

A NEWSLETTER
DEDICATED TO
MEMBERS OF HALIFAX
REGIONAL FIRE &
EMERGENCY



FeedLine

Serving Canada's Largest Composite Fire Service

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And More. . .

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I DID IT – Camp Courage student Jessica Trites (left) gets a big hug from fellow camper Hillary Tatlock after making it to the top of Quint 12's 100 foot aerial. Read Jessica's story and how Camp Courage and its dedicated instructors touches the lives of its young students. *(Coverage begins on Page 14.)*

Message from the Chief's Office



**Chief Director
Bill Mosher**

“Guardians of the Colors” – Our Honour Guard

I wanted to write to express our thoughts about the Honour Guard and all they offer to our Fire Service.

Since their inception in Halifax in 1992 with 12 members and in Dartmouth in 1994 with 10 members, the Honour Guard has steadily grown to 33 active members. They have become a very unique group of people who are highly motivated and maintain exceptionally high standards of appearance and conduct.

They have an aptitude for ceremonial duty, as was recently demonstrated at the Canadian Fallen Firefighters Ceremony held in Ottawa. We were designated as the “host” department for this year’s ceremony and our Honour Guard certainly raised the bar for all future ceremonies. We received many comments during and after this event from many fire service members and others from across the country. A proud moment for the Halifax Regional Fire and Emergency Service!

The Honour Guard also serves as the “guardians of the colors”. They present our Fire Service colors along with those of the Union Local and the Municipality for various ceremonies and official functions, both within and outside HRM. The Honour Guard serve as ambassadors to the public and to other departments, presenting a positive professional image of our service.

We’re very proud of the Honour Guard and we are impressed by the way they carry the colors, and for the time and effort they dedicate to various ceremonies and events. Calls have been made to have the Honour Guard attend various functions and they are always available, any time of the day and in any weather.

More than anything else, I hope the Honour Guard makes everyone realize that our members care about each other with their attendance at the various functions and events.

Dedication and commitment are a requirement for being a member of this well structured unit and we certainly have that and more in our members who serve.

The Honour Guard is dedicated in continuing to enhance our image in the municipality and beyond by building good public relations. We thank them for all they do for all our members.



Photo in Ottawa by Bruce MacDonald

Fleet Division

Paul McCulley

New Units Now In, More on the Way

The summer has been extremely busy with the arrival of six new vehicles and more on the way.

Two Ford Rangers are in, one for EMO and one for a District Chief. A Dodge Calibre is in for a Deputy Director. Two Dodge Dakota's with crew cabs have arrived for the District Captains. And a Dodge Sprinter has arrived for the BA Tech. The interior work for that vehicle is completed and it will be in service mid September.



By early September, tenders were in and being evaluated for seven one-ton Fords with crew cabs to be used as rescue units for stations 16, 26, 33, 35, 38, 43 and 45. The utility truck going to Station 26 will also be equipped with a snow plow and salt box.

The tender has closed for four new triple-combination rescue pumpers and by early September the proposal was ready to go to council.

An order has also been placed for a 2008 Pierce 75' Quint for Station 7 to replace their current unit, a 1990 E-1. That vehicle will become a spare unit.

A pre-delivery inspection in Florida of a 2007 E-1 Typhoon pumper was completed September 5th with expected arrival by the end of September. A pre-delivery inspection in Wisconsin of a new 75' Pierce Quint which will be going to Station 12 will take place September 18th with arrival by months end.

Similar inspections are to begin in late September in Pierreville, Que. for six new tankers from Carl Thibault Fire Trucks Inc. They are expected to begin arriving on one to two-week intervals by early October.



Engine 5 crew (A Platoon) all bicycle to work in the summer months. This year, due to holiday schedules, Aug. 10 was the only day they could all bike to work for the same shift. From left are Capt. Kevin Slaunwhite and FF's Jim McKenna, Lawrence Fillmore and Dale Crowell.

CO-ORDINATOR'S CORNER

Do You Know What Your Rights Are?

For this edition of Feedline, I want to explain the revised Workplace Rights and what it means to you.

First of all, this policy has been in effect since August 1998 and was revised in October last year. On September 18, 2007, Fire's Senior Management Team as well as the president and vice president of Local 268 attended a Workplace Rights Issues presentation. This presentation explained the new Anti-Harassment Policy which is one component of the overall Workplace Rights for Halifax Regional Municipality.



by **Darlene Ellis**, Coordinator

Workplace Rights states that HRM underlines its obligation to provide a workplace free of harassment. Diversity is a hallmark of the strength of our community, and maintaining dignity and respect for all people is a responsibility of each member of our organization.

The Anti-Harassment Policy covers personal, racial and sexual harassment, as well as 'poisoned work environment'. The purpose of this policy is:

- To provide and maintain a working environment that is free from all types of harassment.
- To alert all employees that workplace harassment is strictly prohibited.
- To identify the types of behaviour that may be considered offensive.
- To establish a process for receiving complaints of harassment and to provide mechanisms to deal with those complaints effectively.
- To provide an example of the steps that can be taken towards maintaining a working environment in which all employees treat each other with mutual respect.

Also, contained in this policy are definitions, roles and responsibilities, and processes to follow.

As the Workplace Rights Coordinator for Fire, I have been designated by the Chief Director to support the Business Unit in addressing workplace rights, concerns and complaints. This involves coordinating and facilitating the workplace rights process, including formal and informal resolution of complaints. My back-up is Gerrard Cottreau.

You will find this policy on the Internal Page of the Web Site by going to the menu and clicking on "Policies, OGs, Procedures", then "HRM Corporate Policies". At the time of writing this article a booklet format was being printed. Once received it will be distributed to the Stations.

One of the major differences with this policy from the past is that it encourages the Informal Resolution Process to resolve issues and this is done at the Supervisory level. As a general guideline, the informal method will be the initial step in attempting to resolve a complaint (ie. discussion, mediation, etc.) as opposed to investigation. An investigation would take place when attempts at informal resolution are not successful. Of course it's also recognized that there are circumstances where a formal investigation is necessary based on the circumstances.

If you have any questions regarding this policy, please feel free to contact me any time.

