



Smoke Signals II

Smoke Signals is a Publication of the Kentucky Firefighters Association

The Old Man

I am sure you get a lot of emails that you simply delete without reading I try to read some of the ones you may consider to be junk but this one I would like you to read.

As I came out of the supermarket that sunny day, pushing my cart of groceries towards my car, I saw an old man with the hood of his car up and a lady sitting inside the car, with the door open.

The old man was looking at the engine. I put my groceries away in my car and continued to watch the old gentleman from about twenty five feet away.

I saw a young man in his early twenties with a grocery bag in his arm, walking towards the old man. The old gentleman saw him coming too and took a few steps towards him.

I saw the old gentleman point to his open hood and say something. The young man put his grocery bag into what looked like a brand new Cadillac Escalade and then turn back to the old man and I heard him yell at the old gentleman saying, 'You shouldn't even be allowed to drive a car at your age.' And then with a wave of his hand, he got in his car and peeled rubber out of the parking lot.

I saw the old gentleman pull out his handkerchief and mop his brow as he went back to his car and again looked at the engine.

He then went to his wife and spoke with her and appeared to tell her it would be okay. I had seen enough and I approached the old man. He saw me coming and stood straight and as I got near him I said, 'Looks like you're having a problem..'

He smiled sheepishly and quietly nodded his head. I looked under the hood myself and knew that whatever the problem was, it was beyond me. Looking around I saw a gas station up the road and told the old man that I would be right back...I drove to the station and went inside and saw three attendants working on cars. I approached one of them and related the problem the old man had with his car and offered to pay them if they could follow me back down and help him.

The old man had pushed the heavy car under the shade of a tree and appeared to be comforting his wife. When he saw us he straightened up and thanked me for my help. As the mechanics diagnosed the problem (overheated engine) I spoke with the old gentleman.

When I shook hands with him earlier, he had noticed my Marine Corps ring and had commented about it, telling me that he had been a Marine too. I nodded and asked the usual question, 'What outfit did you serve with?'

He had mentioned that he served with the First Marine Division at Tarawa, Saipan, Iwo Jima and Guadalcanal.

He had hit all the big ones and retired from the Corps after the war was over. As we talked we heard the car engine come on and saw the mechanics lower the hood. They came over to us as the old man reached for his wallet, but was stopped by me and I told him I would just put the bill on my AAA card.

He still reached for the wallet and handed me a card that I assumed had his name and address on it and I stuck it in my pocket. We all shook hands all around again and I said my goodbye's to his wife.

I then told the two mechanics that I would follow them back up to the station. Once at the station I told them that they had interrupted their own jobs to come along with me and help the old man. I said I wanted to pay for the help, but they refused to charge me.

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Notes From The President's Desk Bobby Cowhard

It has been a very busy three months and I have enjoyed traveling around the state meeting new firefighters and seeing old friends. It is a pleasure to serve you as President of the KFA.

The KFA Executive Board held a meeting at the Jefferson County Regional Fire School in October. I would like to thank the fire school coordinator Frank Apanewicz, Mike "Wally" Wallingford, and those associated with the fire school for their hospitality. Also thanks to Dave Goldsmith for allowing the KFA, Fire Commission and Kentucky Fire Chiefs to set up booths and promote the organizations.

As with every KFA meeting, a discussion was held about promoting the KFA and ways to increase membership. There is a link on the KFA website where you can download a department and personal membership application, as well as a new application for sustaining membership. Kentucky has a little over 800 departments in the Commonwealth and only half are members of the KFA.

Membership dues are now being accepted. Department membership is \$75.00 and personal membership is \$25.00.

We all are feeling the economic crunch, whether it is at home, at the fire department or the workplace the KFA would appreciate your consideration of joining the KFA. The membership dues go toward the KFA's efforts to support the firefighters and departments of Kentucky. With all of the fire departments in Kentucky as members, we will be a stronger organization. If you have any question about membership in the KFA please contact the Executive Board member or Director in your area this information can be found on KFA website www.kyfa.org.

Become a member today. Encourage your neighboring departments to join the KFA. Help shape the future of the Kentucky Fire Service and help us help you. For more information, check out the website at www.kyfa.org

The 2010 State Fire School committee has been meeting monthly and the planning for next year's fire school is in high gear. As always when

you have an event you want the next one to be bigger and better. The fire school is no exception. The committee is working hard to make the school one that firefighters throughout the Commonwealth want to attend.

With an event like this you know it takes a lot of players to pull the event off well, but I had no idea how many until I started attending the meetings. I want to thank the committee for their commitment and dedication to the fire school. I think those who attend will see a bigger and better school in 2010. The school's success depends on the attendance of firefighters across the state. I hope you will make plans to attend the 2010 State Fire School/Homeland Security Conference June 9-13, 2010.

On September 16th, Dwayne Suttles invited me to attend the Eastern Kentucky Firefighters Association meeting in Grayson. I was given the opportunity to address the Association on behalf of the KFA. I told several that I spoke with that I had never been to Grayson and I appreciated the invitation and the hospitality I received. Oh yeah-the steak dinner was awesome also!

On September 30th, the fire service in Kentucky met again in Frankfort for the annual firefighter memorial service. The service was well attended and I want to thank those who took time from their busy schedules to attend. This year was different than any other services in the past-there were no line of duty deaths and no new names were added to the monument. We did honor as always our fallen brothers and sisters whose names are on the monument. The memorial area looked beautiful as always thanks to the Frankfort Parks Department.

Although the Frankfort Parks Department does a terrific job with the upkeep on monument, they are not able to do it all. The Fire Commission, KPFA and the KFA take care of updating the area and grounds maintenance. This is where you come in. By purchasing a paver or attending events that support the memorial, you can help keep this area looking good and show your support to those that gave the ultimate sacrifice and their families and let them know we will never forget their sacrifice. If you have not purchased a paver we would appreciate your consideration.

