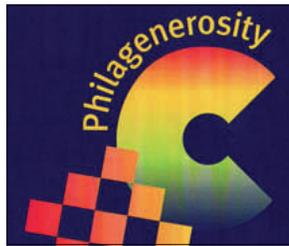




# FROM THE FIRE COMMISSIONER



## COMBINED CAMPAIGN 2011

The Fire Department is committed to serving Philadelphians by providing a safe, fire-free environment. This year, I have the pleasure of serving as the Chair for the 2011 Employees' Combined Campaign. It's important because it gives us another way to protect citizens who need additional assistance. I've witnessed first hand the effect that Philgenerosity has had on our most fragile communities. We really can—and do—make a difference!"

This year's campaign theme is, "Philgenerosity: Giving is Recession-Proof." City employees couldn't have come up with a more timely and powerful theme. The goal for the 2011 Campaign goal is \$1.25 million.

The organizations we support represent thousands of agencies

that advocate healthcare; environmental sustainability; civil and human rights; medical research and more.

For more than two decades, the City of Philadelphia Employees' Combined Campaign has set the standard for municipal combined campaigns, ranking in the top three municipal campaigns in the country.

Since the beginning of the Combined Campaign in 1989, more than 155,000 City employees have raised \$34.7 million. As a result of the collective efforts of City employees, the Campaign benefits 14 recipient funds/federations, thousands of regional nonprofits, and legions of citizens. Last year, 6,300 donors collectively raised \$1.15 million, in spite of a struggling economy.

Last year, more than \$1.15 million was raised to help provide care for the sick and elderly, clothe and house children and adults who lacked housing, and feed families that lacked food. This year, we hope to continue taking a stand together to help others in need.

GIVING IS RECESSION PROOF! AND IT FEELS SO GOOD!



Fire Commissioner Lloyd Ayers

1234  
Date January 19th 2011

**FM Global**

Pay to the Order of The Citizens for Fire Prevention Committee

EIGHT THOUSAND DOLLARS DOLLARS \$8,000

000-00-00000-00 For: FIRE PREVENTION LITERATURE

**SIXERS TEAM UP WITH PFD TO BEAT THE HEAT**

### Inside this issue:

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# FM GLOBAL AIDS FIRE PREVENTION

On Wednesday, January 19, 2011 the Philadelphia Fire Department received an \$8,000 fire prevention grant from FM Global. On hand to present the check was Michael Spazinani, Manager of Fire Service Programs for FM Global.

The grant will support the PFD's Freedom from Fire campaign by funding the literature and tools that are essential in the department's efforts to keep our citizens informed and safe.

Through its Fire Prevention Grant Program ([www.fmglobal.com/grants](http://www.fmglobal.com/grants)), FM Global awards grants quarterly to fire departments—as well as national, state, regional, local and community organizations worldwide—that best demonstrate a need for funding, where dollars can have the most demonstrable impact on preventing fire, or mitigating the damage it can quickly cause.

A primary beneficiary of the grant will be our children. Through the "Fire Safety Cube" pro-

gram, one of the latest tools used by fire prevention to educate children K - 4th grades. Since November of 2008 the cube program has contributed in the dramatic drop in fatalities among school-age children. We have distributed more than 59000 cubes throughout Philadelphia. Last year the fire prevention youth team conducted well over 800 programs to children in Philadelphia schools.

For 175 years, FORTUNE 1000 companies and similar-sized organizations operating in more than 130 countries work with FM Global ([www.fmglobal.com](http://www.fmglobal.com)) to develop robust risk management solutions to protect their business operations from fire, natural disasters and other types of property perils.

FM Global ranks 545 among FORTUNE magazine's largest companies in America. The company has been named "Best Property Insurer in the World" according to Euromoney magazine,

rated number one "for overall product and service quality" according to Strategic Risk magazine and named "Best Global Property Insurer" by Global Finance magazine.



Fire Commissioner Ayers, Russell Montague and Karl Keehn of FM Global

## MUSEUM'S MUSTER GOOD TIME FOR ALL

The Fireman's Hall Museum Fire Safety Exposition and Muster was held on Sunday, October 24, 2010 at the Philadelphia Fire Academy. Along with the Philadelphia Fire Department a gathering of area fire departments participated to contribute to the events success.

The muster featured an array of activities including Apparatus Display and Judging, Philadelphia Regional Communication Interoperability Exercise, Bucket Brigade Contest, Health Fair, Best Dalmatian and best "Look-alike" Dalmatian Contest and Fastest Water Contest. Boasting a plethora of fun activities for kids, the Muster also showcased a residential sprinkler demonstration trailer, and a



Pictured L-R: Eileen Donnelly (FAB—Admin.), Kate Dougherty, Michelle Durham (KYW News Anchor)

fire safety smoke house.

From shopping in the Firematic Flea Market to sharing Fire Prevention information, attendees were entertained with live music and tasty treats.

A special thanks goes out to The Down Home Diner, Sweet Lucy's Barbecue and the Second Alarmers Association of Philadelphia.

Through the annual Muster proceeds help to cover the cost of smoke alarms and provide fire awareness/safety literature for our citizens. For information on the Muster scheduled for 2011, go to [www.phillyfiremuster.org](http://www.phillyfiremuster.org), or call the Fire Prevention Division at 215-686-1382.

## FP BOOKS WORTH THE REWARD

The 2010 Battalion Year Round Fire Prevention Community Outreach Book winners have been announced...

- 1st Place  
*Battalion 8*
- 2nd Place  
*Battalion 12*
- 3rd Place  
*Battalion 10*

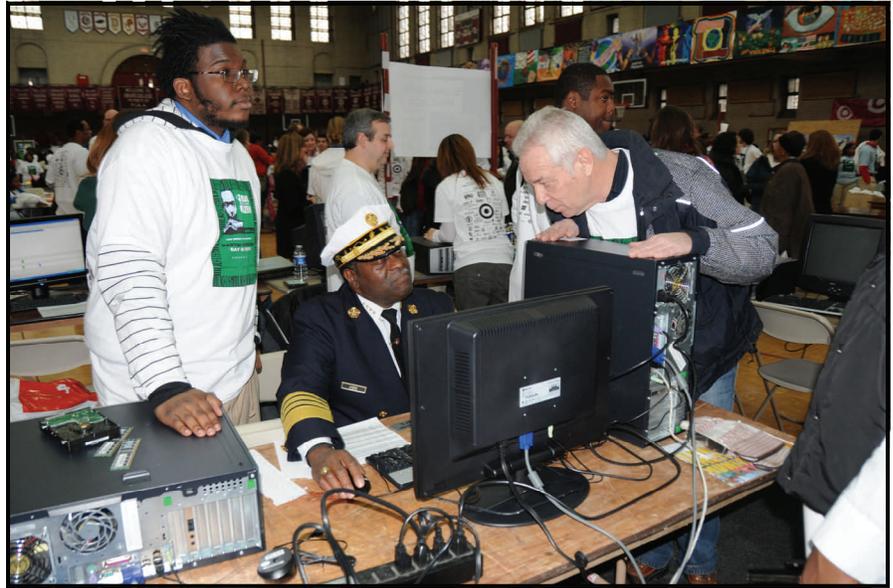


# MLK : DAY OF SERVICE HELPS TO BRIDGE DIGITAL DIVIDE

On January 17<sup>th</sup> the 16<sup>th</sup> Annual Greater Philadelphia Martin Luther King Day of Service hosted an awesome turn out of volunteers. People of all ages and backgrounds joined together to embrace Dr. King's legacy by turning community concerns into citizen action in the largest King Day event in the nation.

