



# FROM THE FIRE COMMISSIONER

Dual in nature, 2011 has been both a triumphant and trying year. Our Department has experienced great gains and devastating losses.

I am proud to say however, that even in our dark moments, the Philadelphia Fire Department remains a strong, viable and capable unit that continues to effectively respond in times of distress.

I ask that each of you continue to have pride in the very special service that you deliver to the citizens of Philadelphia.

Know that though difficult to maneuver, tragedy allows us the gift of seeing just what we're made of. It elicits the strength and wisdom of warriors, increases our faithful resolve, and helps us to build our mental muscle and in many cases our spiritual trust.

Instinctively we must know that everything will work for the greatest good.

In this issue of *Let's Talk Safety* we've highlighted the importance of maintaining strong mental health. With the number of tragedies, that we collectively witness on a daily basis, I cannot stress enough the pertinence of maintaining not only our bodies but our minds. We must be diligent in the pursuit of keeping both in the best possible health.

I thank you for your dedication and the superb manner in which you serve. You are all in my prayers and your safety as well as your peace of mind is of utmost importance to me.



Fire Commissioner Lloyd Ayers

## body, MIND and spirit

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# EAGLES – HONORING HEROES & FANS



For the kick off of the Philadelphia Eagles preseason the Birds honored public safety personnel for their dedication and exceptional service.

Eagles newly acquired offensive lineman, and former volunteer firefighter Danny Watkins surprised unsuspecting members with game tickets and fan fare. Also in attendance (#62) Jason Kelce, (#73) Julian Vandervelde and Watkins' Family.

Pictured—Watkins makes surprise stops around Philly's stations and the FAB to gift chosen members with tickets to an Eagles' home game.



# PFD TO PUBLISH 275 YEARS OF HISTORY



*GOOD NEWS...DEADLINE EXTENDED!*

## PHILADELPHIA FIRE DEPARTMENT HISTORY & PICTORIAL BOOK



*Sponsored by IAFF Local 22 & the Philadelphia Fire Department  
with a Portion of Proceeds to Benefit the Widow's Fund!*

The Philadelphia Fire Department & IAFF Local 22 have teamed up with Acclaim Press to publish a library quality, **full-color** hardbound book that will document the remarkable history of our department and honor the men and women who have served over the past 275 years. *Many of you have already taken part in this historic project, but for those who have yet to take advantage of this opportunity, "Good News - You Still Have Time!"*

A history of the Philadelphia Fire Department (as well as the volunteer companies from 1736-1871), exciting historic accounts/stories and **full-color** group photos of fire companies to include active firefighters, paramedics, administrative personnel, and retirees will be featured in this upcoming publication. The large, 9x12-inch "coffee-table" style volume will also include special tributes to firefighters killed in the line of duty, and more.

**This is your opportunity** to participate in this once-in-a-lifetime publication by submitting **your historic accounts or stories, photos** and other materials for possible inclusion. All full-color group photos of firefighters and personnel from the upcoming photos sessions will automatically be included.

*We encourage each one of you to participate in this historic project and reserve your own copy of this limited edition commemorative book at the special price of only \$55.00. You must order now to be assured of receiving a copy. The Widows Fund benefits from each book sold during pre-publication.*

### What You Can Do

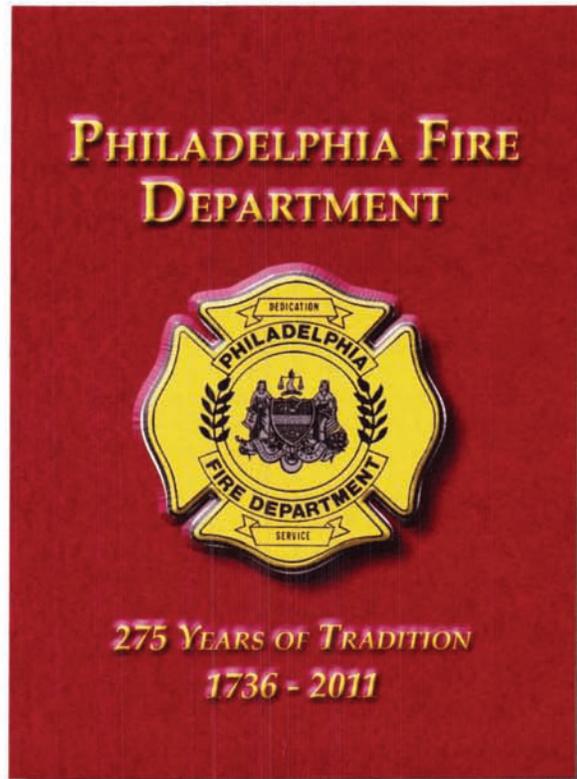
Type or print **your historic accounts or stories** (1,000 word limit), including any significant events in which you were a part, or of which you have a particularly moving account. These stories can be sad, humorous, action-oriented or can put a personal perspective on the event. Send each submission to the publisher to be reviewed and considered for possible inclusion in the book. This volume can be a virtual "encyclopedia" about the Philadelphia Fire Department, but we need your help.

In addition, you may **submit any photographs** that relate to your story or the department or Local 22 in general (historic or current). Action photos are preferred, but any interesting photos should be submitted for consideration. When sending photos, please write your name, address and a caption on the back explaining who and what is in the photo and when it was taken. All photos will be returned to you after publication. Send all orders and information to the publisher by January 31, 2012.

Please support our commemorative history book, which will document our legacy of service for years to come, and remember — **a portion of all proceeds will benefit our Widows Fund!**

Sincerely,

Bill Gault, President  
IAFF Local 22



*Pictured is the proposed cover for the Philadelphia Fire Department Commemorative History & Pictorial Book. This large 9x12-inch, hardbound "coffee-table" book will have Smyth-sewn binding for durability and be printed on acid-free glossy paper for superior photo reproduction. QUESTIONS? Contact [phillyfirebook@acclaimpress.com](mailto:phillyfirebook@acclaimpress.com)*



**EXTENDED DEADLINE: JANUARY 31, 2012**

# REMOVING THE STIGMA & SHINING LIGHT ON SUICIDE



In Spring of 2011 the Philadelphia Fire Department officially forged a partnership with the American Foundation for Suicide Prevention in an effort to raise awareness of the warning signals, aid in the removal of the stigma associated with suicidal death and ultimately to help save some lives.

## Warning Signs of Suicide

Suicide can be prevented. While some suicides occur without any outward warning, most people who are suicidal do give warnings. Prevent the suicide of loved ones by learning to recognize the signs of someone at risk, taking those signs seriously and knowing how to respond to them.

Warning signs of suicide include:

### •Observable signs of serious depression:

Unrelenting low mood— Pessimism  
Hopelessness- Desperation  
Anxiety, psychic pain and inner tension  
Withdrawal—Sleep problems

### •Increased alcohol and/or other drug use

•Recent impulsiveness and taking unnecessary risks

•Threatening suicide or expressing a strong wish to die

### •Making a plan:

Giving away prized possessions  
Sudden or impulsive purchase of a firearm  
Obtaining other means of killing oneself such as poisons or medications

### •Unexpected rage or anger

The emotional crises that usually precede suicide are often recognizable and treatable. Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often it is rather expressed as a loss of pleasure or withdrawal from activities that had been enjoy-

able. One can help prevent suicide through early recognition and treatment of depression and other psychiatric illnesses.

## Risk Factors for Suicide

### •Psychiatric Disorders

At least 90 percent of people who kill themselves have a diagnosable and treatable psychiatric illnesses -- such as major depression, bipolar depression, or some other depressive illness, including:

Schizophrenia

Alcohol or drug abuse, particularly when combined with depression

Posttraumatic Stress Disorder, or some other anxiety disorder

Bulimia or anorexia nervosa

Personality disorders especially borderline or antisocial

### •Past History of Attempted Suicide

Between 20 and 50 percent of people who kill themselves had previously attempted suicide. Those who have made serious suicide attempts are at a much higher risk for actually taking their lives.

### •Genetic Predisposition

Family history of suicide, suicide attempts, depression or other psychiatric illness.

