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A PUBLICATION BY AND FOR THE STAFF OF THE CITY OF DELRAY BEACH FIRE-RESCUE DEPARTMENT

OT TOPICS



Volume 10, Issue 6 City of Delray Beach Fire-Rescue Department November 2010

Mission Statement

The Delray Beach Fire-Rescue Department is resolved to provide the highest quality of emergency services to residents and visitors of our community; effectively mitigating all types of incidents threatening life or property; educating the public in specific aspects of health and safety to assure a superior quality of life.

Vision Statement

“Our vision is to provide Fire-Rescue, Emergency Medical and Special Operations Services at the highest level of excellence, professionalism, and commitment to the community. Proud of our past and embracing our future, the members of Delray Beach Fire-Rescue will work as an effective and integrated team, dedicated to continuous improvement and maintaining a positive environment. The Department will be a model to others and the pride of the community”.



Congratulations to *Joseph Falcone* on his promotion to Lieutenant. He has taken over Lt Rodriguez’s position as EMS Training Lieutenant.



Congratulations to Joseph LaMarco on his promotion to Driver Engineer



Annual Holiday Toy Drive

Please help Santa by providing a NEW UNWRAPPED TOY
Drop off toys at any Delray Beach Fire Station

or

Send a check made payable to
Delray Citizens for Delray Police
40 S. Ocean Blvd.
Delray Beach, FL 33483



For More Info Contact:
Officer Jeff Messer @ 243-7847
Or Jennifer Buce @ 243-7138



Congratulations

Paramedic Greg Tabcek & Jennifer O’Farrill
On the birth of their son
Cayden James O’Farrill-Tabcek



Born: November 4, 2010 at 8:44pm



Lt. James Tabcek with his Grandson Cayden James

“Preparing for the worst.....Delivering the best”

From the Desk of Battalion Chief Wetzel

Put The Meaning Back Into Thanksgiving

Now that Halloween is over it is time to start thinking about Thanksgiving. But wait! Why is there Christmas music on the radio? Did they forget the Thanksgiving holiday? Thanksgiving is not a placeholder between Halloween and Christmas. It is a time when you and your family can be together and express gratitude for all that you have. But as we all know there will be one shift on duty and we will not be able to be home to enjoy that dinner. We can hold a special dinner the day before or after, but it just doesn't feel like Thanksgiving. We can have our family join us at the fire station, but we can also guarantee that we will be responding to a call in the middle of that dinner. Here are some ways we can enjoy and celebrate the meaning of Thanksgiving with our family when we are not at home.

Have a thanksgiving box. Each day during the month of November, have your family write down something they are thankful for and put it into the box. On Thanksgiving Day, read what your family members wrote. If you have young children, you could use a visual such as a picture of a turkey. Write the things they are grateful for onto feathers cut out of paper, and attach the

feathers to the turkey.

Volunteer with your family. Help out a homeless shelter, weed an elderly neighbor's garden, prepare a thanksgiving dinner and take it to someone who is homebound.

Make plates of goodies and drop them off at the homes of neighbors and friends. Take treats to a retirement home and stay to visit awhile.

Gather together pictures and mementos from the past year. Make a scrapbook page for each person in the family. Have your family members write down what they are thankful for and other thoughts they have on the page.

Thanksgiving is a time to express thanks and gratitude for everything that happened over the past year. It is time to be with your family and to serve others even if it's not on Thanksgiving Day. It is important to remember the true meaning of Thanksgiving and not let it get lost in the hustle and bustle of the upcoming Christmas season.

HAPPY THANKSGIVING!

Firefighter Fitness

By: Lieutenant Joe Falcone, Emergency Medical Services

Firefighter fitness and competition is alive and well here at Delray Beach Fire-Rescue and our firefighters have been competing in many events in and out of town. The men's and women's combat challenge teams have been competing throughout the year and has been training hard to be fit and ready. In October, the team traveled to Kissimmee, FL for the Nationals competition and both of our teams (men and women's) qualified for the World competition held in Myrtle Beach, SC. As I write this the men's and women's team comprised of **Lt. Ilene Rose, Lt. Crista Mockenhaupt, PM Dan Waldrep, PM Brian Fiorey** and **FF Tommie Osborn** are getting set for their first day out of four of competition. These men and women have been training tirelessly on and off duty to be prepared for this competition and we wish them the best of luck in a competition that has become increasingly competitive. Results will be posted in the December Hot Topics.

