

THE VOLUNTEER VIEW

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Trophy Club Emergency Volunteer Association

Building a Safer Community Through Volunteerism

Firefighters

Chief Rick Lasky

Dear citizen,

Please allow me to introduce myself. I am your firefighter. I'm the one who shows up at the firehouse for my shift, and I'm the one who shows up when the pager goes off. If we passed each other on the street, you most likely wouldn't recognize me. My face may not be familiar. But rest assured, I am your firefighter. I am a brother; a sister; a mom and a dad; a son and a daughter; and, yes, a grandfather and grandmother.

I am writing to you in an effort to clear up some misinformation. You may have heard lately that firefighters make too much money or don't want to respond when the rooftop siren on the firehouse wails, that they don't care and have lost their grip on the true meaning of being a firefighter. Rest assured they haven't. They still very much do care and do more to stand that post than ever before. We train in the skills of firefighting; emergency medical services; hazardous materials; specialized rescue; and, yes, in weapons of mass destruction. The list is long and can range from the basic to extremely technical. We do not sit around the firehouse and play checkers like you may have read in a children's book. We stand ready to respond to your emergency no matter what it is. You see, I am your firefighter.

We sleep in a firehouse or with a pager next to our bed at home, ready at any moment to respond to someone in need. Our response to those who need us is done so without prejudice. We don't perform a credit check or make you submit an application. We respond to your needs immediately without regard as to who you are or what status you carry in the community. We take care of the wealthy and the homeless, and we will treat your children, your grandmother, and your home or business as if they were our own. This is not a practiced or trained skill but a way of life for your firefighter. To us, it's not a job or even a profession; it's a calling--one that involves the thrill of helping others in their time of need. You see, I am your firefighter.

It's not a new job. We've been there for you since Benjamin Franklin decided to create the first volunteer fire department. The position has gone from that of prominence to that which people look down on, to that of hero after our country was attacked to once again to those who have too much. Let us be clear in this area as well when it comes to having too much. Most of us work two jobs in an attempt to put food on the table or into a college fund. We miss a lot of our kid's soccer games, recitals,

birthday parties, and so many special moments that are gone forever to either work that shift or make that call. We work on Christmas and a long list of other holidays and run out the door when our children are opening their presents from Santa. When you wouldn't think of giving up one of those special moments, we do. We stand ready for you. Yes, it is a choice we made, that of serving others, but it was a choice made without promise of wealth or personal gains--just that of taking care of others. You see, I am your firefighter.

And can we address that of being a hero? You see, those of us who serve or have served as firefighters do not consider the position that of a hero. We will admit the task does require acts and deeds of bravery at times; it comes with the work we love to do. Again, we're just moms and dads, brothers, sisters, sons and daughters, who just want to make a difference in the communities we serve. We have never met a firefighter who said, "I can't wait to be a hero today." All they want to do is serve others, take care of people, and have a belief in "family" that is paralleled by few. They are values driven, not money driven, so please do not read this wrong. Firefighters are some of the bravest people we know, but there is a difference between an "act" and a belief in something special. To them it's not about being a hero; it's more about being guardians, those which support family. You see, I am your firefighter.

We paint, clean, maintain, and mow the grass at our firehouse not as much because it saves our taxpayers money but because it is our home. We realize that a firehouse has stood within a neighborhood as a place of safety for decades, a place where a senior citizen who is lost and can't find the way home can go and find help, and those helping her will treat her like she was their own grandmother. A place where a child who is scared, lost, or being followed by a bad person can go and find protection. Please understand to a firefighter their firehouse isn't just another building; it's their home and a symbol of what is right within a community. It's a building where we train together, prepare to respond to your call for help together, and for some where we eat, sleep, and spend a third of our lives together. It is where we stand ready for you. You see, I am your firefighter.