### •Neurotransmitters

A clear relationship has been demonstrated between low concentrations of the serotonin metabolite 5-hydroxyindoleacetic acid (5-HIAA) in cerebrospinal fluid and an increased incidence of attempted and completed suicide in psychiatric patients.

### •Impulsivity

Impulsive individuals are more apt to act on suicidal impulses.

### •Demographics

Sex: Males are three to five times more likely to die by suicide than females.

Age: Elderly Caucasian males have the highest suicide rates.

## Suicide Crisis

A suicide crisis is a time-limited occurrence signaling immediate danger of suicide. Suicide risk, by contrast, is a broader term that includes the above factors such as age and sex, psychiatric diagnosis, past suicide attempts, and traits like

impulsivity. The signs of crisis are:

### •Precipitating Event

A recent event that is particularly distressing such as loss of loved one or career failure. Sometimes the individuals own behavior precipitates the event: for example, a man's abusive behavior while drinking causes his wife to leave him.

### •Intense Affective State in Addition to Depression

Desperation (anguish plus urgency regarding need for relief), rage, psychic pain or inner tension, anxiety, guilt, hopelessness, acute sense of abandonment.

### •Changes in Behavior

Speech suggesting the individual is close to suicide. Such speech may be indirect. Be alert to



*Deputy Comm. Hargett attends Out of the Darkness Walk for Suicide Prevention*

such statements as, "My family would be better off without me." Sometimes those contemplating suicide talk as if they are saying goodbye or going away.

Actions ranging from buying a gun to suddenly putting one's affairs in order.

Deterioration in functioning at work or socially, increasing use of alcohol, other self-destructive behavior, loss of control, rage explosions.

*The Department lost two members to suicide in 2011, Firefighters John "Jack" A. Slivinski and David Pannella. We keep them and their families in our prayers.*



# UNDERSTANDING PTSD

## What is posttraumatic stress disorder?

Posttraumatic stress disorder (PTSD) is an emotional illness that is classified as an anxiety disorder and usually develops as a result of a terribly frightening, life-threatening, or otherwise highly unsafe experience. PTSD sufferers re-experience the traumatic event or events in some way, tend to avoid places, people, or other things that remind them of the event (avoidance), and are exquisitely sensitive to normal life experiences (hyperarousal).

Statistics regarding this illness indicate that approximately 7%-8% of people in the United States will likely develop PTSD in their lifetime, with the lifetime occurrence in combat veterans and rape victims ranging from 10% to as high as 30%.

## What are the effects of PTSD?

Although not all individuals who have been traumatized develop PTSD, there can be significant physical consequences. Research indicates that people who have been exposed to an extreme stressor sometimes have a smaller hippocampus (region of the brain that plays role in memory) than people who have not been exposed to trauma. This is significant in understanding the effects of trauma in general and the impact of PTSD, specifically since the hippocampus is the part of the brain that is thought to have an important role in developing new memories about life events. Also, whether or not a traumatized person goes on to develop PTSD, they seem to be at risk for higher use of cigarettes, alcohol, and marijuana. Conversely, people whose PTSD is treated also tend to have better success at overcoming a substance-abuse problem.

Untreated PTSD can have devastating, far-reaching consequences for sufferers' functioning and relationships, their families, and for society. Individuals who suffer from this illness are at risk of having more medical problems, as well as trouble reproducing. Emotionally, PTSD sufferers may struggle more to achieve as good an outcome from mental-health treatment as that of people with other emotional problems. In children and teens, PTSD can have significantly negative effects on their social and emotional development, as well as on their ability to learn.

## What causes PTSD?

Virtually any trauma, defined as an event that is life-threatening or that severely compromises the physical or emotional well-being of an individual or causes intense fear, may cause PTSD. Such events often include either experiencing or witnessing a severe accident or physical injury, receiving a life-threatening medical diagnosis, being the victim of kidnapping or torture, exposure to war combat or to a natural disaster, expo-

sure to other disaster (for example, plane crash) or terrorist attack, being the victim of rape, mugging, robbery, or assault, enduring physical, sexual, emotional, or other forms of abuse, as well as involvement in civil conflict. Although the diagnosis of PTSD currently requires that the sufferer has a history of experiencing a traumatic event as defined here, people may develop PTSD in reaction to events that may not qualify as traumatic but can be devastating life events like divorce or unemployment.

While disaster-preparedness training is generally seen as a good idea in terms of improving the immediate physical safety and logistical issues involved with a traumatic event, such training may also provide important preventive factors against developing PTSD.

## What are PTSD symptoms and signs?

The following three groups of symptom criteria are required to assign the diagnosis of PTSD:

Recurrent re-experiencing of the trauma (for example, troublesome memories, flashbacks that are usually caused by reminders of the traumatic events, recurring nightmares about the trauma and/or dissociative reliving of the trauma)

Avoidance to the point of having a phobia of places, people, and experiences that reminds the sufferer of the trauma or a general numbing of emotional responsiveness. Chronic physical signs of hyperarousal, including sleep problems, trouble concentrating, irritability, anger, poor concentration, blackouts or difficulty remembering things, increased tendency and reaction to being startled, and hypervigilance (excessive watchfulness).

The emotional numbing of PTSD may present as a lack of interest in activities that used to be enjoyed (anhedonia), emotional deadness, distancing oneself from people, and/or a sense of a foreshortened future (for example, not being able to think about the future or make future plans, not believing one will live much longer).

## What is the treatment for PTSD?

Treatments for PTSD usually include psychological and medical interventions. Providing information about the illness, helping the individual manage the trauma by talking about it directly, teaching the person ways to manage symptoms of PTSD, and exploration and modification of inaccurate ways of thinking about the trauma are the usual techniques used in psychotherapy for this illness. Education of PTSD sufferers usually involves teaching individuals about what PTSD is, how many others suffer from the same illness, that it is caused by extraordinary stress rather than weakness, how it is treated, and what to expect in treatment. This education thereby increases the likelihood that inaccurate ideas the person may have about the illness are

dispelled, and any shame they may feel about having it is minimized. This may be particularly important in populations like military personnel that may feel particularly stigmatized by the idea of seeing a mental-health professional and therefore avoid doing so.

Teaching people with PTSD practical approaches to coping with what can be very intense and disturbing symptoms has been found to be another useful way to treat the illness. Specifically, helping sufferers learn how to manage their anger and anxiety, improve their communication skills, and use breathing and other relaxation techniques can help individuals with PTSD gain a sense of mastery over their emotional and physical symptoms. The practitioner might also use exposure-based cognitive behavioral therapy by having the person with PTSD recall their traumatic experiences using images or verbal recall while using the coping mechanisms they learned. Individual or group cognitive behavioral psychotherapy can help people with PTSD recognize and adjust trauma-related thoughts and beliefs by educating sufferers about the relationships between thoughts and feelings, exploring common negative thoughts held by traumatized individuals, developing alternative interpretations, and by practicing new ways of looking at things. This treatment also involves practicing learned techniques in real-life situations.

Directly addressing the sleep problems that can be part of PTSD has been found to not only help alleviate those problems but to thereby help decrease the symptoms of PTSD in general.

## How can people cope with PTSD?

Some ways to cope with this illness include learning more about the disorder as well as talking to friends, family, professionals, and PTSD survivors for support. Joining a support group may be helpful. Other tips include reducing stress by using relaxation techniques (breathing exercises, positive imagery), actively participating in treatment as recommended by professionals, increasing positive lifestyle practices (for example, exercise, healthy eating, distracting oneself through keeping a healthy work schedule if employed, volunteering whether employed or not), and minimizing negative lifestyle practices like substance abuse, social isolation, working to excess, and self-destructive or suicidal behaviors.

Assistance:

National Mental Health Association Phone:  
800-969-6642 PTSD - Information Hotline Phone:  
802-296-6300 PTSD - Sanctuary Phone:  
800-THERAPIST

*Source for this Information MedicineNet.com*



## Stress Management Diet

Stress management can be a powerful tool for wellness. There's evidence that too much pressure is not just a mood killer. People who are under constant stress are more vulnerable to everything from colds to high blood pressure and heart disease. Although there are many ways to cope, one strategy is to eat stress-fighting foods. Read on to learn how a stress management diet can help.