Jack Mckessy and his wife Ann ran the Boca PAL 5k and had great time training for the race and are looking at running the Turkey Trot 5K. Several firefighters are competing in the annual American Lung Association stair climbs coming up and they are **Lt. Crista. Mockenhaupt, PM Jack Mckessy, PM Tyler Adams** and I. The climb can be as high as 30 stories and can be run in shorts and t-shirt up to full gear with air pack. Wish us luck as we help raise money for a good cause and test our climbing ability!

In other fitness news, I will be making my way around the stations to check on the necessary equipment (medicine balls, jump ropes, etc) and make sure each station is stocked with working and undamaged equipment. If you know of a particular item that needs to be replaced or fixed, e-mail me and I will look into it and replace it if need be.

Firefighter Training and Safety

By: Lieutenant Joe Falcone Emergency Medical Services

Beginning this month I will be submitting an article relating to training by way of either EMS, firefighting, safety or other new trends I come across that would be beneficial to share with everyone. This month I am bringing to light a very serious problem that is unfortunately sweeping the fire service across America and I am referring to firefighter suicides. Recently the Chicago Fire Department and the Phoenix Fire Department amongst others has seen an alarming rise in active duty and retiree suicides in a short period of time. Phoenix Fire had 4 suicides in a 7 month time period and Chicago had 12 suicides in a 3 year period. Unfortunately, I knew one of the Phoenix firefighters very well that took his life last December.

Although I was not there to see his behavior change leading up to this tragic event, I was at the funeral listening to his crew. They explained seeing changes but didn't think it would ever come to this. The following is excerpted from an article relating to this problem and gives warning signs for us to beware of and how to handle a brother or sister firefighter who may be in need. The web article can be found at <http://www.firerescue1.com/health/articles/905168-4-Phoenix-firefighters-commit-suicide-in-7-months/> Keep the following information in the back of your mind throughout your career. We have a strong ability to detect personality changes and should not be afraid to confront or report a problem we see. I am not a mental health expert but have learned that even the strongest, happiest guys on Earth have problems and sometimes need a hand. Along with the following information if you suspect a co-worker needs help or you personally need assistance, retired or active duty, the Employee Assistance Program (EAP) can help and their number is 888-371-1125 and/or the National Suicide Prevention Lifeline 1-800-273-TALK (8255): Suicide hotline, 24/7 free and confidential, nationwide network of crisis centers.

Signs to be aware of:

- If an employee talks about committing suicide
- has trouble eating or sleeping

- experiences drastic behavior changes
- withdraws from friends and/or social activities
- loses interest in hobbies, work, or school
- prepares for death by making a will and/or gives away possessions
- has attempted suicide before
- takes unnecessary risks
- has had recent severe losses
- is preoccupied with death
- loses interest in their appearance
- increases their use of alcohol or drugs

According to their website, the following are ways to be helpful when someone is threatening suicide:

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

With Help Comes Hope



Explores Post 320

By: *Lieutenant Sean Gibson*

Explores Post 320 has been going through a transition in the past several months. We have several new members now and they have been very active. Training has been going well for the post with fresh faces learning new things. We have been doing hose drills and medical training in preparation for a competition in Coral Springs this next April. The competition is held yearly at the fire academy and consists of both fire and EMS events and is attended by over 10 other posts from Broward and Palm Beach counties. The members are also looking forward to attending the annual Leadership Weekend that is being held at Camp Tannah Keetah in southern Martin County. The post will be participating in the COPE course, a challenging team building obstacle course. They will also be learning how to rappel and climb the rock wall. The explorers will have to cook their own meals, clean the mess hall and sleep in cabins while they are there. This has always been a great event and they are all looking forward to getting out into nature again.