This year's signature project was to refurbish computers and create "Digital Access Kits" to help bridge the digital divide. PFD's IT guru Enrique Bravo shared his expertise to help refurbish and aid the city in reaching its goal of assisting 100,000 low-income Philadelphians to become literate in broadband and information technology through the Freedom Rings Partnership.

Mayor Nutter, Fire Commissioner Ayers (Chair of this year's Day of Service), and a turn out of elected officials enlisted their services to lend to the day's success. Also among the sea of volunteers was Harris Wofford, Girard College President Autumn Adkins Graves, community leaders, students, and other concerned citizens.



**900AM WURD**  
Your Information Station, Committed to Solutions

Listen to Fire Commissioner Ayers  
Every Second Saturday at 12 noon for

**Let's Talk Safety!**



# WHOLE FOODS LEND TO HEALTHY HEARTS

## 25 foods loaded with heart-healthy nutrients that help protect your cardiovascular system

From asparagus to sweet potatoes to a robust cabernet -- every bite (or sip) of heart-healthy foods delivers a powerful dose of phytonutrients that prevent and repair damage to cells. That's the essence of preventing heart disease.

"There really is an abundance of fruits and vegetables in many colors, shapes, sizes that are good for your heart," says Julia Zumpano, RD, LD, a dietitian with the Preventive Cardiology Center at The Cleveland Clinic. "You can definitely reduce your risk of developing cardiovascular disease by eating these foods every day." Indeed, fresh produce provide the cornerstone for a heart-healthy diet because they help wipe out free radicals in the bloodstream, protecting blood vessels.

You want everything to be in its natural form, as it comes from the ground, the less processed the better. Whole grains, beans and legumes, nuts, fatty fish, and teas are just as important -- offering all sorts of complex heart-protective phytonutrients.

That's why variety is best in selecting heart-healthy foods, says Suzanne Farrell, MS, RD, a spokeswoman for the American Dietetic Association and owner of Cherry Creek Nutrition in Denver. "Everyone's looking for that one magic food," Farrell tells WebMD. "But heart-healthy is not only about oatmeal and omega-3 fats. You need to look for ways to get all the different nutrients. Plus, you'll stick to a heart-healthy lifestyle longer if you have variety."

### The foods listed here are all top-performers in protecting your heart and blood vessels.

**Salmon** Omega-3 fatty acids. *Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.*

**Flaxseed (ground)** Omega-3 fatty acids; fiber, phytoestrogens. *Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.*

**Oatmeal** Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber. *Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.*

**Black or Kidney Beans** B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber. *Give soup or salad a nutrient boost -- stir in some beans.*

**Almonds** Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols. *Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.*

**Walnuts** Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols. *Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.*

**Red Wine** Catechins and resveratrol (flavonoids). *Toast your good health! A glass of red wine could improve "good" HDL cholesterol.*

**Tuna** Omega-3 fatty acids; folate; niacin. *Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -- in your office fridge.*



### Keep it Colorful!

**Tofu** Niacin; folate; calcium; magnesium; potassium. *Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.*

**Brown rice** B-complex vitamins; fiber; niacin; magnesium, fiber. *Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).*

**Soy milk** Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens. *Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.*

**Blueberries** Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber.

*Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!*

**Carrots** Alpha-carotene (a carotenoid); fiber. *Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.*

**Spinach** Lutein (a carotenoid); B-complex vita-

mins; folate; magnesium; potassium; calcium; fiber. *Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.*

**Broccoli** Beta-carotene (a carotenoid); Vitamins C and E; potassium; folate; calcium; fiber. *Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).*

**Sweet potato** Beta-carotene (a carotenoid); vitamins A, C, E; fiber. *Microwave in a zip-lock baggie for lunch. Eat au naturale, or with pineapple bits.*

**Red bell peppers** Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber. *Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.*

**Asparagus** Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber. *Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.*

**Oranges** Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber. *Got orange juice? Check out the new nutrient-packed blends.*

**Tomatoes** Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber. *For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.*

**Acorn squash** Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber. *Baked squash is comfort food on a chilly day. Serve with sauteed spinach, pine nuts, raisins.*

**Cantaloupe** Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber. *A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy!*

**Papaya** Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium. *Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.*

**Dark chocolate** Resveratrol and cocoa phenols (flavonoids). *A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.*

**Tea** Catechins and flavonols (flavonoids). *Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.*

# FARE THAT TAKES CARE

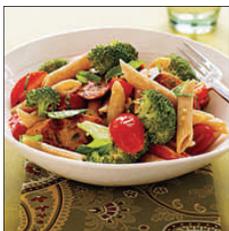
## Orange Beef and Pepper Stir-Fry

Steak lovers can savor this dish, since lean beef, in moderate portions, is still heart-healthy. Brightly colored peppers supply plenty of antioxidants, and quick-cooking brown rice means dinner's ready in no time (and everyone gets whole-grain benefits).

*Calories 350—Total Fat 12g—Saturated Fat 3g Cholesterol 50mg—Sodium 560mg Total Carbohydrate 28g—Dietary Fiber 3g Sugars -- Protein 32g - Calcium --*

### Ingredients

- 1 navel orange
- 1/4 cup(s) dry sherry
- 2 tablespoon(s) soy sauce
- 1 tablespoon(s) cornstarch
- 1 pound(s) beef eye round steaks, trimmed of fat and thinly sliced
- 3 teaspoon(s) canola oil
- 2 red and/or orange peppers, thinly sliced
- 1 package(s) (8.8-ounce) precooked whole-grain brown rice



### Directions

From orange, grate 1 teaspoon peel and squeeze 1/3 cup juice. In large bowl, combine orange peel and juice with sherry, soy sauce, and cornstarch. Add beef and toss to coat; set aside.

In 12-inch skillet, heat 1 teaspoon oil on medium-high until hot. Add peppers and 2 tablespoons water, and cook 5 minutes or until peppers are tender, stirring frequently. Transfer to medium bowl.

In same skillet, heat remaining 2 teaspoons oil on high. With slotted spoon, transfer half of beef to skillet, reserving orange-juice mixture. Cook beef 1 minute, stirring frequently. Transfer beef to bowl with peppers. Repeat with remaining beef.