Till next time, Darlene.

Training

Div. Chief Scott Shaffner

**Informal Learning – Your Best Teacher
May Be Sitting Beside You**

In previous articles, we reviewed how a formal training and development process works; a performance gap is identified, a needs analysis is conducted, specific training is designed and delivered, and an evaluation is conducted. The topic of this article is a process all of us are probably more familiar with - the informal learning process - where firefighters acquire knowledge of their jobs through the other firefighters and officers.

It has been reported that as much as 70 percent of what employees learn and know about their jobs is learned through informal processes rather than through more formal programs that are structured through the organization. Because of the nature of our job, I believe this percentage is probably considerably higher in the fire service. This should not be all that surprising. Senior firefighters and officers are often the most knowledgeable persons when it comes to performing their job, and they are also often the best informed in terms of how to improve it.

This informal learning is by no means limited to the skills and abilities we require to mitigate emergencies. This learning also includes the transfer of our unique culture and traditions from our more senior firefighters and officers to our newer firefighters. Our culture not only continues but redefines itself through the many stories told on a daily basis throughout the many fire stations. Traditions such as helping those in need, be it one of our own or individuals unknown, is but one of the many traditions that have been passed along from senior members to others.

Reflecting on my own career, I recall the many 'mentors' that I have been fortunate enough to learn from over the years. Unfortunately, some of these individuals have prematurely and suddenly passed away. Others have retired. Those remaining, I have recently noticed, are soon to retire.

The fact of the matter is, these mentors to whom we tend to attach ourselves are not here forever. I encourage everyone to listen and learn as much as you can from the senior hands while they are still here. This learning will make you a better firefighter. The senior firefighters and officers will give you the knowledge so that you, in time, will be able to pass this informal learning on to the next generation . . .

"Many eyes go through the meadow, but few see the flowers in it." Ralph Waldo Emerson

Rural Chief Officer Appointments

-James Marlow: Reappointed Deputy Chief, Lake Echo (Stations 21/22)

-Richie Currie: Appointed Deputy Chief Wellington/Grand Lake (Stations 42/43)

Logistics

Div. Chief Chris Charron

Logistics BA Techs Go Mobile

Prepared by Norman Lavoie and Myles Faulkner

A new mobile Breathing Apparatus Service vehicle has been added to the fleet. The vehicle is a 2007 Dodge Sprinter van. It will be used to carry out mobile SCBA testing and repair.

On March 1st, Logistics took over the testing, servicing and repair of all breathing apparatus, both Scott and Survivair. The mobile unit has a complete workshop in the rear which allows for repairs at the station level instead of transporting the SCBA back to the BA repair shop at Station 7. This makes repairs more efficient, timely and cost effective.

The Logistics Division has two full time Breathing Apparatus Technicians, trained to repair both Scott and Survivair, with other Logistics staff also fully trained in both. We handle not only the HRM Fire Business unit, but assist Police, Parks & Recreation and Public works with SCBA repairs when we have the time.

With more than 1,900 Cylinders and over 550 packs that must be tested yearly, our days can be very full.

A second mobile unit will be put in service in the next few months. This vehicle will have the same capabilities as the Sprinter, with the addition of a cylinder air fill station. The unit will have a 4-bottle, 6000 PSI cascade system that will be able to fill both 2216 PSI and 4500 PSI cylinders 3 at a time.

Technician Myles Faulkner with the new van (below). The Sprinter style high box allows lots of room to work in a standing position.



Div. Chief Chris Charron

For prompt SCBA service:

Norm Lavoie - 430-2407
or lavoien@halifax.ca

Myles Faulkner - 223-4241
or faulknm@halifax.ca





A NEAR HEAD-ON COLLISION on the 103 Highway near Exit 6 July 31 resulted in an extensive extrication operation. Above, members from Stations 59 (Bay Road), 56 (Black Point), and Hubbards Fire work to remove the driver of one car. The post-extrication picture below shows the techniques needed to effect the rescue. After stabilizing the vehicle with cribbing, both doors and the B post on the drivers side were removed and a medium ram used for a dash roll up. Two people died in the accident.



Photos by John Giggey

Investigation

Div. Chief Larry Williams

Expanded Investigation Training Program Being Rolled Out for Members

Prepared by Investigator
Wayne Chapdelaine

The fire investigation course is being greatly expanded.

Many members have now gone through the NFPA 921 program which is an introduction to fire investigation. The NFPA 921 Fire Investigation Course has undergone a name change and now also includes a module on electrical fire investigation. The name of the program has been changed to "Fundamentals of Fire Investigation" This program is a pre-requisite for future investigation training.

By this fall we will roll out a new course which meets NFPA 1033, the Standard for Professional Qualifications for Fire Investigators. For the first time, Nova Scotia will have a certification program for fire investigators.

Wayne Chapdelaine has been representing our department in the program development. The program has been in the development stage for two years. There is also a representative from the Fire Marshal's Office and one from the Cape Breton Regional Fire Service. This program will be recognized by the Nova Scotia Fire Service Qualifications Board (or Pro-Board) and accredited by the International Fire Service Accreditation Congress (IFSAC).

This program will include a number of modules which involve both theory and practical scene work. All practical training will be at the Fire School. Once students have the Fundamentals of Fire Investigation certificate, they can start on the Professional



Qualifications course.

The full program will be for career members who have identified a career path in investigation, while the Fundamentals of Fire Investigation course and some modules of the Professional Qualifications course will be available for all active members, career and volunteer.

Negotiations have begun with the Provinces of New Brunswick, Newfoundland and Prince Edward Island to send students to Nova Scotia to attend this program because this level of training is not available in these provinces.



FACE FIT – Chief Director Bill Mosher does a face fit test prior to working a tour in August. Mosher spent a shift at Station 3 with A Platoon under Capt. Paul Boyle.

Safety

Div. Capt. Dave Meldrum

I have a safety concern...Now What?

Did you ever see something that you felt might cause a risk to your safety, or the safety of other members? What would you do about it if you did?