On October 11th, my wife and I had the honor of attending Southgate Fire Department's 100 year anniversary celebration. I was honored as President of the KFA to present Chief Beatsch and the Southgate Fire Department a proclamation for this outstanding achievement. I also found that three past KFA Presidents came from the Southgate Fire Department. Congratulations to the Southgate Fire Department and thanks for supporting the KFA.

Bruce Roberts organized a run/walk to benefit the Fallen Firefighter Memorial again this year. It was held on October 24th, a cold, rainy day. Several people braved the weather and participated in the run/walk. Bruce Roberts and the staff from the Fire Commission-Becky Blair, Lisa Bradley, Casey Drury and Howdy Kurtsinger did a great job organizing this event.

The KFA works very closely with the Kentucky Fire Commission, Kentucky Professional Firefighters, Kentucky Fire Chiefs Association and State Fire Marshal's Office to better the lives of Kentucky's firefighters through legislation. The 2010 legislative session will be a long session and I know Gerald and Howdy will be working hard to make our voices heard as always. Occasionally they need the help from the firefighters throughout the State, so I encourage you to step up if we are asked to attend and fill a room for a hearing or asked to contact your legislators. Your help is crucial to show our legislators that the fire service is strong in Kentucky.

My committee continues to work hard on the upcoming 2010 KFA conference. We are excited about hosting the conference in Louisville. Please mark your calendars and make plans to attend the annual conference July 31-August 3, 2010.

Visit our website www.kfa2010.com for more information. Our host hotel, Holiday Inn Hurstbourne is taking reservations now. There is a link to the hotel to make reservations on our webpage or you can call 502-426-2600. Use the block code KFA. Registration forms and ad forms for the conference program are available on the website. We will be also mailing out this information.

Your KFA Executive Board will hold its next meeting in Lexington at the Green River Officers School on February 20, 2010. The Executive Board and I are here to serve you. I encourage you to stay in contact with us and keep us informed of happenings in your area. I look forward to hearing from you.

Melinda and I send our best wishes to everyone for safe and happy holidays.

Do Your Part to make sure EVERYONE Goes Home,

Bobby Cowherd, KFA President



Treasurer's Notes

by Terry Keller

Greetings fellow firefighters. Is it not a great day. Every morning when I awake, I pray for another day of friendship. Your K F A Executive Board has been busy working on obtaining a new fund raising company. Civic Development has advised the K F A that they will be going out of business in 60 days. The money K F A receives from Civic Development is about 42% of the budget income. This loss of revenue could be very devastating to the operations, and programs the K F A has. The board is considering two separate proposals from companies to replace this income.

Remember, the KFA will not be mailing invoices for dues this year. The Dues Notice is on the web page and appeared in the October issue of Smoke Signals. This was a cost saving item that the Executive Board wanted to do. So far there are 102 departments that have paid their dues. KFA needs for more departments to step up and pay. Normal membership runs about 400 departments and another large portion of the budget, about 28%. KFA Executive Board and the Vice Presidents along with the Directors will be asking all departments at their association meeting to join the KFA.

I attended the funeral service of an Intendance Fire Fighter, who had to retire, because of a 14 year battle with cancer. Secretary Jansing and myself presented a bible to the wife.

On a much brighter note I hope everyone is gearing up for the holidays. Halloween is over,

"Treasurer's Notes" continued on next page

“Treasurer’s Notes” continued . . .

and the Turkeys are running for their lives. Christmas is just around the corner and then we get to start on a new year. I do not know where this one has gone. Before long it will be time for fire school and another conference.

Hopefully, your department is involved in the KFA. If not, ask why. Talk with your Chief and see if he or she is aware of what the KFA is all about. If they are not, have them call one of the Executive Board members and we would be happy to meet with them and explain what the KFA does for all firefighters and EMT’s in the state. Between the Fire Commission, KPFA and the Officers of the KFA, I am sure someone could convince them to join. Remember anyone can become a personal member of the KFA by paying a small amount of \$25.00 per year.

Green River Officer School will be coming up in February and the next Board meeting will be held at this time. Until then, be safe, thank the military personnel for our freedom and I hope to see you soon.

Terry Keller

Treasurer, Kentucky Firefighters Association



**Wanda Isaacs
Public Fire Educators Committee**

I would like to start out by introducing myself. My name is Wanda Isaacs and I am with the Petersburg Fire Dept. I have been married to my friend and husband of 13 years, Wayne Isaacs. I am a mother of two wonderful children, a nine year old son and three year old daughter.

I have been with the Petersburg Fire Dept. since 1995 and the Fire & Life Safety Educator for 12 years. I have served on numerous committees and currently serve as secretary of the Northern Kentucky Emergency Services School committee and 3 year Trustee of the NKFA.

As chairman of the Public Education committee, I have already begun working on a few projects. One is creating a directory of Fire & Life Safety Educators for the Commonwealth. I recently sent out an email with a survey attached. I want to thank those of you who have responded already. I would like to urge those of you who haven’t to take

a moment to fill it out. If you did not receive the email please contact me at pcwanda@fuse.net and I will get it to you. Another project I would like to work on and complete is a Fire & Life Safety Educator Seminar. This seminar would cover the entire Commonwealth to ensure we can make it available to all Fire & Life Safety Educators.

At this time I would like to thank “Fireman Joe” for recommending me for this position and the KFA for giving me the opportunity to fill this position.

I would like to ask that if there is anything you would like to see the Public Education Committee do or need help with, please feel free to contact me at pcwanda@fuse.net and let me know your thoughts or concerns.

There will be a Public Fire Education Committee meeting on Tuesday, December 8, 2009 at the Ft. Mitchell Fire Department 2355 Dixie Highway, Ft Mitchell KY at 1:00 p.m. with lunch being served at 12:00. This meeting will help us to plan what projects we would like to work on in the upcoming year. Hope to see everyone there!

Respectfully Submitted:

Wanda Isaacs



**National Volunteer
Fire Council**

Ken Knipper, Director Bryant Stiles, Alternate

The NVFC held its fall meeting in Coralville, Iowa and it proved to be a very productive meeting. As usual we had a number of federal officials attend the meeting and bring us up to date on developments in their area of government. This also gives us the opportunity to engage them in dialogue and express our concerns. Chief Calvin Cochran, the new FEMA Director and Glenn Gaines, USFA both attended. Chief Cochran has had no previous experience with volunteer firefighters and said he welcomed the opportunity to have dialogue with us. Our concerns for proposed changes to the Fire Grant and SAFER programs were explained in detail.