Add 1/4 cup water, then reserved orange-juice mixture, to skillet; heat to boiling. Boil 1 minute. Meanwhile, prepare rice as label directs.

*To serve, toss beef and peppers with orange sauce. Serve beef and pepper stir-fry over rice.*

## Red Lentil and Vegetable Soup

This meal-in-a-bowl brims with fill-you-up soluble fiber, thanks to the lentils. Translation: It may

help keep weight down and also helps lower total and "bad" LDL cholesterol. The lentils, spinach, and tomatoes, all rich in potassium, work to keep blood pressure in check, too.



*Calories-265—Total Fat -5g—Saturated Fat-1g Cholesterol-0—Sodium-645mg -Total Carbohydrate-41g—Dietary Fiber-13g Sugars-- Protein-16g\*Calcium -*

### Ingredients

- 1 tablespoon(s) olive oil
- 4 medium carrots, chopped
- 1 small onion, chopped
- 1 teaspoon(s) ground cumin
- 1 can(s) (14 1/2-ounce) diced tomatoes
- 1 can(s) (14- to 14 1/2-ounce) vegetable broth
- 1 cup(s) dried red lentils
- 1/4 teaspoon(s) salt
- 1/8 teaspoon(s) ground black pepper
- 1 bag(s) (5-ounce) baby spinach

### Directions

In 4-quart saucepan, heat oil on medium until hot. Add carrots and onion, and cook 6 to 8 minutes or until lightly browned and tender. Stir in cumin; cook 1 minute.

Add tomatoes, broth, lentils, 2 cups water, salt, and pepper; cover and heat to boiling on high. Reduce heat to low and simmer, covered, 8 to 10 minutes or until lentils are tender. Stir in spinach. Makes about 7 1/2 cups.

## Balsamic Chicken and Pears

Star ingredient: skinless, boneless chicken breasts, which deliver plenty of protein with almost no artery-clogging saturated fat. Whole wheat couscous and pears add beneficial fiber, and Roma beans serve up multiple plant nutrients.

*Calories 450—Total Fat 7g -Saturated Fat 1g Cholesterol 66mg—Sodium 235mg Total Carbohydrate 61g—Dietary Fiber 10g Calcium -- Sugars -- Protein 36g*

### Ingredients

- 1 package(s) (9-ounce) frozen Roma beans
- 1 1/3 cup(s) whole wheat couscous
- 1 tablespoon(s) olive oil, see direction step 2
- 1 teaspoon(s) olive oil, see direction step 3

4 small (about 1 pound) skinless, boneless chicken-breast halves

2 Bosc pears, each unpeeled, cored, and cut into 8 wedges

1 cup(s) chicken broth

3 tablespoon(s) balsamic vinegar

2 teaspoon(s) cornstarch

### Directions

Prepare Roma beans and couscous as labels direct.

Meanwhile, in 12-inch skillet, heat 1 tablespoon oil on medium until hot. Add chicken and cook 10 to 12 minutes or until juices run clear when thickest part is pierced with tip of knife, turning over once. Transfer chicken to plate.

In same skillet, in remaining oil, cook pear wedges 3 to 4 minutes or until lightly browned and tender.

In cup, mix broth, vinegar, and cornstarch; add to skillet with pears.

Heat to boiling on medium-high. Boil 1 minute. Return chicken and any juice on plate to skillet; heat through.



## Grilled Dark Chocolate Sandwich

Both simpler and more decadent than a chocolate croissant, a grilled chocolate sandwich is a marriage of bread and chocolate in which the two components are evenly matched.

*Calories 151 Total Fat 7g Cholesterol 6mg Carbohydrates 21g Protein 4g Fiber 2gr Sodium 131mg Potassium 28mg*

### Ingredients

- 1/4 cup fat-free evaporated milk
- 3 ounces bittersweet chocolate, finely chopped
- 1 1/2 tablespoons butter, softened
- 8 slices thin whole-wheat or white sandwich bread
- 3 tablespoons bittersweet or semisweet chocolate chips
- 2 tablespoons chopped toasted hazelnuts

### Preparation

Heat evaporated milk just until boiling. Add chocolate, let stand for 1 minute, then whisk until smooth. Let cool slightly.

*Continued on Page 11*

# FSP/FIREFIGHTER – A DAY IN THE LIFE

For awhile now, whenever I think about it, I have been jotting down sayings from out in the field. Some come from my own experiences and some are sayings or comments that I have heard from paramedic/firefighters that are a reflection of their experiences. When compiled, what emerges is a unique perspective of life that few people will ever experience.

I have witnessed the miracle of birth; I have held a baby in my arms as it took its last breath; I sometimes do not eat meals on time; I have laughed with my patients; I have cried with my patients; Patients have vomited on me; I have comforted a father who held his dead son in his arms and grieved with the greatest sorrow I have ever seen.

I administer medications; Sometimes, I work on Christmas; I have compassion for my patients; I control bleeding; I cut my patients out of wrecked cars; I have been called an ambulance driver; I have had people try to beat me through an intersection when I am driving with lights and sirens; I have said a short prayer for a patient I just delivered to an emergency room in critical condition.

I start IVs; I work shift work; I have sat for hours in my ambulance while on a standby; I read EKGs; I have fought fires; I work a second job on my off-days to provide for my children; I have worked past the end of my shift when I had important plans after I was scheduled to get off work; I have intubated patients in dark alleys, windowless basements and cramped bathrooms.

I have had doctors yell at me for taking too long to arrive at the hospital, even though the patient had to be extricated from a third floor; I love my work; I must continually go to school and educate myself; I love my job; I have seen the worst that one human being can do to another; I have ventilated a building; I have seen an elderly lady lie for days with a broken hip because she had nobody to check on her.

I have seen a mother burn to death after running back into a burning building to save her child; I splint broken bones; I cook the meals in my fire station; I laugh with my brother and sister firefighters; I bandage cuts; I have concern for my patients; I sometimes get upset at people who do not get out of my way when I am driving my ambulance; I must use all my senses; I am the godfather to my partner's first-born child.

I have performed CPR; I work in intense summer heat; I work in severe winter cold; I have seen what a shotgun blast can do to a human body; I have reasoned with a person threatening to jump from a window ledge; I have carried hose up more than 10 stories; I lift and carry patients who weigh more than me; I have helped a doctor crack a chest; I have caught colds from my patients.



I have accidentally stuck myself with a needle; I take blood pressures; I install car seats; I put out car fires; I slide a brass pole; I have been cussed out by a patient; I have resuscitated people who have walked out of the hospital; I have rappelled off the side of a building; I have seen what a bee sting can do to someone who is allergic to bee stings; I have peeled a steering wheel off someone's chest.

