

# THE VOLUNTEER VIEW

Issue # 20

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A Quarterly Publication for the  
Trophy Club Emergency Volunteer Association

## *Building a Safer Community Through Volunteerism*

### **Editors Corner**

### **Bio on TCEVA President**

### **Richard Gregory**

I was born in Honolulu Hawaii but my family moved to San Antonio Texas when I was 2 years old. I served in the US Navy right out of high school so I was able to see a lot of the world and meeting some very interesting people. I ended up living in Florida for a couple of years in which I had the opportunity to work at Walt Disney World. I have lived all over Texas to include Austin, Houston and now Trophy Club. I have called Trophy Club home for almost 4 years now and I love it here.

I do spend as much time as I can volunteering, I feel it's very important to me to give back to my community. I started volunteering my time with TCEVA last year because I felt it's a great group whose purpose to assist the Police and Fire Depts. in any way they possibly can, including all community events. I would really like to see this group grow even more and to educate the community on exactly what we do.

I am also team captain for Light the Night walk, it's a fundraising event for the Leukemia/Lymphoma Society. This is a very important event for me mainly because I am a Hodgkin's Lymphoma survivor.

I consider myself very lucky because I am able to work in 2 jobs that I really love, a real estate agent for the past 10 years and 2 years ago I started my own catering company.

As for fun I loved to go scuba diving, keeping in shape and of course cooking

**Carbon Monoxide:** Carbon Monoxide (CO) is known as the silent killer since we cannot hear it, smell it, see it, or taste it. As a result, per the CDC, annually more than 400 people die, more than 20,000 visit emergency rooms, and more than 4,000 are hospitalized.

Carbon monoxide is a poisonous gas that disturbs the delivery of oxygen in the blood to your body. Exposure can cause headaches, dizziness, chest pain, vomiting, fatigue, confusion, tissue damage, and death. Someone who is sleeping is at a greater risk as they could die, never becoming aware of symptoms. If symptoms are felt, immediately get to fresh air and seek medical help.

Carbon monoxide is produced by incomplete combustion of fuels in automobiles, fireplaces, gas stoves, furnaces, water heaters, lawnmowers, grills, etc. So take care not to run an automobile or lawnmower in a closed or partially closed garage. If you have an SUV and leave it running while the tailgate is open, also open a door or window to prevent accumulation of gases from the tailpipe.

All gas appliances should be vented properly and serviced by qualified technicians. Ensure any pilot lights are burning blue rather than orange. Portable gas stoves and generators should not be used inside the home or garage. Generators should be at least 20 feet away from doors or windows. Fireplaces should be cleaned or checked annually for buildup, blockage, or debris.

Now that we understand it a little better, here are some other ways we can protect ourselves:

- Use carbon monoxide detectors/alarms
  - o use manufacturer's instructions
  - § change batteries/backup batteries per recommendation

## **Safety Tips Around The Home - II**

Conni Mayatt  
Volunteer

### The Trophy Club Emergency Volunteer Association (TCEVA)

What we do—assist emergency personnel in various capacities such as providing provisions during extended emergency situations and raising funds to purchase equipment for volunteer activities. With further training, volunteers help direct traffic for special events, assist in first aid, search and rescue, as well as other important activities.

§ test the alarm and learn the difference between it and the smoke alarm

- o locate on each level of the home
- o locate near sleeping areas
- o locate near garage, if attached
- o do not locate near fuel burning appliances

- Purchase gas equipment with the Underwriters' Laboratories seal or the seal of other national testing agencies

### **Miscellaneous:**

**P**lug a rechargeable flashlight near your bed and other strategic places in the house in case of power failure, fire, etc.

**A**nd, then, repeating from a previous article since the need is still there –

**O**ne of the first things I noticed when I began working with Citizens on Patrol is that, at night, the addresses of many homes are difficult to see/find. While first responders are much more familiar with every street in our town, in general many addresses are hard to locate. I think most of our homes have beautiful address numbering on the structure itself. Some are lighted, but most are not. Over time, some have been blocked by shrubbery or trees. If there is no lighting on the address or if something is blocking it, the next place to look for numbering is on the mailbox or curb. How easy is it to locate your home at night? What if you need an ambulance, have a fire, or an intruder is in your house? Would added lighting or a number on the curb or mailbox be helpful for first responders and others?