### Stress-Busting Foods: How They Work

Foods can fight stress in several ways. Comfort foods, like a bowl of warm oatmeal, actually boost levels of serotonin, a calming brain chemical. Other foods can reduce levels of cortisol and adrenaline, stress hormones that take a toll on the body over time. Finally, a nutritious diet can counteract the impact of stress, by shoring up the immune system and lowering blood pressure. Do you know which foods are stress busters?

### Complex Carbs

All carbs prompt the brain to make more serotonin. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which are digested more slowly. Good choices include whole-grain breakfast cereals, breads, and pastas, as well as old-fashioned oatmeal. Complex carbs can also help you feel balanced by stabilizing blood sugar levels.

### Simple Carbs

Dietitians usually recommend steering clear of simple carbs, which include sweets and soda. But these foods can provide a fast fix for a mood swing and short-term relief of stress-induced irritability. Simple sugars are digested quickly, leading to a spike in serotonin. But remember to limit your intake of simple sugars and sweets.

### Oranges

Oranges make the list for their wealth of vitamin C. Studies suggest this vitamin can reduce levels of stress hormones while strengthening the immune system. In one study done in people with high blood pressure, blood pressure and cortisol levels (a stress hormone) returned to normal more quickly when people took vitamin C before a



stressful task.

### Spinach

Popeye never lets stress get the best of him -- maybe it's all the magnesium in his spinach. Too little magnesium may trigger headaches and fatigue, compounding the effects of stress. One cup of spinach goes a long way toward replenishing magnesium stores. Not a spinach eater? Try some cooked soybeans or a filet of salmon, also high in magnesium. Green leafy vegetables are a rich source of magnesium.

### Fatty Fish

To keep stress in check, make friends with fatty fish. Omega-3 fatty acids, found in fish like salmon and tuna, can prevent surges in stress hormones and protect against heart disease, mood disorders like depression, and premenstrual syndrome. For a steady supply of feel-good omega-3s, aim to eat 3 ounces of fatty fish at least twice a week.

### Black Tea

Research suggests black tea can help you recover from stressful events more quickly. One study compared people who drank 4 cups of tea daily for six weeks with people who drank a tea-like placebo. The real tea drinkers reported feeling calmer and had lower levels of cortisol after stressful situations. When it comes to stress, the caffeine in coffee can boost stress hormones and increase blood pressure.

### Pistachios

Pistachios, as well as other nuts and seeds, are a great source of omega-3 fatty acids. Eating a handful of pistachios, walnuts, or almonds every day may help lower your cholesterol, reduce inflammation in the arteries of the heart, lower the risk of diabetes, and protect you against stress.

### Avocados

One of the best ways to reduce high blood pressure is to get enough potassium -- and half an avocado has more potassium than a medium-sized banana. In addition, guacamole offers a nutritious alternative when stress has you craving a high-fat treat.

### Almonds

Almonds are chock full of helpful vitamins. There's vitamin E to bolster the immune system, plus a range of B vitamins, which may make the body more resilient during bouts of stress such as depression. To get the benefits, snack on a quarter of a cup every day.



### Raw Veggies

Crunchy raw vegetables can help fight stress in a purely mechanical way. Munching celery or carrot sticks helps release a clenched jaw, and that can ward off tension.

### Bedtime Snack

Carbs at bedtime can speed the release of serotonin and help you sleep better. Heavy meals before bed can trigger heartburn, so stick to something light like toast and jam.

### Milk

Another bedtime stress buster is the time-honored glass of warm milk as a remedy for insomnia and restlessness. Researchers have found that calcium eases anxiety and mood swings linked to PMS. Dietitians typically recommend skim or low-fat milk.

### Herbal Supplements

There are many herbal supplements that claim to fight stress. One of the best studied is St. John's wort, which has shown benefits for people with mild-to-moderate depression. Although more research is needed, the herb also appears to reduce symptoms of anxiety and PMS. There is less data on valerian root, another herb said to have a calming effect.

### De-Stress with Exercise

Besides changing your diet, one of the best stress-busting strategies is to start exercising. Aerobic exercise increases oxygen circulation and produces endorphins -- chemicals that make you feel happy. To get the maximum benefit, aim for 30 minutes of aerobic exercise three to four times a week.

Source—Webmd.com



**BREATHE**

# PUTTING IT ALL TOGETHER

## Asparagus, Grape Tomatoes, Portobello Mushrooms & Sliced Almonds with Whole Wheat Rotini—Servings 6

### Ingredients

2 cups grape tomatoes cut into halves  
 1/2 cup fresh basil, chopped  
 6 tablespoons extra virgin olive oil  
 1 medium onion, diced  
 2 cups—3 large Portobello mushrooms, chopped  
 3 to 3 1/2 cups - 1 bunch of asparagus, chopped  
 1 cup sliced almonds  
 4 cloves garlic crushed  
 1 tablespoon ginger, minced  
 1 box or 5 cups whole wheat uncooked Rotini pasta  
 1/2 teaspoon pepper  
 1/4 teaspoon crushed red pepper  
 1/2 teaspoon salt (optional)  
 Parmesan cheese to sprinkle



### Preparation

Bring large pot of water to a boil for cooking the pasta. While waiting for the water to boil, halve grape

tomatoes and chop basil. Mix together in a small bowl adding two tablespoons of extra virgin olive oil. Set aside. Dice onion and chop mushrooms. Chop asparagus into 1 inch pieces. Discard the coarse woody ends of asparagus stalks. Crush garlic and mince ginger. Add Rotini to boiling water. Follow package directions for doneness. Most whole wheat Rotini requires about 12 to 13 minutes of cooking time.

While the pasta is cooking, in another saucepan sauté onions in 1/4 cup of extra virgin olive oil for one to two minutes at medium heat. Add the mushrooms, asparagus, almonds, pepper and crushed red pepper to the saucepan. Sauté for about six minutes or until the asparagus is tender yet crisp. Add garlic and ginger to saucepan and sauté for another one to two minutes. Be careful not to let the garlic burn. When the pasta is cooked, drain the water and add pasta back into the large pot. Add bowl containing grape tomatoes mixture along with the sautéed vegetables and almonds. Mix all ingredients together gently. Serve topped with parmesan cheese.

## Chilli Rubbed Salmon with Cilantro Avocado Salsa



### Ingredients

4 medium tomatillos, husked and rinsed  
 1/4 cup chopped green onion  
 1/4 cup chopped fresh cilantro  
 1 1/2 Tbsp. fresh lime juice  
 1 ripe, Fresh California Avocado, seeded and diced  
 1 tsp. jalapeño, seeded and minced (or to taste)  
 1 1/2 Tbsp. chili powder  
 1/2 tsp. cumin  
 1 Tbsp. brown sugar  
 1 tsp. kosher salt  
 4 (6-oz) wild Copper River salmon fillets

### Preparation

Place tomatillos in a saucepan and cover with water. Bring to a boil, then simmer for 5 minutes. Remove tomatillos and when cool enough to handle, roughly chop them.

Combine the tomatillos, onion, cilantro and lime juice. Gently fold in the avocado and add jalapeño. Season with salt to taste.

Preheat oven to 350 degrees. Combine chili powder, cumin, sugar and salt. Sprinkle fish with spice mix. Heat a large oven-proof nonstick skillet over medium heat. Cook the salmon rub side down for 2 minutes then flip and place pan in the oven for about 5-6 minutes or until cooked through. Transfer fish fillets to plates and top with the Cilantro Avocado Salsa.



## Almond, Chorizo & White Bean Soup servings 6

### Ingredients

1 white onion, diced  
 1 Tbsp. olive oil  
 2 tsp. kosher salt  
 3 garlic cloves, peeled  
 6 oz. Spanish chorizo, casing removed, roughly chopped  
 1/4 cup whole blanched almonds  
 4 oz. dried white beans, soaked in cold water overnight  
 6 cups chicken stock  
 1 tsp. coarsely ground black pepper  
 1/8 cup natural sliced almonds, toasted

1/8 cup Italian parsley, chopped

### Preparation

Preheat oven to 300 degrees.

