

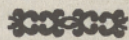
Fire Prevention Week

By: Walt Klamath, Engineer, Engine 802
Siletz Rural Fire District

By the time that you will be reading this, Fire Prevention Week will have come and went. However, that does not relieve everyone of testing their Fire alarm. If you have not done it, right now, before you even finish this paragraph, go do it. A fire alarm that does not work is absolutely worthless. Remember in a smoldering home, or a burning home, a person will not wake up, in fact smoke will put a person into a deeper sleep. A smoke detector will sound before the smoke could be detected by a person.

It has been proven that detectors are life savers. As has been stated several times a fire can be completely out of control within thirty seconds. A person has no time in a fire. All families should have a fire escape plan and should have rehearsed it several times, as to what to do and where to assemble so that all can be accounted for. During the rehearsing, all members should be blindfolded, in a fire everything is black, one can see a light maybe six inches in front of them. Everyone needs to know what obstacles are along the way, how many doors to the escape door the kind of floor linoleum or carpet. Make a game of it. For practice, do it several times, then do it to keep in mind how to get to a designated area. Remember, a fire squares itself every minute, keep all doors closed, feel a door before opening. If the door is hot, don't open it. It cannot be said enough, in a fire one has no time, time is an enemy.

There are Smoke Detectors available to Siletz Tribal Members that are homeowners who do not have them at this time. As a member of the Siletz Rural Fire Protection District, I personally urge each and every Tribal Member to get a Smoke detector. It could save you and your family's life. These are not idle words. Smoke Detectors do save lives. The Smoke Detectors are available through your local Community Health Representative: In Siletz, Maxine Rilatos; In Salem, Arliss Chatterson; in Springfield, Cheryl Ben; and in Portland, the CHN, Irene Holland. Now, do not procrastinate....DO IT!



Medicine Wheel

Submitted by Walt Klamath

October 24 through November 21 is the FREEZE UP MOON. People born under this MOON are the SNAKE PEOPLE. Their plant is the THISTLE, their color is ORANGE, their minerals are COPPER and MALACHITE, their elemental clan is the FROG CLAN. They are compatible with SNOW GOOSE, COUGAR, FLICKER and BROWN BEAR people. They complement the BEAVER people. These folks, like the SNAKE, have wisdom and tenacity, a tendency to be secretive, and a most painful bite when provoked to attack. They are powerful, ambitious, heroic and determined. Snake people must learn to be less swift to attack, and less suspicious.

(Courtesy Sun Bear Publications)

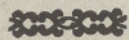
It also is important where the detector is located. It is recommended that there be one in each room, in hallways or anywhere that a fire could logically start, then sometimes where it would not logically start. Personally, I think there should be detectors in all hallways, all bedrooms, and all rooms. I truly am afraid of fire and, really, like most people, do not show it enough respect. You can call the business office of your local fire district, they will help you decide the most important area to place a smoke detector.

I know people that travel a lot that take smoke detectors with them when they stay in motels or hotels.

If the alarm does sound and if the cause is not immediately known, do not waste time looking. If the phone is available dial 911, if not, get to a neighbor's. If it is your own phone, dial 911. It really is not necessary to talk to the dispatcher, let the phone dangle. With the sophistication of some of the dispatch units, they can trace the call almost immediately. It is very helpful to the dispatcher to know what is going on, but that is secondary. It is most important that everyone get out of the building and is accounted for.

NOW, one of my own little hang-ups. I have written oodles of times in the last however long, about **HOUSE NUMBERS**. Goodness, I still see many houses that do not have visible numbers on them. Some have numbers alright, but are covered with plants or other distractions. Some do not have any identification anywhere. Sometimes the dispatcher will give the name of the people at the residence, maybe some one will know who, but most of the time we do not know the people's residence. If nothing else, put a post with your number, far as that goes, any kind of number big enough to see at night.

In the Siletz area in the rural districts the number corresponds with the number of miles you are from Siletz. For instance, 8718 is 8 and 7 tenths of a mile from Siletz on the right hand side of the road from Siletz.



Aspirin+Alcohol+Food= Double the Effect

Alcohol usually is absorbed into the blood less quickly when the drinker has a full stomach. However, the addition of just two extra-strength aspirin is enough to sabotage this effect, claim researchers at the Veteran's Administration Medical Center and the Mount Sinai Medical School in the Bronx. The result: two drinks could be as powerful as four.

Aspirin isn't the only medication that has such a dramatic impact on how the well-fed body handles alcohol. Two anti-ulcer medications--cimetidine and ranitidine--also result in increased alcohol blood levels. Aspirin on an empty stomach, on the other hand, seems to make no difference. THINK before you DRINK.

Stress/Grief Training

Walt Klamath CDS-II

On the 9th and 10th of October I attended an Oregon Critical Response training in Sherwood, Oregon. This training was primarily aimed at helping the helper, those of us in the first responder position. It did also address the stress factor in the work place after a traumatic Happening.

The keynote speaker, Dr. Grady Brady of Rochester New York, was an interesting speaker. I think he could be classed as a character. He combined humor in his presentations. I believe that it is normal for the presenters from the south (his home state is Alabama) to have a sense of humor. It is not very often that I can go to a Conference and not have trouble to stay awake.

There were mostly fire fighters there and some mental health personnel. One of the remarks was about understanding. He said that fire fighters needed to be talked to in one syllable words. The mental health people had a good laugh about that, then he went on, that if you wanted to really confuse the mental health people, use words with three syllables!

There was time spent on stress, quite common in the work place. I liked his definition of how stress is felt. For instance, you are fishing one day and catch some nice fish. Walking back to camp on cloud nine, not a care in the world, you hear a loud grunt. Right directly in front of you is a 750 pound grizzly bear! There is an initial feeling of panic. You start walking slowly backwards, not making any quick moves. You hear a tiny grunt, you look around and there is a 47 pound replica of what is directly in front of you. Now, you realize that you are between a mother bear and her cub on a trail. Now this is stress. Unfortunately, he did not tell us how to relieve stress under this circumstance....he did tell us that other things would be relieved.

Stress is something that we really have little control over, it is going to happen. It seems that controlled exercise is the best antidote along with a good diet. Do not use alcohol, this will greatly aggravate the situation also tobacco and coffee. These are no's. One needs dark green leafy vegetables. Of all the good foods available, the very best food for the fighting of stress is asparagus, and it does not seem to make any difference whether it is canned or fresh. Actually, what is needed is the trace minerals that are in them, and the taking of the health store trace minerals would be OK if the directions were followed, which apparently most good-intentioned people do not do.

It seems to me that the exercise would be stressful. Exercise three times a week for 30 minutes. I asked him how about six hours once a week.... don't count. The good doctor said that one needed to sweat for half an hour, have the heart work a little hard. Well how about the Sweat Lodge? That makes for sweat, the heart pump rather heavily.... nope, the Sweatlodge is good, but what is happening, the blood vessels are relaxing, more blood is going through the veins, the body is doing its darndest to cool off and the blood pressure goes down. Nothing that I do counts!

(Continued on Page 8)