



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

911 Remembrance Events

Marion County Fire Rescue's Annual 911 Stair Climb was held in the early morning hours of September 11. This gathering was held at the Florida State Fire College when participants climbed the five story training tower 22 times to simulate the 110 stories of the World Trade Center. As we climbed we carried the names of the 343 FDNY firefighters that were killed that day.

The names I carried are pictured below and included Father Mychal Judge, Chaplain.



Citrus County Fire Rescue held their 6th Annual 9/11 Memorial Fitness Challenge on Saturday, September 12. Participants climbed 16 rounds of bleachers at Citrus High School to bring awareness to the health and fitness of the profession, and the hazards firefighters face. I had the privilege of opening the event with prayer.





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Fire Rescue Family Day

Fire Rescue Support is excited to announce Fire Rescue Family Day. This event will be held on Saturday, November 14, 2015 from 10:30am - 1:00pm. This event is made possible through the generosity of the IDEX Foundation/Hale Products and Church @ The Springs.

Fire Rescue Family Day is designed for fire rescue personnel and their families to enjoy some fun together as Fire Rescue Support gets the chance to thank them for all that they do. In addition, while the kids enjoy pizza and a movie, adults will spend some time over lunch discussing some of the stressors that are part of fire family life.

This event is open to all fire rescue personnel serving with Marion County Fire Rescue and Ocala Fire Rescue. [Click here](#) to sign up your family for this free event.

Fire Rescue Family Day will be held at Church @ The Springs - 5424 SE 58th Avenue, Ocala FL 34480.



#GivingTuesday



We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back. On Tuesday, December 1, 2015, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

Designed as a day for unselfish giving, the first Tuesday in December (this year it's December 1st), #GivingTuesday gives people an opportunity to refocus their giving after Black Friday and Cyber Monday.

Fire Rescue Support is excited to be part of #GivingTuesday 2015. Between now and then, you can learn more about the work we do among fire rescue personnel by going to our website (www.firerescuesupport.com) and Facebook page (be sure to "Like" us). Then, on December 1st, you'll be given the opportunity to financially give to support this work.

Black Friday. Cyber Monday. #GivingTuesday.

#GIVINGTUESDAY™

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Station 33 Visits Kids Program



Last month, I had the opportunity to speak to the kids at my church during Awana. I taught them, “When things get hard, trust in God” using the story of Shadrach, Meshach and Abednego. These were the three young men that were thrown into the fiery furnace.

I told them I had some friends that face fire as part of their job. They were fascinated to hear about the work our firefighters do every day. I told them my friends were with us but couldn’t bring their equipment inside the church; we had to go out to them!

With great excitement our group walked outside to be greeted by the lights and siren of Marion County Fire Rescue Engine 33. Many thanks to Lt. Kyle Lefebvre, DE Jimmy Davis and FF Donald Ball for making this such a great night for the kids.





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It's Okay to Not Be Okay

The United States Fire Administration conducted research on firefighter satisfaction ([click here](#) for a copy of this report). They asked firefighters from across the nation, "What do you need in order to be happy in your work?" They found three answers rose to the top.

- We need to be competent in our work
- We need a certain amount of control over the uncertainty of our job
- We need a sense of success in our work

Of particular significance, firefighters often added a fourth qualification: "We need to know that our health and stamina are not diminished by our work." It's this fourth answer that drives the work that I do.

My goal is that you have a long, successful career knowing you make a difference every day. But it's also that you having a long, successful life. And as you know, the work you do has the potential to make this a difficult goal to achieve ([click here](#) for a look at the challenges of the job). You need to take care of yourself, 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.

The fire service is filled with strong, Type A personalities and for that I am grateful. It's that type of person that pushes ahead under extreme conditions, has high expectations and is a strong decision maker. But it's also the type of person who minimizes the impact of stress, diminishes the effect of the work they do and underestimates the wear and tear they endure over time. And sadly, this personality is encouraged by a culture that says "suck it up and get over it." ([click here](#) for a light-hearted version of this truth in action)

Fortunately, the culture is beginning to change.

I've had the privilege of being part of a number of gatherings focused on firefighter health and safety. These gatherings not only deal with physical issues, but mental and emotional issues as well. Peer Support Programs, psychological first aid and stress injuries are being discussed more and more. I summarize this culture change with the following statement.

It's becoming okay to not be okay.

That is, we are seeing more opportunities for those in the fire service to raise their hands and admit that they are having some challenges; challenges from the pressures of the job and challenges from the pressures of life. The good news is that once their hands are raised, we are prepared to offer assistance, help and hope.

While it's okay to not be okay, it's not okay to ignore the struggles you are facing. There are people around you, all around you, that are ready and willing to assist.



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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.



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 to donate. You can also find us on Facebook. 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.

