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THE OVERLOOK

October, 2015

Edited by: Joanie Wynn

MBVFD Hosts Boy Scout Troop 43 for a Weekend of Fire Training

By Steve Wynn



Photo By: Gary Traverso

Boy Scouts of America Troop 43 of Corte Madera were invited by the Muir Beach Volunteer Fire Department to engage in an exciting first-time camping opportunity. The weekend-long event was designed to fulfill fire safety merit badge requirements and to give the Scouts a taste of what it is like to be a firefighter in West Marin.

Upon arriving at Santos Meadow on Saturday morning, the Scouts started the first day with a 6.2 mile hike up to the top of Coyote Ridge for lunch and back down to the BBQ grounds. When they returned to camp, they hit the ground running.



Photo By: Gary Traverso

With help from the Marin County Fire Department, Muir Beach firefighters put the Scouts through the paces. Scouts were split into two groups and alternated between two stations. One station ran the Scouts through a wildland evolution, pulling hoses and getting water onto an imaginary wild fire while the other station engaged in fire extinguisher training. They learned the necessity of teamwork and the importance of the chain of command. They also discovered what equipment fire engines typically carry and the different types of personal protection equipment firefighters use.

It was a full day for all and after a well deserved dinner, the Scouts entertained us all with hilarious skits and songs. The tents were quiet that night and all were exhausted....but there was one more surprise...



Photo By: Gary Traverso



Photo By: Gary Traverso



Photo By: Gary Traverso



Photo By: Gary Traverso



Photo By: Gary Traverso

On Sunday morning, the fun continued when the Scouts were surprised with a visit from the California Highway Patrol. CHP officer and paramedic Ben Schmidt ran the Scouts through a quick tour of their helicopter and the rescue abilities of their team.

Then, the Scouts were able to observe a real drill for Muir Beach and Marin County Firefighters. The topics ranged from helicopter safety to rescue procedures in hooking up patients to their hoist and longline.

Thanks to the coordinated efforts of the following: California State Park Ranger, Roberto Walton for allowing us to hold the event at Santos Meadow, Marin County Firefighters Capt. Joe Gallardo, Engineer Don Keylon, James DeMoss, Ketto DeSalles and Spencer Dicks for their help and participation in the wildland and fire extinguisher training, Bill Vieira from Marin County Fire for supplying all the extinguishers for the drill.



Photo By: Gary Traverso



Photo By: Gary Traverso



Photo By: Joanie Wynn



Photo By: Gary Traverso

NOAA/NWS Reports on El Nino



A moderate El Nino event is currently ongoing and strengthening. The NWS remains highly confident that this El Nino event will continue through the winter and into the early 2016 spring.

At this time, the forecaster consensus unanimously favors this El Nino to peak sometime this fall or early winter as a strong event.

This event could be among the strongest El Nino events in recorded history. The 3 strongest El Nino events occurred in: 72/73, 82/83, and 97/98.

There is a positive correlation between El Nino events and increased tropical cyclone activity in the eastern Pacific. The eastern Pacific hurricane season lasts until November 30th.

The strongest correlations with enhanced precipitation occur across mainly Southern California during the winter associated with strong El Ninos. There is little-to-no correlation between enhanced precipitation and weak or moderate strength El Ninos.

Even if California does receive above average precipitation this winter, it likely will not erase a 4 year drought. Individual weather storms can produce flooding, even in a drought.

Rivers overflowed, seven inches of rain fell in a single day, and the damage cost California more than \$400 million. It was California's wettest winter on record. It was the El Niño 1997-98.

MBVFD Recommendations

In light of a potentially heavy winter, this is probably a good time to get your home prepared. If the El Niño storms come, there is a good chance that trees and branches will go down, there will be flooding along the Redwood creek and, as you all know, we are prone to power outages. MBVFD will stand ready to respond as needed but here are some proactive steps you can take to be prepared:

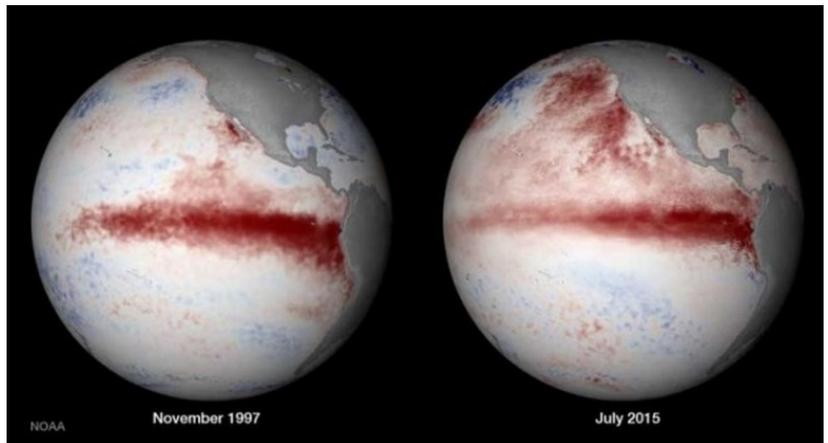


Image: This image by the (NOAA) compares the warm Pacific waters of the El Niño 1997-98 event with conditions this summer.