## **Spotlight on Police**

### **Personnel**

#### **Janet Grunt**

Interviewed by Donna Schlenger and Joyce Odom Volunteers

**T**here is so much to know about Janet! I hope you will see how wonderful she is and how lucky the Trophy Club Police Department (TCPD) and the Town of Trophy Club are to have such a wonderful, positive asset by their side!

Thank you Janet, from us at Trophy Club Emergency Volunteer Association (TCEVA) who work closely with you!

#### **Born where? Lived Where? What motivates you Janet?**

***B**orn and raised in Pittsburgh; lived there for the first 32 years of my life; moved to Cleveland and lived there 23 years and became a Browns fan! My husband and I have been living in Texas 8 years now. I am still a Browns fan! My husband, son and daughter-in-law motivate me! They are the loves of my life and my inspiration!*

#### **How long have you been with the TCPD?**

***E**ight Years*

#### **What first interested you in applying for this job?**

***W**hen we moved to Texas, I decided to step away from my many years of working for a corporate law firm and try something different.*

#### **What is a typical day like for you?**

*(Chuckle) No day is typical. The days are ever-changing and filled with unique and interesting challenges and people.*

#### **What do you consider the most important duties of your job?**

***T**he administrative position responds to the administrative needs of more than 20 police personnel. Being here and getting the job done for them is what matters most to me.*

#### **What would you like people to know about you or your job that we could include in the interview/Newsletter?**

***T**hat I am very lucky to be working for and with some of the most enjoyable folks I ever had the pleasure of knowing!*

#### **What statement would you like to make known about the men, women and their families of the TCPD?**

***T**HEY are the BEST! They give their all! They truly care about the people they serve in this community.*

#### **What is the best part of your day? 5:00 p.m.**

## What makes you mad? Happy? Sad?

*My family is the "Happy" part of my life. "Sad" is anytime things aren't going well for my family and friends. "Mad" is seeing the elderly taken advantage of by unscrupulous scammers and identity thieves, as well as the unkind acts of hurt, abuse or neglect of many dogs.*

## Was there one person that most influenced you in your life and why?

*Both my Mum and Dad. My Dad had an incredible work ethic and devotion to his family. My Mum was one of the smartest, strongest women I have ever known. If I ever grow up, I want to be like them. I miss them both terribly.*

## What is your FAVORITE past time, food, movie, dream vacation?

*Traveling to see my family, and biking and long walks. My husband, Bob, is a phenomenal cook, so anything he prepares automatically becomes my favorite! My favorite movie is "American President." My dream vacation is also my dream retirement home – a log home in North Carolina or Tennessee with frequent visits to Chincoteague and Assateague Islands in Virginia!*

*Wow, thank you Janet and with that last thought we will wrap this up. Thank you for your time and service to our men in BLUE!*

# Bicycle Safety

Residents of Trophy Club have the luxury of being located in a scenic Town where riding bikes around the area is fun as well as healthy.

To enhance the ride, it is important to know the rules of the road as well as how important safety is to make every moment on a bike better.

## RULES OF THE ROAD

- Bicyclists are expected to observe traffic rules such as stop signs and red lights,
- Always remember to look in all directions before crossing the street

- Only one person per bike unless the bike has two seats.
- Drive focused, never get distracted.
- Be prepared to always expect the unexpected.
- Watch for road hazards like potholes, broken glass, or dogs.
- Ride with two hands unless you are using hand signals.
- Walk bicycles across heavily traveled streets.
- Always ride in the same direction as the traffic.
- Wear bright colored or neon clothing so other drivers will see you.
- Never ride out from behind parked cars.
- When in a group, always ride in a single file.
- Use white front lights and red rear lights.

Ignoring the safety rules can lead to injuries that would have otherwise been preventable.

Always important to your safety is a Pre-Ride Bike Inspection. Check for the following;

- Are the tires properly inflated?
- Do the wheels spin without wiggling?
- Are there missing spokes or damage to the spokes?
- Are the tires firmly attached?
- Is the chain lubricated?
- Check for looseness in the seat and handlebars.

