THE TAILBOARD

Pasadena Fire Department July 2011 Volume 6, Issue 3

Message From the Fire Chief

Dennis Down

Fire Chief

As you've no doubt heard, I plan on retiring from the PFD effective September 26th. We have overcome some significant challenges during my tenure, and I look back on these past 7½ years with fond memories.

I was and continue to be honored to be selected as Pasadena's 13th Fire Chief. As some of you may recall, at the time of my hiring in April, 2004, forced Position Coverage in our Department was rampant. The Department did not have enough licensed Paramedics to adequately cover our City and Firefighter Paramedics assigned to RAs were not rotated to Engines. Since that time, the Department ensures that Firefighter Paramedics are routinely rotated onto Engines as well as rotated to different Stations every three years. Additionally, all Engine Companies are now Assessment Engines that have at least one Paramedic assigned.

Fire Chief Dennis Downs

Over the course of my tenure, the Department hired 75 new employees, 71 of which were hired as Firefighters or Firefighter Paramedics (42% of the Department's sworn force). Additionally, I consider myself fortunate to have been able to promote 21 Engineers, 21 Captains, 11 Battalion Chiefs, and two Deputy Chiefs.

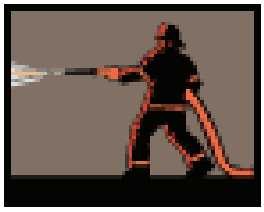
Some of the Department highlights over the past 7 ½ years include:

- Initiation of Annual Reports, which have continued to be published each year
- Development of PFD's first-ever Strategic Plan (2005-2010)
- Development of PFD's successive Strategic Plan (2011-2015)
- Enhanced PERT training and Community Preparedness presentations
- Initiation of Tri-Cities "Verdugo Fire Recruit Academies"
- Creation of Lateral Firefighter list, to allow for quicker hiring when necessary
- Under leadership of the PFD, an Urban Search & Rescue Regional Task Force was created that includes 11 Fire Departments in the Region
- Several Fireman's Fund Grants were procured, providing for Thermal Imaging Cameras, LUCAS Chest Compression Devices, a Rescue Cart, a Roof Ventilation Training Unit, PERT backpacks and supplies, and the minting of the Department's Challenge Coin
- First Department in LA County to obtain pet oxygen masks for domestic animals suffering from smoke inhalation
- Obtained funding from City Council for the Department's 5th RA
- Established the "Pasadena Fire Foundation" as a non-profit foundation to receive and distribute donations

On a more somber note, over the course of my tenure we have also laid three of our own to rest. Let us not forget John Kiesow and Ken "Barney" Soltis, both of whom died in June, 2007, in an off-duty plane accident in Mexico; and Kevin Moore, who collapsed from sudden cardiac arrest in late May, after finishing his 24-hour shift.

In closing, I want to thank each and every one of you for your support, your professionalism, and your compassion. You truly are the Pasadena Fire Department; thanks to you, our Department continues to be a World Class Fire Department!

Chief Downs



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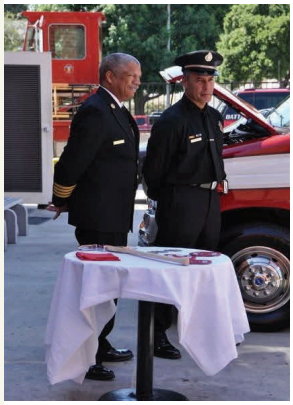
Special points of interest:

- Firefighter Olympians
- Being a "winner"
- Community outreach program statistics
- Briefly highlight your point of interest here.

Operations Bureau



Deputy Chief Wells and Firefighter / Paramedic Rich Roldan, Station 33 C

Kevin Costa

Deputy Fire Chief, Operations Bureau

It is with great relief that I finally drop EMS from my title line and pass that torch onto newly promoted Battalion Chief Jon Trautwein. Jon comes to EMS via Station 32 "C" where he was assigned to the department's USAR program. Jon has demonstrated a lot of enthusiasm for his new assignment (albeit a short assignment, as he will be re-assigned to Operations shortly, but that's for another newsletter). Additionally, Captain Mike Maas promoted to Battalion Chief on June 20, 2011, and will assume the roles and responsibilities of the "A" Shift behind Chief Gordon who will report to his new assignment as the Deputy Fire Marshal. I wish all three the best in their new assignments.