We realize that each time the economy takes a downward turn, the first thing they say at city hall is, "What can we cut in the fire department?" and we once again will do more with less. We will always try to be good stewards of the taxpayer's dollar and save money wherever we can, but there is only so much you can do with less. You can line the street with as many fire engines and ladder trucks as you want, keep in mind that fire trucks don't fight fires, firefighters do, and we need them to be successful at serving you.

We'll change your smoke detector battery free of charge, make sure that there is no carbon monoxide in your home waiting to harm you or your loved ones, and we'll walk with you through your home, helping you identify areas that need to be addressed for your family's safety. We stop along that dark roadside and help you change a flat tire because you are family and we would never leave a loved one stranded along the road. We read to children hoping to promote literacy and to help them understand that reading is just not important but can be fun too and those that can read do well in life. We conduct fundraisers to help those in need and give little children fighting cancer a ride on our fire engine because we know that 30 seconds of your life can change another's forever. And if you're ever wondering just how important a firefighter is in the life of a child, the next time you're in your local bookstore, go to the children's section and count how many firefighters, fire engines, hook and ladder trucks, and ambulances you see in the books there. To a child they are a hero, but more importantly a mentor and role model, again, a person who values family. You see, I am your firefighter.

It may seem that I am a bit partial when it comes to firefighters, but please don't look for an apology. I am that way because I have seen firefighters risk it all for those they do not know and in some cases for those who could care less about them. I have seen the biggest of them kneel down next to and help an 85-year-old grandmother who has fallen for the fifth time this month with such care and compassion that you find yourself choking back tears. I have watched them bring life into this world, save lives, and many times do everything in their power, to the point of exhaustion, to save another's life, only to not be able to do so, and I have heard them cry. Yes, firefighters have feelings and yes, they cry. You'll never see it, because they'll do it when they are alone or in the bunk room sitting on the side of their bed. It's after they've done everything to breathe life back into that baby or to cut someone's daughter out of their wrecked car or after they have lost a fellow firefighter in the line of duty. It's not normal to see what a firefighter has to see or do what a firefighter has to do, but they do it. They do it because they want to serve you. They want to stand that post for you and your family, to be there for you all day long and for you long after you go to bed. You see, I am your firefighter.

In closing again, firefighters don't do "it" for the recognition. Yes they are proud of what they do, but don't try to give them medals or accolades. They'll just tell you they were doing their job. They have a passion for serving others and are not looking for rewards. Maybe just decent tools, equipment, and protective clothing to do their jobs. The training that keeps them prepared to take care of you and your family and the staffing they need in order to make that happen, and once in a while the secure feeling of knowing that they'll be able to continue volunteering in your community or working in that firehouse, without the fear of cuts or closings. They won't ask for laser beams, fancy titles, or for a "room with a view." To be honest they already have the best view in the house. It's from the firehouse down the block from your home. The one that allows them the privilege and honor of serving you and your family. You see, I am your firefighter and we will always be there for you!

From the Vice President

Twyla Berry

What an exciting time for the Trophy Club Emergency Volunteer Association! With a new group of Citizens Police and Fire Academy graduates joining our already active members, we are poised to begin doing some really great things in the near future. There is power – and energy - in numbers so we

are really looking forward to the addition of these new members to our ranks.

We have so many opportunities and events ahead of us in the next few months. There are training classes and conferences – locally and regionally - as well as community events with which to be involved. Our town Independence Day celebration is upon us and there are always unique volunteer opportunities associated with it for our members. We are called upon to assist with almost every major town event which, for me, is a source of pride at being able to help our “first responders” in a significant way. We are often reminded that our assistance – from traffic control to providing water to the “troops” – is appreciated by our Chiefs and the men and women on the streets.

It just so happens the 2013 CPAAA (Citizen's Police Academy Alumni Association) Convention is being held in Arlington from July 24th-27th. This is a great training opportunity in our own “front yard”! The Texas Citizens on Patrol Conference will be held August 16th-18th in our “back yard” in Decatur, TX. And our own Officer Scott Voigt teaches a variety of local training classes, in addition to facilitating the Citizens Police Academy. Not only does our Fire Department conduct Citizens Fire Academies, they facilitate a variety of community-oriented classes including CPR and First Aid, and are wonderful hosts for community events at the Fire Station. They cook some pretty serious pancakes and sausages, too!