Finally a bit of exciting news. The Post participated in a Combat Challenge event at the Indian River State College on November 7th, 2010. The Challenge was set up in the same way as the real “Challenge”, but the weight of the hose packs were reduced as well as the weight of the dummy. Everything else was the same and the Explorers all got a good idea of what the real deal is like. Our post had a good showing and they had been training for this event for the past month. Kudos to two individuals who placed in their respective fields. **Denise Tam**, the Chief of the Post, received second place for her time of 3:46:24 in the women’s division. Her old nemesis from St. Lucie County beat her by a few seconds which is an improvement over last year. **Jefferson Dorgilus**, a new member to the post, received 3rd place for his time of 2:14:00 in the 17 and Under Men’s division. All of the Explorers did very well and made some new friends. Check the trophy case for the new additions soon.



Annual Flu Clinics

By: *Division Chief of Emergency Medical Services Victor B. Williams*

The annual flu clinics sponsored by the Area Agency on Aging and the Delray Beach Fire-Rescue Department were a success. During the month of November, the agencies, along with personnel from Delray Medical Center administered on average over 200 flu, pneumonia, and tetanus inoculations to residents of Delray Beach. The clinics provided an outreach service to many and prevailed in spreading good will, health and wellness, and peace of mind to those that depend on the service.



PM Muller gathering important information



PM Pollack, Lt. Albano and PM Muller at the clinic.



Lt. Falcone administering a flu shot to PM Pollack

From the Support Services Staff

By: Administrative Officer Cecelia Shade

After being outsourced to Advanced Data Processing, Inc. (ADPI) for the past three years, the Fire Administration Division is in the process of bringing the EMS billing back in-house.

Executive Assistant Desiree Kazakevicius and I have been working diligently to ensure that the transition is smooth. We recently attended the NAAC Ambulance, Billing, Coding, and Compliance (ABC3) Conference in Hershey, PA and are now Certified Ambulance Coders (CAC's). The information gained from this conference has given us the knowledge needed to be successful implementers of the billing system.

We recently closed on the job posting to hire two qualified EMS Billing Specialist. Interviews will be scheduled next week, so that staff is onboard once our new Tri-Tech Sweet Billing software is implemented. Our IT staff has begun the software installation process and training will follow thereafter.

It is a lot of work, however, I am confident that with a dedication to staffing, training, and support, we can obtain our previous in-house collection rate of 84-85%, and increase revenue over a period of time. We are very excited!

The support services staff has been very helpful during this entire process. I extend many thanks to all of you, for your hard work and dedication in our absence. Our entire staff is cross training and learning other functions and duties, largely in preparation for retirements within the next few years.

As we move forward on this journey, we ask for your support and encouragement. I would like to offer this thought: Be not concerned nor be surprised if what you do is criticized. There are always folks who usually can find fault with every plan. Mistakes are made we can't deny. But only made by folks who TRY!



The eight newest members of DBFR have been with us for six months. Now that it looks like they will be sticking with us for a while, it is time to get to know them a little better. Each month will feature a short bio on who they are and how they got here.

This month's first Member is: ***Paramedic Lindsey Bell.***

PM Bell was originally from Colorado Springs when a volleyball scholarship to FAU brought her to sunny South Florida. After completing college with a Bachelor's Degree in Marketing, Lindsey took a hard look at what she wanted to do in life and thanks to a co-worker at Houston's restaurant she found the answer. Her co-worker, who was also a firefighter with Boca Raton Fire Rescue, easily sold her on the rewards of the fire service. Lindsey said, "I loved the idea that every day at work is different, how the job would be physically challenging on the fire side, mentally challenging on the medical side. I loved how the people you work with become your family. I was completely intrigued and loved what this career stands for."

Bell attended Coral Springs Fire Academy for fire and E.M.T. and later completed paramedic training. When not on shift Lindsey says staying physically fit will always be important to her and that you can usually find her outdoors camping, fishing, or playing beach volleyball. Welcome to the DBFR family.