Reporting safety concerns is a very important part of our overall safety program. When firefighters and other members actively look for, correct and report risks, we all benefit. The people who work and serve in our many stations, facilities and emergency scenes are in the best position to identify risks to personal safety. Often, they are also in a great position to identify possible solutions.

The "[Standard Procedure for Reporting Safety Concerns](#)" is posted on all Health & Safety bulletin boards. It is also available on the internal website, in the "Safety" section. The procedure is important for many reasons, including:

- It ensures that members and supervisors are informed of safety concerns and enables them to take corrective action.
- It gives members an accepted course of action if they are not satisfied with the actions taken.
- It makes sure that the Safety Committee and Safety Division know what is happening so that similar hazards in other locations may be identified.

Once a safety concern is identified, the first step is to immediately report it to your supervisor. Together, the supervisor and the member should work to see if the problem can be corrected immediately. If it can be fixed "on the spot" then that should be done! If a piece of equipment is the problem, then it may be tagged and taken out of service. The supervisor is responsible to request repairs or replacement. Most often, safety concerns are corrected at this point.

If these actions have not solved the problem, the concern must be reported to the Divisional Captain of Safety in writing. These written concerns may be sent via email or facsimile for prompt action. The Divisional Captain of Safety will investigate the concern and look for solutions. The member who submitted the concern will receive a reply within ten days.

If the concern has not yet been remedied to the member's satisfaction, they should refer the matter to the Joint Occupational Health & Safety Committee (JOHSC) for investigation and recommendation. The member may contact anyone on that committee. The list of members is attached to the minutes of the JOHSC meetings, which may be found on the health and safety bulletin board or the internal



website. The committee will look into the complaint and make recommendations to the Chief Director.

If the concern is still not remedied, the member may submit the concern to the Nova Scotia Department of Environment and Labour (1-800-9-labour) for investigation. Although employees have the right to contact the Department at any time, they will most often advise the employee to complete all the steps in their workplace internal safety concern reporting procedure before they intervene. The Department has the regulatory authority to order a workplace to correct unsafe conditions.

Resolved safety concerns should be reported to the Safety Division. Together with JOHSC, the Safety Division will determine if the reported concern exists in other locations. Reporting and correcting safety risks is an important responsibility that we all share.

Upper Musquodoboit Celebrates 40th

by John Giggey

A Modern Station, With A Humble Beginning

Harry and Ramona Reynolds sit in the kitchen of their home across from Station 39 in Upper Musquodoboit remembering the night decades ago when Harry became the community's first fire chief.

Harry was appointed chief at a ratepayers' meeting after being nominated by a neighbour. On the way home Ramona said: "My heavens, Harry! How are you going to do that? What will you have to do?"

"I didn't know what I had to do either," he says now. "But I figured no one else there that night knew either so it might as well be me."

Now 40 years later, the department he headed for many years is celebrating its 40th anniversary. In fact for the first time in about 30 years, a parade was held on Canada Day in the village and it had just gone by his door. Hundreds turned out to watch and it featured fire apparatus from around the zone as well as from departments outside HRM. The event included a picnic and fireworks later that night. A banquet and dance was also planned for the fall.

Like many former rural departments that now make up HRFE, Upper Musquodoboit started small. Very small.

In the 1950's there were two fires in particular that made the village realize the need for fire protection.

One was at the general store which caught fire in the middle of the night, killing the owner.

"We knew he was upstairs," remembers Harry. "We got a ladder and put it up to his bedroom window but we couldn't get in. The house burned to the ground. There was no fire department to call. Then a couple of years later a woman died when her house burned on the Sheet Harbour Rd."

The ratepayers bought a pump and put it on a trailer and parked it in a building with some hose beside it. If there was a report of a fire, someone would come with a pickup, attach the trailer to the truck, throw the hose in the back, and go to the fire.

But it wasn't until the night the community met at the local



LEADING OFF – Members of Station 39 (Upper Musquodoboit) lead off a parade in the community July 1st (Canada Day) to celebrate their department's 40th anniversary. From left are: Chris Pratt (clown suit), Gordon Gammell (zone Fire Prevention Officer), FF Todd Lasaga (wearing his naval officer's uniform), and Lt. Brian Andrews.

elementary school and made Harry chief that a department was born.

"The Truro department took us under their wing," he recalls. "We went there for training and they let us use a ladder truck while we were there. EMO gave us an old truck." An old Chevy truck was turned into a pumper.

Then they decided to bid on their first real fire truck, an old Bickle pumper being retired by the City of Halifax. After a lot of fund raising, the department got together \$500. and put it in as a bid. They also had an ace up their sleeve. Harry's sister, Donna Purcell, worked for the purchasing department at Halifax City Hall.

Donna picks up the story. "I knew they were tendering the truck," she says. "There were several tenders and I got word to Harry that he had to put the bid up a little bit." Harry put in a second bid of \$501. and the extra buck got them the truck, a 1941 Bickle Seagrave with a 1,250 gpm pump. It only held 100 gallons, but the fledgling department added a larger tank.

Soon an area rate was added. That gave the department about \$1,000 a year. "We did fundraising all the time to make up the difference," remembers Ramona. "There were community dances every week and once a month the money raised went to the department. There were always raffles."

Dispatching was a challenge. Five fire phones were scattered throughout the community in the homes of members. "The operator



DECADES OF SERVICE – Harry Reynolds was a founding member of the Upper Musquodoboit Volunteer Fire Department where he served until 1999, including about 10 years as chief. He says amalgamation proved to be a great thing for rural departments.

would call those phones when there was a fire," says Harry. "The people who answered would then call the other firefighters."

Harry served the department for 32 years, including about ten years as chief. He retired in 1999 for health reasons soon after the Upper Musquodoboit Volunteer Fire Department became Station 39 of Halifax Regional Fire and Emergency. He remembers those months leading to amalgamation.

"It didn't go over very good for a while," he says. "Some said they would come and take our truck. We

had a pretty good truck. But that never happened. We adapted pretty quickly. The public took it worse than we did. It was the best thing that ever happened for the fire departments."

Harry says the sheer dedication of the members hasn't changed over the years. "You have to hand it to some of these volunteers," he says. Remembering his tiny budget of years ago, he adds: "Yes we get a lot of money now. But money is nothing compared to the time they put in. Some of them put a lot of time into this, and they are well trained now."