Several events occurred over the last few months; starting with the Fire Chief's Formal Inspections. All in all, the stations, apparatus, and grounds looked remarkable, and the crews were exceptional. Minor repairs / concerns were documented, many of which have already been corrected.

Station 34s new logo, hand painted on the apparatus wall for the inspection

The department's Standards of Coverage continues to progress well. CityGate Associates was awarded the contract to complete a Standards of Response Coverage study, which is an actual process that defines and recommends the distribution and concentration of fixed and mobile resources. Retired Chief Stu Gary (CityGate rep) conducted an on-site evaluation of our stations, equipment, and apparatus, as well as toured every district to better understand the terrain and topography of our community. Google earth is good, but feet to the ground in District 37, 38 and 39 provide more user information that aid in the justification process. Chief Gary will be presenting his initial findings in early to mid- July.

The Rose Bowl has played host to several large soccer matches in recent years; Galaxy vs. Real Madrid, Galaxy vs. Barcelona, Chelsea vs. Inter-Milan and Mexico vs. New Zealand, and this year's Gold Cup soccer match was shaping up to be another crowd pleaser. Early speculation pitted the USA against Mexico, but that match up lost momentum when the USA lost a match early in the tournament. Concerns were raised when a Mexico vs. Honduras matchup became a possibility as previous meetings turned violent. On June 25, the USA and Mexico squared off in front of a capacity crowd at the Rose Bowl for what started off favorable for the USA, but ended with a Mexico victory. The event was a great success largely based on the pre-planning efforts of all involved. A special thank you to San Marino Fire and LAFD for their assistance.

Congratulations:

- Jon Trautwein - Promoted to Battalion Chief
- Mike Maas - Promoted to Battalion Chief
- Mike Fera - Promoted to Captain
- Harry Kurdoghlian - Promoted to Captain
- Ryan Caines - Promoted to Engineer
- Scott Dandridge - *On his retirement!*

EMS Division

Jon Trautwein

Battalion Chief, EMS Division

On May 23rd Leadership of the EMS Division was handed over to Battalion Chief Trautwein by Deputy Chief Costa. This position had not been filled for some time and finally filling it was of great importance strategically. Many exciting things continue to happen in the EMS Division of Pasadena Fire Department. We continue to evaluate and improve our EPCR program. With the new fiscal year the specifications are complete and the goal is to order two new Rescue Ambulances. Our annual LA County EMS Agency audit is scheduled for July 18th with preparations well under way. We continue to improve our EMT CE program under the capable leadership of Captain Art Dominguez. With retirements more movement of personnel is expected in fact effective July 18th the new EMS Battalion Chief will be Chief English with Chief Trautwein being transferred to the "C" shift.

Firefighter Olympics

Congratulations to Keith Holloway, Brett Pearson, Oscar Sepulveda and Andre Jones on their Silver Medal winning performance in this years Firefighter's Olympics!! Well done!!

Being a "WINNER"

Ask any athlete and they can tell you, being a winner starts with the proper attitude, training and diet. Physically demanding sports, like ***bowling,*** require an intensive regiment of focused exercise. Hand strength, elbow mobility, and the ability to gracefully "slide walk" on a wooden floor require peak physical conditioning.

Each teammate on the PFD squad brought essential skills that could be shared with the group.

Keith Holloway served as team coach. With his motivational skills (and years of bowling experience), this role came easy for him. Brett Pearson brought his love for Crossfit to their workout program. Oscar Sepulveda utilized his "eagle eye" (developed from big game hunting), to detail to develop the appropriate tactics and strategy for gameplay. And, Andre Jones concentrated his efforts on a specially targeted dietary regimen designed to enhance strength and endurance.

