



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

Volume 8, Issue 3

March 2015

Kim's Corner

By Kim Yonda
Gilbert Fire & Rescue
Volunteer Coordinator

Last month many of us had the opportunity to participate in "Random Acts of Kindness Day." While every day each of you are performing acts of kindness through your Volunteerism; many take it a step further and share a smile, hold a door, send a note of appreciation to someone, and do uncountable other things. All of this sparks a light in others. Recently I came across the following by Random Acts of Kindness. It genuinely references our Volunteers:



"All of you reading these words have loved someone, have done someone a kindness, have healed a wound, have taken on a

challenge, have created something beautiful, and have enjoyed breathing the air of existence. Every moment you make a difference."

Thank you for sharing one of the most important joys of living ~ giving of your time!



Cook & Ladder

Tater Tot Casserole

By Holly Chalcraft
GFR Volunteer

Serves 12

2 lbs cooked lean hamburger
1 medium chopped onion
about 70 Tater Tots
1 to 1/2 oz. can cream of chicken soup
1 to 1/2 oz. can cream of mushroom soup
1 cup cheddar cheese



Brown beef & onion

Drain

Add the 2 soups

Grease a baking dish and arrange potatoes on the bottom

Top with beef mixture

Arrange cheese on top

Bake at 400 degrees for 45 minutes to an hour

(The longer it bakes the crunchier it gets!)

You've Been Spotted

Thank you for doing something great!

Pastor Rick Oller



You are appreciated!



If your iPhone, iPad, Mac or any iOS device has wandered away from its usual home, you can probably find it with FIND MY iPhone, free from the App Store. And, if you can't find it you can erase it remotely. Supports iOS 8 and Family Sharing.

Source: iTunes

Applause! Applause! Applause!

Thank you for being prepared and responding to a recent activation with a moment's notice:

Joe Briggs Nancy Briggs Dianna Erickson Jack Kukkola
Larry MacDonald Brandon Siebert

A Little Laugh

As they waited for a bus in snowy Boston, a woman mentioned that she makes a lot of mistakes when texting in the cold.

The man next to her nodded knowingly. "It's the early signs of typtothermia."

And For The Small Fry

- Q. What are caterpillars afraid of?
A. Dogerpillars

Many A True Word Is Spoken

“Thank you hard taco shells, for surviving the long journey from factory to supermarket to my plate – and then breaking the moment I put something inside you.”

~ Jimmy Fallon

Reviewing **C**ommunity
Assistance

By Dianna Erickson
GFR Volunteer

(A) When transporting one bike on the bike rack, which carrier should be utilized?

1. The carrier closest to the vehicle
2. The carrier furthest away from the vehicle
3. It doesn't matter

(B) How far does the bike rack extend the rear of the vehicle?

1. 24 "
2. 12"
3. 36"

(1.) How many fully assembled bicycles can be transported using the bike rack?

- a) 4 if you double up
- b) 2
- c) 1

(2.) How do you secure the bolts if they are loose?

- a) With a wrench from the tool kit
- b) With your hands
- c) Using the tool found in the glove compartment

Answers: A) a B) b 1.) b 2.) c

Last month's Reviewing Community Assistance was written by
GFR Volunteers Dianna Erickson and Terry Gray

Remember This ?

First Aid Kit

Be sure to tailor this kit to your own specifications, and check the expiration dates every few months.

1. A two week supply of prescription medications
2. Two pairs of sterile gloves
3. Extra glasses or contact lenses, and eyewash
4. Multi purpose pocket knife
5. Thermometer
6. All personal devices necessary, such as hearing aids
7. Extra batteries for anything taken needing batteries
8. Toothbrush & paste
9. Toilet paper
10. Plastic bags
11. Soap & hand sanitizer
12. Sterile dressings, adhesive bandages, antibiotic ointment
13. Burn ointment
14. Aspirin & pain pills
15. Antacid
16. Laxative & anti-diarrhea medication

MORE EMERGENCY PREPAREDNESS WORD SCRAMBLE

By Johnna Switzer
GFR Volunteer

As promised, following are the answers to last month's word search. Thanks to those who submitted answers for the drawing. The winner will be announced in April VOLUNTEERS.

**fire fighter alarm CPR fire extinguisher plan veterinarian assist EMT
disaster evacuate police coast guard drill exits first aid telephone**

Got drugs?

