

Join us for our annual July 4 Picnic!

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
SANTA FE, NM  
PERMIT NO. 286

HONDO VOLUNTEER  
FIRE DEPARTMENT  
P.O. BOX 5622  
SANTA FE, NM 87502



Serving residents  
along I-25,  
Old Santa Fe Trail  
and  
Old Pecos Trail  
from the City limits  
to  
Canoncito at  
Apache Canyon.

## Picnic to Feature Dog, Bear, Fun, Food, Fire Apparatus

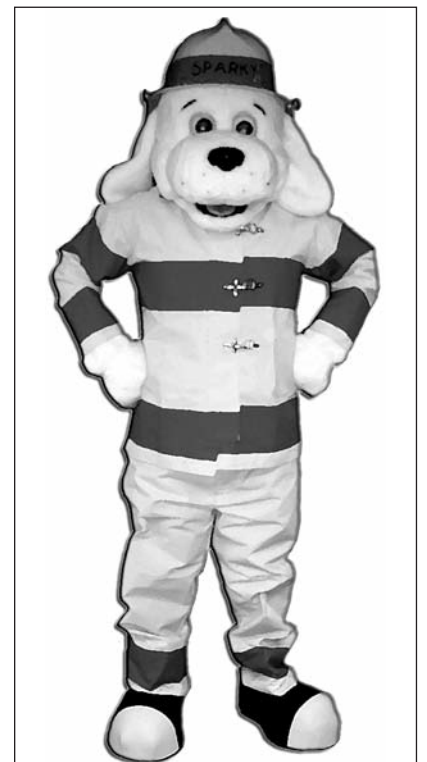


Friday, July 4th between noon and 3:00 be on the look out for a large dog and bear in the vicinity of Hondo Volunteer Fire Department Station One. Sparky the Fire Dog and Smokey the Bear are the special guests at this year's annual Hondo Volunteer Fire Department 4th of July picnic and open house.

Sparky and Smokey will be helping the Hondo firefighters lead tours of the fire station and equipment, and of course there will be photo opportunities with all of the little future Hondo firefighters. There will also be games for the kids, and lots of great firehouse cooking...cooked by real firefighters!

This is Hondo Volunteer Fire Department's "thank you" to the community for the great support it gives the department through out the year. All you have to do is show up and bring your appetite.

It is also a great time, if you are thinking about volunteering, to talk with members of the department about joining up. Sparky and Smokey are going to be looking for you on the 4th!



# HONDO ALARUM

## FROM THE CHIEF

Hello again! The Hondo Volunteer Fire Department has been hard at work over the last several months and I have a lot to share.

As you know, we are well in to brush fire season. Hondo sent personnel to the Trigo fire near Mountainair in May. We witnessed the catastrophic losses suffered by community.



*Seth Gleiman*

Closer to home, the Nine Mile Fire on Memorial Day threatened several homes at the end of Nine Mile Road off Brooks Way. Not far from the Santa Fe Rail Trail, about 10 acres of grass, piñon and juniper burned. A single engine air tanker (SEAT) from Albuquerque (photo at right) made four slurry drops to help us gain control of the fast-spreading fire.

This fire demonstrated the dangers of having overgrown grasses and weeds, especially low-hanging branches and dead tress near structures. Hondo continues to offer free wildfire home assessments, so if you have questions about how to help your home protect itself during a wildfire, please call us.

**Burn restrictions have been enacted on all outdoor burning.** If you currently have a burn permit it is now invalid. Please call HVFD at 982-9999 for more information.

Our 2008 calendar is loaded with



A single engine air tanker (SEAT) from Albuquerque, made four slurry drops to help us gain control of the fast-spreading Nine Mile Fire on Memorial Day.

new and exciting fire and rescue training events including several live burns. We are planning to acquire a prop vehicle to allow us to practice extinguishing the type of dangerous fires we often encounter, especially on the Interstate. Our training exercises, on Tuesday evenings and Saturday mornings, are open to everyone from the community. Look for photos from these training exercises in the fall edition of the *Alarum*.

I am extremely pleased to announce that Hondo was awarded a grant from the New Mexico Emergency Services Bureau for \$73,000 to use toward the purchase of a new Advanced Life Support Med Unit. Hondo is working with vendors to design a durable ambulance to best serve our community and this grant will contribute up to 50 to 75 percent of the purchase price.

We are actively pursuing additional grants to outfit our department with the most advanced tools and hydraulic

rescue equipment available. You can help! If you have grant writing experience, or just want to get involved, please call or stop by either Station on any Saturday morning.

This year some special visitors will be on hand at our annual 4th of July picnic: with Sparky the fire dog and Smokey Bear! Bring the kids and take their photos with these heroes and enjoy a free burger, hot dog, etc.

