



THE OVERLOOK

April, 2014

Edited By Joanie Wynn

I WANT YOU



SUPPORT MBVFD

42nd Annual Firemen's BBQ

How you can support the MBVFD:

- ◆ Make a tax deductible donation.
- ◆ Attend the BBQ with lots of friends.
- ◆ Buy raffle tickets.
- ◆ Volunteer at the BBQ.
- ◆ Buy MBVFD merchandise.

Design by Steve Wynn

EXTREME WILDFIRE SEASON EXPECTED

By Steve Wynn



At last month's meeting of the West Marin Fire Chiefs, the topic of an early and extreme wildfire season put everyone in a somber mood. It is critical that, as a community, we take all the precautions we can to prepare our properties for this wildfire season because it looks like it could be a bad one.

As a reminder, Marin County Fire recommends clearing a defensible zone of 30 feet around your home and, if you live on a hillside susceptible to high winds, (most of Muir Beach), have a defensible zone of 100 feet around your home. This means cutting back dry grass, clearing leaves and other fuels from around your home, clearing pine needles from the gutters and roofs, and trimming low hanging tree branches or branches that overhang your house. Your propane tank should have its own defensible zone of 15 feet, clear from any other combustible materials.

Also, it's a good idea to have a family plan in the event of an evacuation; have a designated meeting place, important phone numbers readily available and know what items you will need to take with you. Bottom line, be prepared.

For more information, please visit our website: http://muirbeachfire.com/safety.html#defensible_space

THE BOMB IN YOUR FRONT YARD

By Steve Wynn

Propane tanks are usually safe under normal conditions. However, in the event of an earthquake, landslide or fire, these tanks -- filled with liquid propane -- have the potential to be explosive. To ensure that you and your neighbors are safe, please make sure your propane tank is sitting on a cement slab and is strapped into place.

Marin County Fire states:

All propane storage vessels must be anchored to a concrete pad or by other methods to prevent the failure of the cylinder and/or associated plumbing, which may cause release of propane gas during a seismic event or land movement. In addition, an automatic earthquake shutoff valve is required. A defensible space zone 15 feet in width shall be provided around all propane tanks. Any screening for LPG tanks must be approved by the fire department. See MCFD'S LPG Standard (www.marincountyfire.org) for detailed requirements and separation distances from sources of ignition OR the location must be approved by fire department. Vehicular collision protection may also be required.



AMAZON SUPPORTS MBVFD

By Steve Wynn

Amazon Smile is a program designed to support non-profits, donating 0.5% of the purchase price to a charitable organization of your choice. It is a passive donation -- meaning it won't affect your pricing.

To have 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, 0.5% of your purchase goes to MBVFD!!

Thanks to Sophie Conti for telling me about this great program, to Suzanne Bender for setting up our custom link, and Julie Smith for posting the information to muirbeachfire.com Suzanne recommends you bookmark the link for future purchases, so that each time you shop, you'll be helping us out!



ALERT MARIN

By Barbara Piotter

Alert Marin is a mass notification system run by Marin County that will notify you of an emergency in your area via email, phone call or text.

The primary purpose of this **Telephone Emergency Notification System (TENS)** is to advise you of any situation occurring or about to occur that threatens harm to life and/or property or is deemed dangerous by officials. This may include, but is not limited to, extreme weather, natural or man-made disasters, crime, pandemics, hazardous materials incidents, and missing persons.

Here is how to register;

Go to www.alertmarin.org, scroll the bottom of the page where it states: "To register for any city/area listed below, please read our FAQ and then click here." (Muir Beach is not listed on that page but will be on the page where you fill in your personal information).

"Click here" takes you to the terms and conditions page. Once you accept them, you will get to the next page where you can provide your personal information and pick Muir Beach as your city. Once you send your personal information, make sure to reply to the confirmation email they send. If you fail to do this step, you will not be registered.