In addition to the legislative agenda the NVFC Board accepted a proposal to consider adding an EMS Section to the NVFC. About two years ago the Chairman of the EMS Committee was added to the Executive Committee and Jerry Johnston, President of NAEMT was also added as a consul-

tant. The NVFC continues to receive interest from non-fire based volunteer EMS squads to have them represented in Washington.

A major effort by the NVFC, IAFF, and IAFC coordinated by the Advocates for EMS resulted in the notification of EMS providers being put back into the Ryan White ACT.

The NVFC continues to develop new membership opportunities and has just announced their new Junior Firefighter Membership. You can go to the NVFC website to get information on this new interesting program. This is a good way to enhance the participation of your junior firefighters. Check out these web sites to get the latest on the development of the new Education Standards www.EMS.gov, www.NASEMSO.org, and www.NAEMSE.org. For those of you looking for EMS grants check EMSresponder.com and go to grants.

Bryant and I continue to serve the best interests of the KFA at the national level and feel honored to do so. If you have any questions, e-mail me at knip613@zoomtown.com.

THE COURAGE TO BE SAFE

www.everyonegoeshome.com

Chief Marc A. Muench, EGH
State Advocate

marc.muench@florence-ky.gov
Cell 859 991-0721

As a building contractor, you want to build five identical; three bedroom; two bathroom homes so, you line up five carpenters, give them identical building materials and identical tools but no plans and then send each of them off to build a house. What are the chances that the five homes that they construct will be exactly the same? Now put all five carpenters together to build a single home of their own design. Good chance for conflict? Absolutely. The 5th topic, within the “16 Fire-Fighter Life Safety Initiatives” addresses the need to standardize training and thus standardize our performance during emergency operations:

Initiative #5-”DEVELOP AND IMPLEMENT NATIONAL STANDARDS FOR TRAINING, QUALIFICATIONS AND CERTIFICATION (including recertification) THAT ARE EQUALLY APPLICABLE TO ALL FIREFIGHTERS BASED ON

THE DUTIES THAT THEY ARE EXPECTED TO PERFORM.”

Next to actually responding to emergency situations, training is the most critical activity within the fire service. Virtually every task that we perform from fire prevention, to size up, to fire attack, to overhaul, is grounded in our training. Our level and frequency of training can directly contribute to our capabilities as firefighters and more so, enable us to work more safely in emergency situations. But how much training is actually needed and in what subjects?

They say you begin learning on the day you are born and stop on the day you die, which may be true however; many individuals get to a point in their lives (or fire service careers) where they believe that they know it all. “Been There, Done That, Got the Blue Ribbon”. In today’s world, especially within the fire service, many of the things you learned just a few years ago are already obsolete. Technology marches on and firefighting issues and techniques are continually addressed and read-dressed to assure that we are utilizing best practices and the most modern equipment available. Basically anyone within the fire service who decides to stop learning will become a dinosaur in just a few short years.

Fortunately, many years ago, Kentucky had the foresight to institute fire service training standards, something many states still have not instituted to this day. Volunteer Certification requires 150-hours of initial training and 20 hours of CEU’s per year and Career Certification requires 400-hours of initial training and 100-hours of CEU’s per year. OK then, we have the training requirements in place so we’re set, correct? Not quite. Similar to the opening paragraph, give five firefighters, five sets of identical equipment and instruct them to extinguish five identical fires. I guarantee you that the fire will be put out but, will it be done in the exact same manner? Not likely. Few if any departments develop the exact same strategies and implement the exact same tactics to get the job done. Therein lays the need for standardization.

Our training needs to be standardized in all aspects of the tasks that we perform. Whether it is *‘The Courage to be Safe’ continued on next page*

'The Courage to be Safe' continued . . .

vehicle extrication, structure fire suppression or missing persons search, we must design, develop and institute performance standards that will require all firefighters, regardless of department or location, to work together in a coordinated fashion. Once again, Kentucky is taking a pro-active approach by making available firefighter certifications through the International Fire Service Accreditation Congress (IFSAC). The basis of all skills within the accreditation process is the IFSTA-"Essentials of Firefighting" manual. All information required to become an IFSAC I and IFSAC II certified firefighter are contained therein. Check it out.

While it is critical that every firefighter receive sufficient training to do their job, it is equally critical that we all "sing out of the same hymn book". That is, I should be able to go from my department to any across the Commonwealth and be able to perform shoulder to shoulder with that departments firefighters. By standardizing training for the tasks we perform, we will operate more efficiently and more safely, thus assuring that each of us "Keeps Going Home, After Each Run and After Each Shift."

EDUCATIONAL OPPORTUNITIES**2009 IFSAC SKILLS TESTING SCHEDULE**

Date	Area	Location	Phone
12/5-6/09	12	Hazard	888-234-6759
12/12-13/09	4	Bowling Green	888-234-5760

Written testing information is available on the area 9 web site. Tests are given at the system office usually on the third Monday of the month. Each time you take the written test you must pay a \$15.00 charge. Contact Duane Suttles for more information about written test location and dates at 888-301-2946. REMINDER: Candidates must be at least 18 years of age and be a member of a Kentucky FD or a full-time student of Fire Science at EKU or KCTCS to be eligible for firefighter testing. Candidates must bring state issued drivers license or ID card to skills testing site for positive identification and verification of age eligibility. Candidates under 18, may complete any of the written exams, and may certify to Haz Mat Awareness only. All Certifications are based on the Professional Qualification standards set forth by the NFPA for Firefighters, except Haz Mat, which is a Job Performance standard. Our accreditation is through the International Fire Service Accreditation Congress (IFSAC).

**UpComing Training Events
You Won't Want to Miss!**

Green River Officers School has moved to Lexington. It will be held February 19, 20, 21, 2010.