1. Put together an emergency supply kit. For suggestions, see muirbeachfire.com/emergency.html.
2. Evaluate the condition of the trees surrounding your home & make sure to trim long or dying/dead tree branches that could pose a threat to your house.
3. If you live along the creek, have a supply of sandbags ready.
4. In anticipation of power outages, check your flashlights and have extra batteries on hand, test generators and have extra fuel stored in a fire-safe place.
5. Keep cell phones charged & make a family communication plan to prepare for the possibility of road closures. As an example, if Muir Beach is cut off and parents can't get over the hill to pick up kids from school.

Bus Reports

By Steve Wynn

Thanks to all that have been sending me reports on safety issues concerning the buses along Hwy 1.

I have submitted the second batch of reports to the Board of Supervisors, CHP, NPS , Sheriff office, DPW and the California District Director's office and they have listened.

We are currently scheduling a meeting to start the conversation on finding solutions to this problem before something unfortunate occurs.

All parties recognize the gravity of this situation and are eager to resolve it.

I'll keep you posted and please keep the reports coming.



Proposed Tax Relief for Volunteer Firefighters and Emergency Medical Responders Picks up Steam

H.R. 343: Volunteer Emergency Responders Tax Deduction Act

Introduced by David McKinley, (Rep) representative for West Virginia's 1st congressional district, this bill was assigned to a congressional committee on January 14, 2015, which will consider it before potentially sending it on to the House or Senate as a whole.

The Volunteer Emergency Responders Tax Deduction Act amends the Internal Revenue Code to treat firefighting and prevention services, emergency medical services, ambulance services, civil air patrol, and search and rescue services rendered by a bonafide volunteer as a charitable contribution to the organization for which such services are rendered for purposes of the tax deduction for charitable contributions. Limits to 300 the amount of hours of services which a volunteer may render to an organization in a taxable year.

If it passes, this bill could benefit MBVFD by both encouraging more volunteers to step forward and rewarding active participation of our current volunteers. To find out more, go to: govtrack.us/congress/bills/114/hr343. There is a cool option on the site that enables you to "Call Congress" and show your support by placing an internet call directly to Jared Huffman's office. Or you can call his office directly at 202-225-5161.

It's still very early in the process, but we'll keep you posted if it goes to a vote.

A Special Thanks

I would like to give a big shout out of thanks to volunteer firefighter, Rob Allen.

The Eigstis were having some 4th of July fun in Bolinas when Brad's 81 year-old mother slipped and scraped up her arm pretty badly.

Luckily, there was an EMT crew close by and they did what they could do but said that Ruth should go to the emergency room to have her arm cleaned out.

None of us were too excited about going to the ER on the 4th of July, and so Brad decided to see who was around Muir Beach to help with the situation. Brad was able to reach Rob Allen via cell phone to let him know that we were en route from Bolinas with Ruth.

Rob cheerfully came over to our house where the whole family gathered around to watch Rob clean and wrap Ruth's wounded arm. He assured her that what he was doing was exactly what would have happened at the ER, and we all breathed a sigh of relief that Ruth was in such good hands and that would we not be spending possibly hours in the ER.

The next day, Rob gave a call to check on Ruth. We were all touched and greatly appreciate Rob for taking such special care of Brad's mom.

3 Cheers to you Rob Allen!

*Sincerely,
Lisa Eigsti*

Dear Chief Wynn,

On Saturday afternoon, September 12th, my friend and I took our children to Muir Beach, and settled in our favorite spot near the big rock (at the edge of Little Beach). When we got there, a family was eating a picnic around a fire they built. I remembered seeing a sign that fires were not allowed outside the metal rings provided on the beach, but I was not absolutely confident that what they were doing was illegal there. However, once I realized that the fire became a play thing in which the kids (aided by their father) started throwing any object they could find, including plastic and a very large log, I started to feel unsafe. The ensuing smoke made everyone near us visibly uncomfortable. At that point I felt I had cause to bother the Fire Department, and called for help.

My friend and I were shocked by how quick your response was, and I wanted to thank you for your great service. We were especially surprised to see Chris Gove appear like an angel out of nowhere, even before we saw the flashing lights of the fire truck on the Muir Beach Parking lot, which also came very quickly. Once Chris and the fire fighters handled the situation, I introduced myself as the caller. Chris then clarified that he did not come from heaven, but rather via a local trail :).

