

SAVE THE DATE!

December 13, 2012

Holiday Tree Lighting Ceremony
Emmitsburg, MD

April 14-17 2013

Fire Service Survivors Conference
Phoenix, AZ

April 25, 2013

Stop Drop Rock n Roll Fundraiser for NFFF
FDIC - Indiana Roof Ballroom
Indianapolis, IN



June 7-9, 2013

*Hal Bruno Camp for Children of
Fallen Firefighters*

Westview on the James – Goochland, VA

Please note: The dates and location have changed
from what was announced previously!

August 8-11, 2013

*Hal Bruno Camp for Children of
Fallen Firefighters*

Nickelodeon Suites Resort – Orlando, FL

For additional information on upcoming events, such as 9-11 Stair Climbs and Golf Tournaments in your area, please visit www.firehero.org.

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HELP US stay in touch.
Please remember to notify us at firehero@firehero.org
when you have a change of mailing or e-mail address!

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FACING TOMORROW TOGETHER

National Fallen Firefighters Foundation
A Newsletter for Fire Service Survivors



NEW CAMPAIGN ASKS PUBLIC TO “BE A HERO, SAVE A HERO”



The National Fallen Firefighters Foundation (NFFF), Help the Good Guys® (HTTG) and KIDDE have launched “Be a Hero, Save a Hero,” a new campaign to educate the public about simple steps they can take to protect their families from a fire and reduce risks of injury and death for firefighters. The national initiative asks consumers to pledge that they will have up-to-date and properly working smoke alarms in their homes as well as a fire escape plan.

The three groups introduced “Be a Hero, Save a Hero” during a press conference at the Country Music Association (CMA) Awards show in Nashville. The event was attended by local, state and national fire service leadership and Jim and Linda Daughette of Tennessee representing our survivors. A public service announcement about the initiative featuring

Be a Hero



Save a HeroSM

This is your opportunity to be a hero, and to help spread the word about this important safety campaign. ■

Bucky Covington, a rising country music star and former American Idol contestant, premiered during the CMA Awards on November 1st.

“The National Fallen Firefighters Foundation would like to thank Kidde and Bucky Covington for their understanding about the importance of fire safety and prevention, and for making this event happen,” said Chief Ronald J. Siarnicki, executive director of the NFFF. “Properly working smoke alarms and a home fire escape plan help keep residents and firefighters out of harm’s way.”

Consumers can take the “Be a Hero, Save a Hero” pledge by going to www.alarmpledge.com. For each person who takes the pledge, Kidde will donate \$1 to the National Fallen Firefighters Foundation and Help the Good Guys®, up to \$10,000 to each organization.

MEET THE STAFF

LISSETTE GARCIA, RECEPTIONIST

Lissette Garcia joined the Foundation in 2011. Prior to that, Lissette lived in Philadelphia, Pennsylvania, and worked as a financial analyst and business systems analyst for a health insurance company (Independence Blue Cross) for 10 years. She moved to Maryland in 2010 and joined the Foundation’s staff as a receptionist at their Crofton office. Lissette lives in Gambrills, Maryland, with her family.

“It is truly an honor to work for the National Fallen Firefighters Foundation. Whether it is helping at the

Memorial Weekend or learning about the courageous acts of firefighters, it truly is an inspiration and a reminder of the meaning behind the job I do. It is amazing to work with people that genuinely put their hearts into what they do to help the fire service community and their families. To be part of an organization where the sole mission is to make a difference in the lives of others is a gift within itself.” ■



2012 NFFF GOLF TOURNAMENTS



As we wrap up the season, the National Fallen Firefighters Foundation would like to thank each of the NFFF Golf Tournament coordinators, volunteers, golfers and sponsors for donating their time and talent in 2012. These events are organized and staffed by volunteers, and sponsored by local businesses, fire service organizations and individuals. With the generous support of all of these community partners, this program raises awareness about the NFFF, and helps to fund services, scholarships, and programs for survivors of firefighters who die in the line of duty across the United States.