**A-Shift works an
extrication early
this month on I-95**



Training Schedule for Dec. 2010

Wk1 - Night Extrication Training

Wk2 - Tech Rescue Training

Wk 3 - EMS Training

Wk 4 - Company Level

Wk - SCBA Training

Newly Promoted Lieutenants

By: Assistant Chief of Administration Danielle Connor

In the past few months, we have promoted four bright young individuals to the rank of Lieutenant. This is a major professional achievement for these individuals and I congratulate each of you and wish you tremendous success in your new roles. This new role was earned by hard work, dedication, coursework, and an intense, stressful, and competitive testing process.

I ran into one of these newly promoted individuals recently and I asked how everything was going with the new position. The newly promoted Lieutenant shook his head and said that the responsibility he felt with the new job title was just beginning to “hit him”. He felt, wasn’t sure, but *felt* that maybe people were treating him differently because he now wore a different color shirt. I smiled at him and said.....of course they’re treating you differently! You’re the boss now!!

There are lots of seminars and webinars about going from coworker/friend to supervisor/boss. It’s definitely a transition and it’s not always easy. As a Lieutenant, you bear the responsibility to ensure that all of the personnel under your watch go home to their families the next morning. You oversee apparatus at your station that are valued in excess of \$1 million. You must ensure that appropriate medical care is delivered and that tactical decisions made on the fire ground are safe, effective, and get the job done.

You must learn to evaluate your subordinates/friends in a fair and non-biased manner and find the courage to tell them when their performance is not up to par or when a rule has been violated. Does your team have sound skills...proper gear...do they do the right thing even if you’re not around?

Honestly, I did not think about all of these items when I set out to study for my Lieutenant’s examination. As I assumed my new role, I sought out other Lieutenants who had more experience and whose style I had always respected. I found mentors and subsequently developed my own style. Being a Lieutenant is quite different from being a step-up, I think most would agree. This position requires its own set of talents and tools, just as the Paramedic and Driver Engineer positions do. The challenges that you will now face, both on and off the fire ground will vary and will be a moving target at times. Your crews will test you, but will also look to you for guidance and leadership. I *know* each of these newly promoted Lieutenants has the knowledge, skills, attitude, and tools to safely and effectively assume their new position. Again, I wish you all the best!

“Being a General calls for different talents from being a soldier.” - Titus Livy

Training Hours by comparison October 2010

"A" Shift	Hours	"B" Shift	Hours	"C" Shift	Hours
Station 1	162	Station 1	126	Station 1	130
Station 2	104	Station 2	96	Station 2	126
Station 3	118	Station 3	116	Station 3	137
Station 4	140	Station 4	111	Station 4	187
Station 5	169	Station 5	131	Station 5	197
Station 6	111	Station 6	158	Station 6	119
Total	804	Total	738	Total	896

Did you
**Did you
know?**



Best Buy Recycling Program

Best Buy offers consumer electronics recycling programs in all Best Buy U.S. stores. Best Buy will accept most electronics, including TVs, DVD players, computer monitors, cell phones and more. Consumers can bring in up to two items a day per household.

See [Best Buy Recycling](#) for details.

Drop off old cell phones, rechargeable batteries, and ink-jet cartridges at the free recycling kiosks located just inside the door of every US Best Buy store. Trade in unwanted electronic products for Best Buy gift cards or just recycle it for free. See [Best Buy Trade-In](#) for a step-by-step process for Tech Trade-In.

Office Depot Recycling Program

[Tech Recycling Boxes](#) (\$5-\$15 depending on size) are available at participating stores. You can fill the boxes with as many used consumer electronics (cell phones/PDAs, computers, televisions) as will fit and drop the unsealed boxes off at any Office Depot store to be recycled.

Every store has kiosks where consumers can drop off used cell phones, batteries and accessories.

Should You Flush Your Drugs Down the Toilet?

