

June 2010

ST. LUCIE COUNTY FIRE DISTRICT

*"Our Family Serving Yours"*



## Lil' Feet Getting Ready for Shoe Giveaway in August

The Fire District will begin raising money for Lil' Feet this summer to help put shoes on children for school. The goal is 300 pairs of shoes. This year the District has teamed-up with Roundtable of St. Lucie County, the Early Learning Coalition, Kids Connected and Head Start. Each of the organizations has committed to raise money for the program. In addition, Riverside Bank will be collecting donations from the public at each of the branch locations. So don't be surprised if you see a firefighter boot next time you are in the bank!

The shopping day is planned for Saturday, August 7 at Payless Shoesource in Ft. Pierce and the one on US 1 in Port St. Lucie.



## Grande Joins Fire Board

Charles Grande will be joining the SLCFD Fire Board as a member at the June Board Meeting. Grande will replace Doug Coward who has decided not to run for reelection.

Remember to nominate someone for Employee or Firefighter of the Quarter. Email: [Employee.of.Quarter@slcfd.org](mailto:Employee.of.Quarter@slcfd.org).



Recently retired Public Educator Puddin Race joins Fire Board and Chief Parrish as she is recognized for her 22+ years with the Fire District at the May Fire Board Meeting.

All Station Captains – Don't forget your Station Profiles are due Friday, June 11.

## Blood Drive set for June 14

Blood Drive planned for Monday, June 14 from 1:30 – 4 p.m. at Milner. Please sign up with Jackie at ext. 338.

## Upcoming Meetings

Safety Committee –  
Thursday,  
June 10

Health Trust –  
Wednesday,  
June 16

Fire Board –  
Wednesday,  
June 16 at  
3 p.m.

Congratulations to  
Recently Released  
Paramedic:  
David Eskew  
Ray Atwell

### June Birthdays

ALMAND, JESSE R  
ANDERSON JR, JOHN  
BAILEY, MICHAEL W  
BERNIER, EDGAR J  
BLAIR, RANDALL S  
CHIBAS, DARRELL D  
CHIBAS, GUI P  
CUBBEDGE, JAMES T  
CURRY, NICHOLAS M  
DEFLORIO, DAVID A  
DEWAR, COLIN M  
DOROZSMAY,  
CLAUDIA J  
ERNSBERGER, RALPH  
FORBES, RENEE H  
FRANKLIN, KEVIN D  
HALL, JAMES I  
HUBBARD, CHARLES T  
JAMERSON, JASON C  
KERSHANICK, JASON  
LOWRY, JOSEPH C  
LUCAS, RICHARD A  
LYKE, JODI A  
MANCUSO II, ROBERT  
MCELHENY, CHARLES  
MILLARD III, WARREN  
MINCEY, JAMES L  
MORIARTY III, JOHN P  
NEILSON, MATTHEW S  
NICOLETTE, DEREK P  
RICHARD, KYLE A  
RINKER, JARED S  
RUDD, JANET M  
SMITH, SHAWN E  
STANFORD, BRUCE L  
STEVENS, SEAN L  
WARD, TAMATHY L  
WILSON, MARK J

**St. Lucie County Fire District  
Honor Guard FIRST Annual Golf Tournament**

**August 7, 2010  
St. James Golf Club  
Shotgun Start 8:30 AM  
\$60 per person  
\$220 per foursome**

**Closest to the Pin  
Scramble  
Longest Drive**

**Door Prizes  
50/50 Raffle  
Must be  
present to win**

**DON'T MISS  
THIS ONE!!!**

**Lunch Included**

**All Proceeds to Benefit Honor Guard**

**For tickets & info call  
Anthony 772-549-0473, Tommy 772-519-0085 or Ron 561-254-1107**

### Milner Complex to Start Summer Hours

***Administration will be closed on Fridays as an Energy Saving Measure.  
Hours will be extended Monday through Thursday.***

Starting on Friday, June 11, the Administrative Offices will be closed on Fridays during the summer months. The summer hours will be 7 a.m. to 5:30 p.m. Monday through Thursday to allow those doing business with the Fire District an opportunity to come in early or run by after work. The summer hours will allow the Fire District to save on energy costs at the Administrative Complex. The utility costs will be monitored throughout the summer and compared to last summer's bills.

During the July 4<sup>th</sup> week the Fire District will return to their regular hours, 8 a.m. to 4:30 p.m., Tuesday through Friday. Regular hours will resume at the end of August.

Explorers Update



In May, SLCFD Explorers were able to experience radiant heat as they trained at IRSC.

**Health Tip – Stress**

Stress will never go away completely, but how you manage everyday blips can keep hormones on a more even – and healthy – keel. Deep breathing is the top anti-stress pick of Prevention advisor Andrew Weil, MD: He makes time for it at least twice a day. “It only takes 2 minutes,” he says. “I do it in the morning, when I’m falling asleep in the evening, and anytime I feel upset.” Try it: Exhale strongly through the mouth, making a whoosh sound. Breathe in quietly through the nose for a count of 4. Hold your breath for a count of 7, then exhale with the whoosh for a county of 8. Repeat the cycle 3 more times.

May Training at IRSC



During the month of May, Fire District crews attended Basic Apparatus Operations Training at IRSC. This training consisted of classroom lecture on vehicle checks and driver responsibility as well as practical hands on pump training.

**Dates to Remember:**

**Florida Police & Fire Games will be held June 18-27 for St. Lucie, Indian River and Martin Counties**

**One Final Note!**

Congratulations to Coach Sandra Mahar, one of her volleyball stars, Jillian Martinelli, signed with Florida Christian College to play at the college level.