The National Fallen Firefighters Foundation would like to thank all of the coordinators, volunteers, and sponsors in the following communities for their efforts during the 2012 NFFF Golf season:

Arizona

- » Prescott Valley
- » Tucson

California

- » Fremont

Colorado

- » Foothills Area
- » Peterson Air Force Base

Florida

- » Leesburg
- » Naples

Hawaii

- » Hawaii

Illinois

- » Geneva
- » Glendale Heights
- » Rockford

Indiana

- » Fort Wayne

Iowa

- » Urbandale

Louisiana

- » New Orleans Metro

Maine

- » Arundel

Maryland

- » Davidsonville
- » Rising Sun

New York

- » Rochester

North Carolina

- » Raleigh

Ohio

- » Central Ohio
- » Greater Cincinnati

Pennsylvania

- » Erie
- » Fairfield
- » Philadelphia

South Carolina

- » Charleston

Tennessee

- » Alamo

Texas

- » Austin
- » North Texas

Utah

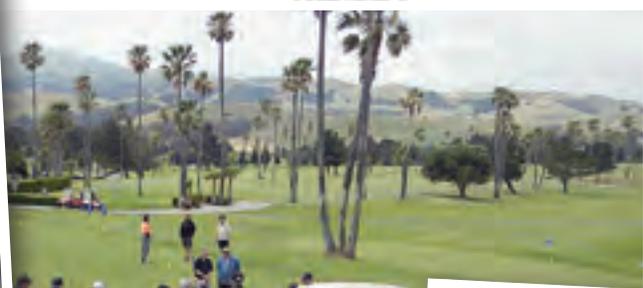
- » Murray

Wisconsin

- » Wautoma

For more information about how you can get involved with National Fallen Firefighters Golf Tournaments in your area, please contact Tricia Hurlbutt at golf@firehero.org or 410-353-0216.

We hope to see you on the course in 2013!



FIRE SERVICE CORNER

By Victor Stagnaro, *Director of Fire Service Programs*



LIFE SAFETY INITIATIVE #6

Develop and implement national medical and physical fitness standards that are equally applicable to all firefighters, based on the duties they are expected to perform.



In June 13, 2012, the National Fire Protection Association unveiled a report at their annual conference listing the total number of on-duty deaths for 2011 to be at a 35-year low. The report listed the decline in firefighter fatalities in the following areas:

- Lowest number of sudden cardiac deaths
- Lowest number of road vehicle crashes
- No aircraft or watercraft crashes
- Number of deaths while involved in training activities is the lowest since 1999
- Lowest number of volunteer firefighter deaths ever
- Lowest number of career firefighter deaths (tied with 1993)
- Lowest number of deaths while responding to or returning from alarms



All the men and women who have been working with the Everyone Goes Home® program are thrilled to see the preventable deaths being reduced. It should be noted that the NFPA does not include firefighters who die in the line of duty, who fall under the Public Safety Officers Benefit program known as “Hometown Heroes.” The Hometown Heroes was enacted in 2003 and includes firefighters who die of a heart attack or stroke within 24 hours of being involved in strenuous activity related to performing firefighting duties.

The fact is that cardiac related issues continue to be the leading cause of firefighter fatalities. Life Safety Initiative #6 stresses the need to be physically fit and to hold firefighters accountable for maintaining fitness standards. The Everyone Goes Home® program

partnered with the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease in 2011, to develop an inexpensive means of determining the heart health of a firefighter, and to develop strategies to treat problems that may have otherwise gone undiagnosed.

There are two main players when it comes to the role of physical fitness in the fire service. Each individual firefighter must understand that he or she is an industrial athlete. Like professional athletes, the physical demands require that every member of a crew be strong, fast, and flexible. These are equally important as knowing how to operate all the tools and equipment needed to put out fires and rescue citizens. The physical demands placed on the body when performing in a hazardous environment while wearing 50 pounds of equipment are unmatched in any other

industry with the exception of the military. However, unlike the professional athlete, firefighters don't know when they will need to perform; therefore, they need to be prepared in an instant. There is no time for warm-ups or to gradually get the body ready. In many ways the preparation of the firefighter/industrial athlete must be calculated to ensure they have trained and dieted in such a way that their hearts can withstand the sudden changes needed to go from a full rest to climbing multiple stories within minutes.