In a heavy-bottomed stockpot over low flame, sweat the onion in olive oil until translucent, about 4 minutes; season with salt. Add garlic and chorizo and cook over low heat, stirring occasionally, until fragrant. Stir in blanched, whole almonds and cook 4 minutes more.

Drain the white beans and add to the stockpot along with the chicken stock. Bring to a simmer and cook over medium low heat until the beans are soft, about one hour; season to taste with remaining salt and pepper.



Garnish with the toasted sliced almonds and chopped parsley. Serve immediately.

## Parmesan Spinach Cakes

### Ingredients

12 ounces fresh spinach, (see Note)  
 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese  
 1/2 cup finely shredded Parmesan cheese, plus more for garnish  
 2 large eggs, beaten  
 1 clove garlic, minced  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground pepper

### Preparation

Preheat oven to 400°F.

Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

*Recipes Courtesy of  
 www.goodhousekeeping.com and the  
 Almond Board of California*

# FIRE INVESTIGATION & THE COMPANY OFFICER

Do you know what spoliation is? The definition from NFPA 921, *Guide for Fire and Explosion Investigation* states: *Loss, destruction, or material alteration of an object or document that is evidence or potential evidence in a legal proceeding by one who has the responsibility for its preservation.*

When an item (coffee maker, microwave, range, portable heater, power strip, etc.) causes a fire and is not misused, that product has a design, manufacture or repair flaw. The remains of the item and all surrounding items become evidence in a civil matter. If the fire is an intentionally set fire, such as an ignitable liquid pour or an open flame applied to gathered combustibles, any remnants of the process in which the fire was started are evidence in a criminal matter.

Contrary to what many people think, there is a great deal of evidence remaining after a fire. This evidence can be lost or destroyed if overly aggressive overhaul is carried out. Firefighters should limit their overhaul so the scene is preserved until the Assistant Fire Marshal (AFM) arrives.

Philadelphia maintains only one on-duty AFM on nights and weekends. It is critical that custody of the scene be maintained until he or she arrives. This is important in preserving a chain of custody if the fire should be determined to be incendiary and evidence needs to be secured for court.

The criteria in which our AFM immediately responds is whenever two engines and two ladders are placed in service, or when an incendiary device is found. Structure or vehicle fires that are deemed incendiary by the company officer do not require a response by the AFM unless there are

suspects or witnesses. The company officer will make the determination when there are no suspects or witnesses.

When the issue is an accidental fire and the cause involves a malfunctioning product, insurance company fire investigators can cost themselves personally, a substantial amount of money if they mishandle the evidence. This evidence includes the item in question as well as other heat producing items in the area.

So how do all these circumstances affect the company officer? When a fire is small, such as confined to a room and the AFM is not responding, or an Area AFM will view the scene the following day, the company officer has the responsibility to determine the origin and cause of fire. In a few cases, municipal fire investigators have taken possession of evidence. By doing this they immediately become the gatekeeper of the evidence and assume the duty to exercise reasonable care and due diligence to preserve the evidence.

The insurance industry is not anxious to bring a lawsuit against a fire department for spoiling evidence. There have been a few instances where items were removed by firefighters or a municipal investigator to demonstrate to his/her colleagues the failure. The insurance company has come close to legal action, but luckily for the fire department they relented. Removal of item (s) causes difficulty in determining the original location, as well as negating the opportunity for follow up investigators to even have the knowledge of the removed item(s).

Once life safety is secured and the fire is extinguished take note of any evidence that could be an indication of fire causation. All that is needed is for the items to be left in place for the AFM to make a preliminary investigation and take a few photos. If the AFM is not responding, leave the evidence in place. If overhaul disturbs the area of origin, leave the evidence near the original location. Follow up investigators, either the AFM or insurance reps understand overhaul and that the scene is somewhat disturbed due to efforts to stop fire spread. Just keep in mind how valuable the contents of the room of origin are to the investigator. That burned item at the bottom of the 'V' pattern may not seem worthwhile to you, but it could be everything to the fire investigator.



Submitted by FMO James H. Bonner

## PFD RECEIVES HIGH RISK SMOKE ALARM GRANT

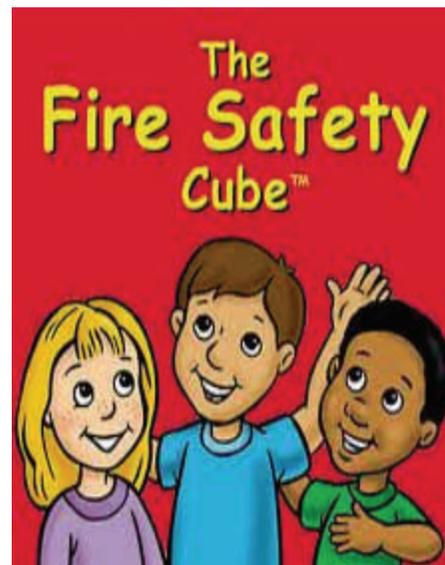
In July, 2011, the Citizen's for Fire Prevention Committee was awarded a FEMA Fire Prevention and Safety Grant for a high risk smoke alarm program. The grant, in the amount of \$580,000, was the result of a multi-disciplinary grant team assembled by Commissioner Ayers to target two high risk segments of Philadelphia's population: persons over age 50 living independently and hearing impaired people of all ages.

As part of the program, the PFD will receive 19,800 10 year lithium powered smoke alarms, 200 portable hearing impaired smoke alarms, 2 hearing impaired communication devices, 60 light weight aluminum ladders, 60 cordless drills and 50,000 screws for mounting smoke alarms.

The PFD designed a new fire safety cube for

seniors to supplement the residential fire safety message each participant will receive when their alarms are installed and at presentations at senior centers throughout the city.

The grant aligns the PFD with a diverse group of partners including the Philadelphia Corporation for Aging, Temple University Hospital, the Philadelphia School for the Deaf, and the Managing Directors Office. The Buxton Company will provide high-tech social –demographic data to assist in identifying persons who are eligible for this program. The target is to reach 40,000 people over age 50 within the one-year performance period.



# GONE BUT NEVER FORGOTTEN



Executive Chief Daniel A. Williams began his career with the PFD in June 1976. He served in each rank through Battalion Chief with Battalion 7 being his last field command before being promoted to the position of Executive Chief of the Department. He was also a State Certified Fire Investigator and served as an Assistant Fire Marshal.

Chief Williams earned a Master of Human Service

Degree from Lincoln University and was a graduate of the Carl Holmes Executive Development Institute, at Dillard University. He completed numerous courses at the National Fire Academy at Emmittsburg, Maryland and also studied at the Philadelphia Community College focusing on Fire Science.

Remembered for his infectious smile, Chief Williams served the Department with pride, purpose and a witty humor that brought laughter to many. He always said, "Being a member of this great organization has been the ultimate Human Service experience." Executive Chief Daniel A. Williams served well and diligently, and we are not only honored to have worked with him but thank him for his tireless and dedicated service.

Kathleen "Kathy" Whitehead served the Philadelphia Fire Department from November 1969 to May of 2011. In her 40 plus years with the Department she was a dedicated member who lent her talents to the efficiency of the organization. Responsible for administrative support to the Fire Prevention Division, Kathy also took great care of Porsche, the beautiful black lab who served as the PFD Canine Arson Investigator. The two had an amazingly close relationship and ended their service to the Department within a short time of each other.

Though she was known for her tough and fearless nature, Kathy developed and maintained a Christmas program for children. She demonstrated a strong devotion to the disadvantaged youth of this great city so that they might experience the spirit and prosperity of Christmas. She represented the strong fabric of this department and her service was remarkable.

Kathy filled our space with a fiery and indomitable spirit, and we are grateful for the memory that remains.



