

First Responders Newsletter March 2011

SSFR is in its tenth year of operation and we have two Responders who are 10 year veterans.

- Doug Hubscher, who is the last remaining member of the original start up team,
- Robert Burns, who is the last remaining member of the second team.

We will have more 10 year veterans coming up and we will be acknowledging them also, as their anniversary arrives.

Doug Hubscher lives with his family in Notch Hill and comes to us after spending time in Chetwynd, BC where he was the Unit Officer of the Chetwynd Ambulance Services. So he was well acquainted with the Protocol of the First Responders. He has, thankfully, brought that wealth of knowledge to SSFR in our practices and as one of our in house instructors. Doug is also one of our past presidents and again he brought us a lot of knowledge and professionalism. We wish to congratulate Doug on his excellent service to our Team and our Community as a First Responder over 10 years (10+4months) CONGRATULATIONS Doug and Thank you!

Robert Burns has lived in the Shuswap area for many years and is a volunteer in a number of endeavors, one of them being with the Sorrento Fire Department. Robert was our Equipment Manager for over nine years, doing an excellent job of keeping the radios charged, oxygen tanks full and ready to go as well as ordering supplies when needed. Robert has hardly ever missed a call in the 10 years he has been responding; he is very dedicated to SSFR. He has a wacky sense of humor, but is very professional and knowledgeable when he is on a call. We wish to congratulate Robert on his excellent service to our Team and to our Community as a First Responder. CONGRATULATIONS Robert and Thank you!

Spring is almost upon us and time to think of summer activities. So if you're looking for something to do this summer that will benefit you, your family and the community, why don't you take a check on First Responding? Training and equipment is free and it takes two full weekends to be certified, plus practice 2 times a month. A very small sacrifice on your time, but a large benefit to you, the community, and to your sense of accomplishment. Come check us out anytime, we meet for practice every second Wednesday, 7:00pm at Fire Hall #1, in Sorrento, Passchendaele Road, right next to the Sorrento Hall. Next practice will be March 16 7:00pm we will be practicing Burns, smoke inhalation & CO poisoning.

March 2, 2011, 7:00pm Fire Hall #2 on Greer Road, there will be a special speaker (one of my favorite people speaking). If you might be interested, come and hear what he has to say about Emergency Medical Services, and meet your Responders, you won't be disappointed. See you there!

Have you got your **REFLECTIVE house numbers** yet? They are \$27.00 for numbers on one side, \$30.00 for numbers on both sides, horizontal or vertical. You can place your order with Tom or Debbie at 250-675-3355.

If you want to know more about SSFR or becoming a Responder talk to Sherri-250-675-2420

March 2, and our special guest was Andrew, from Chase Ambulance Services. Andrew gave us a lot of information on Airway Management and Solutions to Airway Complications. It seems we are always learning more and better ways to deal with medical emergencies. Thank you Andrew for your dedication to learning and passing on what you learn to us.

Cedar Centre 37th Annual Open House, April 9, 9:30 - 1:00, SSFR will be there along with other clubs and organizations in the South Shuswap. Come and see what the South Shuswap has to offer, there may be something you can sink your teeth into. We are hoping it will be the First Responders.

We are looking for Responders in Eagle Bay, White Lake, Tappen, Sunnybrae and all points in between. The First Responders Course consists of;

- 44 hour course, over two weekends
- training conducted by Emergency Medical Responder Instructor (SSFR has in house instructors)
- 3 year certification includes CPR Level HCP (Health Care Provider)
- AED Certification (automated external defibrillation)

Some of the things you will learn are;

- the EMS system
- how to deal with sudden medical conditions
- respiratory and cardiac arrest
- head and spine injuries
- bone, muscle and joint injuries
- wound care

Training is free, all equipment is free, all we need is you. If you want to learn more about what we do come join us for practice, we meet every second Wednesday, 7:00pm at #1 Fire Hall in Sorrento, Passchendaele Road. I know some of you are thinking "that's a long way to go" but it's even longer when it's your emergency and there is nobody to help. Think about being an asset to your community and the ability to bring Care and Comfort with Medical Knowledge to a Medical Emergency and become a First Responder.

The days are getting longer and more enjoyable, but the night is still the same---dark! And if you have an emergency, whether it be police, fire or medical, is your house easily found? Is your house number in a place where emergency personnel can readily see it? Like on your property line at the beginning of your driveway and readable when driving both sides of the road? Is it REFLECTIVE? No, well it should be, white on black, black on white, brass etc. none of these are very visible at night. For faster response to an emergency, reflective house numbers properly positioned are a time

saver. If you need a reflective house number you can order one from Debbie or Tom at 250-675-3355.