

Colinton Courier

Newsletter of the Colinton Rural Fire Brigade * No 160* March 2015



Hamish administers roadside CPR to Little Annie

Committee 2014-2015:

Fire Captain: Graham Povey
Senior Deputy: Nick Goldie
Deputies: Bob Morison, Jeremy Mears, Michael Burton, Barry Woolacott
President: Michael Burton
Secretary: Sandra Lauer
Treasurer: Bob Morison
Training Officer: Jeremy Mears
Equipment Officers: Michael Burton, Karl Higgins
Community Awareness: Nick Goldie
Fundraising: Gill Robinson
Permits: Graham Povey

NSW RFSA Delegate: Jeremy Mears

Call out:

Nil.



Annual General Meeting:

All members of the Brigade are urged to attend the Annual General Meeting and Election of Office Bearers for 2015-2016.

The AGM will be held as part of the Brigade's routine training day, Saturday 9 May.

Members are invited to share a BBQ from one o'clock, with the AGM starting at two, after a noon meeting of the outgoing Executive.



Training:

The Colinton Brigade conducts training every month on the second Saturday, at 2.00 pm at the Station at Colinton. Everyone is welcome.

If possible, crews are asked to arrive at 1330 (1.30 pm) to check the trucks before training.



Farm Sheds: good, bad and dangerous:

At the end of last year, the Brigade received the news that a Community Engagement grant application had been successful, and that funding was available for Colinton and Bredbo Brigades to hold a 'farm sheds' Open Day.

The following message was sent by Brigade Secretary Sandra, to Brigade members:

“You may have heard on the grapevine that our brigade received a NSW RFS Community Engagement grant to run a Safe Farm Sheds Open Day in conjunction with Bredbo RFB.

“The date has been set for Sunday 17th May, at Ingelara, from 10am-3pm.

“This community engagement event will highlight the hazards that might be lurking in all rural sheds. Rural fire-fighters are aware of the perils of farm sheds – explosives, poisons, chemicals, access problems, discarded machinery and furniture, snakes, incoherent storage, unlabelled containers, asbestos, toxic vapours. By having an Open Day on a working farm, residents can learn about the dangers to volunteer fire-fighters and to all members of the community.

“The Open Day will be run like a country show; with stalls, demonstrations, a free BBQ and activities for children.

“We are looking for volunteers to help out on the day. If you can help please reply to me and cc Nick as well (the event co-ordinator).”

Defibrillation:

First Aid used to start with the mnemonic *ABC*: Airways, Breathing, Compression. The acronym has grown, though it's still easy to remember: *DRSABCD* which stands for: check for **D**anger; check for **R**esponse; **S**end for help; Clear the **A**irway; check for normal **B**reathing; give chest **C**ompression; and finally, **D**efibrillate.

Today, Automatic External Defibrillators (AEDs) are widely available in public places such as shopping centres and libraries.



Paramedic Kieran gives practical advice

Every RFS fire truck now carries an AED, and crews are given basic training in their use. The simple message is that in the event of a heart attack, CPR (compression, at a rate of 100 per minute) should be commenced immediately, while the AED is made ready for use. The AED senses heart activity, and delivers a shock which can re-start the heart. CPR should continue until a doctor or paramedic arrives, and may continue even if the patient is in an ambulance.

Brigade training in March included the use of special AED simulators, bringing back life to a long suffering dummy called *Little Annie*.

Yellow uniforms and Proban:

A media story has warned firefighters of an allegedly cancer-causing chemical in yellow protective clothing treated with the flame-retardant Proban. This releases the natural chemical formaldehyde, which

has been identified as a possible carcinogen.

A CSIRO study has found what it described as “unexpected levels” of the chemical in Proban treated protective clothing. AFAC (the Australian Fire and Emergency Services Authorities Council) prepared a Report, which found that there is almost zero risk to firefighters and others using Proban-treated garments.

However, the Report recommended that garments be stored in a well-ventilated space, and that if the garment causes skin irritation wear undergarments to prevent direct skin contact.

A Monash University study of 230,000 present and past firefighters showed “no elevated levels of formaldehyde-related cancers”.

Community Champion:
from Sandra Lauer

Senior Deputy Nick Goldie was recently recognised for his contributions to our community with a *Member for Monaro Service Award*.

The *Monaro Service Awards* were launched by John Barilaro (current Member for Monaro) and local Awards ceremonies were held in Queanbeyan and Cooma. These Awards recognise individuals who quietly make a difference in our community and go above and beyond the definition of their role(s).

Nick has been a member of Colinton Rural Fire Brigade for over 18 years and during that time he has held a variety of roles including President, Secretary, Equipment Officer, Deputy Captain and he is currently our Community Awareness Officer and Senior Deputy Captain.

Nick has always encouraged the brigade’s involvement with the community and he started the Colinton *Courier* newsletter in 2001. Nick continues to produce an edition every month for local residents, delivering copies to every letterbox in the brigade area (~115 letterboxes). More recently you may have noticed that our brigade has received quite a few grants and credit must go to Nick for all the effort he has put into writing each grant application; he is our resident “Grant Guru”. Nick has also attended more than 120 incidents over the years and is often first on scene in his ever reliable Colinton 7A.

Congratulations to Nick for a well deserved acknowledgement of the many hours he has volunteered over the years, both as a member of our brigade and also our community.



with John Barilaro ...



Items for **The Colinton Courier** to Nick Goldie at
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02 6235 9190

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Views expressed in *The Colinton Courier* are not
necessarily those of the editor, the Brigade, or the
RFS.



Andrew and Little Annie



**Farm Sheds: the good, the
bad, and the dangerous**

Open Day

**“Ingelara”
Monaro Highway
Sunday 17 May
10.30 – 3.00**

***Stalls * Entertainment *
Explosions Snakes* BBQ***



**Essential numbers
Emergency 000**

**Fire:
Cooma Monaro Fire Control
(24 hrs)
1 300 722 164
02-6455 0455**

**Fire:
Captain and Permit Officer:
Graham Povey
02-6454 4150
0419 406 908**