



Squad #65

Go For the Green

What's green, packed with vitamins and minerals, low in sodium, high in fiber and fat-free? You might find it in a salad or an omelet, on a potato or a pizza. You can always find it at your local produce stand.

The Answer: Broccoli. One stalk of broccoli, with only 32 calories, has more calcium than ½ cup of cottage cheese and more vitamin C than a navel orange. A good source of iron, this tasty vegetable also contains potassium, riboflavin and folic acid. Fresh broccoli has more in soluble fiber than cauliflower, spinach, green beans, or cabbage. Another bonus for broccoli is that it is a cruciferous vegetable and this family of vegetables may help prevent lung and bladder cancer.

Broccoli is a versatile vegetable and can be eaten raw, steamed, or stir-fried; chopped in salads, pureed in soups, or baked in casseroles. Remember include the stems and the leaves because they are as nutrient-rich as the flowerets. Anytime you include broccoli in your menus, you'll be a winner.

"Live as if you were to die tomorrow. Learn as if you were to live forever." – Mahatma Gandhi

Squad 65 responded to 12 medical emergencies.

Submitted By: Maureen Danehy

PKS Fire Department



Professional Volunteer Firemen:

I've been seeing more and more volunteer fire departments accepting the professional qualifications for firefighters set out by National Fire Protection Association. Volunteer Fire Departments, across the country, are better versed in Incident Command System, Hazardous Materials, Emergency Medical Service, Heavy Rescue, Water Rescue, Building Construction, and the list goes on. Many volunteer departments are following O.S.H.A. standards even though they are exempt from most O.S.H.A. regulations. If you are a volunteer firefighter, the public expects the same quality service as a paid firefighter. The work performed is the same and the dangers are as real. We all strive to be as professional as possible.

Stop and Think - If every fire department in this country, paid or volunteer, certified its members under the same standards, (NFPA Professional Qualifications, for example), the loss of life would drop, the level of professionalism would go through the roof, member moral would be better and the public would be the first to notice. I am very much aware that with volunteers, time for training is the main problem; but if it takes 2 or 3 or more years to meet the standards, it's worth every minute.

The days of the untrained firefighter are gone; those members who never come to training classes, but are the first to grab a hand line and fight fire. These members know nothing of the Incident Commander's position. They know nothing of accountability. They think the new dangers on the fire scene are the same as 10 years ago. Untrained members need the training or stay off the fire scene. The fire scene will operate more smoothly and professionally when everybody has trained together. The helpful bystander or the member, who only shows up at the fire, can disrupt the normal chain of events we train for. Volunteers, who want to help but do not have the time for training, still have a valuable place in the fire service, such as Administration, Re-Hab, Traffic Control, and other department duties. Unless personnel are properly trained, entry into a hot zone should be prevented. The hazards today are not the same as 20, 10, or even 5 years ago. Change is a difficult thing to do if everything seems to be going fine; but that new hazard is ready for you, you need to be ready for it through training.

Training is the key to professionalism. I believe there is no difference between a paid professional firefighter and a volunteer professional firefighter. The job being done is the same, saving lives and property through fire prevention and suppression. The benefits are the pride and honor received from your community. The heart of a volunteer firefighter rest on community pride. Be professional in everything you do.

Submitted By:
Donald Melby
Emergency Services Director

Quick Wit:

"OLD" IS WHEN...

You don't care where your spouse goes, just as long as you don't have to go along.