State Fire School will be held June 9 - 13, 2010. Both schools are held at Rupp Arena Lexington and use the same hotels. You can reserve rooms at:

Hyatt Regency Lexington
401 West High Street
Reservations 800-233-1234

Lexington Downtown Hotel
(Formerly the Radisson)
369 Vine Street
877-539-1648

Holiday Inn North
1950 Newtown Pike
859-233-0512

Make sure when placing your reservation to mention the respective schools.

Dry Ridge FD Fire Symposium**January 16 - 17, 2010****Topics: Saturday January 16**

"Truck Company Operations/Today's Fire Service"
Presented by:

Michael Dugan, New York City Fire Department

Mike is a 25 year veteran of FDNY, serving as captain of Ladder Company #123 in Crown Heights, Brooklyn. As a lieutenant he served in Ladder Company 43 in Spanish Harlem. He



has received the departments highest awards for bravery. He is the lead instructor for the "Firehouse Expo" and "Firehouse World" Engine and Truck Company HOT Program. He writes for numerous fire service publications and is a featured lecturer on topics dealing with truck company operations and issues in today's fire service.

Topics: Sunday January 17

“Air Management: The Point of NO Return and HowFF’s are Dying in Structure Fires by Mike Gagliano, Seattle FD. Mike has over 20 years of fire/crash/rescue experience with Seattle FD and the United States Air Force. He currently serves as captain of training and is a member of then Seattle FD Operational Skills Enhancement Development Team. Capt. Gagliano teaches across the country on air management, firefighter safety and fireground strategy and tactics. He is a member of the FDIC Advisory Board, and along with other “Seattle Guys” is co-author of the textbook “Air Management for the Fire Service.



Individual registration is \$75.00 before January 1st and \$85.00 after Jan 1 st. On-Line registration and payment available at www.drfd.com. Make your hotel reservation at the Dry Ridge Hampton Inn 1200 Cull Road Dry Ridge KY 41035 859-823-7111 rate \$65.00/night.

The Dry Ridge FD Ladies Auxiliary will be holding a Steak Dinner Saturday evening Jan 16. The cost is \$10.00 at the JMB Center in Dry Ridge. The meal will feature Ribeye Steak, Baked Potato, Salad & Rolls, Green Beans, and Homemade Desserts. Come hungry leave happy! After dinner stick around for cards & camaraderie!

2ND Annual ‘Kentucky ATV Safety and Rescue R&D Weekend’

Knott County, Kentucky, October 12, 2009
By: Mike Brady

The second annual “Kentucky ATV Safety and Rescue R&D Weekend” was held on October 10 - 11, 2009, in Knott County. Also, while we can’t be certain of a direct correlation between events, for a second consecutive year the Consumer Products Safety Commission’s (CPSC) annual ATV report indicates: Kentucky no longer leads the nation in all terrain vehicle (ATV) fatalities. ATV related deaths for the period of 2005 through 2007 (the last full year on record) list the five states

with the highest number of reported ATV deaths as: West Virginia *143, Florida *123, Kentucky *114, Pennsylvania (*87) and North Carolina (*83). While an improvement, these numbers remain far too high and more needs be done to continue this downward trend.

Participants practice safely removing a donated Yamaha 350 Banshee ATV from the rider.



While remaining humble, a group of dedicated emergency service professionals in Kentucky have been working for almost five years to realize this trend. Without a formal membership, or a structured hierarchy, this group of individuals periodically assembles with the goal of learning how to reduce the number of ATV accidents, while at the same time improving the effectiveness of rescuers who respond to the accidents. Lessons learned during the two-day event will be incorporated into the Kentucky Department of Agriculture’s ‘Farm and Home Safety Training Program’ as well as the ‘ATV Safety and Rescue’ classes taught to responders statewide.



Members of Knott County ATV Trail Riders Club’s ‘Off-Road ResQ Team’ loads the patient.

As with the first R&D weekend, the venue for this year’s event was the Knott County ATV & Motorcycle Rider Training Center; <http://www.kcrtc.com/index.php/about-us>. This year’s itinerary included rescue scenarios drawn from actual off-road accident reports and other topics identified by the participants as vital to improving response and evacuation times. One key issue was a coordinated use of medical helicopters to assist ground teams in locating the scene. While several states maintain a fleet of aircraft for search and rescue missions, Kentucky’s medical helicopters are primarily used for medical evacuation from

“ATV Weekend” continued on next page

'ATV Weekend' continued . . .

a landing zone, after the patient has been located. As shown in the image below, search areas routinely cover thousands of acres across varying terrain. Ground SAR teams on ATVs or UTVs could take an hour just to reach the ridge in the background; a distance of only three quarters of a mile by air. As the trails connecting the ridges drop over 400 feet into a drainage and run through an area known as "Quicksand Creek" by locals, ground searches could take hours, if not days.

**Air Methods
'KY-4' based
at Hazard, KY
and PHI Medi-
cal 'PHI-2'
based in Lon-
don, KY**



With the airborne assistance of both PHI Medical and Air Methods medical helicopter crews, rescuers were guided to simulated ATV accident scenes in minutes, not hours.

Participating in this ATV Safety and Rescue R&D Weekend were the management and staff of the Knott County ATV Safety Training Center, instructors from KDA's Farm & Home Safety Program, instructors from Kentucky State Fire Rescue Training, representatives of ///Emergency Equipment, the flight crews of Air Methods and PHI medical evacuation helicopter services, members of Elizabethtown Fire & Rescue, LaRue County Fire & Rescue, Hazard Fire & Rescue, Salyersville Fire & Rescue's Rhino ResQ Team, Grapevine - Chavies Fire & Rescue's ATV Res-Q Team, and the newly formed Knott County Trail Riders ATV Rescue Team. In all, sixteen volunteer off-road rescue personnel utilized ten 4X4 ATVs and UTVs, plus four "All Terrain Res-Q Trailers" during the two-day learning experience with one goal in mind: to learn how to improve response when off-road accidents occur.