## THANK YOU FOR YOUR SERVICE

*We are grateful for the lives of these individuals who touched so many. We ask that they are granted peace and rest in their new journey and travel with the knowledge that they were loved and appreciated for their contributions. Their dedication to our Department and the Citizens of Philadelphia was unparalleled and we are proud to have served with them.*

*Richard M. Benditt*

*Glenn J. Nicholas*

*John A. Slivinski*

*David P. Kazmierczak*

*David A. Pannella*

*Gregory Snipes*

*David J. Meskill*

*Lee H. Scarborough*

*Joseph F. Murphy*



## 2011 FIREFIGHTER OF THE YEAR - EDWARD W. VERBITSKI



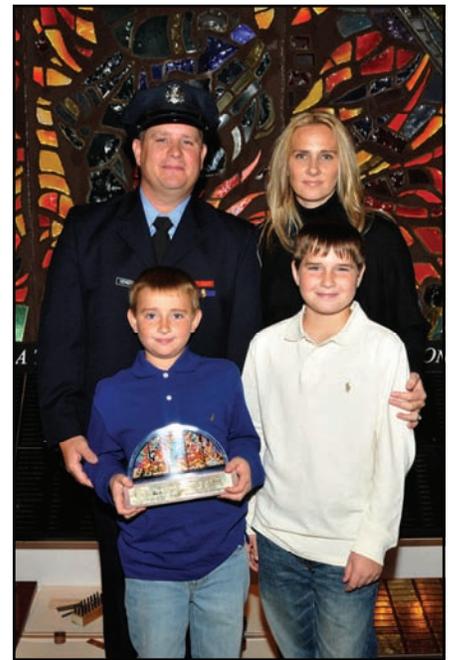
Firefighter Edward W. Verbitski

Fire Commissioner Ayers and Mr. Rick Cappola, President of the Philadelphia Fire Department Historical Corporation, proudly announced Firefighter Edward W. Verbitski of Squad Company 47 the 2011 "Firefighter of the Year" Award. Firefighter Verbitski presented at Fireman's Hall Museum, on Wednesday, October 12th.

Firefighter Verbitski received the prestigious award for his actions during a fire in the South Philadelphia section of the city in which he effectively rescued a woman and an eight month old infant from the second floor of a burning building.

Firefighter Verbitski was presented with a commemorative Fireman's Hall Museum embedment, lapel pin and various gifts from local businesses.

***JOB WELL DONE!!!***



*The Verbitski Family*

## SUPERVISOR COLLINS NAMED FOR PRESTIGIOUS SERVICE AWARD

On April 14 Fire Commissioner Lloyd Ayers honored Philadelphia Fire Communications Center Supervisor *Ms. Kelly N. Collins* during National Public Safety Telecommunicators Week. Supervisor Collins was presented with the fire department's Distinguished Service Award.

Ms. Collins is a native Philadelphian who joined the Fire Department's Communication Center in 1998. She is a certified CPR Instructor and Emergency Medical Dispatcher. In May of 2005, Ms. Collins was promoted to Fire Communication Supervisor where her leadership skills and knack for paying attention to details guided thousands of incidents to successful conclusion. "Supervisor Collins has served the department with such professional distinction our communications network is all the better because of her efforts," said Fire Commissioner Ayers.

Assigned as Supervisor of the Fire Communications Center's Quality Assurance Division. Her impressive work ethic and dedication to public service lead co-workers and supervisors to unanimously nominate Collins. The Fire Department's Communication Center handled a total of 534,586 phone calls during 2010. Ms. Collins has recently left the Department to pursue other career goals, we wish her well in her new pursuits.



FCC Supervisor Kelly Collins

Dedication  
&  
Service

# FSP PATRICK J. CAREY 2011 PARAMEDIC OF THE YEAR



FSP Patrick J. Carey

FSP Patrick J. Carey was presented with the 2011 "Fire Service Paramedic of the Year" award on Tuesday, May 10, the ceremony was held at Fireman's Hall Museum.

Fire Service Paramedic Carey was selected for this prestigious award for his dedicated service and superior performance in the line of duty. He has demonstrated initiative and resourcefulness over ten years while providing emergency medical services to the public.

Fire Commissioner Lloyd Ayers and Mr. Charles Lillie presented Paramedic Carey with a uniform pin, a commemorative plaque and gifts.



The Carey Family

## PFD TO HOUSE PA-TASK FORCE 1

The City of Harrisburg, Bureau of Fire had been the Sponsoring Agency of PA-TF1 since its inception. The City of Philadelphia had been designated as a participating agency of PA-TF1 since 1994, responding in that capacity to various National Level Events (2001 WTC Attacks, various National Level events (Republican Nat'l Convention, Little league world Series), Hurricanes Katrina (1&2), Ike, Floyd, Gustav, Hanna, Earl and most recently Irene), with members from Philadelphia serving in varying positions on PA-TF1.

The City of Harrisburg, Bureau of Fire has relinquished its role as the Sponsoring Agency and will transition to Participating Agency status. The process of choosing a new Sponsoring Agency was a new challenge for FEMA so an application and review process was instituted to allow interested participating agencies the opportunity to apply. The application package was sent to Fire Commissioner Ayers, completed and submitted along with recommendation letters by Mayor Nutter, Congressmen Brady and Fattah and Congresswoman Schwartz, by the Special Operations Command Office to the FEMA US&R Response Directorate.

FEMA then convened a National USAR Response System Sponsoring Agency Selection Evaluation Board (SASEB) that consisted of representatives from FEMA, the Pennsylvania Emergency Management Agency, and National US&R Response System leadership. The SASEB conducted an integrated assessment of the relative strengths, weaknesses, deficiencies, and risks of each applicant, in order to determine which agency offered the best opportunity to manage PA-TF1 as a Sponsoring Agency. Based upon their evaluation, the SASEB made a recommendation on the selection of a new Sponsoring Agency to FEMA Administra-

tor W. Craig Fugate, the designated Sponsoring Agency Selection Authority. The result of Administrator Fugate's recommendation was The City of Philadelphia *Fire Department being named as the new Sponsoring Agency of Pennsylvania Task Force 1.*

*We thank the following individuals for their support of our efforts to become the housing agency of PA-TF1. Their dedication and honorable influence played a crucial role in the Department's newest challenge and opportunity to serve.*

- Allyson Schwartz.....Congresswoman*
- Chaka Fattah.....Congressman*
- Robert Brady.....Congressman*
- Michael A. Nutter.....Mayor*
- Linda Thompson.....Mayor of the City of Harrisburg*
- Richard Negrin....Managing Director—City of Phila.*
- Everett Gillison.....Chief of Staff*
- Terry Gillen....Director of Fed. Affairs—City of Phila.*
- Edward Mann.....PA State Fire Commissioner*
- Wanda Casey.....FEMA*
- Robert Fenton.....FEMA*
- Steve Woodard.....FEMA*
- Fred Endrikat.....FEMA*
- Catherine Deel.....FEMA*
- Dean Scott.....FEMA*
- MaryAnn Tierney.....FEMA Region III*
- Robert Full....PEMA*
- Glenn Cannon.....PEMA*
- Robert Talloni...Deputy Chief, City of Harrisburg FD*
- Martin Nevil.....Dauphin County EMA*
- Tim Sevison.....The Riser Group*
- Daniel Hartman...Harrisburg Area Comm. College*
- David Eiceman...Harrisburg Area Comm. College*
- Randy Padfield..Harrisburg Area Comm. College*

## ON TO THE NEXT CHAPTER— PFD RETIREES

2011 saw many of its members retire, moving on to a new chapter of life. We'd like to thank them for their service and wish them well in life after the Department.