If you are having trouble registering, below is some helpful information from the OES:

In the event you are having difficulty registering on AlertMarin.org here are a few things to try: 1.) Use Internet Explorer or Chrome, these are the internet browsers recommended by our software vendor. Firefox does not work well with TENS. 2.) You must have the latest version of the "Java" plug-in enabled in your browser to see your address on the map. See the link below for the latest "Java" plug-in. 3.) Clear your browser history, cache, close and re-open your browser. 4.) Re-enter your address. 5.) After you re-enter your address and click on the first cell phone data field, a red pin will show up on the map next to your address. 6.) If the pin is in the wrong place right click on it and drag it to the correct location. 7.) Your username is ALWAYS your email address. The username field is filled in automatically when you enter your email. The username field cannot be changed manually. 8.) Confirm your username exactly as it is written in the user name field (your email). 9.) Complete your registration. Here is a link to the latest version of Internet Explorer and Java:

<http://windows.microsoft.com/en-US/internet-explorer/download-ie>

<http://www.java.com/en/download/index.jsp>

Thank You!

Marin Sheriff OES 415-473-6584

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Office: 415-473-6584 Fax: 415-473-7450

DR.
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D



Dr. David Taylor joined the department in 2011 and has since become the department's medical director.

He was educated at Yale and the University of Rochester and trained as a psychiatrist at Columbia. He is listed as one of the Best Doctors in America 2011-2014. Dr. Taylor specializes in the treatment of anxiety, depression, bipolar disorder and substance abuse.

David moved to Muir Beach in 2005.

POLST FORMS

By David Taylor, MD.

If you are seriously ill and would like to make sure that first responders are aware of your wishes for end of life care, you should speak with your doctor about completing a POLST form. This form is a simple, practical document printed on bright pink paper -- signed by you and your physician that clearly outlines your wishes regarding CPR and other measures such as the use of a ventilator, artificial nutrition, comfort care and antibiotics.

Once you complete it, your wishes must be honored by firefighters, paramedics and emergency nurses and doctors. This does not replace an Advance Health Directive but is clearer and meant for use at home as well as in care facilities and hospitals.

If you would like a copy please contact the MBVFD or ask your physician. More information and copies of the form available for download can be found at www.caPOLST.org.

Here are some commonly asked questions about the form:

What does POLST do?

- **POLST makes your treatment wishes known to doctors and other members of your health care team.** Too often, patients near the end of their lives may get treatment they do not want. These treatments may not help them live longer or better. Sometimes this treatment can cause pain. POLST gives you a way to tell doctors, nurses, and other health care team members what types of treatment you want.
- **POLST makes your wishes clear to your family members and caregivers.** Sometimes, family members have their own ideas about what types of treatment their loved ones would want. POLST makes sure your family members and caregivers know exactly what treatments you do and do not want. No one has to guess or argue.

Who should have a POLST?

Doctors say that any seriously ill patient should have a POLST form. Filling out a POLST is completely up to you. It's your choice.

POLST
CALIFORNIA

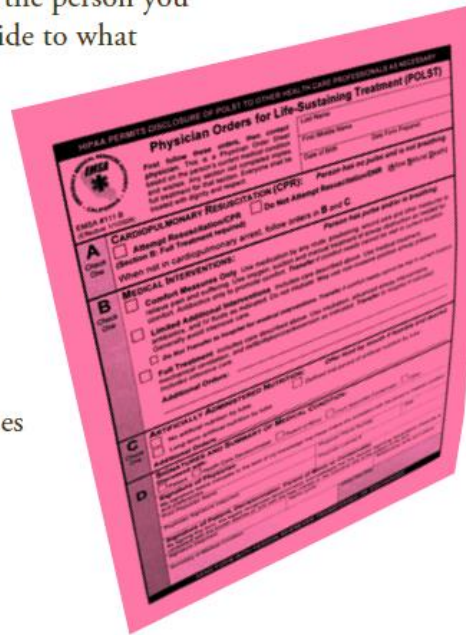
PHYSICIAN ORDERS FOR LIFE-SUSTAINING TREATMENT
The Coalition for Compassionate Care in California (CCCC)
provides leadership and oversight for POLST outreach activities
in California, with support from the California HealthCare
Foundation.



Is POLST different from an Advance Health Care Directive?

