

Fire Line



Spring, 2010

Next Fire
Board
Meeting:
April 21 at
3 p.m.

Budget Retreat Proves a Success

On March 17 the Fire District conducted a Budget Retreat at the Treasure Coast Public Safety Complex. The Retreat reviewed changes in the Fire District over the last ten years. It also covered the changes made to help meet the budget during these tough financial times. Some of the topics covered:

- Continuing education and the advanced degrees attained by SLCFD personnel.
- The increase in EMS calls over the years (Averaging 5% each year.)
- The operational changes and the improved equipment.
- A review of our current fleet and the schedule to replace apparatus.
- The recent reorganization which added District Chiefs and made several changes in Communications, Training and with the FTOs.
- The impact of the economy in Fire Prevention and how they have reorganized to meet the challenge.
- The money saved by having Buildings and Grounds maintain the SCBA equipment.
- The changes in Communications over the past decade and how they now average 269 calls every 24-hour period.
- The increase in Training hours which is now 65,000 hours in 2009.

The Retreat presentation will be available on the website in the near future. It provides more information on all the improvements at the Fire District.

Lt. Maxwell Named SLCFD Firefighter of the Year

Lt. Michael J. Maxwell was recently named Firefighter of the Year for St. Lucie County.

Maxwell has been with the District since 1983. He is currently Lieutenant in the Training and Safety Division.

He became part of the Special Operations Team in

1989, he was a Driver/Engineer, and a Lieutenant at Station #8. He is a Fire Science Technology Instructor at IRSC and has trained and tested over 800 fire service recruits.

Maxwell will be recognized at the April Fire Board Meeting. He will be honored at the 100 Club on April 12.



Quarterly Newsletter

If you have anything you would like covered in any upcoming issues of either newsletters, contact

Catherine Chaney, PIO at 621-3333.

News from the Chief & Board

2010 Fire Board

- Rufus Alexander,
Chair
Ft. Pierce
City Commission
- Jack Kelly,
Vice Chair
Port St. Lucie
City Council
- Christopher Cooper
Port St. Lucie
City Council
- Chris Dzadovsky
St. Lucie County
Commission
- Edward Becht
Ft. Pierce
Doug Coward,
St. Lucie County
Commission
- Frannie Hutchinson,
Governor's Appointee

In the Orient, they have a philosophy that life has a balance of good and bad — a “ying and a yang.” That seems to happen in the Fire District as well.

Let's begin with the good. The Fire District conducted a Budget Retreat to review all of our financial concerns with the Fire Board Members. The event was a complete success. As part of the retreat we showed the Fire Board how far we have come in the last decade. They were impressed. We also itemized the changes we have made to meet our very tight budget. Again, they were impressed. The event ended with the Fire Board members thanking all of us for what we do.

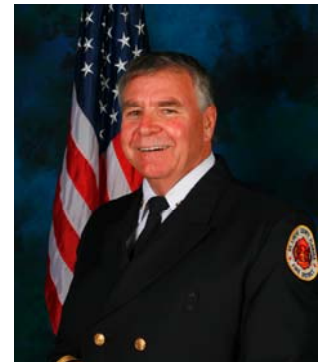
Then the “yang” hit.

One of our firefighters did something unacceptable. I don't need to dwell on the incident or the news media feeding frenzy afterwards.

What I need to talk about is the fact that this one incident has severely damaged our reputation. We find ourselves, once again being cast in a bad light and being left open to criticism for everything.

This is the time we must regroup and remember that we are here to serve the public and that the vast majority of the public does not think badly of us.

Now, we need to go the extra mile and prove ourselves again. We



need to go out every day and on every call and be more patient, more helpful, more professional. We need to look at every call and every interaction with the public as an opportunity to “polish the badge” and show our neighbors that they can trust us and depend on us.

I know you are professional and caring — but now we all have to prove it.

—Ron Parrish

Florida Police & Fire Games are planned for June 18-27, 2010. Entry deadline is May 14. Email Chief Herndon for more information or an application.

Brush Fire Training

Fire District personnel recently completed brush fire refresher training at IRSC. The training combined new material, as well as a review of prior training, in preparation for the upcoming brush fire season.



U CAN Stack up the Cash When You Quit Tobacco

Is your cell phone so old you can't even text? Have you had your eye on a new car or motorcycle for a while now? Or maybe you've been wishing you could afford to move into your own apartment and ditch that annoying roommate? Whatever your reason, we all wish our bank accounts had some extra digits in them so that we could afford more of the things we want. When you quit smoking and chewing tobacco, you can make that wish a reality by saving money and creating disposable income right away, not to mention making a bigger impact on long-term cost savings.

The average smoker saves over \$1,600 a year by quitting, and that number goes up each year as the prices of cigarettes and chew continue to rise. Think about it. If you quit now, by this time next year you could have enough money saved to book a vacation and spend the holidays on the beach with your feet in the sand. Or use the savings to splurge on a flat-screen TV, an engagement ring for your girlfriend, a down payment on a new motorcycle, or gifts for your family.