The second main player related to a firefighter's health is the fire department or agency itself. The department must recognize that their members are industrial athletes, and they should utilize existing standards and provide the means for members to be able to meet those standards. Annual medical physicals and requirements that properly test the firefighter's physical ability are

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Remembering

FALLEN FIREFIGHTERS



Remembering John Greeno (2005-CA)



For her high school senior project, Montana Greeno created the John Greeno Memorial Scholarship in honor of her dad. John Greeno was the superintendent of the Bald Mt. Helitack, Helicopter 517 on the Mi-Wok Ranger District in California. John and two others were killed in a helicopter crash on March 10, 2005, while helping with aerial firefighting in the Sabine National Forest in Texas.

The John Greeno Memorial Fund, administered through the Sonora Area Foundation, makes

scholarships available to the children of contract wildland firefighters who are not covered under the PSOB program. Two \$500 scholarships were awarded this fall.

Montana graduated from high school this year and is off to new adventures and good works in college.



Remembering Ryan Seitz (2010-OH)



Here's a photo of the Seitz family visiting the National Fallen Firefighters Foundation in October. Ryan Seitz's parents, grandmother, aunts, uncles, and cousins—16 in all—made this special trip together. Four generations of Seitz family members came to see the Memorial and their bricks. The folks who came last year when Ryan was honored had a chance to “take it all in,” and the family members who hadn't visited before finally got their chance to see the Memorial. Many thanks to Steve Lichtman,



Memorial Weekend escort and firefighter/paramedic with the BWI Airport Fire & Rescue Department, for serving as their guide that day. ■





HONORING OUR NATION'S FALLEN HEROES THIS YEAR AND EVERY YEAR

“ *A kind and compassionate act is often its own reward.* ”



This quote comes from William Bennett, former Secretary of Education during the Reagan Administration. It's a quote that we witness often in our daily lives through charitable work performed by individuals helping others in great need. On October 7th, I witnessed many such acts by members of the fire service community as they came together to help the families of our fallen heroes who were honored at the 31st annual National Fallen Firefighters Memorial Service.

Each year, the National Fallen Firefighters Foundation conducts the annual memorial service for our nation's fallen heroes. As a member of the board of directors, I have the distinct honor of participating in the ceremony. While I have a relatively minor role, I witness the efforts of many—including the staff and countless volunteers—who look upon this event as something very special and meaningful. Each one of them understands their role; but more importantly, they understand how their contributions to the event can make a huge difference for the surviving family members.

If you have never attended the ceremony, you should. Located on the campus of the National Fire Academy in Emmitsburg, Maryland, the National Fallen Firefighters Memorial is where the names of our fallen heroes are forever enshrined. While some have often suggested moving the memorial to Washington, DC, for greater public visibility, there is no better place than in Emmitsburg on the quiet grounds of the National Fire Academy. It's a place where firefighters can go to pause and reflect on the ultimate sacrifices paid by their fellow firefighters.

As I have often said when representing the NFFF at events, the Memorial Service is a two-hour program; yet the surviving family members will remain the focus of attention by the Foundation staff for as long as it takes to rebuild their lives. Under the leadership of Chief Ron Siarnicki,



By Bill Webb,
*Vice Chairman of the
NFFF Board of Directors*

executive director, the Foundation offers a broad array of services and support for the surviving family members. And the Foundation is truly dedicated to the cause of firefighter health and safety. How can we reduce the number of deaths each year so families do not have to endure such suffering? This is what motivates the Foundation staff, what challenges them and instills in them a reward that goes beyond a paycheck.