Giving your bike the once over can increase safety.

Bike riding is one of those great activities that transcends age. It is for the young and young at heart. Plus they say, once you learn to ride, you will never forget how.

Bicycling as a family is a great opportunity to reinforce and explain safe behaviors around traffic. Go places you haven't been with your children and take along a compass and be a real explorer. Most importantly, be a role model to your children when biking or walking in Trophy Club. Reinforcing and explaining safe behavior around traffic will develop good traffic habits for your children for a lifetime.

# Man, 24, dies after fire at Kzoo apartment complex

By Robin Conarty

Article on June 5, 2015 from the Kalamazoo, Michigan, WOODTV.COM:

“...It was just before 6 a.m. Monday when Tyler Bombara said he woke up coughing.

“I opened the door; army crawled, closed my eyes, got to the front door and tried to open it. I couldn’t open the front door, crawled back and punched the window out,” said Bombara.

He was able to make it out but his friend, Donald Beck, wasn’t. Firefighters found Beck on the bathroom floor.

“So much smoke, so much heat couldn’t see anything. I don’t blame myself for anything. I did the best I could. I was in survival mode,” said Bombara....”

In the last newsletter, I wrote an article on Home Fire Safety and Planning Your Family’s Escape. This happened to be an unwelcomed, prophetic article for me as the above story is about my nephew, Donnie Beck, who perished four days after the trauma of toxic smoke inhalation.

The death of my brother’s only child wreaked devastation on him and our family. It caused me to think even more seriously about the importance of planning for the indescribable, unexpected horrors of being trapped in a burning residence.

My daughter had a sleepover and I remembered to tell her to plan an escape should the home catch on fire, right? Completely forgot! “It will never happen to me,” is the mentality many have, including me, until it actually happened to me.

Thank you Fire Chief Danny Thomas and Officer Scott Voigt for your advice and direction on what to do if caught in a room while a fire blazes outside the door.

Get out FAST!!!! Don’t wait for help. It wasn’t the flames that killed my nephew, there wasn’t a burn on his body, it was the toxic smoke. If there is no window in the room from which to get outside, then one should take the below measures:

1. Crack open the door to see what is going on outside the door. Determine from which direction the fire is coming and go the opposite direction, provided there is an egress that way.
2. Always know of at least two different escape routes, up, down and/or sideways. In the article,

Mr. Bombara states that he tried the front door first but had to retreat and break out a window to escape.

3. Stay LOW! Mr. Bombara mentioned that he army crawled with his eyes closed. One could imagine that the smoke was so bad that he had to crawl on his belly, like a soldier under a web of barbed wire, with his mouth hovering just above the floor to get oxygen and his eyes glued shut due to the severe pain caused by the smoke and the probability that they would be of no use to him, anyways.
4. Two-story homes have the possibility of a “Chimney Effect” in the stairwell. This happens when the smoke and fire funnel up the stairway like a chimney annulling that route as a means for escape. Jumping out a two-story window may become the only possible means to save oneself.
5. If the fire is right outside the door of a room without a window, like an interior bathroom, then a wet towel can be placed over the head and body and a wet cloth, through which to breathe, can be placed over the mouth. Use a wet cloth to cover the mouth as it will trap the smoke and toxins much more effectively than a dry cloth. This will protect one for a limited amount of time but maybe, just enough, to get out safely. Again, stay low and crawl.
6. If a small child, or other individual, is trapped inside, be prepared to instruct the firefighters, with very specific and accurate details, on how to find the child’s location as they do not know the layout of the home but those that live there, do. The firefighters will travel along walls. Tell them, “Through the front door turn right, go past the first set of double doors, then when you get to the next door, directly across from that door is the bathroom door. My child was in there.”
7. Lastly, teach household members about egress, what escapes to use and make sure the children can get to each escape method by crawling on their tummies, blindfolded. Review and practice with them on a regular basis.

My nephew was 24-years old, a “Man,” yet he did not escape the confines of the bathroom in which he was trapped. He may not have known how but I hope this article will help someone else that finds themselves caught in this situation to safely escape.

**The Volunteer View is published by the  
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