- |                              |                           |
|------------------------------|---------------------------|
| <i>Willie Richardson</i>     | <i>William Armstrong</i>  |
| <i>George Kilcullen</i>      | <i>Robert Myers</i>       |
| <i>Carol Ann Del Casales</i> | <i>William Magrann</i>    |
| <i>Sean Myers</i>            | <i>Craig White</i>        |
| <i>Ralph O'Neill</i>         | <i>Michael Cram</i>       |
| <i>William Coady</i>         | <i>Bernard Cowden</i>     |
| <i>Preston White</i>         | <i>Joseph Urick</i>       |
| <i>Francis Kane</i>          | <i>Ellwood Yates</i>      |
| <i>Manuel Gonzalez</i>       | <i>Robert Schell</i>      |
| <i>Michael Tunney</i>        | <i>Raymond Kenny</i>      |
| <i>Thomas O'Connor</i>       | <i>George Doughty</i>     |
| <i>Michael Malia</i>         | <i>William Stewart</i>    |
| <i>Charles Donley</i>        | <i>Thomas Leonard</i>     |
| <i>James Carr</i>            | <i>Phillip Malinowski</i> |
| <i>Robert Horton</i>         | <i>James Butler</i>       |
| <i>Vincent Zampirri</i>      | <i>Brian McBride</i>      |
| <i>Michael McCauley</i>      | <i>Frederic Kozachyn</i>  |
| <i>Thomas Honeyford</i>      | <i>William Brent</i>      |
| <i>Wayne Hunt</i>            | <i>Garfield Roschael</i>  |
| <i>Kia Davenport</i>         | <i>Willie M. Williams</i> |
| <i>Michael Malone</i>        |                           |
| <i>David Sweeney</i>         |                           |
| <i>William Mattox</i>        |                           |
| <i>Gerard McGovern</i>       |                           |

# EXECUTIVE TEAM MEMBER BIDS ADIEU



Deputy Chief Willie M. Williams was appointed to the Department in October of 1974 and retired July 29, 2011, serving a total of 37 distinguished years. In his tenure he served in every officers' capacity from Fire Paramedic to Deputy Chief.

In his final assignment with the Department he worked as the SIO (Special Investigations Officer). Chief Williams proudly served in a challenging position with great integrity and resolve. Respected for his due diligence, devotion and tireless work ethic Chief Williams was well known for his sense of both justice and compassion.

We thank Chief Willie M. Williams for his service, example and overall dedication to the Department. We wish him well in his retirement.

*JOB WELL DONE CHIEF!*

## COLD WEATHER SAFETY TIPS

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

### Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to

do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

### Recognizing Hypothermia

Adults:

- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

### What to Do

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If

medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

### Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

### Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

### What to Do

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance. If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage. Immerse the affected area in warm—not hot—water

(the temperature should be comfortable to the touch for unaffected parts of the body).

- Or, warm the affected area using body heat.

For example, the heat of an armpit can be used to warm frostbitten fingers.

- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.



## HOLIDAY SEASON SAFETY TIPS

In line with our annual tradition Fire Commissioner Ayers reinforced fire safety efforts by demonstrating the proper way to select, prepare and maintain a fresh cut tree for the Christmas Holiday at the Philadelphia Fire Academy.

Deputy Commissioner of the Streets Department, Carlton Williams, and John Cook, Safety Specialist, Fire and Emergency Services of the University of Pennsylvania, joined in the exercise and presented a six-foot replica of a tree tag to the Fire Department. This six-foot tree tag represents the 30,000 4"x6" tree tags donated by The University of Pennsylvania. Firefighters will distribute these tree tags to Christmas tree lots throughout Philadelphia. Each tree tag will provide consumers with information on the proper maintenance of a live Christmas tree.

Members of the Junior Fire Patrol will assist the Commissioner in urging Philadelphians to follow these vital messages. A special thank you goes

out to following schools: The Laboratory Charter School, Imani Education School, Paul Lawrence Dunbar Promise Academy, Anna Blakiston Day School and Antonia Pantoja Elementary School for assisting the Department in spreading the word to our citizens.

When preparing your Christmas tree, follow these safety measures:

- Make a 1" fresh cut at the base of the tree.
- Place the tree firmly in the stand with plenty of room for water.
- Check water level daily and add if needed.
- Check electrical cords for wear, and outlets for overloading.
- Never leave a lighted tree unattended.
- Don't let the tree block exits or stairs.
- Keep tree away from portable heaters and other heat sources.

- The tree should be free of ornaments and decorations before disposal.

This year, residents should set their Christmas trees out along with regular household rubbish on their scheduled collection day. Citizens who wish to drop off their tree for recycling may take it to one of three Streets Department Sanitation Convenience Centers, which are located at Domino Lane and Umbria St., State Road and Ashburner St. and 63<sup>rd</sup> St. and Passyunk Ave. from 8:00 a.m. until 6:00 p.m. Monday through Saturday.



## AND WE DANCED THE NIGHT AWAY...

# 2011 FAB HOLIDAY PARTY

*Janet Monaghan and Cathy Arnold of the Fiscal Department produced the fabulous FAB 2011 Holiday Party. The event went down on Friday, December 16th and those in attendance feasted on tasty fare as they danced the night away. If you weren't there you probably missed out on the party of the year!*



## OFFICER ROWS A MISSION FOR AUTISM AWARENESS



On April 16, 2011 Fire Commissioner Lloyd Ayers and local philanthropist Kal Rudman announced that Fire Captain Neil Calore would row his 17 foot dory from Washington, D.C. to New York City to help raise funds for autism awareness. In conjunction with the voyage, the fire department released its own Regional Autism Awareness Initiative for first responders and for Autism Spectrum Disorder (ASD) care providers.

The RAA Initiative consists of an educational campaign to acquaint firefighters and paramedics with learning how to recognize different types of ASD indicators in persons at emergency scenes. It will also teach them some basic communication techniques for ASD persons who may not respond to verbal stimuli in a traditional manner.



Prior to his historic Voyage, Captain Calore built his boat "Spray" from a kit and trained for months to get ready for the trip. He was accompanied by a support boat manned by Fire Lieutenant Bill Drennen and

Firefighter Bill Mattox. All three donated their vacation time to this charitable endeavor.

They towed the craft to Washington, D.C.'s Fire Boat Station and Captain Calore set out upon the Potomac River to the Chesapeake Bay and up the Patapsco River to Baltimore's Fire Boat Station at Fort McHenry. He then continued up the Chesapeake Bay through the Chesapeake and Delaware Canal up the Delaware River to Philadelphia's Fire Marine Unit 1.

Upon his return to Philadelphia on the 27th of April he was received at the Independence Seaport Museum for a fundraising reception. The Seaport Museum was gracious enough to open their doors free to visitors for the day's event, free parking was made available by the Delaware River Port Authority.

After a night of rest in Philadelphia, Captain Calore proceeded further up the Delaware River to Trenton, New Jersey and then trailered the boat for the six

mile portage to the Delaware and Raritan canal. He passed through five decommissioned locks along the canal to the Raritan River. He then headed from the Raritan Bay to New York Bay.

Finally, on May 2, the FDNY's Fire Boat escorted him from the Statue of Liberty to Manhattan, New York City, where he was met with a victory celebration.

The entire voyage was documented, including maps pictures and videos. These can be found on the Voyage for Autism Awareness blog located at <http://voyageforautism.blogspot.com>.



Captain Neil Calore is a 16 year veteran of the Philadelphia Fire Department and lives in the Normandy section of Northeast Philadelphia with his wife Eileen.

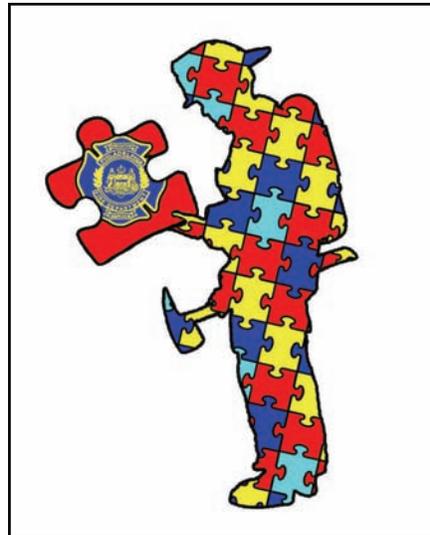
Their two children Jake and Leah, along with his grandchildren, Gina, Joey and Aidan, and the entire Philadelphia Fire Department supported him on his "Voyage for Autism Awareness."

*Donations can be made directly to Autism Speaks at:*

<http://events.autismspeaks.org/tu/voyage>.