**///EMERGENCY
EQUIPMENT's Res-
Q Team arrives at an
Air Methods LZ with
a patient.**



*NOTE: Exact annual numbers of ATV related deaths are difficult to determine as reporting periods and criteria for reporting an ATV accident changes from state to state. For example: The CPSC does not consider UTVs (side-by-sides) to be ATVs for the purpose of this report. However, when the victim arrives at an emergency room the medical report simply reads "ATV accident" without regard to type. Also, reports of ATV related deaths in areas where accident victims are evacuated by air to Trauma Centers in an adjoining state will not be included in figures for the state where the accident actually occurred. (Source: <http://www.cpsc.gov/library/atv2007.pdf>)

For more information visit: www.OffRoadRescue.com



It's Not Too Late to Support the KFA

You need the voice of the KFA to speak up for you in situations where no one else can or will. It's hard to say the KFA represents the 800 + departments in the state when only a little over 300 departments are members. If your department is a member we thank you. If you are not then take the time to mail in this application with your check so you can be part of the solution instead of part of the problem. We need your support but then in turn you need the support of the KFA.

In an effort to conserve money, paper, and postage the application for you to renew your dues is printed on the next page. You will **NOT** receive your normal renewal notice in the mail as in years past. You may make a copy of the dues notice or simply cut it out, enclose a check for \$75, and mail it to Terry Keller at the address provided. If you have any question please call Terry at 859-261-9986.

Kentucky Firefighters Association Membership

KFA By-laws regarding Membership

ACTIVE MEMBERSHIP; All individuals, shall by virtue of their membership in their respective fire departments, be members of the KFA, so long as said organization remains a member of this association.

Eligible KFA membership shall be limited to public and private emergency response organizations including, fire departments and fire districts “structural” Fire Brigades, hazardous material response team, Fire authorities, Fire Insurance or other salvage corps, { 1 } Structural fire brigades as defined by KOSHA and or NFPA { 2 } Meeting minimum requirements of tech level by KOSHA and NFPA

SECTION 3: Active membership may be obtained in the KFA by paying annual dues of \$75.00 per year. Dues are payable on October 1 of each year. Dues not paid by December 1, of each year, render that membership delinquent. The fiscal year of this organization shall be August 1, through July 31. A copy of the KFA Newsletter is sent to each active membership member on a bi-monthly basis. To receive a personal copy of the newsletter, to an address of your choosing, include a check or money order for \$25.00 with the form below to:

Terry Keller, Treasurer
PO Box 16194
Ludlow KY 41016
859-261-9986

KFA Membership Application

Please print clearly and indicate the type of membership by checking the box below

Organization/Individuals Name _____

Address _____

Phone _____ Fax _____

E-mail _____ Chief _____

Department Membership (include check for \$75.00)

Smoke Signals II (Newsletter personal membership, include check for \$25.00)

Our organization is only as strong as its membership!

Feel free to duplicate and distribute this form

The Silent and Invisible Threat

by

Leah Stoner, Loss Control Training Specialist Emergency Services Insurance Program

The new recruit swings his axe towards the drywall, dust and debris falling to the floor as he creates a hole for his escape. He breaks more pieces away and then turns, performing a backstroke swimming motion to wriggle his way through the hole. The recruit emerges face up on the other side of the wall, covered in a fine layer of white dust, but otherwise unharmed. This was a training exercise, one that is designed to save his life if he is caught without any other alternatives for escape.

The danger that may ultimately take this new recruit's life is far more insidious, stealthier than the one he was just training to prevent. It can strike at any time; while out on a call, driving to or from an alarm, washing the trucks, or simply while eating breakfast cereal. This threat that has moved from the shadows to stare him in the eye is cardiovascular disease.

We all have heard the warnings that have been issued by both cardiologists and cartoon characters recommending that we get more exercise, reduce the amount of fat we eat, and get regular checkups to ensure cardiovascular health, but cardiovascular disease remains the number one killer of both men and women in the United States ("Heart Disease..." 2009). From 2001-2005, 897 firefighters died in the line of duty (excluding those who were killed on 9/11). Of these 897, 427 firefighters died from "stress/overexertion," as reported by the U.S. Fire Administration. 92% of these deaths were the result of heart attacks. These numbers show that deaths from stress/overexertion made up almost half of all firefighter fatalities during this period. Most states have requirements for the amount of time firefighters must spend training on various subjects from structural firefighting techniques to appropriate personal protective equipment, but firefighter health is often only mentioned in passing.

When cardiovascular events are responsible for almost half of all firefighter fatalities, and are the leading cause of death for both men and women in the U.S. regardless of occupation, how can we afford to ignore this threat? Fire depart-

ments and individual firefighters need to make cardiovascular health a priority. Cardiovascular disease is not usually something that happens overnight, it is frequently the result of years of indifference about heart health. We can (or think we can) eat whatever we want when we are young, but in reality we are damaging the system that delivers oxygen and nutrients throughout our body. Atherosclerosis, the buildup of fats and other substances deposited in the artery, literally means "gruel hardening." Atherosclerosis is a primary contributing factor to the development of coronary artery disease; the narrowing of arteries. This process decreases blood flow through arteries, reducing the amount of oxygen cells receive, and can lead to dangerous blockages resulting in heart attack or stroke.

Firefighting poses an interesting problem when it comes to being fit. Firefighters frequently have to expend a great amount of energy when fighting a structure fire, extricating victims from a wrecked car, or even just while training. When we are not performing these duties; however, we can become very sedentary. The very nature of firefighting can make working out difficult; I have had my fair share of workouts interrupted by tones dropping. Despite the inconvenience, the effort is worth it. If you do not put in the effort to work out and train your body to be ready for anything that might be thrown your way while on a call, then it will not be ready to do what you need it to do. It is a relatively simple series of equations. Hard work + fit firefighter = success. Hard work + unfit firefighter = disaster. The strain of a fire may be all it takes for that plaque in your arteries to rupture and send you to the hospital.