I would encourage you to visit the Foundation's website

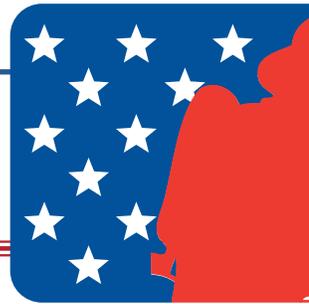
to learn more about the Foundation's mission and the programs and services offered in pursuit of that mission -- programs such as the Senator Paul S. Sarbanes Scholarship Program which has enabled many surviving family members to fulfill the educational dreams that seemed shattered when the death of a loved one caused severe economic hardship in addition to the emotional suffering.

The Foundation recently established the Hal Bruno Camp for Kids. Named in honor of a true fire service legend and immediate past chairman of the board of the Foundation, the camp provides a source of healing and bonding with other children experiencing the same feelings and suffering. A dear friend of many, Hal always spoke of his dream for a special camp for kids who lost a father or mother, or brother or sister. With a generous donation from the Bruno family, the camp has become a reality.

The Foundation also offers survivors conferences and is pursuing programs that can make the fire service a safer profession. Visit www.firehero.org to learn more about the Foundation and how you can support its mission.

A kind and compassionate act is often its own reward.
Those are meaningful words to live by. ■





MANY THANKS

The Memorial Weekend is a huge endeavor requiring the efforts of many hardworking, dedicated people. Each year, hundreds of people travel from across the United States to assist the staff of the National Fallen Firefighters Foundation in hosting this meaningful event.

We extend our heartfelt thanks to the members of the fire service, returning survivors, corporate sponsors, and others who worked together to make the 2012 Memorial Weekend memorable and meaningful for the survivors of our honored firefighters. Thank you never seems like quite enough for all you do. Please let the words of the families who benefited from your efforts stand as thanks.

To the families and friends of the firefighters honored here this year, we continue to hold you and your beloved firefighters in our hearts and prayers.



A LETTER FROM AU

Firefighter and children's book author Tim Hoppe at the event presenting copies of his book The Good Fire Helmet to children and their families about that experience.

There was trepidation on my part at the National Fallen Firefighters Memorial Weekend of my picture book, The Good Fire Helmet, to children who had died in the line of duty. I was signing. But another part of me wondered: What if you say the wrong thing? What if you are disheartening?

I feared a somber mood might pervade the entire weekend. As a firefighter for 27 years, I had witnessed the grief that comes with the loss of a loved one. Would this weekend be the same?

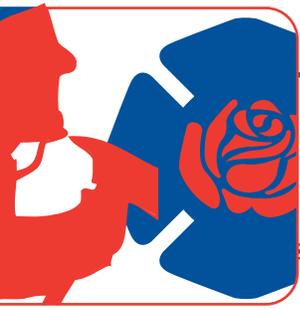
When I walked into the lobby of the Wyndham Hotel, I was struck by the suddenness of a popped balloon. There were clown volunteers, many of whom had once experienced the loss of a loved one through a wide array of activities. Out of white balloons, they had made me to set upon my head. And as I sat down at a table, I knew this was where I should be.

I think children are more courageous and resilient than we are. To whom I signed nearly 50 copies of The Good Fire Helmet were clearly in the spirit of the day. They came to me with their faces painted as fairies and superheroes, or with butterflies and Maltese Crosses. They put a smile on my face when I was there to do the same for them.

As I drove home to New York on Sunday, the only trepidation I felt was the worry that I wouldn't be invited back next year.

The clown without make-up is author Tim Hoppe who put smiles on the faces of children with books instead of balloons.

For extensive coverage of 2012 Memorial Weekend events and fallen firefighters being honored and flag presentations for more information, visit shop.firehero.org to purchase Memorial Weekend



BY AUTHOR TIM HOPPEY

attended the 2012 Memorial Weekend to sign and give away copies of *The Fire Hero*. Here he shares his thoughts on attending the Weekend.