Hondo has added several new names to our roster over the last several months. We would like to add your name! No experience is necessary and we provide all training and gear free!

Last, but not least, Hondo finally has a website: [hondovfd.org](http://hondovfd.org). It's still under construction and we're actively adding content. Check it out.

We wish you a safe and enjoyable summer. Please feel free to call me at 690-5297 if you have any questions about Hondo or want more information about volunteering with us.

Stay Safe!

—Seth Gleiman

# Grilling Safety

Here are some hints to keep you and your family safe when using a backyard grill.

## Gas Grill Safety Tips

Each year, about 600 fires/explosions occur in the U.S. with gas grills resulting in injuries to about 30 people. Propane gas is highly flammable. The new safety standard for propane gas tanks requires that an "over-fill prevention device" be installed in new gas tanks. The new propane gas tanks have valve handles with three "lobes" (prongs) while older tanks have valve handles with five prongs. People with older propane gas tanks should trade them in for the new, safer tanks.

- Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease.
- Always keep propane gas containers upright.
- Never store a spare gas container under or near the grill or indoors.
- Never store or use flammable liquids, like gasoline, near the grill.
- Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

## Charcoal Grill Safety Tips

Each year about 19 people die nationally as a result of fumes from charcoal being burned indoors. Charcoal produces carbon monoxide (CO) when it is burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments.

- Never burn charcoal inside of homes, vehicles, tents, or campers.
- Charcoal should never be used indoors, even if ventilation is provided.
- Do not store the grill indoors with freshly used coals.



HVFD fire fighters will demonstrate the proper use of a charcoal grill at our July 4 Picnic.

# When You're Hot... Be Careful!

Hot weather triggers a variety of medical emergencies. Even healthy people should take it easy during extremely high temperatures, and those with respiratory and other health problems must be especially careful. Stay out of the sun as much as possible. Drink extra fluids, but avoid alcoholic beverages: Alcohol can cause dehydration.

The best ways to prevent a heat stress emergency are:

- Drink before you're thirsty and drink often.
- Eat a healthy diet.
- Wear a hat or cap, keep the neck covered and wear light-colored loose fitting clothing.
- If you can, work in the cool hours of the day or evening.

It's important to wear a hat because it prevents heat load by acting as a barrier from the heat source (usually the sun). Cooling the head and neck may be an effective means of reducing core body temperature in those with heat stress.

The Hondo VFD does not recommend the use of table salt or salt tablets to replace body electrolytes. Many electrolyte replacement drinks are available on the market. Electrolytes are crucial for the proper functioning of the body. Common electrolytes are:

- Calcium
- Sodium
- Potassium

Heat-related injuries fall into three major

categories:

- Heat cramps
- Heat exhaustion
- Heatstroke

**Heat cramps** are muscular pains and spasms that occur when the body loses electrolytes during profuse sweating or when inadequate electrolytes are taken into the body. Cramps usually begin in the arms, legs or abdomen, and often precede heat exhaustion.

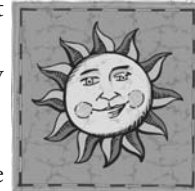
Treatment for heat cramps is to rest in the shade, get near a fan, spray the person with water and massage the cramp.

**Heat exhaustion** is a medical emergency. When a person is suffering from heat exhaustion, they will perspire profusely and most likely will be pale.

It is best treated by taking the patient to a cool place, applying cool compresses, elevating the feet and giving the patient fluids.

**Heat stroke** is the worst heat-related injury. The brain has lost its ability to regulate body temperature. The patient will be hot, reddish and warm to the touch. Their temperature will be markedly high and there will be no perspiration. This is a critical medical emergency, call 9-1-1 immediately.

The emergency care of heat stroke is to cool the body as quickly as possible. One of the best methods for cooling the body during a heat emergency is to wrap the patient in cool, wet sheets.



---

# Show Us Your New Car!

(& help us learn about the newest supplemental safety restraints)

As you may know, Hondo Fire and Rescue is serious about training for vehicle rescue and extrication (removing vehicle occupants from the wreckage). We are anxious to learn first-hand about the new safety technologies and features found in many new vehicles.

Most European automakers and some American automakers are on the cutting edge in safety, incorporating multiple air bags, seat belt pre-tensioners and other high tech safety systems. On a new Mercedes, Audi, or Volvo, for example, there may be as many as 15 supplemental restraint devices. When activated, these units either inflate an air bag to protect

your body from the deceleration of an accident, or snug up your seat belt so you don't get jostled around in the car.

These units are controlled by microprocessors and multiple accelerometers on the vehicle - usually 2 or 3 for each device. The units send a signal to the "brain" that then activates the supplemental restraint: air bag, side curtain, knee bag or a seat belt pretensioner. All this happens in less than 1/25th of a second.