To begin to move towards reducing cardiovascular-related firefighter fatalities we need to begin a "sweaty firefighter" campaign in firehouses across the nation. Everyone sweats when wearing turnout gear, but your goal should be to "get sweaty" more frequently, and not just because of the climate you live in. As we move into December and the winter months, make an effort to get sweaty three to five times a week. By improving your fitness level you will be taking a step towards decreasing your risk of cardiovascular disease so you can focus on what you do best; your job. "Atherosclerosis." 2009. *American Heart Association*. <<http://www.americanheart.org/>

presenter.jhtml?identifier=4440>.

“Coronary Artery Disease.” 2008. *MayoClinic.com*. <<http://www.mayoclinic.com/health/coronary-artery-disease/DS00064>>.

“Fire Fighter Fatality Investigation Reports.” 2009. *CDC NIOSH*. <<http://www2a.cdc.gov/NIOSH-fire-fighter-face/state.asp>>

“Heart Disease is the Number One Cause of Death.” 2009. *Centers for Disease Control and Prevention*. <<http://www.cdc.gov/features/heartmonth/>>.

“National Fallen Firefighters Memorial Database.” 2009. *U.S. Fire Administration*. <<http://www.usfa.dhs.gov/applications/ffmem/>>.



U.S. Fire Administrator Urges H1N1 Vaccinations for Fire and EMS

With the first deliveries of the H1N1 vaccine already underway, the Federal Emergency Management Agency (FEMA) as part of its mission to support first responders joins the United States Fire Administration (USFA) in recommending that firefighters who provide emergency medical services and EMS workers receive the H1N1 vaccination as soon as it becomes available in their local jurisdiction.

The Centers for Disease Control’s (CDC’s) Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.

“Given that firefighters and EMS personnel who provide direct patient care are eligible for early vaccination, their first responder agencies should be contacting their local doctors offices, clinics,

local health department, or other agencies to make arrangements now for their workforces to be vaccinated as soon as supplies of the H1N1 vaccine are received in their jurisdictions,” said U.S. Fire Administrator Kelvin J. Cochran.

“Being vaccinated for both seasonal influenza and the H1N1 influenza represents an important way to assure the well being of our first responder workforces, their families, and most importantly the patients to whom they provide emergency medical care. It also enhances their agencies’ ability to continue to provide critical services to their communities during periods when they may encounter an increased demand for emergency medical care resulting from the H1N1 virus,” Cochran said.

First responders and agencies seeking additional information on the H1N1 influenza are encouraged to visit:

www.flu.gov
www.cdc.gov/h1n1flu
www.usfa.dhs.gov
www.cdc.gov/h1n1flu/guidance_ems.htm

The National Volunteer Fire Council and Fire Corps have also released Pandemic Influenza Resource Centers to provide information to first responders and Fire Corps members regarding H1N1 and preparing their departments and communities for a pandemic influenza outbreak. Visit www.nvfc.org/pandemicflu and www.firecorps.org/pandemicflu.



Fireman Joe Says: From the Ole Firedog

I hope everyone had a successful Fire Prevention Month and your programs reached lots and lots of people. If you are like me, you are still finishing up on some of the left over groups, organizations and schools on the back in of my schedule. I generally start around mid September and generally go to mid November, my requests for Firehouse Tours and classroom visits have grown but that is a GOOD thing. Even as I come close to my retirement I still find it hard to say no when I am asked to come and talk about how we can keep our communities safe.

“Fireman Joe” continued on next page . . .

'Fireman Joe' continued . . .

The Fallen Firefighter Memorial Service in Frankfort back on Sept 30th was moving and a wonderful tribute we must never forget. The speakers were elegant and inspiring, the ceremony is always special and meaningful. I encourage anyone who has not seen the Memorial in Frankfort to take an afternoon drive and see this beautiful site.

I want to spend a few moments talking about the Holidays; they will be on us before you know it. Frankly, it is my favorite time of the year. The lights and candles and parties, the food, family gatherings and lots of celebration are wonderful sites and sounds to behold. Make sure your home is fire safe for the holidays. Supervise children and keep them away from matches, lighters and candles.

Before you bring out the lights and decorations, check the labels for an independent testing lab. Throw out the old lights, especially if they are cracked or frayed. Don't overload your outlets and circuits, space them out but don't run extension cords under carpets, under doorways or near heaters. Unplug the decorative lights before going to bed or when you leave the house. Put candles securely in non-tip candle holders. Blow them out when you go to bed or leave the house. Take a good look at your home escape plan and familiarize your guests with your plans especially your overnight guests. Recheck the smoke alarms and it wouldn't hurt to have a couple of good fire extinguishers around. Cooking is always a huge problem, don't leave food unattended cooking in the kitchen and if you decide to deep fry your holiday bird use caution with the grease or cooking agent. Lastly, Fireman Joe wants to wish all of you a Blessed and Happy Christmas Season. May the New Year bring peace, prosperity and comfort to us all. GOD BLESS!

*Fireman Joe***Words of Wisdom**

I do not believe that the men who served in uniform in Vietnam have been given the credit they deserve. It was a difficult war against an unorthodox enemy.

William Westmoreland

'The Old Man' continued from page 1. . .

Once again we shook hands all around and as I was leaving, one of them told me I should look at the card the old man had given to me. I said I would and drove off.

For some reason I had gone about two blocks when I pulled over and took the card out of my pocket and looked at it for a long, long time. The name of the old gentleman was on the card in golden leaf and under his name.....

'Congressional Medal of Honor Society.'

I sat there motionless looking at the card and reading it over and over. I looked up from the card and smiled to no one but myself and marveled that on this day, four Marines had all come together, because one of us needed help. He was an old man all right, but it felt good to have stood next to greatness and courage and an honor to have been in his presence.

Remember, OLD men like him gave you FREEDOM for America.

Give thanks to those who served...and those who supported them.

This Christmas Holiday Season remember those who are serving our great nation who will not be home for Christmas. When you pass them in the store or at the mall thank them for their service for without them none of us could share the blessings of freedom this Christmas season.