As I drove to Gettysburg, Pennsylvania, for the Memorial Weekend. I was going there to sign copies of *The Fire Hero*, for the children of firefighters everywhere. Part of me was looking forward to the book signing. I was anxious. What do you say to a child who is grieving? What if you're too lighthearted? Or too

serious? The weekend. Having been a New York City firefighter, I know what comes with loss more times than I care to

remember. At the hotel, my apprehension left me with the children. There was face painting. There were smiles. The children of a lost firefighter, ushered the children of a clown fashioned a fire chief's helmet for the children. With a stack of books and a pen, I was at ease

more than we give them credit for. The children to



For more information, including photos from the Weekend, video tributes to firefighters from each state, visit <http://weekend.firehero.org>. There are also DVDs, t-shirts, pins, patches, and Remembrance Books.



The Candlelight Service was extremely moving for me and every member of my family. What an honor to be a part of and what a tribute to our loved ones.

I didn't think I could ever put my son's death in its place. The Memorial Weekend helped me more than I could have imagined. It was a very wonderful experience.

From the time we put our car in park, everyone was amazing. We were made to feel as if we were family that hadn't seen each other in a while. I cannot express our gratitude for the way my family was treated!

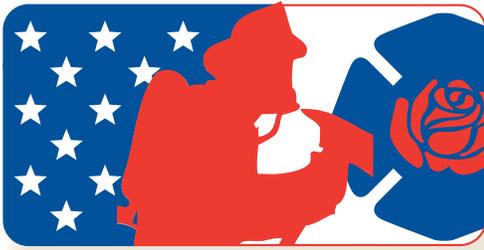
Our fire service escorts were wonderful. I can't say enough or thank them enough; they took excellent care of us.

We were welcomed by fire personnel with kind hearts and loving spirits. They made us feel like royalty and that our loved one was the best person in the world who deserved to be honored for their sacrifice.

What a beautiful tribute. The respect and love that was exhibited by all there was amazing. For the first time since my firefighter's death I felt the brotherhood of the fire service was there for me.

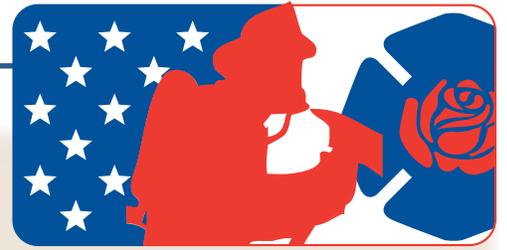
Our firefighter died almost a year ago. This weekend was the crowning touch to his life having many memorials during the month of September. It was nice to get away and relax as a family.





The 2012 National Fallen Firefighters Memorial Weekend





RUN FOR FALLEN HEROES BENEFITS NFFF



group of runners at the Emerald City Half Marathon in Dublin, Ohio, weren't wearing the usual race clothes. Two relay teams of three firefighters ran the August 26th race

in full gear, including self-contained breathing apparatus.

Their effort, which they call the Run for Fallen Heroes, was the first fundraiser for First Due Endurance Racing, a central Ohio racing team of firefighters and their families. The group raised \$1596 for the National Fallen Firefighters Foundation.

First Due Endurance Racing member Jason Hughes said the idea came up around the kitchen table at the fire house. "We were sitting around talking and said, 'What can we do?' It evolved from there into 'Let's run a half marathon on air.' We hammered out the logistics and after that, looked around the internet and found something never accomplished in this district," he said.

Prior to the event, race communications director Brent LaLonde said the Run for Fallen Heroes was a nice addition to the Emerald City Half Marathon that starts at Dublin Methodist Hospital and goes through Glacier Ridge Metro Park. "They approached us with the idea and we're excited," he said. "They have done normal runs, but this is the first time to run in full gear. We thought it was a pretty neat idea and wanted to support them as much as we can."

Fundraising has been a goal for First Due Endurance Racing. "When we first formed the group, the goal was to have a charity event and raise money," Hughes said. Each member of the club must raise \$100 for the Run for Fallen Heroes. The group is also looking for corporate sponsors.