I have not finished many meals; I have fallen through a floor; I sit on the ramp and wave at people who honk their horns; I constantly train on the equipment on my apparatus; I climb ladders; I have treated stab wounds; I've had to tell

a son that his father died; I have had patients thank me; I have seen the effects of not wearing a helmet when a motorcycle crashes; I have been criticized for showing up late at a call.

I have held a young child's hand while his mother was loaded onto a stretcher and then into an ambulance; I immobilize neck and back injuries; I have gotten lost in a smoke-filled building; I have driven home after my shift wondering

whether a patient survived; I have let a father cut the umbilical cord; I have climbed down dark holes; I have hugged my children after coming home from a shift.

I administer medication for pain; I listen when patients tell me they are dying; I deal with the homeless; I have laughed with my partner about some call we remembered last week; I have had a citizen file a complaint against me; I have driven an elderly lady to the hospital in the front seat of my ambulance as CPR was performed on her husband of 56 years in the rear of the ambulance and listened to her fear of the unknown.

I have gone an entire shift without eating; I have pulled a firehouse prank on a newly graduated recruit; I have smelled a burnt body; I read all the latest fire and EMS journals; I have a license to practice medicine; I have loaded hose after a fire; I have decompressed a chest filled with air; I have listened to my partner's frustrations; I have chopped a hole in a roof; I have cried after a call; I have hugged family members after a terrible shift; I have made a child smile.

I would not dream of doing any other job. I am a professional. I am a paramedic/firefighter.

**Contributed by Gary Ludwig, a Firehouse® Magazine contributing editor, has been appointed deputy chief of the Memphis, TN, Fire Department. Ludwig writes the monthly EMS column in Firehouse® and is a "front-page" columnist for Firehouse.com.**

## A PARAMEDIC'S PRAYER



As I perform my duty Lord  
Whatever may be the call  
Help to guide and keep me safe  
From dangers big and small  
I want to serve and do my best  
No matter what the scene  
I pledge to keep my skills refined  
My judgement quick and keen  
This calling to give of myself  
Most do not understand  
But I stand ready all the time

To help my fellow man  
To have the chance to help a child  
Restore his laugh with glee  
A word of thanks I might not hear  
But knowing is enough for me  
The praise of man is fine for some  
But I feel truly blessed  
That you Oh Lord have chosen me  
To serve in EMS.

*Author Unknown*

# COMMUNITY FIRST— THE BEST USE OF OUR RESOURCES



**Dial 911 For Emergencies Only - Call 311 For All Non Emergency Calls**

EMS Awareness Initiative Spreads Pertinent Information Sharing

## Alternative Forms of Non-Emergent Transportation

Department of Public Welfare Medical Assistance Transportation – See your Health Care Provider

SEPTA Private Ambulance Services

Para-Transit Vehicles

Volunteer Drivers

Senior Centers – Call for transportation

Social Service Organizations

Churches & Civic Organizations

Taxi



## Call your Health Insurance Carrier for Transportation Information

Keystone Mercy Health Plan [www.keystonemercy.com](http://www.keystonemercy.com) 800-521-6860 Health Partners [www.healthpart.com](http://www.healthpart.com) 800-553-0784

Americhoice [www.americhoice.com](http://www.americhoice.com) 800-321-4462 Medical Assistance Transportation Program [www.dpw.state.pa.us](http://www.dpw.state.pa.us) 267-515-6400

Community Behavioral Health [www.phila-bhs.org](http://www.phila-bhs.org) 888-545-2600 (CBH/for Mental Health related transports)

## 76ERS SERVED WITH DEDICATION & HIP HOP

The Philadelphia 76ers joined the PFD in October of 2010 to push the message of Fire Safety. From team stars to the Sixer's dancers and Hip Hop all were on hand and dedicated to highlighting the importance of Fire Safety to Philadelphians. PFD would like to send a Special Thanks to the team for partnering and serving with such enthusiasm and class.

*Pictured—Jrue Holiday, Evan Turner, Hip Hop, 76er Dancers & Lt. Michael Grant*



## WELCOME BACK ENGINE 9, LADDER COMPANY 21 AND MEDIC 10

On Saturday, February 5, 2011 Mayor Michael Nutter and Fire Commissioner Ayers hosted the official re-opening of Engine Company 9, "we are happy that the repairs are complete and that the units can return to their assigned location."

Closed for renovations on April 17, 2010, the station required additional floor reinforcement and a new apparatus floor to support the weight of the trucks housed at the station which include Engine Company 9, Ladder Company 21 and Medic Unit 10.

With the restoration complete, the Philadelphia Fire Department invited the general public, as well as community leaders and political representatives to join in a celebratory re-opening ceremony to introduce the station to the local community which it serves.

Engine 9 has partnered with State Representative Cherelle Parker and Councilwoman Donna Reed Miller to intensify their fire prevention activities and education within the community.



Ribbon Cutting Ceremony—Engine 9

## 2010 FIREFIGHTER OF THE YEAR - MICHAEL B. POLEK



2010 Firefighter of the Year  
Michael Polek & Family

On October 7, 2010 Fire Commissioner Ayers, Charles Lillie, President of the Philadelphia Fire Department Historical Corporation, and the Philadelphia Fire Department proudly announced Firefighter Michael B. Polek of Squad Company 72 as the 2010 "Firefighter of the Year".

A ten year veteran of the Department, Firefighter Polek received the prestigious award for his actions during a fire in the Germantown section of Philadelphia in which he effectively rescued a woman from the second floor of a burning apartment building.

Firefighter Polek's beautiful family shared in the days events as he was presented with a commemorative Fireman's Hall Museum embedment, lapel pin and various gifts from local businesses.

**We Thank You for Your  
Dedication & Service**



## PENJERDEL COUNCIL NAMES PFD CITIZENS OF THE YEAR

On Tuesday, November 16, 2010 at the 55th Annual Awards Luncheon of the PENJERDEL Council, Fire Commissioner Ayers was awarded Citizen of the Year Award on behalf of the Philadelphia Fire Department.

With great dedication and high quality of service these men and women serve a population of 1.4 million citizens in and through all safety hazards on a daily basis. Responding to an average of 200,000 emergency calls annually, the Philadelphia Fire Department boasts one of the most heralded Emergency Medical departments in the country.

To adequately address the heroism of our Philadelphia Fire Department is almost impossible. What we do know is, that without them, this city the business and resi-

dential areas wouldn't be able to function in ways we now consider normal.



Through numerous partnerships with the community and its organizations the PFD has proven that educating the public about fire prevention results in quite positive trends, including fewer fires and fewer fire-related deaths.

Over the past two decades, the city has witnessed a steady reduction in structural

fires. Currently, there are approximately 60% fewer fires per year in Philadelphia than there were in 1990, and because of these efforts, the City has seen a reduction in fire fatalities. In 2009, the Department recorded its lowest number of fire fatalities in Philadelphia history. In 2010, as the make history they remain vigilant.