The greenest way to get rid of old prescription meds In 2007, the Office of National Drug Control Policy, the EPA, and the Department of Health and Human Services issued the first set of federal guidelines for proper disposal of prescription drugs. For the vast majority of medications, the government suggests taking them out of their original containers, mixing them with an "undesirable substance" (such as kitty litter or used coffee grounds), putting the mixture in a Ziploc bag or a container with a lid, then throwing the whole package in the trash.

Nearly **50 million tons** of e-waste (electronic waste such as cell phones and computers) is created each year around the world. This is enough to fill a line of garbage trucks across half the globe.



Benevolent Children's Holiday Party
Held at Station One on
December 18th from 12-3
Don't forget to sign-up for the party...
Sign-up sheets located in every station



HO HO HO



Thank You from
Bethel Evangelical Baptist Church
809 SW 8th Ave
Delray Beach, FL 33444



Delray Beach City Employees Appreciation
Knowing that you are working very hard to keep the city a pleasant place to live...

Knowing that each one of you devotes time, energy, resources to serve the resident of the city with joy...

Knowing that, at different levels, you work to keep Delray Beach a beautiful city and a city of harmony...

Thank you for accomplishing your work allowing us to live in a safe and healthy environment. Thank you for doing that every single day. We appreciate you!

May the Lord of compassion fill your heart with peace, joy, and most importantly love while you continue to serve the children, the youth, the seniors, and the families of our city.

The Bethel Family



Attention Fire Chief James

Last Sunday your department answered a call at Saint Vincent Ferrer Church. Your response was quick and the professional manner in which you all took care of my wife was outstanding & sensitive.

Thanks to **Lt. Albano, Paramedic Lasko, Paramedic Lawson & Engineer Hansen**. In this world of today, it is reassuring to know that there are people out there that are dedicated to their professions.

Many, Many Thanks,
The Giangrecos

Dear Chief James,

My sincerest thanks to two City of Delray **Paramedics, Robert Creasman and Randy Bahe**. These men visited Hagen Road Elementary School in Boynton Beach on October 6th. They presented a wonderful program to three-second grade classes about Fire Safety. The fact that these men came to school on their day off to educate the children is admirable and greatly appreciated by the students, their partners, and teacher.

The men were extremely friendly and patient with the children as they answered from the students and teachers.

I sincerely hope that you will recognize both **Mr. Creasman** and **Mr. Bahe** for their time and effort to educate the children of Palm Beach County.

Sincerely,
Lorraine Brunner
Hagen Road Elementary School

November

Birthdays



3rd

Walter Hirst

5th

Roxanne Tilghman

8th

Antonio Ojea

12th

Matthew Turnbach

13th

Richard Tarantino

14th

Craig Merrill

17th

**David James
Jennifer Lasko
Crista Mockenhaupt**

20th

Michael Thornton

21st

Debra Nastasi

25th

Christopher Zidar

26th

Jon Woertz

28th

Mark Wood

29th

Steven Anderson



Anniversary

21st

Richard Bush
28 yrs

23rd

Martin Gainer
23 yrs

30th

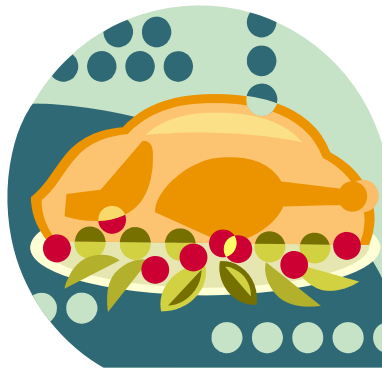
Victor Williams
18 yrs

8th

**Danielle Connor
William Marino
David Marchsteiner
Ilene Rose
Mark Reynolds
Andrew Zimmer
Christopher Bitzer
Rylan Rose
Mark Siciliano
Joseph Albano
Michael Thornton**
17 yrs

15th

Joseph Drayson
17 yrs



The distribution of our next newsletter is December 15, 2010. All news articles should be turned in to Debra Nastasi, Administrative Assistant in Fire Safety on or before, December 12, 2010. Thank you once again for your contributions and we look forward to the next issue of "Hot Topics."