*Donations to fund the Voyage for Autism Awareness and the Philadelphia Regional Autism Awareness Initiative can be made through The Fireman's Hall Museum, a 501 (c) 3 non-profit. Their link is [www.firemanshallstore.com](http://www.firemanshallstore.com) or checks can be mailed to the*

*Philadelphia Fire Department Historical Corporation, 147 N. 2nd Street, Philadelphia., PA 19106-2010.*



*PFD Autism Logo Designed by FF Mark Pinero*

## PFD OFFICIALLY TEACHES CHILD SEAT SAFETY

November 1<sup>st</sup> marked the kickoff date for the *Child Safety Seat Inspection Station Program*. The Philadelphia Fire Department in partnership with Kohl's Injury Prevention Program, Safe Kids Coalition, and the Children's Hospital of Philadelphia held a ribbon cutting ceremony at Engine 22's fire house. Engine 22 is scheduled to host monthly training programs to teach parents how to properly install child and infant safety seats in vehicles.



"The success of this program is integral to the safety of infants and children in the city and it is a goal of the Philadelphia Fire Department to initiate safety seat checks in every battalion in the city," said Fire Commissioner Lloyd Ayers. "Improving the safety of every citizen in Philadelphia is a top priority of the Fire Department and this program is an important addition to our existing programs." Approximately 80% of all car seats are not properly installed resulting in the number one leading cause of death for children ages 3 to 14.

## PRACTICE & PLANNING



The Philadelphia Fire Department conducted a City Wide Home Fire Drill at Saint Matthew Manor, 230 North 57th Street, on October 12th, 2011.

The drill included a simulated fire and evacuation of the senior citizens who live there, using their home escape plan. Firefighters from Engine Company 57 and Ladder Company 24 responded to the scene to extinguish the fire. The Fire Safety Smoke House Trailer was on hand to help teach local families how to conduct a home fire drill.

At 7:30 p.m. that Wednesday, fire apparatus sirens rang throughout the city in all neighborhoods indicating the

start of the City Wide Fire Drill in which all Philadelphians were urged to participate by putting their escape plans to the test.

Fire Commissioner Ayers stressed to those in attendance the importance of being prepared, stating "It is the personal responsibility of every family leader to make sure that their family develops and practices a home escape plan. Escape planning, sleeping with closed bedroom doors and smoke alarms on every level are key components in ensuring your safety in the event of a fire in your home. You should include two exits from each area of your home, having a family meeting place outside the home and calling 9-1-1 from a cell phone or neighbor's home."

## 2ND ALARMERS CELEBRATE 90 YEARS OF SERVICE

The Philadelphia Second Alarmers celebrated their 90<sup>th</sup> Anniversary on Friday, November 4, 2011 with a gala event held at Romano's Catering. Guest speaker for the special night was life long friend of Chief Greg Massi and former Major League baseball player, sportscaster, and past president of the National League, Mr. Bill White.

Honored for supreme dedication were Second Alarmer Members George White & Joseph Farley who together had 125 years of service to the Association. Mr. George White was appointed in 1948, and Joseph Farley was appointed in 1949. Both Members are still serving the Second Alarmers and providing care to our First Responders.



## INTERNATIONALLY SPEAKING... PHILLY IS AN ADVISABLE COMMODITY



In January of 2011, following a deadly wildfire in December of 2010 that took 42 lives, the Israeli government approved the transfer of the Fire and Rescue Services from the Interior Ministry to the Ministry of Public Security and the establishment of an aerial firefighting system.

The disaster marked for Israel the first time that international assistance was needed. Thus, Public Security Minister, Yitzhak Ahanronovitch sought to enlist an additional 2,000 firefighters over the next four years in an effort to match European standards. It was noted that the ratio of firefighters to population was the lowest in the western world—160 firefighters for every 1 million residents; as opposed to 500 per 1 million in England, France and Belgium and 700 per 1 million in Croatia, and 1 thousand per 1 million in Cyprus.

For the development of this new faction of fire and rescue, a delegation comprised of 5 Israeli executives traveled to the United States to observe model Departments. Danny Krivava—*Director of the Department of Planning, Budgeting & Monitoring, Ministry of Public Security (MOPS)*, Yoel Levi, *Deputy Director General, MOPS*, Yascov Sheni, *Commander of Rishon*

*Le'Zion Fire Brigade, Israel Fire Commission, Shimon Bar Ner, Deputy Commissioner Israel Fire & Rescue Commissioner and Elyssi Ben Zvi, Home Front Command of the Israeli Defense Forces*, called on the Philadelphia Fire Department to come study the proficiency with which it runs.



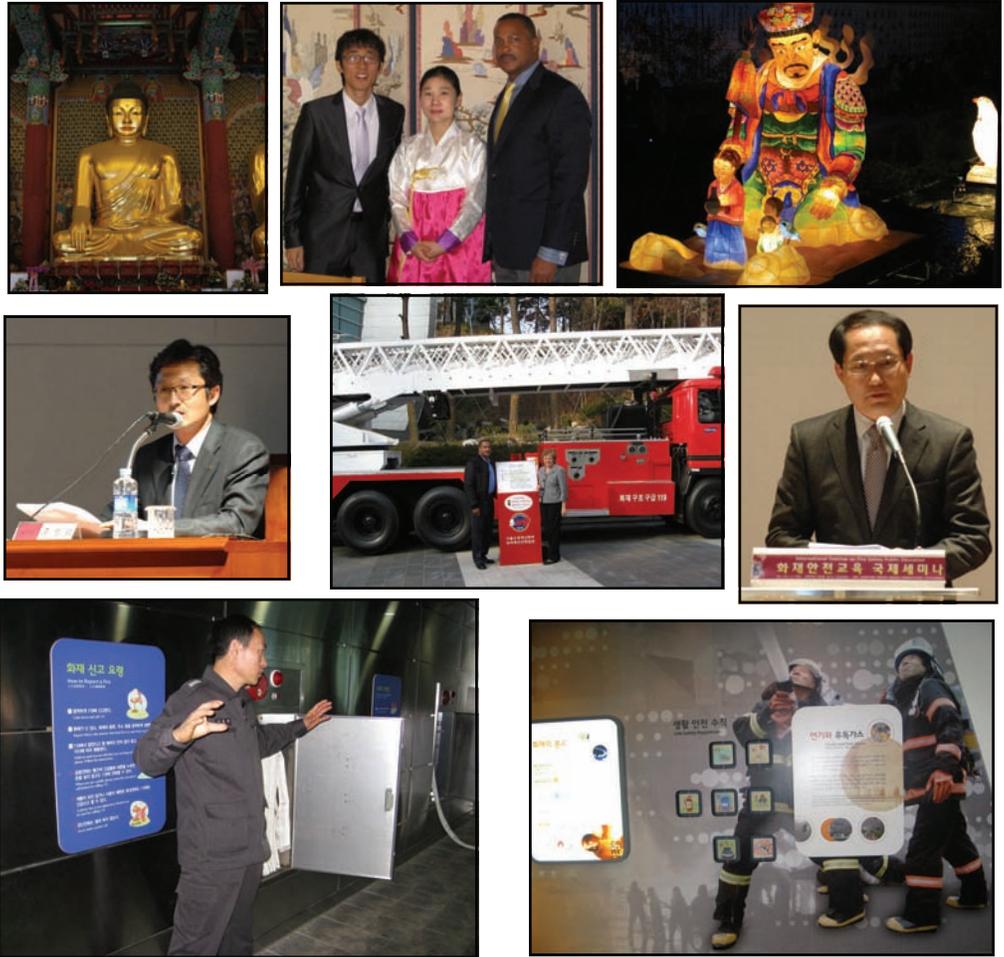
*The Israeli Delegation visited the many units of the PFD, pictured here viewing training exercise at the Fire Academy.*

# KFPA RECEIVES PFD WITH OPEN ARMS

The Korean Fire Protection Association (KFPA) sponsored an International Seminar on Fire Safety Public Education this fall to foster a relationship between neighboring fire services in an effort to reduce the number of fire fatalities in and throughout the world.

Deputy Chief Derrick Sawyer was invited by the National Fire Protection Agency to discuss the numerous partnerships established by the Philadelphia Fire Department, its planning process for Public Fire Education and disseminating the pertinent information necessary for reducing the loss of life and property due to fire.

"The reception that we received from the Korean delegation was exceptional. Our ideas were met with enthusiasm and open minds and the information shared was invaluable to the mission of the Philadelphia Fire Department's quest for Freedom from Fire. I'm grateful for the exchange," said Chief Sawyer.