With total gratitude, we offer this *Citizens of the Year Award* to Commissioner Ayers on behalf of the Men and Women of the Philadelphia Fire Department.

*Written by a Representative of the PENJERDEL Council - Dedicated to informing and educating the business community in the tri-state region by leading and supporting issues and projects affecting the infrastructure, mobility, sustainability and growth.*

## BERNIE "THE COP" TURNER EARNS TOP COP HONOR

The FOP Lodge 5 Auxiliary held its 2<sup>nd</sup> Annual **"Hearts Behind the Badge" Ball on Saturday, January 29, 2011**. There, Second Alarmers' Bernie "Bernie the Cop" Turner was presented with their 2<sup>nd</sup> Annual **"President's Award"**. Bernie has dedicated 20 years of service to the Philadelphia Police Department. He is known for always supporting the efforts of the FOP and his caring, genuine and golden hearted nature. Wearing more than one hat, Bernie has also been with the Second Alarmers for 23 years

where he is presently Lieutenant in charge of operations. The honor presented by the Auxiliary was noted as having been a great recognition for Bernie, and long overdue.

**CONGRATULATIONS BERNIE!!!!**  
**MEMBERS OF THE PFD**



## THANKS E55, L 12, M39 YOU'VE GOT CLASS!

Submitted by the Son of Deceased Firefighter Michael La Quinta - September 27, 2010

*Dear Commissioner Ayers*

*It was an honor and a pleasure to meet you. You and the Department represented itself with such class and dignity and respect to a fallen brother. I so much enjoyed your speech of that fatal night 35 years ago, of how it captured the dedication and love of the job my father had.*

*Thank you for your sincere warmth and kindness you extended to my family. I was so proud of Engine 55, Ladder 22, Medic 39 at the utmost display of class. What a Great House! Thank You*

*May God Bless You and Your Warriors. Keep is Safe.*

*Mike laquinta*

# LET US DANCE! - 39TH ANNUAL FP DINNER DANCE

The Philadelphia Fire Department and the Citizens for Fire Prevention Committee hosted the 39th Annual Fire Prevention Dinner Dance on Friday, October 1, 2010 at the Radisson Hotel Philadelphia Northeast. The successful event was highlighted by the presentation of the Richard A. Bailey Fire Code Officer of the Year Award and the T. Seddon Duke Fire Prevention Awards.



The 2010 Richard A. Bailey Fire Code Officer of the Year Award was given to Lieutenant William R. McPeak, currently assigned to Engine 18, Platoon "C". Lieutenant McPeak is a 16 year veteran of the Fire Department. He has identified life safety hazards in his local which is comprised of many multi-building apartment complexes, nursing homes and a hospital. Lieutenant McPeak has been persistent in visiting these properties in order to familiarize himself and his company with each facility. In doing this, he has established a working relationship with the management of these buildings.

The T. Seddon Duke Award is a memorial fire prevention award honoring Mr. Duke, a past president of the National Fire Protection Association and longtime friend of the fire service,

and is presented in two categories. One award is given to a citizen/organization that has, excelled in the field of fire prevention activities. The second category honors a uniformed member of the Fire Department who has contributed exceptionally to the fire prevention efforts of the Department.

This uniformed award winner was Lieutenant Rafael Santiago, assigned to Engine 25, Platoon "A". Lieutenant Santiago is a 25 year veteran of the Fire Department. Lieutenant Santiago demonstrated the dedication and commitment to fire safety to earn the title "Mister Fire Prevention" of the 10<sup>th</sup> Battalion.

This civilian award was given to the Brown's Family ShopRite. Mick Basher, Supervisor Community Affairs/Training and Development accepted the award. The Brown's Family ShopRite stores throughout the city proudly demonstrate a willingness to support its community by working with groups that fight hunger, prevent violence and help youth have a brighter future by preparing them with viable careers.



## A SPECIAL THANKS

The Philadelphia Fire Department—Fire Prevention Division would like to send a special thank you to the people and corporations that allowed for such a memorable and successful event. Your support is a shining example of Dedication and Service.

**WILLIAM DEVINE**

**SUNOCO**

**GENE JANDA**

**University of Pennsylvania**

**SUE CANNING**

**Hospital of the University of PA**

**SUE ELENTRO**

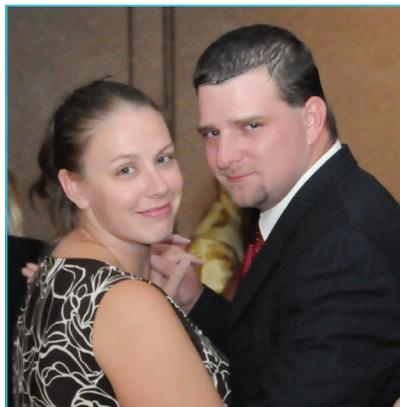
**ACS – STATE AND LOCAL SOLUTIONS**

**ALISON VALENTINE**

**PHILADELPHIA MANAGEMENT CORP.**

**LOCAL 22**

**PFFCU**





## HEALTHY FARE CONT'D

Spread butter on one side of each slice of bread. Divide the chocolate mixture on the unbuttered side of 4 slices, leaving a little border. Press chocolate chips and nuts, if using, into the chocolate. Cover with the remaining slices of bread, buttered-side up, and press lightly.

Cook the sandwiches in a large nonstick skillet over medium-high heat for 1 to 2 minutes. Turn over, press with a spatula, and cook until nicely browned and the chocolate is barely melted, 30 seconds to 1 minute. Serve warm.



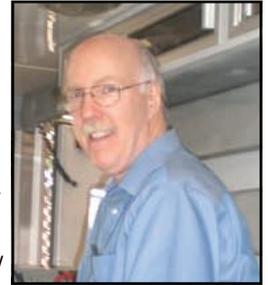
## PFD RETIREES: ON TO A NEW CHAPTER

Carol Ann DelCasale joined the PFD in December of 1972. She served the Fire Marshal's Office as the receptionist/clerk and was responsible for preparing the thousands of fire reports that came through the FMO.



Carol Ann began her career under former Fire Commissioner Joseph R. Rizzo and closed it out under Fire Commissioner Ayers retiring on January 14, 2011 after 39 years of service. During her tenure she demonstrated a strong work ethic and represented the sense of Dedication and Service that this Department is built upon.

Mike Tunney, Ambulance Licensure Coordinator, is retiring after 37 years of service to the City of Philadelphia. Mike served with the Emergency Medical Services



for 22 years of his career. A shining example of dedicated service, we are sad to see him go but happy to have had him. We thank Mike Tunney for his time and will celebrate his tenure on Friday, March 25th at the Simeone Foundation Auto Museum located at 6825 Norwithch Drive. For more information contact Jill or Tamyra at 215-685-4217 or via e-mail at [pfd.regems@phila.gov](mailto:pfd.regems@phila.gov).