I wanted to make sure that the entire Muir Beach Fire Department knows how much we appreciate your presence, and how reassuring this experience was for us and our children. We live in Mill Valley, so Muir Beach is our home beach, and we feel very protective of it.

Thanks again for your continued bravery and exceptional service.

Eva Craig



Dr. James Jude, Who Helped Develop Use of CPR, Dies at 87 (excerpt from NY Times article)

By William Grimes

Dr. James Jude, a thoracic surgeon whose recognition that external manual pressure could revive a stalled heart, and who used that insight to help develop the lifesaving technique now known as cardiopulmonary resuscitation, or CPR, died on Tuesday at his home in Coral Gables, Fla. He was 87.

In the late 1950s, Dr. Jude was a resident at the Johns Hopkins University School of Medicine in Baltimore, experimenting with induced hypothermia as a way to stop blood flow to the heart by cooling it down and allowing surgical procedures to be performed without fatal loss of blood.

In experiments with rats, he found that hypothermia often caused cardiac arrest, a problem that two electrical engineers down the hall were addressing in experimental work on dogs, using a defibrillator to send electrical shocks to the heart. William Kouwenhoven, the inventor of a portable defibrillator, and G. Guy Knickerbocker, a doctoral student, had seen that the mere weight of the defibrillator paddles stimulated cardiac activity when pressed against a dog's chest.

Dr. Jude immediately saw the potential for human medicine and began working with the two men.

In July 1959, when a 35-year-old woman being anesthetized for a gall bladder operation went into cardiac arrest, Dr. Jude, instead of using the standard technique of opening the chest and massaging the heart directly, applied rhythmic, manual pressure.

"Her blood pressure came back at once," he recalled. "We didn't have to open up her chest. They went ahead and did the operation on her, and she recovered completely."

In 1960, the three partners published an article in *The Journal of the American Medical Association*, "Closed-Chest Cardiac Massage," reporting that when the technique was used on 20 patients, ranging in age from 20 months to 80 years, 14 of them resumed normal heart function.

"Anyone, anywhere, can now initiate cardiac resuscitative procedures," the authors concluded. "All that is needed is two hands."

Cardiac massage evolved into CPR when Dr. Jude and his team collaborated with doctors at Baltimore City Hospitals (now Johns Hopkins Bayview Medical Center) who had been working on pulmonary resuscitation, a noninvasive method of restoring lung function. Neither team had known what the other was up to, but when the two were brought together, their techniques were combined to create what they called "heart-lung resuscitation."

The American Heart Association, which formally accepted the technique in 1963, renamed it cardiopulmonary resuscitation, believing that term to sound more professional.

Dr. Jude became a missionary for CPR, appearing before medical groups around the country to explain the benefits of the technique, which was gradually adopted by fire departments, police departments, paramedical services and hospitals around the world.





Looking Back at the Dog



Thanks to Tom Forster who came across this article from the Seventies . As part of Marin County Fire Chiefs, Tom has been working hard documenting the history of fires and the fire departments in Marin County.

You can see our history and the rest of Marin County fire history by visiting:

<http://www.marinfirehistory.org/muir-beach-vfd.html>

Thank you Tom!



"We are a volunteer committee of the Marin County Fire Chiefs Association, working to locate and preserve historical information about fires and fire departments (FD's) in our County."



I-J REPORTER'S NOTEBOOK

By PAUL LIBERATORE

Dog On T-Shirt Helps Build Spirit Of Volunteer Firemen

T-shirts emblazoned with a new symbol of tenacious community zeal have found their way onto the backs of those in Marin who believe in struggling against the alienation that sets in like spiiitual concrete when we relinquish our right to do for ourselves.

The shirts carry no clenched fist or call to revolutionary defiance. Their message is delivered through a picture of a small white dog, leg raised, doing what all dogs must do. The dog is the mascot of the Muir Beach Volunteer Fire Department.

MUIR BEACH, that tiny southern Marin village of 210, its 92 homes scattered over a wind-blown scape of headlands, is not content to let that beast of bureaucracy, the county, douse its fires, spiritual or otherwise.

The dog is an example of "primitive firefighting," said volunteer Denis Williams. "That's where it all began."

The shirts, in a variety of styles and colors, made their first appearance at the firemen's annual picnic in June and a batch of 100 were bought up in a fit of regional chauvinism.

About 150 more were ordered and they, too, are almost gone, snatched by a small circle of those who knew of their existence and passed the word through the underground to some who had no idea there even was a Muir Beach Volunteer Fire Department.

