



Fire Rescue Support exists to support fire rescue personnel before, during and after the call

Wilderness Search and Rescue



On Friday, March 28, at the Florida State Fire College, I had the opportunity to spend some time with a wonderful group of volunteers. This group was together to sharpen their skills in the area of search and rescue. My part of their program was to talk with them about stress and the area of critical incident stress management.

Until recently, the world of search and rescue (SAR) was unfamiliar to me. I had never had any personal contact with search teams. But then came the search for Johnny Radabaugh in the Ocala National Forest. I had the privilege of working alongside of a variety of fire rescue and law enforcement agencies and also with over 100 volunteers. It was some of these volunteers that I saw again at the Fire College.

Many of those attending were part of the Marion Ocala Search and Rescue (MOSAR) team. The mission of this team is to furnish highly trained volunteers and dog teams for search and rescue for the benefit and welfare of the community.

Thank you to MOSAR and the others that were gathered for your commitment to the communities you serve.

April – a Month of Training

I am very excited about the month of April! During this month, I will have the opportunity to give four different presentations in three different venues.

First, I'll be at Church @ The Springs teaching Individual/Peer Crisis Intervention (April 2/3) and Group Crisis Intervention (April 9/10). Then I'll be at the Florida State Fire College teaching a course on the Fire Chaplaincy as part of Volunteer Week (April 24). Finally, I'll be part of the Orlando Fire Department's Safety Symposium (April 30) where I'll present a session called "How to Prepare for Stress."

I'm passionate about teaching and I believe in what I have to share. That's why I'm so excited about this month!

Amazon Donates to Charity



For eligible purchases at Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization.

You can make Fire Rescue Support your organization by [clicking here](#). Then every time you order through the Amazon Smile website you'll be helping Fire Rescue Support continue its mission of supporting fire rescue personnel before, during and after the call.

**Fire Rescue Support exists to support fire rescue personnel
before, during and after the call**

Fire Rescue Cares



Started in March 2012, Fire Rescue Cares is a program of Fire Rescue Support designed to provide immediate, practical assistance to those who experience fire-related loss. Due to the generosity of local Walmart stores, gift cards are provided to fire victims allowing them to quickly obtain basic items so they can begin rebuilding their lives. To date, nearly \$6,000 has been given.

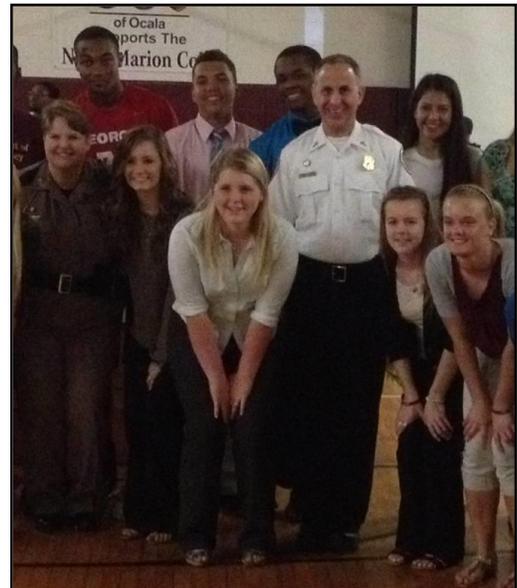
Two such fires occurred during the month of March. A residence near Reddick and another in Summerfield suffered fire-related loss. Fire Rescue Support was able to extend the care of Marion County Fire Rescue just a little by leaving gift cards for the families affected.

Drive for Life

On Tuesday, March 11, I had the honor of being part of the annual Drive for Life assembly at North Marion High School. This completely student-led event was designed to challenge students to drive and ride responsibly.

As students arrived that morning, they witnessed the aftermath of a traffic accident right in front of their school. It wasn't until the assembly started that they were informed it was only a mock accident.

On the opposite side of this page are some pictures from the event.





Fire Rescue Support exists to support fire rescue personnel before, during and after the call

Taking Care of You

Every day you are called upon to serve others. But if you're not careful, over time you'll begin to experience stress. This stress won't necessarily be the devastating, ruin-your-career type of stress. Sometimes it's just the normal day-to-day wear and tear that can get to you.

So what can you do to stay healthy? Here are five aspects of self-care that will help you be better prepared for all you do.

Exercise daily – most of you do a good job of this while you're on duty. You take time, often as a crew, to intentionally stay in shape. But what is your exercise plan on your days off? Do you have a workout routine for when you're on your own?

Avoid alcohol and drugs – I guess you'd expect a chaplain to say that. But the real danger in using alcohol and drugs is that they can mask the very symptoms of stress that you are experiencing. Your body does a great job of communicating trouble. There are physical, emotional, intellectual, behavioral and spiritual signs that indicate you are experiencing stress. Alcohol and drugs can get in the way of this normal communication and cover over some very real issues.

Get plenty of rest – while sleep is not in your control while on duty, make sure you get plenty of rest on your days off. Turn off the TV, shut down the computer and get the rest you need.

Do things that feel good – downtime, white space, margin. We all need this. But how many of you take time for you? I know this can be a challenge, especially if you have children or grandchildren in your home. Hunting and fishing, woodworking and gardening, reading and walking. All of these give you the opportunity to become refreshed and refocused.

Eat well-balanced meals – while fire house cooking is the stuff of legends, there are also times when Ronald McDonald is in charge of dinner. Eating well takes some work; it's often easier to just grab a burger.

These self-care suggestions are meant to bring about a change of life. They will have the most benefit when you incorporate them into your day-to-day routine and not when you simply try them for a day or two.

Why is this important?

The goal is for you to have a long, successful career; to experience the satisfaction of knowing you make a difference every day. But it's also about you having a long, successful life. You need to take care of your self, so you can continue to take care of others. And while the others certainly include the people you serve as you work, they also include the people in your life that you are the closest to.



Monthly Newsletter
April 2014

**Fire Rescue Support exists to support fire rescue personnel
before, during and after the call**

Thank you!

Thanks for your interest in and partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit www.firerescuesupport.com for more information or find us on Facebook (you can simply click on the images below.) And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at 352-425-1643 or joe@firerescuesupport.com.