Upper Musquodoboit's 40th - *Continued From Page 11*

We walk across the street to the fire hall that Upper Musquodoboit built in 1983 and I ask Harry to climb into the driver's seat of the department's new 2006 Stirling 25-hundred gallon tanker for a photo. I can't help thinking about their first real fire truck, the Bickle that cost \$501, and compare it to the hundreds of thousands of dollars worth of equipment now in the station. The department also has a 1999 International 1,500 gpm pumper with crew cab, a 2007 Ford King Cab ¾ ton rescue, and a 2006 Ranger.



And I realize why Retired Chief Harry Reynolds calls amalgamation the best thing that ever happened to the fire service in Halifax County.

LOOK! A PARADE — Two-year-old Piper Deal (left) and her brother, five-year-old Brady (right) camp out in front of their home in Upper Musquodoboit to watch the parade commemorating their fire department's 40th anniversary. With them is a friend, Morgan Cummins, nine.



OUR CREW – These are members of the team representing Nova Scotia at the national Pee wee Lacrosse Championships in Whitby, Ontario in August. The team is partly sponsored by our own Halifax Flames slo-pitch all stars. The team won the silver medal in the 'B' tier. People we know: back row, left, Capt. Tom Martin who was the team's medical trainer; front right: his daughter, Frankie, one of the goalies; and back right, Tom's son Joe, as assistant coach.

Photos by John Giggey



HURRY UP AND WAIT – E-3 Capt. Darren Jones, Platoon Chief Mike Blackburn and Dist. Capt. Brian Conrad (background) confer during an incident at Northwood Manor on Gottingen St. Aug. 21. An electrical room fire caused a heavy smoke condition in parts of the building. Jones, who was IC, responded with his crew to the manor on an alarm call and located the fire within minutes but an attack could not be launched for about 45 minutes until Nova Scotia Power arrived and cut power to the building. Meantime Jones had a 1 $\frac{3}{4}$ attack line stretched to the lobby area as a precaution. At right, Quint 12 FF David Roche exits the manor during smoke clearing operations. Some residents of the seniors' home self-evacuated, but most were advised to stay in their rooms while the fire was being extinguished. Once the power was cut, E-4 crew under Capt. Luke Whiting entered the room and extinguished what was left of the blaze. Aerial 1, Tact 1 and the rehab unit were also dispatched to the call.



Camp Courage 20007

by John Giggey

17 Girls Learn Teamwork, Self Confidence At Camp Courage

For 17-year-old Jessica Trites of Cole Harbour the defining moment came 30 feet up Quint 12's 100 foot aerial with FF Scott Gibson right behind her.

"I knew I couldn't make it," she recalls later. "I sat back on Scott's knee and started to cry. But Nadya started yelling to me from the ground: 'Take one more step for Andrea. You owe her that much. Just one step for Andrea.'

"I took the step," remembers Jessica. "Then Nadya started shouting: 'If you can take a step for Andrea, you can take a step for me. Come on! One step for me.' So I took that one too."

(Continued on Page 15)



THE THRESHOLD – With Scott Gibson of 12 Quint right behind her and instructor Nadya Pare shouting encouragement from below, Jessica Trites, 17, makes it to the top of the Quint's 100 foot aerial at Station 7. A few minutes earlier, Jessica had frozen up on the ladder and broken down in tears because she did not believe she would be able to climb to the top. She described the accomplishment as a threshold and a defining moment in her life. Jessica praised the instructors at Camp Courage, saying they cared so much for the students and had such confidence in them that "we just couldn't let them down".

All Photos by John Giggey

A few minutes later, with Gibson encouraging her all the way, Jessica was at the top. "When I got to the top of that ladder," says Jessica, "I knew I could do anything."

Jessica acknowledges that those few seconds on Quint 12 at the Knightsridge Training Ground changed the person she is inside. It was a threshold, something almost all the students at Camp Courage cross at some point with the unflinching support of instructors like Andrea Speranza and Nadya Pare and many others volunteering their time from fire, police and EHS.

In fact it wasn't just the ladder, but the whole week at Camp Courage that has changed her.

"I feel so much more confident now. I have more self esteem. The instructors have such huge confidence in us, they believe in us so much, that it's like we just can't let them down. That's one of the things that got me to the top of the ladder.

"We learned how to support each other. We were a team and if anyone is down, we all help. We carry each other. We're in it together."

The week-long camp was not just about training in the three disciplines of emergency service: fire, police and para-medicine. It was about values and self confidence and discipline.

"We were taught here to stay true to ourselves, to believe in ourselves and to live up to our expectations," says Jessica, who intends to pursue a degree in criminology and join the RCMP where her



ON THE LINE – Instructor Annette Thompson provides some encouragement, and some muscle, to student Daryl Doyle LeBlanc, 16, of Lower Sackville as she learns to control a fully charged 1 ¼ line. Backing them up is another student, Eric Blackwood, 17, of Eastern Passage, who had just taken her turn at the nozzle. Drenched in the background at right is Station 18 FF Ryan Conrad who had just put a couple of other teams through the same drill.

grandfather once served. She says it was not just Nadya and Scott urging her on that got her to the top of the ladder, it was remembering those values she had been taught in class.

The next day it was the confined space trailer in full turnout gear and SCBA. She says it was tough, but she got through it fine because she had already learned on Quint 12 the day before that she could do anything.

The 17 students this year came from all over the province. They had never met before, which is one of the goals in accepting students for the course. The one notable exception was Kelsey and Hillary Tatlock, twins from South Park, just outside Sydney.

The graduation Aug. 04 drew about 100 relatives and friends.

The students demonstrated the skills they learned during the week at a mock up motor vehicle accident. Some students were in firefighting gear, others in paramedic or police uniforms depending on the discipline they were performing.

During the graduation ceremony, the students presented flowers to three of the instructors who had been especially involved in the training: FF Andrea Speranza, who is also executive director of the camp, HRM Police Const. Amy Lissa MacKay, and Paramedic Leith Fermin.