NEW ARRIVALS

The following apparatus was recently delivered by Wynn Fire Equipment, LLC. Wynn Fire Equipment is a sustaining member of the KFA along with many other suppliers. If you have a need please refer to our list of **Sustaining Members** on pages 14 and 15.



Haywood Fire Dept.- 2008 Ford F-450 Brush Unit, 18hp CET Pump, Scotty Foam Unit, 300-gal. Polypropylene Tank, LED Emergency Lighting.



Kite-Top Most Fire Dept.- 2010 International Tandem, Wynn 1600 Series, 1250-gpm Darley Pump with a FoamPro System, 2000-gal. Polypropylene Tank with a 20-gal. Foam Cell.



Pleasureville Fire Dept.- 2009 GMC 5500, Wynn 12' Aluminum Body, 50 CFM CET CAFS Unit, 300-gal. Polypropylene Tank, and Yamaha Generator.



Left Beaver Fire & Rescue- 2010 International Rescue, Wynn 300 Series 12' Aluminum Body, LED Emergency Lighting Package, Roll-up Doors, and miscellaneous equipment.



Southeast Casey Co. Fire Dept.- 2010 International Pumper, Wynn 600 Series Pumper Body, 1000-gal. Polypropylene Tank with a 20-gal. Foam Cell, 1250-gpm Darley Pump Top Mounted Controls with Foam, and miscellaneous equipment.



May's Lick Fire Dept.- 2009 Ford F-350 4 x 4 Rescue, 9' Rescue Body, 60-gal. CAFS Unit, Telescoping Lights.

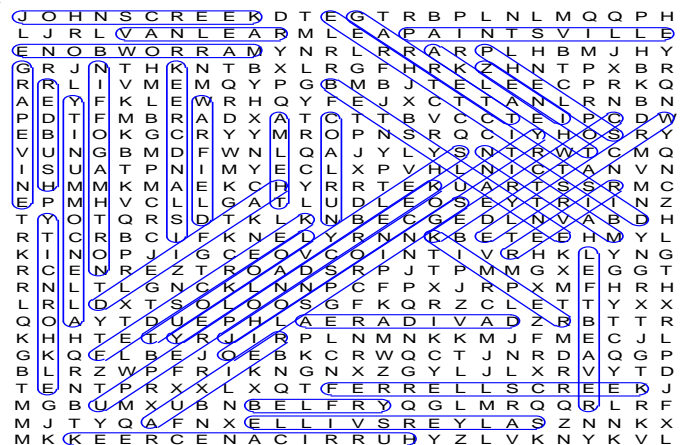


Wooton Fire Dept.- 2010 International Pumper/Tanker, Wynn 600 Series, 1250-gpm Darley Midship Pump (Side Mount) with Foam, 2000-gal. Polypropylene Tank.



Nancy Fire Dept.- 2010 International Pumper, 1500-gpm Hale Pump with a FoamPro 1600 System, 1500-gal. Polypropylene Tank, Dual Arm Hydraulic Ladder Rack.

Answers to last issues Word Search Puzzle



Kentucky Firefighters Association Sustaining Members

Please remember these members when you have purchasing needs.

<p>Air Methods Kentucky 2417 Over Drive, Lexington KY 40511 859-288-5220 Fax 859-288-5262 Email drwilliams@airmethods.com</p>	<p>Bluegrass Fire Apparatus Chris Wright 207 Peterson Drive Elizabethtown KY 42701 800-738-1006 Fax 270-737-0190</p>	<p>Bluegrass Fire Equipment John Baker 780 Enterprise Dr Lexington, KY 40510 800-526-8393 Fax 859-233-1167 www.bluegrassfire.com</p>
<p>Bound Tree Medical Tim Brockmeyer PO Box 8023 Dublin OH 43106-2023 800-282-7904 Ex 5162 tbrockmeyer@boundtree.com</p>	<p>Bull Ex Digital Safety Lori Giecwiez 20 Corporate Circle Albany, NY 12203 518-689-2034 lgiecwiez@bullexsafety.com</p>	<p>Commonwealth Communications System Inc. Frank Boykin 2331 Fortune Dr. Suite 210 Lexington KY 40509, 859-293-1675 frank@ccsiky.com</p>
<p>Dove Designs Chris/Paula 94 Horizon Loop Monticello KY 42633 888-377-4459 www.dovedesigns.com contact@dovedesign.com</p>	<p>///EMERGENCY EQUIPMENT MIKE BRADY Res. Equip./Vehicles (859) 359-4502 (859) 359-4503 FAX http://www.EEResQ.com E-Mail: EEResQ@cs.com</p>	<p>Emergency Reimbursement Services Inc. Debra Murphy 215 McArthur Dr. Louisville KY 40291 502-896-8080 dmurphy@ersbilling.com</p>
<p>ESIP Emergency Services Insurance Program 20 Church St Cortland, NY 13045 800-822-3747 Fax 607-756-6225 wdixon@mcneilandcompany.com</p>	<p>Excellance, Inc. Thomas Pugh 453 Lanier Road Madison, AL 35758 256-772-9321</p>	<p>FAAC Inc. Bill Martin 1229 Oak Valley Dr. Ann Arbor MI 48108 734-761-5836 Fax 734-761-5368 wbmartin@faac.com</p>
<p>Fire Apparatus Division S.D.C. Bob Stark 8009 Beulah Church Rd. Louisville KY 40291 502-239-3120 sdcfire@iglou.com</p>	<p>Fire Department Service & Supply Jay Trautwein 3920 Bardstown Rd Louisville, KY 40218 800-321-6965 Fax 502-491-1487</p>	<p>Gall's 2680 Palumbo Dr. Lexington KY 40509 859-266-7227 wells-david@galls.com www.galls.com</p>
<p>GBC Customized Calanders Kathy Whitmore 420 Rosebud Lane Winchester, KY 40391 859-737-8237 kwhitmore@gordonbernard.com</p>	<p>Heritage Fire Equipment Inc. 15400 Hwy 231 Union Grove AL 37175</p>	<p>Hilliard Enhanced Learning Programs (HELP) Mike Hilliard www.4-help.org sales@4-help.org 888-504-4357 Fax 502-532-0800</p>
<p>High Tech Rescue Inc. James Riddle 2116 Frankfort RD. Shelbyville, Ky. 40065 502-633-0149 Fax 502-633-0659 james.riddle@insightbb.com</p>	<p>I.T.M. Inc. Jim Doyle 578 Crowe Lane Fordsville KY 42343 270-903-1230 itminc67599@bellsouth.net</p>	<p>Innovative Business Concepts Printing and Marketing Items 845 W Steve Warner Dr. Russell Springs, KY 42642 800-489-3434</p>
<p>Kentucky Assn. of Fire Chiefs 1400 Evelegreen Rd Anchorage, KY 40223 502-245-6755 Fax 502-245-9029 chief@anchoragefireandems.com</p>	<p>Kentucky Fire Comm. SFRT KCTCS Director Ronnie Day 300 N Main Street, Versailles KY 42353 (800) 782-6823 (859) 256-3478 Fax (859) 256-3125</p>	<p>Kenwood Communications Larry Sparks, 2060 E. Harbor Road Port Clinton OH 43452 419-734-4200 info@greatlakescomm.com</p>
<p>Kentucky Chapter of the International Association of Arson Investigators Rusty Todd, 630 College Street Elizabethtown KY 42701</p>	<p>Kentucky Office of Homeland Security 300 North Main Street Versailles, KY 40383</p>	<p>MPH Industries John Noblitt 1140 Moselay Street Owensboro, KY 42303 270-685-6302 red@shopmph.com</p>

