefly, and I told him what had happened. He was not surprised, but he was very thankful and appreciated that we had been vigilant. I thanked him for his service and commitment.



If you've lived in Arizona for a spell, you know just how hot and dry it can get here. So, if and when you choose to take in the beauty of our deserts and forests, have fun. Enjoy. Be safe. Be aware. Be respectful of Mother Nature.

P.S. – If you ever want to eat a burger that will make you sit back and say WOW, take a drive up to Young, AZ and try the one at Antlers restaurant. Friendly people, great service, and worth the drive through some of God's most beautiful handiwork.

Cook & Ladder

Ham & Peas Pasta Salad

- 1 Package thawed frozen peas
- ¼ Cup finely chopped sweet onion
- 2 Cups sliced button mushrooms
- 1 Cup chopped ham
- 2 Large, chopped, hard-cooked eggs
- ½ Cup chopped Cheddar cheese
- 4 Cups cooked pasta
- Favorite mayonnaise based dressing
- Fresh dill to taste



Cook pasta according to package directions.
Mix all ingredients together in large bowl.
Serve cold.

Many A True Word Is Spoken

“If you don't know where you are going, any road will take you there.”
~ George Harrison



Spring News

Congratulations and best wishes go to Gilbert's own fire dog! Spring was just voted a finalist in the Hero Dog Awards. She is one of the top three arson dogs in the country! Now we have to vote for her at <http://www.herodogawards.org/hda2015vote-Spring>. Anyone who is at least 18 years old and lives in the USA can vote once a day. The contest runs until noon on June 26. It was our votes that got Spring this far, now our votes will win it for her!

ANOTHER EVENING WITH ANTHONY

By Judy Slack
GF&RD Volunteer

"I love what we do!" was a comment from just one of the sixteen Volunteers who helped distribute materials at the movie premiere of "Anthony's Adventure," on March 31. This event was held at the Tempe Center for the Arts, and was designed to raise awareness for the non-profit, Daring Adventures. This organization helps people with physical challenges to enjoy the great outdoors.

Anthony Castle has Duchesne muscular dystrophy. Though unable to walk, at the age of 14, Anthony told his mom that he wanted to put his feet in the Colorado River at the bottom of the Grand Canyon. His mom, a woman with an amazingly positive attitude, said, "Why not?"

Through Daring Adventures, a group of more than thirty Volunteers, many area fire fighters, including our own Chief Badgett, trained with Anthony for months. During each training, new strategies were developed for making the trip comfortable for Anthony, and safe for those who would take turns carrying him in and out of the Canyon. Nothing like this had ever been done before, so a lot of creativity was required to make it happen.

Not only was this a tremendous physical feat to start with, the entire trip was made more complicated by Anthony's declining physical condition and increased medical needs. This included his taking sixteen different medicines each day.

A medical emergency for Anthony while in the Canyon had the potential of becoming dangerously critical very quickly. A film crew joined the hikers to record the details of this incredible event and so created the movie, "Anthony's Adventure."

The most memorable moment in the movie for me was when the group finally reached the top of the Canyon at the end of the trip. A group of friends and relatives were at the top with welcoming signs, and Anthony's mom said, "I am so blessed." This from a woman who faces the daily struggle of tending the special needs of her son.

Reviewing CERT

By Johnna Switzer
GF&RD Volunteer

This month is the second in the series of triage review. I hope you did well with last month's patients. Let's see how well you do this month by diagnosing either minor, immediate, delayed, or dead for each of the following patients.

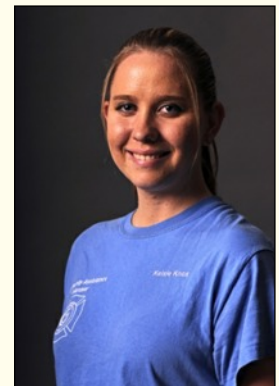
1. Amputated left arm, bleeding controlled; breathing once every 4 seconds; color returns to finger tips in 4 seconds; knows date, name, and what happened.
2. No visible injury, blank stare; cannot feel air movement; color does not return to finger tips.
3. Impaled object in abdomen, breathing difficulties; cannot remember what happened; color returns to finger tips in 5 seconds; breathing once every 3 seconds.
4. Blood oozing from head wound; chest is not rising; finger tips blue/gray.