Our organization offers something for everyone. We have specially trained folks (Citizens on Patrol or COPs) who regular patrol the town as “extra eyes and ears” on the streets assisting the police officers on duty. We have folks who are available to serve in a rehab role as needed when we have a fire in town. We have folks who have been trained (CERT) and can be activated in the event we have a major disaster, such as a tornado, come through town who can assist in a variety of ways.

If you want to learn more about what our Police and Fire Departments do, you don't have to look very far. Check the town website for the next installments of the Citizens Police Academy and /or Citizens Fire Academy. And then get involved with us in the TCEVA as a graduate of one or both of these Academies. We need more volunteers who are trained, willing and able to serve our town and assist our first responders as we all strive to keep Trophy Club the best hometown around!

Sitting on a hydrant

Chief Danny Thomas

I hope all is well and everybody is enjoying their summer vacations or plans. It's that time of year where we all pay close attention to the weather, storms followed by drought. This is just Texas, no big deal. Texas has been put on the worldwide map for drought and wildfires along with Colorado and California. Please stay tuned to our web sites for all the updates and helpful tips.

Spring brought us a few very close calls as to Tornados and the gathering of resources to help our fellow neighbors. Our department along with resources from the Town stepped up to make a difference; we took supplies to Moore, Ok and sent staff

to West, Tx. Our service to the community is a state of readiness and the ability to gather resources to cover many different types of disasters along with the basic fire of EMS calls. Trophy Club Fire Department is a participating member in the North East Fire Department Association (NEFDA). NEFDA is a consortium of fourteen communities located in the North East portion of Tarrant County. The member Cities of NEFDA (Trophy Club, Roanoke, Westlake, Southlake, Grapevine, Colleyville, Bedford, Euless, Richland Hills, Richland Hills, Watauga, Hurst, Keller and Haltom City) formed an alliance by recognizing that there is a need for specialized/technical services to the citizens of our member cities, while also recognizing that it is not economically feasible for each City to maintain the staffing and equipment needed to provide those services. Through the NEFDA organization a regional plan was developed. Under this plan each participating City pays into the consortium and commits to providing a certain number of on duty personnel with specialized training to allow a technical team to be assembled quickly. Ongoing training of the joint groups helps insure that the team members are ready when called. NEFDA operates a number of specialized pieces of equipment, which are placed throughout the North East portion of the County and kept ready to respond if needed. This is a list of the response vehicles' mission and their locations:

- **Hazardous materials truck, North Richland Hills**
- **Mass casualty truck, Euless**
- **Heavy rescue truck, Grapevine**
- **Technical rescue truck, Haltom City**
- **Hazardous materials truck and trailer, Roanoke**
- **Mass decontamination trailer, Colleyville**
- **Bomb disposal truck and trailer, North Richland Hills**
- **Light and breathing air truck, Bedford**
- **Swift water rescue, Euless and Haltom City**

Along with the technical disciplines we train together and share the cost and saving. This is resource management at its finest. Please visit the site www.nefda.net

HEAT EXHAUSTION AND HEAT STROKE

Conni Mayatt Volunteer

It is the time of year when temperatures begin to soar and people are taking to the sidewalks, swimming pools, and playgrounds for exercise and fun. Along with the heat comes the increased risk of heat-related conditions: Heat cramps, heat exhaustion and heatstroke.

Heatstroke is the progression of **heat cramps** and **heat exhaustion**.

- **Heat cramp** symptoms may include excess sweating, cramps in stomach and/or arms and legs, thirst, and fatigue. Drinking water or sports drinks along with resting and moving to a cooler location will generally relieve the symptoms. If untreated, condition may worsen resulting in heat exhaustion or heatstroke.
- **Heat exhaustion** symptoms include muscle spasms or cramps, nausea, headache, lightheadedness or fainting, and cool moist skin. Heat exhaustion can usually be treated using

similar methods to those used for heat cramps – drinking nonalcoholic and caffeine-free fluids, moving to a cooler or air conditioned space, loosening clothing, and/or taking a cool bath or shower.