Camp Courage 2007

Graduation Day



COULDN'T STOP TALKING – Skip and Linda Tatlock say their 17-year-old twin daughters, Kelsey (left) and Hillary (right) couldn't stop talking about the camp after each day's activities. The Tatlock's are from South Park, between Sydney and New Waterford in Cape Breton. The twins found out about Camp Courage on the internet and applied. The family camped at Shubie Park in Dartmouth for the week so they could attend. Skip is deputy chief of the South Park Volunteer Fire Dept.

THANKS -- During the graduation ceremony, students presented flowers to several of their instructors. At right Amber Davison (left) and Charla Gaudet give a bouquet to Paramedic Leith Fermin. Looking on is Andrea Speranza, executive director of Camp Courage.





UNDER ARREST – Above, Students Amber Davison (left) and Charla Gaudet, using skills learned during police days, load ‘drunk driver’ Bobby Wright into a cruiser after subduing and handcuffing him at a simulated accident scene.

AT RIGHT, one of the students uses a reciprocating saw to remove the roof of an overturned car prior to removal of a victim during the extrication exercise as part of the graduation demonstration. The entire extrication was done by the students under the watchful eyes of firefighters who are volunteers at Lakeside where the graduation was held.



Camp Courage 2007

What The Students Say

How Camp Courage Helped Us!

Comments From 2007 Grads

"I'm not as shy. I don't doubt myself and if I set my mind to something I will do *it*. If you have a dream, follow it. Don't let anyone bring you down." *Julie Barnes, 18*

"That women can do anything and everything that men do. I'm not going to let anyone tell me that I can't do something because it's a 'man's job'." *Tabitha Walker, 17*

"It gave me more strength to do what I want to in life." *Chelsea Nordin*

"I can do anything I want."
Amber Davison, 16

"You have taught me not to fear the unexpected, but to embrace the challenge. I have learned traits that will help me along this long road called life. I love how you pushed me to my limit, but were encouraging me the whole way." *Taigan Ross, 18*

"I learned that it doesn't matter if you fail or have to try a million times to get what you want, just keep on trying because something good will eventually come from all the hard work." *Charla Gaudet, 15*

"It made me realize how strong we are when we put our minds to something."
Kelsey Tatlock, 17

"I'm a lot more confident." *Daryl Doyle LeBlanc, 16*

"There were many challenges that I thought I would never be able to do in life that I completed this week. I learned to never give up and to help others find their strengths and encourage them to do their best." *Brittany Manuel, 16*

"I liked facing a fear of falling and over coming it." *Jessica Trites, 17*

"I would like to be the first woman volunteer fire fighter at the station in my community, then go on to be a paid fire fighter. I would like to do this because I want to be challenged and pushed and I love the feeling of helping people." *Hillary Tatlock, 17*



Larry Varin of Training checks student Chelsea Nordin's gear before she enters the confined space trailer.



Student Chelsea Nordin, 18, of Halifax makes her way through the confined space trailer.

Inspiration received from Camp Courage gave me self respect, determination & guts. It showed me the sky is the limit. It taught me self strength." *Jocelyne Murphy, 17*

"This camp has changed my life." *Emma Grady*

"They all pushed me and made me realize I can do anything." *Anonymous*

"You'll never gain anything without determination, guts, passion and courage."
Whitney MacLeod, 18

"I've become more confident about myself, overcame fears, and found my inner strength that I didn't even know I had, and to always believe to achieve!" *Alanna Keats, 16*

"Thanks for giving me some of the best days of my life, and the experiences of a life time." *Amber Davidson, 16*

"Thank you for showing me that I can do anything, for showing me how to face my fears and accomplish the "impossible", for giving me the best times of my life, for accepting me here and introducing me to all these amazing people! *Erin Blackwood, 17*

"I had tons of fun. I had a blast. It was da bomb!! It rocked. It was a MINT time! *Anonymous*

CFL Bulbs – What We Should All Know

by Wayne Higgins

It's common for Public Information Officers, as well as firefighters in general, to be asked for information on Compact Fluorescent Lamps. Many are concerned about whether these bulbs present a fire or life safety hazard.

This technology resulted from the need for energy savings in the early 1980's. The most important advance in the technology since then has been the gradual replacement of magnetic ballasts with electronic ballasts. This has improved the "flickering" and slow starting traditionally associated with fluorescent lighting.

CFL's fit into any ordinary light bulb socket. In comparison to incandescent bulbs, CFL's have a longer rated life and use about 80% less electricity. They typically have a life span of between 8,000 and 15,000 hours, compared to 1,000 hours for incandescent bulbs. Some may wear out prematurely if used in totally enclosed fixtures or sub-freezing temperatures.

Bulb Type/Size: Check the bulb specifications to ensure the bulb is made for the type of fixture being used. Also, compare the size of the bulb to the space available (height and width) in your light fixture before you make a purchase. If you have a dimmer light, dimmable CFLs are available.

Brightness: The brightness of a light bulb is measured in lumens. CFL's produce the same level of light (lumens) at a much lower wattage (or power consumption) than incandescent bulbs. To maintain the same light as a standard bulb, choose a CFL that is about 1/4 to 1/3 the wattage of the existing bulb.

Environment: The fact that they use considerably less power is in itself a benefit to the environment. Electrical generation is believed to be one of the highest contributors to emissions associated with nearly all air quality issues. CFL's do contain small amounts of mercury (*approximately 5 mg per unit of bulbs 25 watts and less*) and is a concern for land fills and waste

incinerators. Some manufacturers such as Philips and GE make CFL's with very low mercury content.

It's good to put the mercury content into perspective. For instance a simple watch battery contains approximately 25 mg of mercury, or the same as 5 CF lamps; dental amalgams contain roughly 500 mg, which equals about 100 CF bulbs.

Safe disposal requires storing the bulbs unbroken until they can be processed. Consumers should seek advice from local authorities. Usually you can either return used CFL's to where they were purchased so the store can recycle them correctly, or take used CFL's to a local recycling facility.

Are They Safe?

Both the ballast and the burner (tube) are subject to failure from normal use at the end of their life cycle. It's been reported that CFL's 'smoked'; that is, turned brown, darkened or charred at the base.

