



FIRE RESCUE SUPPORT

October 2018

BEFORE... DURING... AFTER...

The following firefighters died in the line of duty during the month of September

9/1

Daniel "Danny" Lister
Queen Anne, MD

9/4

Eric C. Aarseth
Philomath, OR

9/7

David Fisher
Sturgis, SD

9/23

Robert J. Phillips II
Memphis, MI

69 firefighters have died in the line of duty this year

Didn't Plan on Dying Today

As I respond to the tragic calls that our agency handles, I'm struck with the thought that those who died had not planned on that happening at that time. They hadn't said "I'm sorry" or "I love you" to those closest to them. They hadn't finished their will or made sure their life insurance was up to date. They simply hadn't planned on dying.

On a regular basis, you are involved in matters of life and death. Sometimes, everything comes together (smooth dispatch, quick response time, skillful work on scene, short transport to hospital) and you are privileged to enjoy the incredible satisfaction of saving a life. On these days you shine knowing you were made for this. Without a doubt,

you are making a difference.

However, at times you are faced with the reality of death. You bring your skill and training, the same as every other day, but are unable to change the outcome. On these days, nothing you do will change the hard truth that people die.



I'm reminded of the scripture that formed the basis for The Byrds' 1965 hit song, "Turn, Turn, Turn." Ecclesiastes Chapter 3 begins, "There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die."

The Bible is full of reminders about the reality of death. Psalm 39:4 sums things up rather well: "Show me, LORD, my life's end and the number of my days; let me know how fleeting my life is."

Fleeting. Short-lived. Temporary. Brief. Passing. So how do we approach life when it seems like death is always staring us in the face?

In a way, you have an advantage. Since you are constantly reminded of the reality of death, you are in a better position to be reminded of the gift of life. Every fatal car crash and each life tragically lost in a house fire have the potential of causing you to have a proper perspective on life.

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Brief and full of struggle, but also filled with wonder and joy, life is a gift that you've been given.

If you are wise, you will take stock of the fleeting

nature of your life and choose to live this day differently. Psalm 90:12 says, "Teach us to number our days, that we may gain a heart of wisdom." Death can challenge you to fully live the life you've been given.

As you think about the way you'll live today, consider this final thought. It's been said, the tragedy of life is not that it ends so soon, but that we wait so long to begin it.



There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace. Ecclesiastes 3:1-9

Union Support

IAFF Local 3169 recently agreed to give their membership the opportunity to donate directly to Fire Rescue Support through payroll deduction. Due to the size and strength of the Union, even a small amount from one person will be multiplied greatly. This shows the great partnership we have with the firefighters of Marion County. Together, we are continuing to provide for the needs of the men and women who sacrifice and serve every day. Thank you in advance for your financial partnership with Fire Rescue Support.

CISM Monthly Training

Steps to Better Sleep

Each month we'll discuss a topic related to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.

Do you feel tired? If so, you're not alone. Most Americans simply don't get enough sleep. And rest for your body and your mind is crucial. Here are the Steps to Better Sleep from the Mayo Clinic.

- Stick to a sleep schedule
- Pay attention to what you eat and drink
- Create a bedtime ritual
- Get comfortable
- Limit daytime naps
- Include physical activity daily
- Manage stress

CISM Training

Assisting Individuals in Crisis AND
Group Crisis Intervention



Winter Garden
October 23-25

Pensacola
December 5-6

Palm Coast
November 6-8

Fort Walton Beach
February 19-21

For more information and to register visit
www.firerescuesupport.com

Want to host CISM training at your agency?
Contact Joe at 352-425-1643 or
joe@firerescuesupport.com

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 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 Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at



Connect with Fire Rescue Support





12647 SE 102nd Avenue
Bellevue, FL 34420

352-425-1643

info@firerescuesupport.com

www.firerescuesupport.com



Every day the men and women who serve as fire rescue personnel put their lives on the line for their communities. The work they do is full of unique challenges like dealing with extreme physical conditions and coping first hand with human tragedy. Often these challenges take a toll on their well-being and put incredible strain on their relationships. In addition, the people that fire rescue personnel serve are many times experiencing the worst day of their lives. As they struggle through their personal tragedies, they are faced with the task of rebuilding their lives and going forward.

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.