Answers:

- D) Immediate - treat for shock, monitor airway, monitor for increased bleeding.
- E) Dead
- F) Immediate - stabilize object; maintain open airway; re-orient; monitor closely
- G) Dead

So Long Kelsie Knox

The time that I have spent with Community Assistance will not be forgotten. Back in 2011, when I first started with the program, I didn't think I would gain a family in the process. I thought I was just going to Volunteer every so often to help my community. But it was so much more. I found myself in the office almost every week, building relationships that I hope will last forever, and meeting people who have also changed my life for the better. The long road ahead of me will be easier because of the lifelong skills and experiences I learned in the Gilbert Fire Volunteer program. I want to thank everyone who has helped and inspired me to be the person I am today. Goodbye everybody, I'll try to keep in touch.



(Editor's note: Kelsie has joined the navy. Everyone will miss her, we thank her, and we all wish her the best of everything.)

The questions below are all based on the scenario that you have a flat tire in vehicle 1932...aka "The Suburban".

By Dianna Erickson
GF&RD Volunteer



- 1) Which tools will you need to change the flat tire?
 - A. Jack
 - B. Jack Handle
 - C. Jack Handle Extensions
 - D. Wheel Wrench
 - E. Blocks
- 2) After assembling the two jack handle extensions, what is the next step?
 - A) Find the spare tire
 - B) Lower the spare tire
 - C) Insert the open end of the extension through the hoist shaft access hole.
- 3) How far do you insert the extension?
 - A) All the way in
 - B) As far as you can
 - C) Until it connects to the hoist shaft
 - D) Until the spare lowers
- 4) After turning the wrench counterclockwise, what happens if the spare tire does not lower to the ground?
 - A) Try again—it'll come
 - B) Tug on it
 - C) The secondary latch is engaged, you must release it.
- 5) How do you release the secondary latch?
 - A) Release the lever under near the steering wheel.
 - B) Pull on the cable by the spare tire
 - C) Tighten the cable by turning the wheel wrench clockwise and then loosen it by turning counterclockwise. Repeat two times.
- 6) What if it still doesn't release?
 - A) Kick it
 - B) Yell
 - C) Read the directions in the manual located in the glove box.
- 7) Now that you have the secondary latch released, what's the next step?
 - A) Pull the tire down
 - B) Cut the cord
 - C) Use the wheel wrench hook and pull the hoist cable towards you, tilting until you can separate the retainer from the guide pin by pulling it through the center of the wheel.

And now you are ready to change the flat tire. I hope you never have a flat tire in the Suburban, but if you do, be prepared. Changing a customer's flat was never this difficult.

Answers: 1) All of the above 2) C 3) C 4) C 5) C 6) C 7) C



What's the Name of That ???

Shazam, an app for smartphones, Pcs, and Macs, is best known for its music identification capabilities. It's a good way to identify music and TV. In seconds you'll know the name of any song, or more about what you're watching. Tap the Shazam button to instantly identify, explore, buy and share. Once you Shazam music, you can sing along to the beat with real time lyrics, watch music videos, share your discoveries on any social network, and a bunch more stuff. Get it at Apple Apps and Google Play.

Source: Google, Apple, et.al.

Finally 100!



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*Stay Cool
Stay Hydrated*

COMING UP

JUNE

22 Program Overview	6:00 - 9:00 PM	Room 6	COM 251
27 SOP, OSS	9:00 AM - 12:00 PM	Room 6	COM 251
27 MCT, Documentation	1:00 - 5:00 PM	Room 6	COM 251
29 Volunteer Opportunity: Deliver Boxes to Fire Stations			
30 Station Life, Radio Communications	6:00 - 9:00 PM	Room 6	COM 251
30 Home Safety Evaluation Volunteers	6:00 - 9:00 PM	Room 2	CERT / FC / COM 251

JULY

28 Bloodborne Pathogens	6:00 - 9:30 PM	Room 6	CERT / FC / COM 251
29 Volunteer Opportunity: Pick Up Boxes at Fire Stations			

Fire Administration Will Be Closed July 6 Independence Day



△ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov