

May 2010

ST. LUCIE COUNTY FIRE DISTRICT

*"Our Family Serving Yours"*



## CONGRATULATIONS to BARBARA KECK and DAN MIKELS EMPLOYEE and FIREFIGHTER of the QUARTER

Congratulations to Barbara Keck, Employee of the Quarter, and Dan Mikels, Firefighter of the Quarter.

Mikels was nominated by Captain Rizzello for his strong work ethic and being "highly motivated in whatever he does." Along with his FF/PM duties, he is a CPR Instructor for B Shift, and teaches CPR at the local high school. He is an IRSC EMT/Paramedic Preceptor and an ACLS Instructor.

Keck was nominated by Carol Spencer for her community involvement. She is past president of the Pilot Club, member of the Anchor Club of John Carroll High School, and the Alzheimer's Community Care. She is also involved in assisting with special needs children.

Congratulations to both Barb and Dan.



### May Budget Meetings Scheduled

We are in 'budget mode' for FY 2010-11. The Station/Division/Department budgets need to be submitted for Administrative review on Friday, May 7. Station visits begin on May 20.

A-Shift on May 20  
Stations 9, 2, 1, 14, 13

B-Shift on May 21  
Stations 11, 6, 15, 17, 10, 5

C-Shift on May 28  
Stations 7, 4, 8, 12, 16, 3



**Dedication of Station #3**

Chief Parrish is joined by Fire Board Members at the dedication of new Station #3. Left to right, Edward Becht, Frannie Hutchinson, Chief Parrish, Chris Dzadovsky, Doug Coward and Jack Kelly.

**Remember to Nominate someone for Employee or Firefighter of the Quarter.**

**Email:**

[Employee.of.Quarter@slcfd.org](mailto:Employee.of.Quarter@slcfd.org)

### May Meetings

Safety Meeting - Thurs.,  
May 13 at 10 a.m.

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Employee Health and  
Welfare Trust Meeting  
Wed., May 19 at 9 a.m.

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Fire Board Meeting  
Wed., May 19 at 3 p.m.

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

### MAY BIRTHDAYS

BALLARD, ERIC W  
BOYAJIAN, ERIN M  
BRISTER, SHELDON R  
CRUSOE, CORY M  
DIEUJUSTE, REMI  
ELLIOTT, MARK H  
FRENCH, WILLIAM T  
GARDNER JR, TERRY A  
GULDE, BRIAN W  
HAFFIELD, JASON R  
HAZELLIEF, GARY I  
HAZELLIEF, PATRICE N  
HUTCHINSON, JOSHUA A  
KELLY, ROBERT A  
KRAFT, JEFFREY M  
LIEN TO, ANTHONY F  
LUCY, RYAN D  
MAXWELL, HARRY D  
MERRITT, JACK M  
MILLER, DAN A  
MILLER, RYAN A  
MORRISON, RALPH C  
NEWMAN, ROB A  
NEWPORT, MARTHA J  
ORTIZ, JOSE L  
ORTON, ROBERT J  
PAIEMENT, YVON R  
SALOMON, RYAN  
SAMPSON, ANDREW L  
SENECAL, ERIC G  
THORNTON, JOHNNY L  
WALKER, MICHAEL F  
WILE, DOUGLAS S

### Local Colleges and Universities offer programs to continue your education

NOVA has offered to form a St. Lucie County cluster to offer their MPA program locally. Information is on the Bulletin Board-posted on 4/27.

Other schools offering programs include:  
Ashworth College  
[www.ashworthcollege.edu](http://www.ashworthcollege.edu)  
800.613.2086

Columbia Southern University  
[www.columbiasouthern.edu](http://www.columbiasouthern.edu)  
800.977.8449

IRSC  
[www.irsc.edu](http://www.irsc.edu)  
462.4700

Congratulations to Recently Released Paramedics:  
Jason Jamerson  
Rily Ware

### Congratulations to Chief Duran



Congratulation to Assistant Fire Chief Carlos Duran on attaining his Chief Fire Officer designation from the Commission of Professional Credentialing

National EMS Week planned for May 16-22



### AIR RESCUE TRAINING

Air Rescue Crews participated in three days of Aeromedical Resource Management (AMRM) training which covers areas such as communication, critical decision making, hazard identification, complacency issues, etc. AMRM stresses the importance of making team decisions that err on the side of safety.

## Quitting Plan

Kicking the spit or chew habit can be tough, but it can be done, and you can do it. The best way to quit spit tobacco is to have a quit date and a quitting plan. These methods make it easier. Try what you think will work best for you.

### Decide to quit

Quitting spit tobacco is not something you do on a whim. You have to want to quit to make it through those first few weeks off tobacco. You know your reasons for stopping. Don't let outside influence-like peer pressure-get in your way. Focus on all you don't like about dipping and chewing.

### Reasons to quit

Here are some reasons given by others. Are any of them important to you?

- To avoid health problems
- To prove I can do it
- I have sores or white patches in my mouth
- To please someone I care about
- To set a good example for my kids or other kids
- To save money
- I don't like the taste
- I have gum or tooth problems
- It's disgusting
- Because it's banned at work or school
- I don't want it to control me
- My girlfriend (or girl I'd like to date) hates it
- My wife hates it
- My physician or dentist told me to quit.

### Pick a quit date

- Pick your quit date. Even if you think you're ready to quit now, take at least a week to get ready. But don't put off setting a date.
- Get psyched up for quitting
- Cut back before you quit by tapering down
- Have your physician or dentist check your mouth. Ask whether you need nicotine replacement therapy (gum, nicotine patches, etc.)
- There is no "ideal time to quit, but low-stress times are best. Having a quit date is important, no matter how far off it is. But it's best to pick a date in the next two weeks, so you don't put it off too long.
- Pick a quit date and write it down.

### Cut back before you quit.

- Some people are able to quit spit tobacco "cold turkey." Others find that cutting back makes quitting easier. There are many ways to cut back.
- Taper down, cut back to half your usual amount before you quit. If you usually carry your tin or pouch, try leaving it behind. Carry substitutes instead – sugar-free chewing gum or hard candies.

## Fireground Operations Training

This month's training focused on Fireground Operations at IRSC. The Training Division designed seven different scenarios. Each crew was given two scenarios to accomplish, which were part of their monthly training objectives.



Budget Retreat slides have been placed on the SLCFD Website. You can find them in the Annual Report section.