



Monthly Newsletter July 2015

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

God Bless the USA!



Fire Rescue Cares

Fire Rescue Support responded to one fire in May that resulted in a family of four being displaced. Because of grants and donations, we were able to leave assistance in the form of Walmart gift cards.

Fire Rescue Cares is the name of the program that provides this support for fire victims. This call brought the total amount of assistance given to over \$15,000!

Every \$100 you donate to Fire Rescue Support helps one person start putting their life back together after suffering a loss due to fire. Click on the "Donate Today" link on the bottom of the last page to make a difference.

The Fire that Burns Within



There is a growing concern that suicides are affecting the fire service at higher levels than ever before. The Center for Public Safety Innovation at St. Petersburg College has been grant funded to develop a suicide prevention Training of Trainers course. The eight-hour course provides an overview of the suicide issue globally, as well as in the United States and breaks down the problem at the local level. The suicide prevention course is broken into five modules that include information about suicidal behaviors and communication, prevention efforts, protocol and policy development, issues revolving stigma and how to care for survivors.

This training is designed for the fire service trainers, chaplains and EAP representatives who wish to teach a block of instruction on suicide prevention and intervention techniques within a fire service setting.

Tuesday, July 28, 2015

8:00am – 5:00pm

Florida State Fire College

No Cost, Grant Funded

For registration information and questions regarding the course contact Laura Heisler at: Heisler.laura@spcollege.edu or 727-341-4437.



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Station 17A Gifts Chaplain



The other night I was invited to dinner at Station 17. I always enjoy spending the extra time with crews that sitting down to dinner affords. As the meal concluded, Lt. Jodoin got up from the table and returned with a gift.

The crew had gone together and purchased a beautiful leather radio strap with my name, "Chaplain" and a cross proudly displayed. The strap was made by K&S All American Fire Leatherworks (www.ksleatherworks.com) which is owned by two Marion County firefighters.

For me, the gift was wonderful, but the thought behind it was even greater. Thanks guys. You're the reason I love what I do.



Seminole County Presentation



I recently had the opportunity to spend some time in Seminole County at the request of Fire Chief Leeana Mims. Chief Mims attend my presentation at Fire-East and asked that I bring this to the Peer Support Team in Seminole County.

"How to Keep Stress from Impacting Your Crews" was designed to create a discussion about how to best care for the various people that fire rescue personnel serve including victims, peers, their family and themselves. The premise that that stress levels can be reduced when personnel are better prepared to care for these groups.

Also in attendance were personnel from Maitland Fire Rescue, Orange County Fire Rescue and the Orlando Fire Department.



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Mowing and Meditating

I just came in from mowing the yard. At my house, this task takes about two hours. Time is spent weeding the mulched area, edging the border between the mulch and the grass and cutting the grass. By the time I finish my hands hurt, my feet hurt and I'm quite sweaty.

Mowing is one of the mundane yet necessary tasks of life. I enjoy the result, even though the process isn't too exciting. It's just me and the mower, helping make the yard look nice one blade at a time.

There is, however, one positive aspect to this otherwise routine task. While my hands are bound to the mower's handle and my feet keep a brisk pace, my mind is free to wander.

And wander it does.

Sometimes complaining about the task at hand; other times being grateful that I have a yard to mow. Sometimes going over all the other things I need to be doing; other times enjoying the down time. Sometimes my wandering takes me to God.

It is during these times that I understand a little of what Moses meant when he instructed Joshua to meditate on the things of God. "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Dwelling on the things of God is the privilege we have as His children.

What does this day hold for you? Certainly there will be plenty of times that you will focus your thoughts on your job, your family or even your upcoming vacation. But there will also be times that your mind will be free to wander. During these times, ask God to direct your thoughts toward...

Sorry, my mind was wandering again.





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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.