- **Heatstroke** symptoms include a body temperature of 104 F or higher and may include skin that feels hot and dry, unless brought on by strenuous exercise, which would result in moist skin. Other symptoms include rapid breathing, red skin, nausea and vomiting, muscle cramps and weakness, racing heart rate, headache, confusion, and/or unconsciousness. Persons experiencing a heatstroke require immediate medical attention. There is a risk of serious complications to muscles, the brain, heart, kidneys, and even death. **Call 911** and take immediate action to cool the person.

Suggestions to prevent heatstroke during hot summer months:

- Acclimate to hotter weather slowly
- Watch for heat alerts
- Drink plenty of fluids
- Exercise early in the day
- Limit exposure between 10 a.m. and 4 p.m.
- Use sunscreen with an SPF of 15 or higher
- Wear sunglasses that are labeled for UV protection
- Wear loose fitting clothing, preferable of a light color
- Don't leave anyone, including pets, in a parked car with the windows closed
- Take caution if taking medications or if you have a physical condition that increases risk

Sources: Mayo Clinic and Baylor Health

Personal Spotlight

Elaine Voigt

In this issue I would like to introduce you to Officer Scott Voigt. Officer Voigt has been with the Trophy Club Police Department for 13 years. Seven years as a reserve policeman and six years as a full time officer. But before he was a full time officer, Scott had a whole other life. He was in the US Navy for five and a half years, then worked at the Fort Worth Air Traffic Control Center for 27 ½ years and at the same time was in the Air Force Reserves for 19 years.

Scott Voigt was born in Chicago, Illinois to wonderful, loving, German parents, and when he was five years old his father moved the family to California. Scott grew up in the Bay Area, and after high school joined the US Navy as an Air Traffic Controller. While in the Navy, he was a reserve officer for the Port Hueneme Police Department. After he completed his tour of duty, Scott moved to Euless and then Bedford, TX with his wife and worked at the Ft. Worth Air Route Traffic Control Center. Now you must be wondering why in the world a California guy would move to Texas. It was because on November 4, 1977 he came down to Flight Dispatch at Point Mugu Naval Air Station, CA, where he was stationed, to check out the new girl who happened to be a Texas Gal. Well, he fell in love with the new girl and they were

married February 17, 1979. It was a hard decision for both of them to move to Texas because the Texas Gal loved California, too. The final decision was made since it was a lot cheaper to live in Texas and there they could be more prosperous.

Now here's the part where I have to be careful not to be biased. Scott Voigt has been my husband for 34 interesting and wonderful years. He is a person I respect, admire and love very much. But by saying that, I need to say also that I don't see him through rose colored glasses. He is, after all, human. He is the type of person who thinks in the old fashion way, you don't lie, cheat or steal and his word is his bond. He is the calm in the storm, he does things by the book and doesn't cut corners. As an Air Traffic Controller, if you take short cuts people can die, not just one or two but hundreds can die if you make a mistake. As an Officer, people can still die if you make a mistake, and one of the people can be the officer.

In every job Scott always went above and beyond. As an Air Traffic Controller and an Air Force Reservist, he was on various teams creating and promoting new programs; as an additional duty he was the Safety Officer for the Southwest Region; published a regional and national newsletter and so much more. Now as a police officer he is again doing many jobs. He has developed the Citizens Police Academy; has classes for the local Citizens on Patrol; tries to recognize the good work of others by nominating volunteers for awards. He works with several community programs and takes time to be there for the community.

You may wonder why Officer Voigt gives so much of his time and energy even when not on duty to this community. The reasons are many, his love of this community that we call home and a personal item. When he was seven years old his world fell apart when his father, unexpectedly, passed away. Fortunately for Scott, there were several adults in his life to help him, one being a teacher and one being a policeman. They came to his aid when he needed it most and it helped to make him into the honorable man he is today. Scott, you are the best!

Summer Time Again

Officer Scott Voigt

The heat is here once again and for those with pools, it is time to enjoy them. But along with the great enjoyment pools bring us, they also bring dangers for the little ones. For people who have built pools in the recent past or are thinking of building one, there are three different safety requirements, you can pick any one of the three, the first one is a safety requirement from the 2009 International Residential Code AG105, "all doors with direct access to the pool area must be equipped with an alarm which produced an audible alarm when the door and it's screen are opened. The alarm must sound continuously for a minimum of 30 seconds immediately after the door is opened and is capable of being heard through the house during normal household activities." This one requirement will allow you to hear if a child tries to silently go outside to play around the pool. This gives you warning to check immediately on the child.

The second safety device is to have all doors leading into the pool area equipped with self closing and self latching doors, the release mechanism must be located a minimum of 54 inches from the threshold of the door.

The third device is a power safety cover to cover the pool, it must be manufactured in compliance with the American Society for Testing materials (ASTM F1346).

Along with these safe guards, please teach your children that the pool is off limits unless there is an adult present, it only takes seconds for tragedy to strike. Bring your child to a swim class to learn how to swim and have all family members learn CPR. One little tip I saw from a

friend was an excellent idea, he was having a party and there are always a LOT of people present, but for this party he hired a life guard to keep watch of all the kids in the pool. Now no one has to worry about who is watching the children having fun. All of the adults can enjoy the party and not worry about having their attention diverted.

On another note, with July upon us, it is time to celebrate the independence of our country and we normally enjoy doing that with fireworks. By all means, go to Independence Park and enjoy the professional fireworks and all of the other festivities that will be taking place. Use or possession of fireworks in Trophy Club is in violation of Town Ordinance and can result at the very least with confiscation of the fireworks and a citation, at worst, an injured person or a structure fire. Help us keep this a safe and fun 4th of July.

Roundabout Tips

Having driven in England and Europe I have grown to really enjoy roundabouts and how they are able to keep traffic moving. The main thing to remember in a roundabout is that the traffic rules don't change. In a roundabout you have yield signs versus stop signs, so just as at a normal intersection, if you have a yield sign, you must stop for any traffic that is on the roadway not having to yield. If no one is on the roadway you want to enter, you may continue. It is ALWAYS prudent to slow to be able to determine if there is someone coming. It is not always easy to see people on bikes, motorcycles or scooters, so be prudent and slow down upon reaching any yield sign.

As with any other roadway, if there is a solid line separating the lanes of traffic you may NOT cross into the other lane of traffic. If the lanes of traffic have a broken line, then with proper signaling, you may change lanes when safe to do so.

One difference with our roundabout compared to most is that the right turn lane off of eastbound Trophy Club Drive onto southbound Trophy Lake Drive has an additional yield sign after you enter the turn. This is to allow traffic in the roundabout that is exiting to Trophy Lake to be able to change lanes to exit onto Village Trail. I've seen on more than one occasion drivers failing to yield to drivers signaling to change lanes to the outside lane on Trophy Lake. There are two yield sign markings for the roundabout, there is the normal red and white sign post and then there are the white yield triangles painted on the roadway.

There isn't anything really different about the driving rules of a roundabout, all of the normal rules apply, just follow what you would do on a straight lane of traffic and you will be fine. Now for a little etiquette of roundabouts. When you are going to enter a roundabout, turn on your left turn signal to show drivers that you are entering and staying in the roundabout. When you are going to exit the roundabout it is like making a turn at an intersection, you are required to signal your intent to turn, so just before you reach your exit to the roundabout put on your right blinker and then exit. This keeps you in compliance with state law but also signals to drivers that are waiting to enter the roundabout that you are going to exit before you reach the other roundabout entry. This helps keep the flow of traffic moving.



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