Well done team.

Tailboard Trader

Tailboard Trader

Fisher Price Zen Cradle & Swing Combo

Retail from Fisher Price $225

Lowest price on Amazon $118

My Price $95

(Description from Amazon)
Bring baby a sense of comfort with two different rocking motions--side-to-side or front-to-back--with the Zen Collection Cradle Swing from Fisher-Price. Part of the chic, trendy and upscale Zen Collection, the Cradle Swing lets you surround baby in softness soft fabrics, a variety of soft music and the soft gentle motion of the toys on the mobile! For you, the Fisher-Price Zen Collection Cradle Swing serves a two-fold function. The plush seat is removable, with wood handles that let you take baby from room to room. And whatever room you and baby end up in, the rich textures, earthy colors and beautiful wood accents will help create harmony in your home.
Approx. 30" L x 36" W x 44" H.
Maximum Weight: 25 lbs.

Evenflo ExerSaucer

Retail: $133-100

My Price: $75 (plus, comes with extra toy attachments)

(Description from internet)
Entertain your little one in this ExerSaucer by Evenflo. Featuring a cute jungle theme, lights and sounds, your little one can rotate 360 degrees while exploring all the fun toys. For ease of care, simply wipe clean with soap and water.

Contact Danae @ St 37 or by Email.

Fire Service Day 2011

We had a great crowd who enjoyed all the demonstrations and activities at Fire Station 33. After the crowd was gone, City Manager Michael Beck tried his hand at auto extrication techniques with the "Jaws of Life"

Cookie's Corner

Danae LaTrobe (aka—Cookie)

Firefighter 37B

When in Spain, Do as the Spaniards' do….

Summer is a great time to gather up all of your family & friends for an afternoon outdoor gets together. Be it for a back yard Bar-b-que or pool party, your day will surely include some type of food & drinks. With that in mind, I have come up with a great & simple idea that incorporates many flavors of the season. Skip eating a plate of fruit salad, let drink it! Sangria is served throughout Portugal and Spain during summer, and in the southern and eastern parts of the countries year-round. In these places it is a popular drink among tourists at bars, pubs and restaurants where it is often served in pitchers or other containers large enough to hold a bottle of wine plus the added ingredients. A lid or other strainer for the container helps prevent the fruit and ice cubes from falling into the glass. Among the Portuguese and Spanish, sangria is most typically served at informal social gatherings, much like punch, from a punchbowl. Sangria is often served with a wooden spoon, used to get fruit out of the bottom of the punchbowl or pitchers. Pair your Sangria with Tapas (a wide variety of appetizers, or snacks) in Spanish cuisine which can be served cold, such as mixed olives and cheese or warm like empanadas. In select bars in Spain, as well as some parts of North America and the United Kingdom, tapas has evolved into an entire, and sometimes sophisticated, cuisine. In Spain, patrons of pubs can order many different tapas and combine them to make a full meal. The serving of tapas is designed to encourage conversation because people are not so focused upon eating an entire meal that is set before them. Also, in some countries it is customary for diners to stand and move about while eating tapas.

Sangria & most Tapas can be made ahead of time. So make it easy on yourself & don't spend the better part of your gathering, in the kitchen or at the BBQ. You can even encourage your guests to bring their own tapas for a potluck style party. Who says you have to do all the work, after all you are hosting the event!

Sparkling Summer Sangria

Ingredients:

Apple Juice, for ice cubes
1 1/4 cups water
1 small bunch fresh mint
1/2 cup sugar
3 cinnamon sticks
2 bottles (750 ml) dry white wine or Rose wine
1/2 cup orange-flavored liqueur
2 medium peaches, peeled, pitted and sliced
2 small pears, cut into chunks
8 strawberries, washed
2 medium oranges, sliced crosswise
2 small lemons, sliced crosswise
1 bottle (12 oz.) club soda, chilled

Directions:

To make the apple juice ice cubes, pour the apple juice into two ice trays and freeze until the sangria- is ready to serve.