## PFD ON THE ROAD WITH RUGGLES

## WORK OUT A GOOD DEAL



On February 3<sup>rd</sup> Fire Commissioner Lloyd Ayers and NBC 10's Terry Ruggles visited the home of Ms. JoAnn Wyjadka, who graciously allowed an episode of "Ruggles on the Road" to be broadcasted from her Mayfair home. While congratulating Ms. Wyjadka for becoming a new Fire Safety Representative, her home also served to support the Commissioner's ongoing public education for citizens to becoming fire safe in their homes. The Commissioner was able to go from room to room pointing out the potential dangers he found, and how to avoid them. Some of the problem areas identified were alternative heating sources, careless smoking issues, and installing and maintaining smoke alarms. Commissioner Ayers and NBC 10 both agree these issues are necessary and timely messages for the safety of our citizens.

### BALLY IS OFFERING SPECIAL CORPORATE RATE.

This discount is available to current Philadelphia Firefighters Union members, their immediate family members and any friends of current Philadelphia Firefighters.

National access membership, including kids club \$179 paid to Union Local 22.

To enroll contact Tom McKiernan at 215-440-4400

#### PLEASE NOTE

This discount is not available at your local Bally Club, (\$150 reimbursement from Blue Cross).

For additional information contact

Steve Hammond

215-676-9110

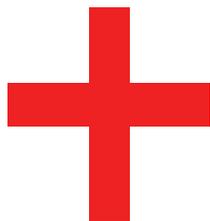
Esther Mermelstein

718-332-3621 or

e-mail [estherm@ballyfitness.com](mailto:estherm@ballyfitness.com)



**BALLY**  
TOTAL FITNESS™



# American Red Cross

## Philadelphia Fire Department & IAFF Local 22 2011 Blood Drive Schedule

**Every Blood Type is Crucial to Life**

The Penn-Jersey region blood supply is low. Please Lend Your Support Only an hour of your time will help to save up to three lives

Mark your calendars

**April 8th, July 15th and October 21st, 2011**

Fire Administration Building—240 Spring Garden St. Parking Available

**All are welcome**

To register Sign up online at [www.pleasegiveblood.org/donate](http://www.pleasegiveblood.org/donate) Enter Sponsor Code 12574 or

call Employee Relations Officer Captain Kevin O'Mally @ 215-686-1369

*Please eat 1-3 hours prior to your donation, increase your fluids; water or juice, no caffeine one hour prior to your donation time and remember to bring your I.D.*



## HAPPENINGS

### PLAQUE DEDICATIONS

March 16 - Captain Stephen Cospelich

April 21 – Firefighter George Schultz

May 18 – Firefighter Harry Heinz

June 16—Firefighter William Donovan

July 20— Firefighter Elmer Clothier

### LEAGUE OF THE SACRED HEART OF JESUS

Will celebrate the 200th Anniversary of the birth of St. John Neumann on March 28th. And on

April 10 at 9:30 a.m. Annual Communion Breakfast will be held at Cathedral of Sts Peter & Paul. Breakfast will immediately follow at the FOP Zambino Hall at 10:30 a.m. Guest speaker will be District Attorney Seth Williams.

### MIKE TUNNEY RETIRES

Regional EMS Ambulance Licensure Coordinator, Michael P. Tunney is retiring. A spectacularly fun retirement party on Friday night, March 25th, 6-9:30pm, at the Simeone Foundation Auto Mu-

seum, at 6825 Norwitch Drive.

Save the date on your calendar and register with Jill Sabin Carel or Tamyra N. Harris.

### CITIZENS FOR FIRE PREVENTION COMMITTEE LUNCHEON

Scheduled for April 28th. Call Fire Prevention Division for further details @ 215-686-1382

### PHILLY SPRING CLEAN UP

*Keep Up the Sweep Up* kicks off April 10, 2011. [www.phillyspringcleanup.com](http://www.phillyspringcleanup.com) for info.

## LEAGUE OF SACRED HEARTS HONORS LOST FIREFIGHTERS OF 2010

### **ACTIVE**

Douglas Moore

Odell J. Pommells, Jr.

Henry Pressley

George Adelman

### **RETIRED**

George Borko

Oscar Boyer

John J Brady

John Brehm

Eugene Burgoon

Philip Cameron

Anthony Caronia

John Carson

Joseph Cella

Thomas Colavechio

Patrick Corcoran

John Coyle

Stephen D'Angelo

Kenneth DeWoody

Charles Duffy

Joseph Eisenlohr

Francis Flemming

John Gallagher

Edward Gartland

James Gay

George Holmes

William Hopper

Donald Kendrick

Joseph Koller

Matthias Kritz

Joseph Lee

Vincent Macey

Edward Marynowitz

Daniel McDermott

Lawrence McDonald

James McFeeley

Joseph McGrath

Bernard McGuire

Robert McHugh

Richard Mohn

Peter Mosero

Gerald Murphy

John Norvilas

Joseph O'Brien

Joseph Ovack

George Owens

Leonard Prodoehl

Joseph Ravelli

Ronald Robuck

Fred Rommel

Stephen Schemecke

Thomas Schrandt

Robert Sipki

George Thilo

Anthony Thompson

Robert Uhrick

James Wallace

William Wilson

Michael Zayon

# 2010 AT A GLANCE

Fire Commissioner Ayers would like to thank the men and women of the PFD for their diligence and commitment to the citizens of Philadelphia within their fire safety and education districts.

Philadelphia continued to see significant reductions in fire fatalities in 2010 compared to prior years. While 33 citizens died in fires, 14 of the fatalities occurred in structures that did not have smoke alarms, or had alarms with dead or missing batteries. An additional four citizens died as a result of fighting the fire and delaying notification to the Fire Department, 2 citizens died in structures where smoke alarms were present but improperly located. Clearly more than 50% of the fire fatalities that occurred in 2010 may have been prevented if all of our citizens would heed the department's fire safety and education information.

"Smoke alarms still remain the best protection for the early warning of a fire and we continue to strive for our goal of Zero Fire Fatalities," said Commissioner Ayers.

On November 5, 2010, Mayor Michael A. Nutter and Commissioner Ayers hosted the kick-off of the *Operation Staying Alive* program and the fall **Change Your Clock/Change Your Battery** kick-off event.

As a result of the *Operation Staying Alive Program*, 7221 smoke alarms were installed by field fire companies in fire safety and education districts throughout the City of Philadelphia. Additionally, more than 16,000 smoke alarms were installed in homes throughout Philadelphia at no cost to the residents.

The Department responded to 271,010 emergency incidents. This represents an increase of less than 1% compared to 2009 (268,996). Of these incidents, 223,265 were emergency medical incidents. This represents an increase of 1% compared to 2009 (221,133). There were 47,745 responses for fire and other 911 emergency public safety service requests. This represents a decrease of less than 1% compared to 2009 (47,863).