Profits from the sale of the shirts go to buy hose and other firefighting equipment.

THE DEPARTMENT has one

truck, a 1951 model brush rig once owned by the county. It has been painted yellow and occupies a shed beside Shoreline Highway.

In the two years since the department was formed, the truck has never been used to fight a house fire. But the dozen or so volunteers are ready should the specter of house fire show its terrible face.

Every Sunday morning they drill at a different home. They drive the truck, lay down hose, and note the individual problems that may arise at each dwelling.

Women are being admitted into the department and a group is now studying first aid and rescue methods.

A FIRE DEPARTMENT is not a fire department without a dog. Muir Beach has that on its T-shirts. And a fire department is not a fire department without a siren, and that, according to Bruce Harlow of the Muir Beach Community Services District, is forthcoming.

The Marin County Office of Emergency Services has offered matching funds for a siren to call volunteers from their beds. The community services district has budgeted money for one-way radios hooking the county communications center with Fire Chief John Sward's home and the homes of a few others.

The T-shirts, which have elbowed out Stinson Beach chagger shirts as the most sought-after in Marin, can be purchased at volunteer Bill Sward's house on Pacific Way. You can't miss it; it's the only house on the street.



FIRE SAFETY DAY

- Fire extinguisher service/re-charge.
- Smoke Alarms available for purchase



Fire extinguisher service/re-charge.

Recharge and inspection.....	\$15
Re-Fill inspection (if it has been discharged)....	\$25
New 2.5lb refurbished extinguisher.....	\$25
New 5lb refurbished extinguisher	\$40
New 2.5lb extinguisher	\$48
New 5lb extinguisher	\$65

Drop off extinguishers at the MBVFD Firehouse 9am
Pick up at 2:30pm. Payment due when you pick it up.

OCTOBER 24

For more information contact
steve@muirbeachfire.com



Shot of the Month



Photo By: Gary Traverso



MBVFD Incident Report

June 13 to October 13, 2015

- | | |
|--|---|
| 6-18 Leg injury, Muir Woods | 8-8 Fall, Muir Woods |
| 6-28 Cardiac patient, Big beach | 8-22 Sick person, Pirates Cove |
| 7-4 Public assist, fall, Muir Beach community | 9-5 Public assist- car in ditch, Frank Valley Rd. |
| 7-5 Broken arm, Muir Woods | 9-5 Fall- injured ankle Muir Woods |
| 7-6 Los of consciousness, Muir Beach community | 9-6 Leg laceration, Deer Park Trail. |
| 7-8 Tree down, Frank Valley/Muir Woods Rd. | 9-7 Allergic reaction, Pelican Inn |
| 7-11 Foot laceration, Miwok trail/Frank Valley Rd. | 9-7 Mouth injury, Muir Beach community |
| 7-12 Smoke reported, Hwy 1 | 9-12 Illegal fire, Big Beach |
| 7-12 Ankle fracture, Fern Creek Tr. Muir Woods | 9-12 Dislocated shoulder, Big Beach |
| 7-15 Fall, Muir Woods | 9-13 Report of fire alarm, Green Gulch |
| 7-16 Psychotic episode, Muir Woods | 9-20 Vehicle off road, Hwy 1 |
| 7-25 Assault /injured wrist, Muir Woods | 9-20 Vehicle accident and extrication, Hwy 1 |
| 7-26 Allergic reaction, Deer Park Trail. | 9-24 Motorcycle down, Hwy 1 |
| 7-28 sick person, Muir Woods | 9-26 Bicycle down, Pelican Inn |
| 7-29 Re-set fire alarm, Muir Woods | 9-27 Bicycle down, Diaz Ridge. |
| 8-2 Vehicle accident, Hwy 101. MB firefighter on scene | 9-27 Allergic reaction, Deer Park Trail |
| 8-3 Vehicle accident, Hwy 1 | 9-30 Loss of conscious, Green Gulch |
| 8-5 Loss of consciousness, Coastal View trail | 10-3 Tree down, Hwy 1 near the Pelican Inn |

Reminders

Amazon Smile will make a donation to an organization of your choice. To have the MBVFD be your selected charity, simply type <http://smile.amazon.com/ch/68-0330764> into your browser and shop as you usually do or you can go to our site www.muirbeachfire.com and click on the Amazon Smile link on our home page. Then, every time you make a purchase on Amazon, Amazon Smile will give 0.5% of your purchase to MBVFD!!



SHOW YOUR SUPPORT

PLACE A MBVFD

STICKER ON YOUR CAR WINDOW

To get your free MBVFD sticker contact
Steve Wynn at : steve@muirbeachfire.com



STICKER GOES ON THE OUTSIDE OF WINDOW