Use our [savings calculator](#) to estimate how much money you can save by quitting smoking or chewing.

Now that you know the amount, it's time to think big. How would you like to reward yourself for quitting? After the first two weeks, you could buy yourself Madden 10 or treat yourself to an afternoon at the spa. A month later, you could buy an Xbox 360 and stop using your roommate's. Two and a half months could earn you a third-generation iPod. How great would it be to have enough money for a down payment on a GSX-R or a Waverunner by summer, and know you'll be able to pay it off in 5 years with the money you save by quitting? You can make it happen! And just as importantly, you deserve it for your hard work quitting!

Start today, and watch your savings grow, literally. Some people find it motivating to get a large jar or Ziploc bag and use it to stack up the savings. Why not give it a try? Here are some tips to get you saving when you quit:

- Calculate your daily and long-term savings from not buying tobacco products.
- Be sure to add up related costs, too—things like gas you would have used to drive to the store and white strips to keep your teeth bright.
- Set goals for the things you want and deadlines for when you will buy them.

Now that you have your plan, visualize it!

- Each day you stay tobacco free, add the savings to your stash, and watch the cash stack up.
- Each time you crave that cig or dip and resist, drop a quarter into a rainy-day fund, then reward yourself for quitting by splurging on something fun.
- Use our [Quit Tools widget](#) to keep track of your savings and to let everyone else know how much you have saved.

What about the long-term impact of smoking? Smokers should expect to lower the resale value of their cars by about \$1,000 and much more for their homes. Cigarette smoke penetrates car interiors, walls, window treatments, carpeting, and furniture. No one wants to sacrifice a security deposit on cleaning, either.

The health-care savings also become more significant as you get older. The longer a person uses tobacco, the more the costs add up for [tobacco-related medical issues](#). Sure, the military may be paying for all your medical expenses now, but what about after you get out? That's about the time that the health effects of years of smoking really set in. Costs like extra dental care for receding gums and treatments for infertility and impotence not covered by insurance.

There are more important things to spend your money on than tobacco—like your family, your friends, and yourself. When you are ready to quit, we're here to help you quit tobacco and stack up the cash.

**ST. LUCIE COUNTY
FIRE DISTRICT**

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Port St. Lucie, Florida 34983

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**Congratulations
to all those at
Station #3.
They moved
into the new
Fire Station last
week.**

This publication is for the employees, retirees and friends of the St. Lucie County Fire District. Any distribution of articles from this publication without prior permission is prohibited. If you have any questions, please contact Catherine Chaney at 772-621-3333.

BE A HERO—GIVE BLOOD

A Blood Drive is planned for Tuesday, April 13 at Milner. The need is crucial right now, and your donation WILL save a life. The Big Red Truck will be open from 1:30 to 4:30 p.m. Please call Jackie (x338) to set-up a time.

Health Tip—Going Organic

Want to start to go organic, but you really don't want to go all out? Try starting with these foods, considered the "dirty dozen" by the Environmental Working Group. These foods tend to have the most pesticides applied to them by growers.

- Peach
- Apple
- Bell Pepper
- Celery
- Nectarine
- Strawberries
- Cherries
- Kale
- Lettuce
- Grapes (imported)
- Carrot
- Pear

These tend to have the least amount of pesticides:

- Onion
- Avocado
- Sweet Corn
- Pineapple
- Mango
- Asparagus
- Sweet Peas
- Kiwi
- Cabbage
- Eggplant
- Papaya
- Watermelon
- Broccoli
- Tomato
- Sweet Potato

Source: Environmental Working Group
(www.foodnews.org)

April Birthdays

AMATO, MATTHEW F
 BRIDGES, TIFFANY L
 BURNS, STEVEN L
 CHANEY, CATHERINE E
 CONNOR, THOMAS M
 COOPER IV, GROVER C
 COOPER, MARTIN W
 CROWE, JUSTIN R
 DEWSON, RODNEY L
 DUPEE, PAULETTE M
 EDMONDSON, JOHN D
 FRENCH, DAVID E
 GALLAGHER, CHAD D
 HARRIS, CHRISTOPHER L
 KAYDA, JOHN A
 LANGEL, PAUL K
 LENTZ, SCOTT T
 MATTHY, MICHAEL H
 MELZER, CARL A
 MOORE, CHRISTOPHER P
 NOBLE JR, ARTHUR D
 OWEN, TRAVIS C
 PYM JR, STEPHEN W
 RAMSAY, MATTHEW T
 RIZZELLO, MICHAEL J
 SANTA, ROBERTO
 SOCKOL, TANYA
 STEFANI, DONALD J
 STOKES, CRAIG A
 TEDDER, ROBERT
 TOROK, DAREN D
 WATERS, JOSEPH J
 WILLIAMS, GERALD F

April is National Stress Awareness Month. Find a way to relieve your stress. Work out, take a walk or connect with an old friend.

First Citizen Fire Academy Complete



Citizen Fire Academy participants graduated on Thursday, March 26 at Station #14. They attended six sessions learning more about the Fire District and public safety. The next series of classes will start in May. Contact Catherine Chaney for more information.