The Department's Freedom from Fire campaign, an aggressive fire safety and education program, has certainly contributed to the reduction in fire fatalities in our City. The great work done by our Fire Safety Representatives and the willingness of Philadelphia residents to make fire safety and education a priority have resulted in this historic year of low fire fatalities. The strong partnership with our corporate partners, community organizations and the Faith community continues to play a major role in reducing fatalities and injuries caused by fire.

## FIRE STATS BY CATEGORY

Smoking was the result of seven fatalities

Electrical Wiring was the result of five fatalities

Incendiary was the cause of three fatalities

Children Playing with fire caused three fatalities

Cooking Equipment resulted in two fatalities

Open Flame was the cause of six fatalities (open flame from a candle – 2) - (open flame from unknown source)- (open flame – smoking related – 2)-(open flame – squatter)

Electrical Appliance caused three fatalities

Portable Kerosene Heater was the cause of two fatalities

Portable Electric Heater resulted in one fatality

One fatality was Undetermined

Twelve fatalities occurred between 11:00 p.m. and 7:00 a.m. in twelve separate fires. No smoke alarms were present or had dead or missing batteries in six of the twelve fatalities. In one fire, it was unknown why a hard wired system did not activate. At another fire, smoke detectors were present but improperly installed. In one fire, it was unknown why a hard wire system or battery operated detectors failed to activate.

Twenty-one fire fatalities occurred between the hours of 7:00 a.m. and 11:00 p.m. in nineteen separate fires. These twenty-one fatalities included sixteen adults and five children. No smoke alarms were present or had dead or missing batteries in eight of the twenty-one fatalities.

There were two fires that resulted in multiple fatalities. A total of four fatalities occurred from these two fires. 31 fire incidents claimed a total of 33 lives in 2010.

## FIRE DEATHS BY AGE

0 - 5 years old	46	9 years old	0
10 - 19 years old	1	20 - 29 years old	1
30 - 49 years old	3	50 - 64 years old	15
65 - 74 years old	4	75 - 84 years old	4
85 and over	0	Unknown	1

## TEN YEAR FIRE DEATH RECORD

<u>2001-45</u>	<u>2002-32</u>	<u>2003-44</u>	<u>2004-45</u>
<u>2005-52</u>	<u>2006-52</u>	<u>2007-47</u>	<u>2008-39</u>
<u>2009-30</u>	<u>2010-33</u>		

Fires resulted in the injuries of (201) citizens. Of these injuries, (173) occurred in accidental fires and (28) injuries occurred as a result of incendi-

ary/arson fires.

Individuals ranging in age from 30 to 49 years old received the most injuries from fires again this year. A breakdown of injuries by age group is:

## INJURIES BY AGE

0 - 5 years old	19	6 - 9 years old	8
10 - 19 years old	17	20 - 29 years old	34
30 - 49 years old	59	50 - 64 years old	40
65 - 74 years old	9	75 - 84 years old	12
85 and over	3		

## CAUSES OF FIRE RESULTING IN INJURIES

Chem/Flame	4	Open flame	32
Incendiary	28	Cooking	41
Children Playing	6	Smoking	21
Electrical Wiring	28	Electrical Appliances	13
Heater/Portable Electrical	3		
Heater/Fixed	2		
Heater/Portable Kerosene	1	Explosion	1
Fumes	0		
Sparks	8		
Undetermined	14		

There were 19 fires that were multiple alarm incidents.

## MULTIPLE ALARM FIRES

12	Two Alarm Fires
05	Three Alarm Fires
1	Four Alarm Fire
01	Five Alarm Fire

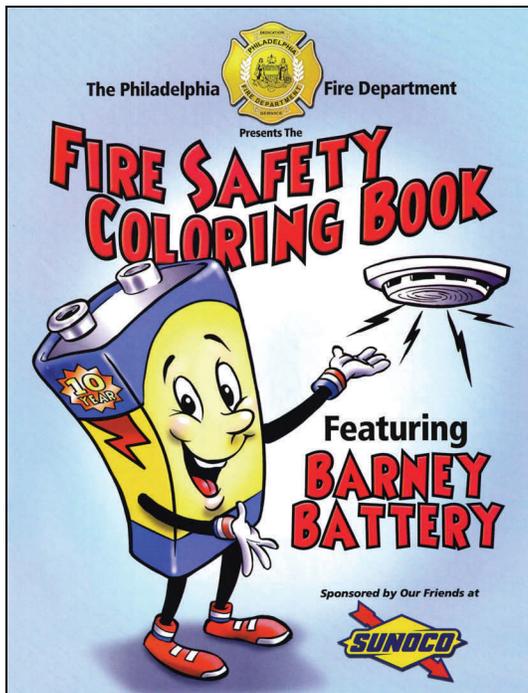
## CAUSES FOR 18 MULTI-ALARM FIRES

02	Electrical Wiring/Equipment
01	Electrical Appliances/Motors
03	Open Flame (roofer's torch) (candle) (squatters)
04	Incendiary
02	Smoking
01	Heater (Fixed)
01	Sparks
03	Undetermined
01	Cooking

## CARBON MONOXIDE INCIDENTS

PFD responded to 406 CO incidents in 2009 and 492 CO incidents in 2010. Twelve of these incidents resulted in transportation to hospitals. A total of 26 patients were transported.

# SUNOCO & PFD UNVEIL NEW FACE FOR THE KIDS



For the past ten years Sunoco, Inc. has supported the Philadelphia Fire Department through the sponsorship and printing donation of over 375,000 “Barney Battery Fire Safety Coloring Books.” As a result of their efforts, hundreds of thousands of school aged children and their families have received this book containing valuable life saving information.

Recently, through the support of Sunoco, the Coloring Book has been re-designed and produced to include state of the art graphic design and updated information regarding fire safety procedures and preparedness in the home.

This past October the Philadelphia Fire Department took delivery of 125,000 new “Fire Safety Coloring Books,” (valued at

over \$25,000) which will be distributed at fire stations, schools, health fairs, block parties, recreation centers, and other fire prevention programs and City sponsored events throughout the year.

Commissioner Ayers said, “Our continuing goal is to reduce fire fatalities and injuries through community outreach and public education. To assist us we strongly rely on the support and assistance of the business community and it is only through the efforts of corporate champions such as Sunoco, Inc. that we can hope to achieve our goals.”

*Contributed by  
Lieutenant Frank Squillace  
Fire Prevention Division*

## SMART ACTIVITY



**Protect your Family from Fire  
Do it Now!**

### ESCAPE MAZE

At home, you should practice two ways out of every room with your family. Just like your escape plane, there are two ways out of this maze. Can you find them?

Also remember these safety tips for your home escape drill:

Crawl low to avoid smoke and heat

Feel the doors with the back of your hand before opening them.