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<p>NFPA Russell Sanders 3257 Beales Branch Road Louisville KY 40206 502-894-0411 Fax 502-894-0519 Email rsanders@nfpa.org</p>	<p>Orr Rapid Response Michael Kidwell 11601 Interchange Dr Louisville KY 40229 502-494-3687 Fax 800-800-6774 michaelk@orrcorp.com</p>	<p>PHI Air Medical of Kentucky 1001 Monarch Street Suite 100 Lexington KY 40513 859-219-3053 Fax 859-219-3059 wdukes@phihelice.com</p>
<p>Plymovent Inc. David Berry 5736 E Day Circle Milford, OH 45150 dave.berry@plymovent.com</p>	<p>Provident Insurance C.J. Bens 272 Alpha Drive Pittsburgh PA 15238 800-447-0360 Fax 412-963-0415 Email: cbens@providentbenefits.com</p>	<p>RGC/Public Enity Insurance Michele Finke Barrett 1056 Wellington Way Suite 130 Lexington, KY 40513 888-696-9620 mbarrett@roeding.com</p>
<p>Scheller's Fitness & Cycling Bill Goodwin 1987 Harrodsburg Road Lexington, KY 40503 859-873-0699 bgoodwin@schellers.com</p>	<p>Scott Health & Safety Tim Divine 119 Lakeridge Dr Richmond, KY 40475 859-353-5017 tdivine@tycoint.com www.scotthealthsafety.com</p>	<p>Simulation Technology Darren Basch 375 Fenton Unit A West Chicago, IL 60185 517-592-4499</p>
<p>Summit Fire Apparatus Joe Messmer 11 Sperti Drive Edgewood KY 41017 859-331-0360 jmessmer@summitfireapparatus.com</p>	<p>Super Vacuum Mfg Command Light Pete Leizer PO Box 87 Loveland, CO 80539 970-290-2532 petel@supervac.com</p>	<p>Sutphen Corporation 7000 Columbus Marysville Rd Amlin, OH 43002 614-889-1005 Fax 614-889-0876 hsutphen@gmail.com</p>
<p>Tennessee Equipt. & Supply Cliff Kirk 11031 Lake Ridge Dr. Knoxville TN 37934 800-327-4036 Fax 865-966-0042 cliff@toergear.com</p>	<p>The Public Safety Store Sean Lawson 84 First Street Fox Bottom Harold KY 41635 800-646-1086 sales@thepublicsafetystore.com</p>	<p>Vehicle Systems Inc. Gary L Williams 629 Shelby Street Lexington KY 40505 859-252-1377 800-444-FIRE (3473) gwilliams@vehiclesystems.net</p>
<p>Vogelpohl Fire Equipment, Inc. William Vogelpohl 2756 Cireleport Drive Erlanger, KY 41018 800-797-8317 Fax 859-282-1550</p>	<p>Volunteer Firemen's Insurance Services Steve Siereveld P.O. Box 17374 • Dixie Branch Edgewood, KY 41017 steve@kpep.net 800-753-6734 Fax 859-331-3734</p>	<p>Ward Diesel Filter Systems 133 Philo Road West, Elmira NY 14903 800-845-4665 Fax 607-739-7092 www.warddiesel.com lisa.gray@warddiesel.com</p>
<p>Workin' Fire Emergency Equipment Shawn Bernstein 200 Jenkins Lane Waco KY 40385 859-582-8458 workinfirellc@gmail.com</p>	<p>Wynn Fire & Rescue Equipment Charles & Kathy Wynn P.O. Box 1585 Corbin, KY 40702 606-523-9269 Fax 606-523-0591 cwynn@wynnfire.com</p>	<p>To advertise in this space in the next issue of Smoke Signals II . . . contact Charles W Shaw at 270-465-8633</p>
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N J B S Q B H A Z E L G R E E N X T L W X N T
H A N K D Z F M V W N B N K L L C M Z V L R H
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The column to the left is an Area 12 Fire Department Name related word search. Circle the Name to the left from the list below. The solution will be posted in next month's issue.

- | | |
|------------------|----------------|
| AVAWAM | BALLCREEK |
| BEARTRACK | CANOE |
| CARRFORK | FISTY |
| FLEMINGNEON | GORDON |
| GRAPEVINECHAVIES | HAZARD |
| HAZELGREEN | JACKSON |
| JAKESBRANCH | KINGSCREEK |
| KITETOPMOST | LEATHERWOOD |
| LEECOUNTY | MAYKING |
| NEON | PIPPAPASSES |
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| WATTS | |