Combine the water, mint leaves, sugar, and cinnamon in a small saucepan, and bring to a boil over medium heat. Reduce the heat and simmer for several minutes. Remove from the heat and allow to cool. Once the mixture has cooled to room temperature, remove and discard the mint and cinnamon sticks. Simple Syrup can also be used instead

Transfer the remaining mixture to a large serving bowl. Add the wine, orange-flavored liqueur, club soda, peaches, pears, strawberries, and the orange and lemon slices to the serving bowl. Mix well, and refrigerate overnight. Immediately before serving, mix in the apple juice ice cubes. Garnish with fresh mint leaves, if desired.

Ideas For Tapas:

Grilled Spicy Summer Sausage with Grilled Peaches:

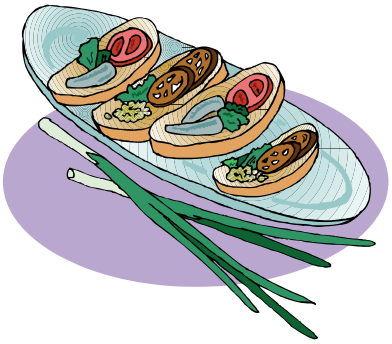
I like to buy the pre-cooked sausage & just brown them on the BBQ to give them that smoked flavor & it saves time. Cut peaches in half & remove the pit. Brush the cut sides of the peach with olive oil (so they don't stick to the grill) cook cut side down for just a few minutes (long enough to make grill marks on the peach). When done, cut sausage (slightly on an angle so it makes an oval not a round slice…this will give the peach more area to sit on) cut each peach half into 4 slices. With a cocktail toothpick, assemble a slice of peach with a slice of sausage & place on a serving platter. It can be served with a yogurt sauce (see recipe below) or spicy honey mustard. Pre cooked Italian meatballs are a great substitute for the sausage too.

Pita Chips with Yogurt Sauce or Tapenade:

Using a pack of pitas, cut into triangles or strips and place in a single layer on a cookie sheet. Drizzle with olive oil, Sea Salt, & top with a few pinches of finely chopped Italian parsley (the parsley is optional but adds a nice color). Bake at 350 until pitas are slightly crisp. Or, make it easy on yourself & buy a bag of seasoned pita chips. For yogurt sauce you'll need 1c. plain low-fat Greek yogurt, ½ c. loosely packed mint leaves & ½ c. loosely packed cilantro leaves. Pules in a food processor until well blended. Serve with pitas. Store bought tapenade (olive dip) is great with pitas also. Trader Joes has a great variety of them.

Grilled Vegetables with Arugula Green Goddess Dip

Using almost any vegetable (squash, zucchini, eggplant, Sweet Maui or red onion, baby carrots (not mini carrots), halved roma tomatoes, mushrooms). Slice vegies (big enough so they don't fall through grill). Toss with olive oil (enough to lightly coat) 3-5 tablespoons of balsamic vinegar (optional), & season with garlic salt, dry Italian seasonings, & pepper (all to taste). Grill 3-5 mins a side or until tender.



See Cookie's Corner - pg. 6

Food // Fitness

Loosen Up Your Shoulders

Chris Figueroa

Firefighter 34 - A

This quarter, for our fitness tip we chose to address a part of our bodies which often gets much neglected. Often our shoulders take a second seat to our backs, but it is our shoulders which we use quite often in our line of work. Any motions where we are pulling or pushing, for example raising a halyard or swinging an ax involves a great deal of the muscles within our shoulders. More specifically, we often strengthen the major muscles like our chest and back, and forget about the muscles that we can not see. These muscles are deep down, grouped together and are called our "rotator cuff" muscles. Now, if you have played any sport that requires a repetitive arm motion like baseball, swimming, or volleyball, then you know just how important these little muscles are to the overall well being of your shoulders.