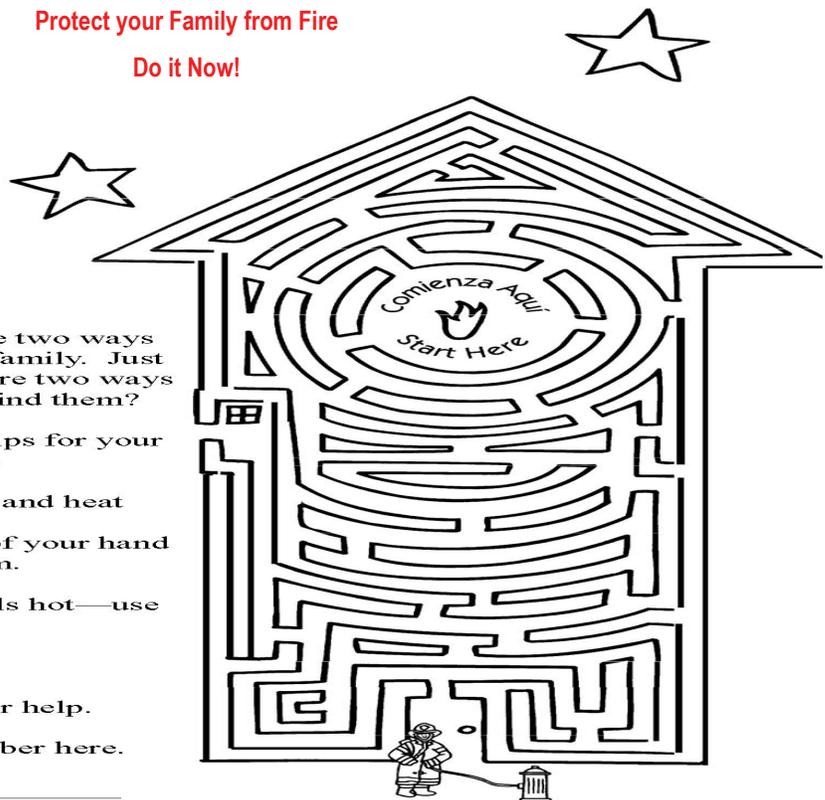
Do not open the door if it feels hot—use your second exit.

Get out fast.

Meet outside then call for help.

Fill in your emergency number here.

\_\_\_\_\_



# Preguntas y Respuestas

## QUESTIONS AND ANSWERS

Encuentra la respuesta correcta a cada pregunta.

### PREGUNTAS

- 1 ¿Cuántos detectores de humo debes tener en tu hogar?
- 2 ¿Cuán frecuentemente debes revisar y cambiar las baterías de tus detectores de humo?
- 3 ¿Debes correr, caminar o arrastrarte mientras escapas de un incendio?
- 4 ¿Qué debes hacer con los fósforos y encendedores si los encuentras?
- 5 ¿Qué debes hacer si eres el primero que sales de un edificio o casa que se está quemando?

### RESPUESTAS

- A Debes esperar en el lugar de encuentro que escogió tu familia en la práctica de escape de incendios. Nunca vuelvas a entrar para buscar mascotas, juguetes o por cualquier otro motivo.
- B Debes tener al menos un detector de humo en cada piso de tu hogar.
- C Debes decirle a un adulto que los encuentre.
- D Debes arrastrarte para protegerte del humo y el calor.
- E Debes revisar las baterías una vez al mes y cambiarlas al menos una vez al año.

Match the correct answer with each question.

### QUESTIONS

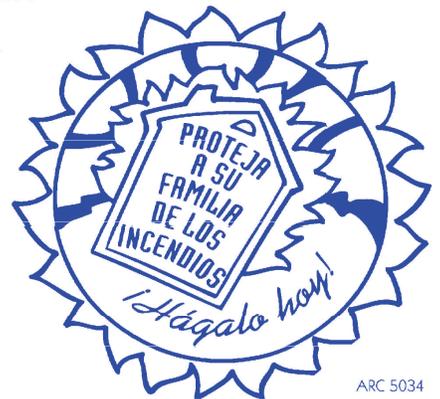
- 1 How many smoke detectors should you have in your home?
- 2 How often should you check and replace the batteries in your smoke detectors?
- 3 When escaping from a fire, should you run, walk or crawl?
- 4 What should you do with matches and lighters if you find them?
- 5 What should you do if you are the first one out of a burning building?

### ANSWERS

- A You should wait at the place where you and your family decided on during your fire drill. Never go back inside for pets, toys or any other reason.
- B You should have at least one smoke detector on every level of your home.
- C You should crawl low to avoid the smoke and heat.
- D You should check the batteries once a month and replace them at least once a year.
- E You should tell an adult about them.

American  
Red Cross

National  
**SAFE  
KIDS**  
Campaign



ARC 5034  
Mar. 1994



**PHILADELPHIA FIRE DEPARTMENT**

240 Spring Garden St.  
Philadelphia, PA 19123

Phone: 215-686-1300  
Fax: 215-922-3952

**WWW.PHILA.GOV/FIRE**  
**WWW.FREEDOMFROMFIRE.COM**

**PHILADELPHIA FIREFIGHTERS  
NEEDED FOR THE 2011  
FIGHT FOR AIR CLIMB**

**Registering now for the American Lung Association's  
Fight for Air Climb!**

On March 19, 2011 hundreds of people will climb their way to the top of Three Logan Square for a great cause. This is more than your same old 5K. This event is a vertical race to climb 50 floors. Whether climbing for a winning time or simply to cross the finish line, this event is a great way to challenge yourself physically. We guarantee that all finishers will have a newfound respect for healthy lungs!

This is an opportunity for Philadelphia Firefighters to support a worthy cause, exercise and test their endurance climbing one of Philadelphia's highest buildings. Last year over 65 members of the PFD participated in running gear.

The Fight for Air Climb website and your personal Participant Center will make the most of your efforts. Now, it is easier than ever to raise money with online tools that help you send e-mails and allow your friends and family to make their gifts online.

If you have any questions about lung disease, please contact the free Lung Help Line at 1-800-LUNG-USA, where health professionals are ready to answer your questions. Register at [111.lunginfo.org/phillyclimb](http://111.lunginfo.org/phillyclimb).



**2011 FIGHT  
FOR AIR  
CLIMB**

**PFD PROMOTIONS**

*Congratulations*

**Deputy Chief**

Joseph T. Comas  
Willie M. Williams  
Henry J. Leary, Jr.

**Battalion Chief**

Carlton Grymes  
William Demski  
Michael C. Watson  
Troy K. Gore  
Mark Rounbehler  
James Renninger  
Jesse A. Wilson  
Eric Fleming  
Richard Davison

**GENTLEMEN OF FIRE PREVENTION**



Pictured L-R—Lt. James Chandler, Lt. Harry Perez, Ronald Peoples of Health Partners, Deputy Chief Michael Wahl, Firefighter Mark Stewart, Lt. Frank Squillace, Firefighter Mark Pinero, Lt. Bernard Gilliam