Got to

<http://nfpa.typepad.com/nfpablog/>

For More information

*Photos Submitted by Deputy Chief Sawyer*



## TOYS FOR TOTS—POWERHOUSES PARTNER FOR CHRISTMAS

For the first time the American Red Cross, Philadelphia Fire Department and the U.S. Marine Corp partnered for the Toys for Tots Drive. The Marines were very short on personnel because of active deployments from our Region.

To help ensure that disadvantaged children were not disappointed on Christmas morning, we will work with the Marines and the Red Cross to collect and distribute toys.

Fire houses were collection sites and volunteers and staff helped to sort and distribute the toys.

# DININ' & DANCIN' FOR A CAUSE



L-R Lieutenants Squillace & Mercer of Fire Prevention

The Philadelphia Fire Department and the Citizens for Fire Prevention Committee hosted their 40th Annual Fire Prevention Dinner Dance on Friday, October 7. Fire Commissioner Ayers welcomed supporters of the Department to the event, which highlighted presentations of the Richard A. Bailey Fire Code Officer of the Year Award and the T. Seddon Duke Fire Prevention Awards.



DC Derrick Sawyer and Daughter

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 civilian that has excelled in the field of fire prevention activities. The second honors a uniformed member of the Department who has contributed exceptionally to fire prevention efforts.

The T. Seddon Duke Award civilian award recipient was William S. Ankrum of the Sunoco Philadelphia Refinery.



William S. Ankrum

Mr. Ankrum is the Supervisor of Emergency Services. Mr. Ankrum has ceaselessly supported the fire department's efforts in fire safety.

The uniformed award recipient was Battalion Chief Derrick Sawyer a 25 year veteran of the Department. Chief Sawyer has constantly demonstrated his dedication and commitment to fire safety in our city.

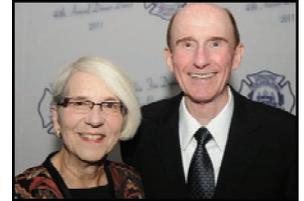
The Richard A. Bailey Fire Code Officer of the Year Award, named after the Deputy Chief in the



Cpt. Michael McCusker and Wife

Fire Code Unit with a record of leadership, hard work and dedication to the Fire Department and the citizens of Philadelphia, was awarded to Captain Michael McCusker, currently assigned to Ladder 6, Platoon "A". Captain McCusker, a 34 year veteran of the Department, has continuously used and applied the Philadelphia Fire Code to identified life safety hazards in his community ranging from higher education settings to

residential neighborhoods. He has unknowingly become the standard from which officers emulate.



## Pet Adoption Mix-Up Logic Puzzle

Cindy, Lisa and Tanya Chalmers, three very responsible girls, loved animals and wanted to care for their own pets. Their parents agreed that they were finally old enough to adopt one pet each and drove them to the pet center to pick out the pets they wanted to adopt.

After playing with many dogs, cats and rabbits, each girl decided to choose a different type of pet from the others and their parents filled out adoption papers for each pet. When they were finished, the attendant said that the pets would be delivered to their home the next day after the paper work had been processed.

Minutes after the Chalmers family left the pet center, a mischievous parrot flew over to the stack of adoption papers and started shredding the papers with his sharp claws. The attendant gasped and ran over to rescue the papers, but found them in pieces.

"Oh no!" the attendant moaned, "I do not want to disappoint those wonderful girls. I guess I'll have to try to piece this information together so the pets can be delivered tomorrow like I promised."

With much of the paper shredded to bits, here is all of the information the attendant had to work with.

1. The girl who adopted the dog did not name it Tutu.
2. Lisa's pet, who she named "Fluffy," is not the type of animal that hops.
3. Rex, who is not a dog, was adopted by Tanya.
4. The rabbit was not adopted by Cindy.

Can you help the attendant figure out which pet each girl chose and the name of each pet? Use the chart below to help make your deductions. Put an "X" in the grids that are false. Put a dot or a checkmark in each grid that is true.

		Pet's Name			Pet		
		Fluffy	Rex	Tutu	dog	cat	rabbit
Name	Cindy						
	Lisa						
	Tanya						
Pet	dog						
	cat						
	rabbit						



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		Pet's Name			Pet		
		Fluffy	Rex	Tutu	dog	cat	rabbit
Name	Cindy	X	●	X	●	X	X
	Lisa	X	X	●	X	X	●
	Tanya	●	X	X	X	●	X
Pet	rabbit	X	●	X	X	X	●
	cat	●	X	X	X	X	●
	dog	X	X	●	X	X	X

Cindy adopted a cat who she named "Tutu."  
 Lisa adopted a dog who she named "Fluffy."  
 Tanya adopted a rabbit who she named "Rex."

# FP 2011 DRAMA CONTEST—STUDENTS SHINE

The 49th Annual Fire Prevention Drama Contest, sponsored by St. Joseph's University, was held on August 11<sup>th</sup> at the Bluett Theater on St. Joe's campus. The children dressed in original costumes, and performed fire safety skits written and produced by both the cast and staff members of the Parks & Recreation Department.

The final round of competition featured the nine district winners from the Department of Parks & Recreation. Each district winner presented a five to ten minute, one-act skit based on 2011 Fire Prevention theme, "Freedom from Fire: We Can't Do It Alone. Take the Fire Safety Pledge at Home."

## WINNERS...

### **Best Design & Special Effects**

Mill Creek

### **Best Costuming**

Vare

### **Best Ensemble**

Emmanuel

### **Best Fire Prevention Message**

Picariello

### **Honorable Mention**

Cione – Wizard of Oz

### **Most Creative Script**

Bridesburg

### **Second Runner Up**

Emmanuel - How Fire Lost its Heat

### **First Runner Up**

Bridesburg – All About the Benjamins

### **Best Actress**

Asia Harper – Wicked Witch

Vare

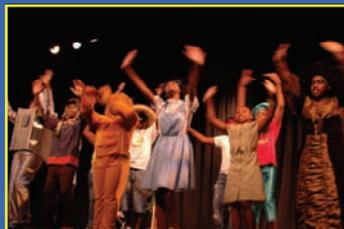
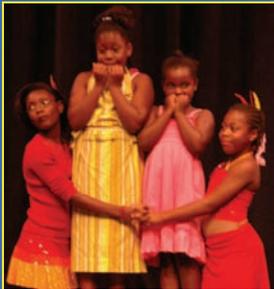
### **Best Actor**

Ryan Cepregi – Mr. Franklin

Bridesburg

### **Most Outstanding Play**

Vare – Fire Marshall of 02





**PHILADELPHIA FIRE DEPARTMENT**

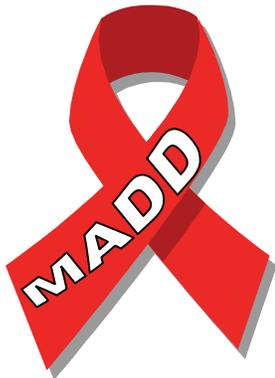
240 Spring Garden St.  
Philadelphia, PA 19123

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**MADD TIES ONE ON FOR SAFETY**



Tying a ribbon on Fire and Police vehicles in solidarity, Mothers Against Drunk Driving (MADD) Southeast PA kicked-off its annual Tie One On For Safety holiday ribbon project on November 22nd.

This is the 25th year that MADD's Tie One on for Safety project urges motorists to tie a red MADD ribbon

to a visible location on their vehicles as a pledge to drive safe and sober, wear their seat belts and to remind others to do the same.

MADD celebrates their 31 years of lifesaving awareness with a chance for the public and city leaders to join MADD's Campaign to Eliminate Drunk Driving. MADD, through its Campaign, calls for; intensive, high-visibility law enforcement efforts like sobriety checkpoints, advocates that all convicted drunk drivers have an alcohol ignition interlock installed on their vehicles and supports the research of transparent, vehicle-based technologies that will prevent drunk driving.

*Right—MADD Participant Tests Breathalyzer*

**PFD PROMOTIONS**  
*Congratulations*

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