In anatomy, the **rotator cuff** is the group of muscles and their tendons that act to stabilize the shoulder. The four muscles of the rotator cuff, along with the teres major and the deltoid, make up the six muscles that attach to the scapula and humerus of the human body. The specific four muscles of the **rotator cuff** include the teres minor, supraspinatus, infraspinatus, and subscapularis. These muscles are associated with any motion involving abduction, internal and external rotation.

According to the Mayo Clinic, A rotator cuff injury includes any type of irritation or damage to your rotator cuff muscles or tendons. Causes of a rotator cuff injury may include falling, lifting and repetitive arm activities — especially those done overhead, such as throwing a baseball or placing items on overhead shelves. Some signs and symptoms may include obvious pain and irritation with movement. Because, these muscles are very superficial, swelling may not be as obvious as if it were a knee or joint injury. In this case, pain is a more obvious sign that something is wrong.

To prevent an injury, strengthening these muscles are a key component as well as keeping these muscles flexible. We have included a link to a website with pictures of the more popular and important exercises to strengthen these muscles, http://familydoctor.org/online/famdocen/home/healthy/physical/injuries/265.html. It is important to address that little weight can go a long way with these muscles as again; there function is more to stabilize rather than have to lift or move a heavy object.

In closing, I hope this helps you if you are experiencing any pain in your shoulders. If so, take the steps to see your doctor and try to incorporate some of these movements into your fitness routine and perhaps you may see much less pain when you move your shoulders. Take care and be safe!!!

Cookie's Corner (continued)

Continued from pg. 5

Arugula Green Goddess Dip

3/4-cup sour cream

1/4-cup mayonnaise

1 green onion, including top, chopped

1 clove garlic, chopped

1 tablespoon freshly squeezed lemon juice

2 cups (about 2 ounces) packed fresh arugula leaves

2 tablespoons chopped fresh tarragon leaves

Salt

Combine the sour cream, mayonnaise, onion, garlic, and lemon juice in a blender or food processor fitted with the metal blade. Add half of the arugula and pulse until just combined; add the remaining arugula and the tarragon and pulse until just combined. Season to taste with salt. Transfer the dip to a bowl, cover, and refrigerate while you prepare the vegetables, or for up to 1 day.

Pasadena Fire Department

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We're on the web:
http://cityofpasadena.net/Fire/

Lisa Derderian, Mylene Tam and Armando Salazar take a moment to pose for a picture! They rode from Malibu to Channel Island (56 miles)!!!

Accountability - Integrity - Flexibility

Community Outreach

Sean English

Community Relations

During the first half of 2011, the Pasadena Fire Department continues to be successful with our community outreach and public education programs. Our event count breaks down as follows:

Extinguisher demonstrations:	10
Earthquake preparedness:	1
Station Tours:	43
Auction Birthday party:	6
Fire Safety:	4
Rig Demonstrations:	10
Public Events:	26
Other:	23
PERT (Disaster prep.):	35
Number of attendees:	17516

Our PERT Program (disaster preparedness), has eclipsed station tours as our most popular offering. This trend started shortly after the earthquake in Japan. Our original program consisted of four separate modules, encompassing basic disaster preparedness to light search and rescue. Each of these classes would be held on separate days, over several weeks. Community response to the program was favorable, but there was a consistent request to have all the training on one day. From that feedback, our "PERT Boot Camp" was created. This is a one day, intensive program that combines training in first aid, basic firefighting, and light search and rescue. This year, we've had the following breakdown for our PERT program:

Module I (Disaster Prep):	22
Module II (Fire suppression)	5
Module III (Disaster medical):	4
Module IV (Light S & R):	2
PERT Boot Camp:	2

Fire Service Day was a big hit with the community. The events at Station 33 were well attended by residents and guests. They were treated to tours, discussions on fire safety and prevention, and demonstrations of firefighting and rescue equipment.

As we make our way into the second half of 2011, our public education programs continue to be a positive way to get vital information to our community. From station tours to our PERT program, the PFD has something for everyone.