However, earlier this year the Electrical Safety Authority issued an advisory stating that certification agencies report this is normal at the end of the bulb's life and does not present a shock or fire hazard. It recommended that consumers simply replace the bulbs when there are signs that the bulb is wearing out, such as flickering, a bright orange or red glow, popping sounds, odour, or the browning of the ballast enclosure at the base of the lamp.

Many consumers are still concerned because some years back 14 watt 'Luminous' brand lamps sold through Costco were defective and started to smoke. There was no actual flame, but the fixture globe filled with acrid smoke and the bulb was extremely hot. There were some reports that the bulbs burned out while flickering and smoking, and that some cracked at the base and broken glass fell onto floors. The 'Pricemark' brand had some similar issues a few years ago.

Perhaps more familiar to us in the Fire Service is the Globe brand bulb. It carried a UL (Underwriters Laboratories) mark, but some of the components had not been tested by UL. A bulletin from the Electrical Safety Authority noted the untested parts could fail and cause a fire hazard. They were made by a Chinese company, Fujian Joinluck, in 2002 and 2003, and were recalled in 2004.

Despite some customer complaints, there is no record of a CFL ever starting a fire or causing harm to anyone. After reviewing some concerns, Manitoba Hydro released a statement stating that they consider the bulbs to be safe and will continue to use them.

We are arranging for more detailed information to be placed on our public website on the Fire Safety Information page. In addition we can refer members of the public to this Natural Resources Canada web site:

<http://www.oeenrcan.gc.ca/energystar/english/consumers/questions-answers.cfm>



In this fixture, a Compact Fluorescent Lamp is alongside a standard incandescent bulb.



AWESOME KNOCKDOWN – E-6 crew scored a big knockdown Aug. 2nd when they were dispatched to a shed fire attached to a building on Cherry Lane, just across the street from their Herring Cove Rd. station. They arrived to find the shed fully involved and flames impinging on the building. In the few seconds it took to grab a line, one entire wall of the three-storey structure was in flames. Capt. Brad Connors had his crew launch an immediate exterior attack with a 1 ¾ line.

Annette Thompson and Blair Cromwell (left) were on the line. Using less than half their 1000-gallon tank, the fast attack knocked down the fire before it could extend inside or get a hold on the roof.

Engines 3 and 60, Quints 5 and 7 and Tact 1 were on the way, but the blaze was pretty well under control before backup units started to arrive. Rounding out the crew was driver/operator Brent Melvin. Thompson is one of the new recruits hired in May.

Combat Challenge

Regional Event



Photo by John Giggey

GOOD RUN – Members of Team Flashover, a women’s team from Western Region, are looking pleased following their performance. From left are: Laura Allan, Angela Morash, Joanne Pinch, Jill Boutillier and Michelle Martell. All members are from Prospect (*Stations 52, 53, 54*) or Herring Cove (*Stations 60, 61*) with the exception of Martell. She was a volunteer in Herring Cove and has since gone career.

HRFE Members Lock Up Top Spots in Regional Championships

By John Giggey

Teams from our department made an incredible showing at the Combat Challenge regional championships on the Halifax waterfront in July, with several members breaking the 1:30 mark in the men’s individual event. Halifax Team 1 and Team 2 came in first and second respectively.

Leading the field was Rob Hebb with a time of 1.27:60. Less than 1/3rd of a second behind him was

Andrew Foote with 1.27:91. Joe Triff and Mike Sears were next with 1.28:38 and 1.29:86 respectively. They won the top four positions in the 96-man field. The only other person in that competition to break 90 seconds was Greg Gordon of the Moncton Fire Dept. who came in 5th with 1.29:90.

Joe Barbati and Adam MacNeil were also in the top 10, finishing in 8th and 9th spots with times of 1.30:90 and 1.31:24 respectively.

In the Team Competition, each team comprising from three to five members, our department also won two of the top three spots. Halifax Team One (Andrew Foote, Joe Triff, Mike Sears, Adam MacNeil and Bruce Mosher) finished in a team time of just 4.26:15. Three of the members broke the 1.30 mark.

Halifax Team Two (Rob Hebb, Joe Barbati, Cyril Fraser, Richard Hynes and Jeff Clarke) finished third at 4.36:90. Coming in

second was the Moncton Fire Department with 4.32:03.

HRFE teams also placed in the top two spots in the NxG2 Mixed event. This is a two-person contest in which the participants, one male and one female, each complete one-half of the full course. Joe Triff and Andrea Speranza came in first place with 1.56:66, and Kelvin Dion and Liane Tessier were second with 2.12:71.

Adam MacNeil and Bruce Mosher were the top HRFE team in the NxG2 Men's event. They came in 4th with a time of 1.47:97. Andrea

Speranza and Julie Reid, with a time of 2.45:58, were the only female team competing in the NxG2 Women's event.

In the individual Women's event, Liane Tessier and Sherry Brown came in 3rd and 4th with respective times of 2.54:46 and 3.37:55.

With thousands drawn to the waterfront by the Tall Ships, the stands were constantly filled with hundreds of visiting spectators as well as the usual fans.



Joe Barbati goes flat out during the run cycle of his individual event.



Photo by Jordan Blackburn

Halifax Team 2 (from left) Rob Hebb, Joe Barbati, Richard Hynes, Cyril Fraser and Jeff Clarke gather for a photo after taking second place in the relay competition. They finished third overall.

Combat Challenge Regionals

Photo Gallery



Photos by Robert Gray

Cyril Fraser of Halifax Team 2 (left) waits for the handoff from a hustling Rob Hebb before he can do the Victim Rescue end of the course during the first relay event. Rob Hebb of Halifax team 2 (centre) pounds away at the forcible entry segment. At right, Andrew Foote of Halifax Team 1 races to the finish line with Rescue Randy during one event. Team 1 came in first, and team 2 third in the Regional competition.

Photo Contributed



WINNERS FEMALE COMPETITION – The Fire Slayers, the winning female team, gather for a photo. From left are Liane Tessier, a volunteer from Herring Cove, and career members Julie Read, Andrea Speranza and Sherry Brown. Liane was also 3rd in the female individual event.