When we arrive on scene at a Motor Vehicle Accident (MVA) we establish a command structure, instigate scene safety, and

*continued next page*

# Monsoon Safety

## Outdoors

**Lightning** is attracted to metal and water, and tends to strike the highest or tallest objects. **YOU ARE IN A STRIKE ZONE IF YOU HEAR THUNDER FIVE SECONDS OR LESS AFTER YOU SEE LIGHTNING!**

- Avoid wide, open areas such as fields and golf courses.
- Stay off hilltops and other high points of land.
- Don't stand near trees or tall poles
- Get at least 7 feet away from tall objects
- Avoid metal objects such as golf carts and clubs, lawn mowers and pipes.
- Get to the lowest point of ground you can, and kneel or squat to minimize your contact points with the ground.
- Do not lie flat. This will make you a bigger target.
- Don't huddle with others. Spread out at least 15 feet apart.
- Remove golf shoes or steel-toed boots.
- If you're out on the water, get to land.
- If you're in a pool, get out.

## Downed Power Lines

- Stay at least 100 feet away
- If the power line has fallen on your car while you're in it, don't touch anything metal in the car, and stay inside until professional help arrives.
- Never try to help someone trapped by a power line. You endanger your own safety. Instead, call 911 immediately.

## Indoors

- Stay away from windows during strong winds. Tree limbs and other wind-borne objects can be a hazard.
- Electrical wiring attracts lightning. Avoid using the telephone, except for emergencies.
- Lighting can move through a home's plumbing, attracted to the metal or water. Avoid using sinks and showers.
- Disconnect computers, TVs and other delicate electronic equipment. Consider attaching surge protectors to such equipment.

## Driving Safety

### In Dust:

- Don't enter a dust storm if you can avoid it.
- Turn headlights on and slow down.
- If you pull off the road, get as far to the right as possible. Turn off the car and headlights, and set the parking brake.

Keep your foot off the brake pedal – other drivers may think you're a car in motion.

### In Rain:

- Rain reduces traction and causes tires to hydroplane. Slow your speed accordingly.
- Water on roads may be deeper than it looks. Watch for vehicles traveling too fast — they can splash up blinding sheets of water.
- Pay attention to hazard signs and roadblocks. Ignoring them threatens life and property, and can result in enforcement action by police.
- **Do not cross rain-swollen arroyos.** You can be caught in a flash flood that can sweep your vehicle away.

### If you do get stuck in an arroyo:

Control of a vehicle is lost in 6 inches of water. Most vehicles will begin to float in two feet of water.

- If you have a phone, call 911.
- If you can, and it is safe to do so, climb onto the roof and wait to be rescued.
- If the water is still low and you can wade to safety, do so, but beware of floating debris.

---

## Your New Car

*continued from page 2*

establish a medical and operations sector. This is to make sure the operation runs smoothly and to protect all people, patients and firefighters, involved. Our goal is to disentangle patients from the wreckage as quickly and safely as possible. To do this we look for canisters that hold the gas that inflates airbags and other undeployed pyrotechnic devices. They can be hiding behind structural roof posts, the roof itself or in the area of seat belt. Every car is different, so we look before we cut a post or pop a door. If these devices are not disarmed some may explode unexpectedly injuring rescuers or patients.

If you recently purchased a new vehicle or own a vehicle with additional supplemental restraints, please call us so we can schedule a time for you to bring it by for us to look through. We love interacting with our community and we can really learn a lot about the safety devices in your vehicle and apply them on the street.

—Bruce Wollens  
Captain

## New Med Unit Underway

In April, Hondo Fire and Rescue was awarded an Emergency Medical Services (EMS) Bureau grant in the amount of approximately \$73,000 for the procurement of a new medical response unit (ambulance). The grant, which covers between 50 and 75% of the cost of a Med unit, will allow us to replace a quickly aging ambulance which has been in service for almost nine years. The rough roads that characterize our district and four-wheel-drive winters have taken a toll on our current "Hondo Med 1."

The grant was awarded based largely on Hondo's successful volunteer Fire and EMS service model that serves to routinely respond and transport patients. Hondo has long been recognized as a leader in recruiting EMS and Fire professionals and regularly feeds into the paid systems in Santa Fe County and the City of Santa Fe.

As more and more volunteer services are replaced by paid systems, Hondo continues to stand out as a successful volunteer service. This new med unit will help us to better serve the people living in and traveling through our district. So keep an eye out in the next year for a brand new, shiny addition to our current fleet.

—Adam Stively  
Fire Captain

## How to Support HVFD

Send tax-deductible contributions to:

Hondo Volunteer Fire & Rescue  
P. O. Box 5622  
Santa Fe, New Mexico 87502

We are a 501(c)(3) organization