Dispose of Your Excess Medication

Now you can **safely dispose**
of **unused prescription** and
over-the-counter medications

in a **MedReturn**
Drug Collection Unit

LOCATION: GILBERT POLICE DEPARTMENT
75 East Civic Center Drive
Gilbert, Arizona 85296

AVAILABLE DAYS/TIMES: 24 Hours a day/7 days a week

ACCEPTED MEDICATIONS: Unused/expired prescription and over the counter patches, medications, vitamins, samples and pet medicines.

NOT ACCEPTED: Inhalers, needles/sharps, biohazardous or infectious waste, hydrogen peroxide or alcohol, thermometers, liquids, aerosol cans, medications from commercial entities, food items and supplements (Supplements are herbs, some artificially manufactured)

QUESTIONS? Vickie Owen, CPS
CONTACT: vickie.owen@gilbertaz.gov
(480)635-7521



www.medreturn.com

Program Support Desk

By Johnna Switzer
GFR Volunteer

Renewal Update

The annual renewal deadline for all Volunteers is March 31. Many Volunteers were able to come to the scheduled group renewal dates, but some were unable to come during those times and have e-mailed, or given their paperwork to Kim.

There have been some changes to the annual requirements needed to maintain CERT status for 2015. Community Assistance requirements remain the same. Below are the requirements needed to be completed during 2015:

CERT

1. Twelve (12) active Volunteer hours
2. Two supplemental trainings (one can be Blood-borne Pathogens)
3. A Blood-borne & Air-borne Pathogens class (now required annually of all Volunteers)

All Volunteers must take the in-person GF&RD class first. Many Volunteers have already taken this class, and once it is completed you will also have the option of taking an on-line class which will consist of a series of videos followed by a written test. All of the logistics have not yet been worked out, but we will soon be hearing more about this option shortly. If you are unsure as to whether you have taken the GF&RD class you can contact Kim or me, and we can answer that question for you.

Community Assistance

1. Two (2) shifts per month
2. Three supplemental trainings, one of which must be Blood-borne & Air-borne Pathogens. You must take the GF&RD class, no other class will be accepted.
3. CPR-AED certification, First Aid or EMT certification, and TB skin testing must be current in order to go into the field.

Please keep these requirements in mind as you move through the year, and plan accordingly.



Last month several of us had the opportunity to perform rehab duties at Weinberg Elementary! It was the Fun Run Event. Several Volunteers distributed water to hundreds of children, assuring that they stayed hydrated during this physical event. A few of our Volunteers jumped right into the event and ran beside some of the children providing encouragement, and giggles! It was an honor to see the children, our future leaders, participating in this school event. The event connects lessons in Fitness, Leadership, and Character together with an unforgettable experience. Character lessons come to life (see <http://www.boosterthon.com/about-us/welcome/> for the children as integrity, honesty, and caring are intertwined into lessons leading up to the big event.



COMING UP



Interested in Weather?

Become a National Weather Service Storm Spotter!

A free training class will be held in Gilbert on Monday, April 27th that will teach people how to properly identify and report significant weather phenomena and contribute to public safety. Even with sophisticated technology like radar and satellites, we still need ground truth information from trained weather spotters throughout the year. You will learn about how thunderstorms work, how to identify cloud features associated with microbursts and tornadoes, visually estimate wind speeds, and how your reports tie in to warnings and advisories issued by the National Weather Service (NWS). In addition, you will learn about all of the services available from the NWS. See below for details on time and location.

Adult volunteers are community minded individuals, who understand that they play an essential role in providing storm information to the National Weather Service. Anyone can be a spotter and we encourage those that like to pay attention to the weather to become involved.

In Arizona, the NWS Phoenix Office forecasts for Maricopa, La Paz, Yuma, southern Gila, and northwest Pinal counties. In southeast California, we forecast for Imperial and Eastern Riverside counties.

Time: April 27th 7 pm – 9 pm

Location: Gilbert Fire Dept. Administration
85 E. Civic Center Dr.

Registration: send email to kim.yonda-lead@gilbertaz.gov
or call 480-503-6357

Immediately following the presentation, completion certificates will be issued and program participation will be confirmed. If you have any questions, please contact Ken Waters or Austin Jamison at the NWS Phoenix Forecast Office – (602) 275-0073 (option 5) or visit weather.gov/phoenix and click on the link for “Skywarn” on the left hand side of the homepage.