Photos by John Giggey



Kelvin Dion (left) enjoys a wet one after finishing his individual run in a respectable 1:48:73. Cyril Fraser (centre) just can't seem to get enough exercise. He headed for this work-out bike in the recovery tent after completing one event early in the competition. At right, Sherry Brown, a member of the Fire Slayers, completes the hose advance portion of one event. This was Sherry's first time to participate in the competition and she completed the women's individual event in 03:37.55, placing fourth.



THE CHIEFS — For the first time, our department entered a “Management Team” made up of chief officers. Posing before their event on Sunday (July 15th) are from left: LWF (Stations 44, 45) Chief Blois Currie, Acting Deputy Director Dave Smith, Platoon Chief Mike Blackburn, and Lake Echo (Stations 21,22) Chief Rob Patey.

Photos by John Giggey



SUITING UP — Mike Slatter of Quint 5 (left) and Glen Gill of Quint 12 suit up before making entry to a section of Farmers Dairy on Hammonds Plains Rd. Aug. 07 following a spill of liquid ammonia. FF Mike Bowser (right) of Quint 12 gives them a hand. They will be the primary entry team. Other members get an area ready behind them for suiting up the backup team. The spill forced Farmers to evacuate their staff for about 2 ½ hours. One employee was slightly injured in the incident.



Slatter and Gill exit the building (left) after taking readings during an initial check. At right, Capt. Dave Wilson of Quint 5 (left), Dist. Capt. Brian Conrad (Safety) and Capt. Jim Gates of Quint 12 check the readings obtained by the entry team.



Photos by John Giggey



Photo by Trish Ruggles

THINK SAFE – Middle Musquodoboit (Station 38) Capt. Kara McCurdy stands atop a fire prevention float during the annual Halifax County Exhibition parade in the community Aug. 15th. With her is Christopher Ruggles, son of Station 38 Deputy Chief Craig Ruggles. Christopher has his own turnout gear, including a painted inverted 2-litre bottle with harness to simulate a BA. When the parade arrived at the Exhibition Grounds, everyone present honoured two retired Halifax firefighters whose funerals were being held that day. Capt. Tom Dowe had served 30 years, and Firefighter/Engineer Mike Hartlen had served 33 years, including time as a volunteer in Waverley.



Photo by Bernie Turpin

CRITICAL INCIDENT STRESS AWARD – Paul MacKenzie, coordinator of our Firefighters' Family Assistance Program, has received an award from the Tema Conter Memorial Trust. This award is presented to individuals who have gone above and beyond the call of duty in assisting emergency services personnel in coping with critical incident stress and post traumatic stress disorder. From left are Vince Savoia, who founded the charity, MacKenzie, and Doctor Howard Conter. The award is named after his daughter. It was presented during a conference at the Halifax Marriott Harbourfront Hotel in May.

Heavy Equipment Garage Hit By Fire In Sambro



A heavy equipment repair business housed in a large garage on the Old Sambro Rd. in Harrietsfield was destroyed by an evening fire July 24th.

Above, E-6 feeds Quint 5 for an aerial attack. At this point, only about 30 minutes into the fire, the roof has already largely burned off. Several tractors and trucks were in the building. The structure was about 25% involved on arrival. After this photo was taken, Quint 58 and additional tankers arrived and Quint 58 was assigned to the D-side. Three truckloads of sand were brought in to construct a berm to contain the runoff of petroleum products.

At right, District Captains Barry MacKenzie (left) and Brian Conrad kept an eye on safety issues during the fire. Acting Platoon Chief Steve Auton assisted Harrietsfield-Sambro Chief Bill Powell with command. Six engines, eight tankers, two quints and Tact 52 as well as other support units responded.



Photos by John Giggey

Maritime Fire Chiefs Convention



Acting Deputy Director Dave Smith and FF Andrea Speranza (above) pose for a picture during the Maritime Fire Chiefs convention in Summerside in July. Smith was part of the Honour Guard provided by our department. Speranza delivered two lectures during the four day event; one on recruiting a more dynamic work force, and one to the chief's wives on the 7 keys of happiness. At left, Acting Deputy Director Bernie Turpin receives an award to recognize his contribution toward the Maritime Fire Chiefs Association over the years. Making the presentation is retired Kentville Chief Harmon Illsley, chair of the association's Honours Committee.

Photos Courtesy of Maritime Fire Chiefs

Our Team Places 4th At International Vehicle Extrication Competition

By Dennis Pitts

The HRFE Extrication Team came in 4th overall at the International competition held this year at Wayne Township, Indianapolis.

Our team's best finish in the competition in the past was 14th. "Our goal this year was to finally break into the top ten international teams," says Vince Conrad. "Well, this year we did it, and in a big way."

Teams compete in three "pits". The Unlimited Tool Pit is where all tools can be used including heavy hydraulics. In the Limited Tool Pit only light and manually operated

hand tools can be used. In the Rapid Pit any tools may be used but the patient is considered in dire condition and the rescue is limited to a maximum of 10 minutes, half that of the other two pits.

This year our team placed 6th in the Unlimited Pit, and 7th in the Limited Pit. We also won the Best Medic trophy for patient care. When the times were calculated, our team placed 4th overall. The team was comprised of Pat Kline, Vince Conrad, Bruce Sangster, Dennis Pitts, Bill Marr and Kevin Corkum.

The Rapid Pit was cancelled after FF/Medic Wayne Topping, 45, of the Burlington, Ont. Fire Department suffered a fatal heart attack just after competing in the Unlimited Pit. He was briefly revived by paramedics on scene, but died on the way to the hospital. He was the married father of two sons and a step son.

The tragedy brought home the true brotherhood and sisterhood of firefighters and competitors when a brother has fallen. All teams offered



Team members pose for a photo during the International Vehicle Extrication Competition in Indianapolis in August. From left are: Pat Kline, Vince Conrad, Bruce Sangster, Dennis Pitts (Team Captain), Bill Marr and Kevin Corkum.

All Photos Contributed by Team

their support and condolences to Wayne's family and the Burlington Extrication Team.