Yes. An Advance Directive allows you to choose the person you want to speak for you, and provides a general guide to what you want. POLST is different because:

- POLST is for the seriously ill;
- POLST tells your exact wishes about certain medical treatments;
- POLST is a signed medical order that your health care team can act upon; and
- POLST goes with you to your home, your hospital, or your long-term care facility. It goes where you go.



It is a good idea that seriously ill people have both an Advance Directive and a POLST form.

Who can help me fill out a POLST form?

Your doctor, nurse, social worker, or chaplain can help fill out the POLST form. Make sure you talk with your doctor about the treatments you want or don't want. The form must be signed by your doctor, and you or the person you pick to make decisions for you.

What do I do with my POLST form?

Once signed, the POLST form will become part of your medical record. The form stays with you all the time.

- If you are at home, put it near your bed or on your refrigerator.
- If you are in a hospital, nursing home, or assisted living facility, it will be in your chart or file.
- If you are moved between locations, your POLST form will go with you.

What if I want to change my POLST form?

You and your doctor can change your POLST form whenever you want.



PHYSICIAN ORDERS FOR LIFE-SUSTAINING TREATMENT
 The Coalition for Compassionate Care in California (CCCC) provides leadership and oversight for POLST outreach activities in California, with support from the California HealthCare Foundation.



TSUNAMI DRILL PAYS OFF

By Steve Wynn

Last month, MBVFD hosted a tsunami drill under the direction of the Office of Emergency Services at the Marin County Sheriff's office. Agencies which participated in the drill included Red Cross, Marin County Fire, National Park Service, Marin Humane Society and KWMR radio which supports the West Marin Disaster Council.

The drill's main objective was to examine the communication process in the event of a disaster and to educate the public about what to expect and what to do in the event of an evacuation due to a tsunami or any other disaster.

Ironically, the first thing that broke down was communication -- as those who participated in the drill discovered, along with the NPS and Sheriff's office. Here's what happened: Two vehicles, one from the NPS and the other from the Sheriff office, failed to understand that they were supposed to drive down Sunset and Pacific while making an announcement over their PA system. Instead, they drove to the end of those roads and waited for a radio signal that never came because -- one, that wasn't part of the plan and two, we have no radio contact in those areas of Muir Beach. Those are radio dead zones, as all of the local fire agencies already recognize.

Although the drill didn't go as planned, it did serve its purpose. Important lessons were learned and it brought awareness to several critical issues:

- NPS and the Sheriff's office are now aware of the radio dead zones and the challenges they present in communication. NPS also realized that they need to have a better way of announcing an evacuation for people at the beach since park rangers may or may not be in this area at the time of an evacuation.
- Red Cross and the West Marin Disaster Council now realize what we are up against if a disaster occurs in this area with all of the visitors on the beach, on the trails and within Muir Woods. Since this drill, they have both agreed to encourage the NPS to get better prepared by acquiring supplies and developing a better communication system for those visiting areas within the NPS and adjacent to Muir Beach.

The silver lining for our community is that, even though the drill didn't go as planned, it put a spotlight on some of the challenges we face in this area. As a result, these other agencies have taken notice and are taking positive steps towards better emergency preparedness for the future.



MBVFD Incident Report

January to April 21, 2014

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|---|--|
| 1-01-14 Illegal beach fire. | 3-25-14 Hypothermia, swimmer at Big beach. |
| 2-01-14 Car off road. | 4-06-14 public assist, car over edge, Muir Woods. |
| 2-22-14 Cliff rescue, Hwy 1. | 4-07-14 loss of consciousness, Muir Woods. |
| 3-03-14 Tree down, Franks Valley Rd. | 4-08-14 Vehicle accident, Muir Woods. |
| 3-20-14 Vegetation fire, Hwy 1 by Coastal View Trail. | 4-11-14 Vehicle accident, Hwy 1. |
| 3-20-14 Vehicle accident, Hwy 1. | 4-21-14 Appliance fire, clothes dryer at Muir Woods. |
| 3-24-14 Allergic reaction, Coastal trail. | |

**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***