The Indianapolis Fire Department immediately brought in their CISD Team and their Honor Guard stood by at the Hospital. On Sunday morning Burlington's Team escorted Wayne's body back to Burlington. They, in turn, were given a full escort by three Indianapolis Fire Apparatus, the Indiana State Police, as well as other Ontario extrication teams, including Mississauga and Brampton.

The escort was maintained all the way to the Canadian border where it was taken over by the Ontario Provincial Police.

A total of 19 teams from across Canada, the United States, and as far away as Sweden participated in the event held from Aug. 21-25.

Earlier this year the team placed 2nd overall in the regional competition in Windsor, N.S.



The team competes in the Limited Pit where they placed 7th.



Members line up on the winner's podium at the Indianapolis Motor Speedway during a side trip. Bruce Sangster was missing from this photo.

New Station on Rural Dispatch

Hubbards Fire is a new voice we are hearing on Rural Dispatch. They joined our dispatch system recently. Other non-HRFE departments are Mount Uniacke, Enfield and Elmsdale. They all use the same frequencies as HRM Rural and dispatch will provide full service, including monitoring while they are on calls.

Recruitment Day In Zone 3



Dutch Settlement (Station 40) Chief Richard Arnold (left) hits the target during a demonstration of the Combat Challenge during the Fun Days and recruitment drive at Exhibition Park in Middle Musquodoboit July 7th. At right, members of the Hammonds Plains team put on an extrication demonstration. From left are Lt. Keith Cuthbertson, incident command; Lt. Chris Claridge, Capt. Chris Fryer, FF Joanna Sharples and FF Chris Bowers.



Photos by John Giggey

Joanna Sharples of Hammonds Plains gets harnessed in before taking part in a high angle demonstration put on at the event by members of the technical rescue team. Getting her ready are FF's Len March (Left) and Jason Parsons. At right, Heather McKay of HR tries out the high angle rescue presentation. All stations in Zone 1 participated.



Photos by John Giggey

Two safety valves activated on a natural gas pipeline in Burnside on the evening of July 13 (above), resulting in the closure of a large section of the industrial park. Below members of Quints 12 and 13, working in a safety zone a couple of hundred feet from the leak, prepare lines for water supply prior to the valves being reset. Capt. Colin Lye of Q-12 was IC. It was the second serious haz-mat incident caught by Lye and his crew in Burnside in a week. On July 5 a large part of the park was evacuated when a Superior Propane truck sprang a leak on Thornhill Dr.





Fuel Truck Flips in Hammonds Plains

The driver of an Esso home delivery fuel truck drove onto the soft shoulder of a quiet residential road in Hammonds Plains July 31st. The truck slipped off the shoulder and flipped on its side, striking a hydro pole and bringing down power lines. The accident forced NS Power to disrupt power to more than 100 people and five homes were evacuated from about 5 p.m. until 1:30 the following morning.

Top right, Paramedic Ian Winters, District Capt. Jamie Palmer and Station 50 Lt. Chris Claridge enjoy some pizza at the back of E-50. Below left, Platoon Chief Bryan Gray chats with some Station 50 volunteers as they await the arrival of a team to offload the fuel truck. From left are Gray, Chris Bowers, Steve Cook and Mike Deagle. In the foreground is Marty Usher, who is also a career DND firefighter. Below right, Ben Bremner of Station 59 begins setting up portable lighting as dusk arrives. Besides being a volunteer, Bremner is also a career member of the Fredericton City Fire Department.



Photos by John Giggey



Photos by John Giggey

TALKING IT OVER – IC Chief John Siggers of Station 50 and Station 59 Deputy Chief John Cunningham have a chat as workers start preparing to transfer the fuel. A haz-mat response consisting of Quints 5 and 12, Tact 1 and the DeCon Unit was also initially dispatched, but they were released when it became clear there was no immediate danger of a serious spill.

On Track – Sherise Williams Knows Where She’s Going

The Emergency Services Achievement Program, sponsored by the Sackville Volunteer Firefighters Organization, is designed to help young people between the ages of 16 and 30 who are having difficulty finding good employment.

During the winter and spring, Sherise Williams worked with our headquarters staff as the latest young person to benefit from the program which is funded by Service Canada.

“It’s amazing the skills she learned working with the department,” said

program coordinator Bernie Scott, a retired teacher. “She has been able to land a job with a local bank.”

The program focuses on steering students into emergency services as a career, and her six months with fire have given Sherise the bug. “Her goal is to come back to work with HRM, hopefully the fire department, and she now understands exactly what education she needs,” says Scott.

Next year Sherise begins a course at community college to give her the skills she needs to go back to work with HRM.

“The whole staff was wonderful,” says Scott of Sherise’s six months with Fire. “They really helped her to see where she wants to go and how to get there.”

Our department also assists the program by providing CPR and other training for selected students, and by providing payroll services.



Student Sherise Williams with Chief Director Bill Mosher and coordinator Darlene Ellis as her six-month term ended in early June.

**A NEWSLETTER
DEDICATED TO
MEMBERS OF HALIFAX
REGIONAL FIRE &
EMERGENCY**

Location:

Station # 50
Hammonds Plains, NS

Mailing Address:

Feedline
HRM Fire Station 50
2050 Hammonds Plains Rd
B4B 1P3

Phone: 832-2319
Fax: 490-6593

e-mail address:
feedline@halifax.ca

EDITOR-IN-CHIEF:
Jeanette MacKay
902-490-6530
mackayj@halifax.ca

EDITORS:

Tom Silver
John Giggey

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your Newsletter!
Articles, comments and
photographs are most
welcome!



**Halifax Regional
Fire & Emergency**

Photo by John Giggey



HANDS ON – Chief Robert Kay of Station 38 (Middle Musquodoboit) douses some hot spots during a late night fire at a two-storey home on MacMullin Rd. in the Musquodoboit Valley community of Antrim Aug. 5th. Three engines and six tankers from Zone 3 were dispatched. The house was destroyed.

FeedLine Contact Information:

Tom Silver
490-4823
209-4954 (cell)
silvert@halifax.ca

John Giggey
832-2319
240-9111 (cell)
giggeyj@halifax.ca