The group has about 30 runners, and Hughes said the strongest were chosen for the run. "We picked the best runners we had to offer and just started training them," he said. "I've trained with the guys and it's one of the more difficult things I've ever done. This would rank way up there. It's strenuous."

The six runners mostly trained individually because of their hectic schedules, Hughes said, and used treadmills. For the Run for Fallen Heroes, six firefighters ran two two-mile segments of the half marathon in full gear. The relay teams were accompanied by a captain who ran the entire half

marathon. The entire team got together at 12.75 miles to end the event together.

"There are a lot of adjectives we use for this," Hughes said. "Crazy comes up a lot."

You can see more photos of the race at <http://firstdueenduranceracing.shutterfly.com/pictures/658>. ■



FIRE SERVICE CORNER *continued from page 3*

equal in importance to testing the firefighter's technical ability. Firefighters who don't meet the standards should be given an opportunity to make the needed improvement. However, there will be those who will not be able to meet the standards; and in those cases, the department must make the difficult decision and take those people out of emergency operations. Sound, unbiased policies on the physical requirements based on the duties a firefighter is expected to perform should be the deciding factor. Personalities and length of service should have no bearing on whether a firefighter stays on the line or is moved out of operations.

Much of the difficulty comes when personnel are not able to meet the standards, or when an organization looks the other way when they have a member that they know cannot perform physically. Sound policies to address the physical demands of performing the work of a firefighter and holding both individuals and organizations equally accountable to meeting them will continue to make an impact on reducing preventable firefighter fatalities. ■



NFFF EXCELLENCE AWARD



ational Fallen Firefighters Foundation executive director, Chief Ronald J. Siarnicki, recently presented the Foundation's Excellence Award to Dr. Rod Ray,

CEO of Bend Research, Inc. in Bend, Oregon. Bend Research, Inc. has allowed one of its employees, Kim Lightley, the opportunity to use countless hours of time to participate in the NFFF's Taking Care of Our Own® course and to serve as the wildland representative for the Everyone Goes Home® program.

Kim Lightley knows firsthand the importance of fire safety and the impact of line-of-duty death. As a young woman, Kim served as a member of the Prineville Interagency Hotshots and survived the Storm King Mountain Fire. This fire claimed

a total of 14 wildland firefighters, including nine from Prineville, dear friends and coworkers of Kim.

Chief Siarnicki and members of the NFFF staff paid a visit to the Wildland Firefighting Monument in Prineville, Oregon. The monument was erected by the surviving families of the Prineville Interagency Hotshots who died in the Storm King Mountain Fire, and the NFFF staff was able to meet with several survivors during this visit.

By allowing Kim the opportunity to tell her story and to promote safety in the fire service, we hope that fewer families will have to go through the grief of losing a loved one. When a tragedy does occur, the fire service will be better prepared to assist family members and coworkers.

Thank you, Bend Research, Inc. and Kim Lightley, for your continuing dedication to the Foundation's mission! ■



L to R: NFFF Executive Director Ron Siarnicki, Kim Lightley, Dr. and Mrs. Rod Ray, and NFFF Fire Service Programs Director Victor Stagnaro, with members of the Bend Fire Pipes and Drums

PSOB MOMENT



n June 2007, Clinton Area (Michigan) Fire and Rescue firefighter Timothy Sanborn responded to a

structure fire, where he began pulling lines and setting up for additional water to be supplied by tankers. As he completed these responsibilities, Firefighter Sanborn experienced chest pains, and later passed away from a heart attack. Because of the "Hometown Heroes" law that was enacted in December 2003, fallen Firefighter Sanborn's surviving spouse, Mrs. Marie Sanborn, received the PSOB benefit.



Marie Sanborn

As a survivor clearly committed to assisting other fire service survivors throughout their journey, NFFF arranged for Mrs. Sanborn to share her story with the PSOB Office and Bureau of Justice Assistance during a two-day All-Hands training in October 2012. Mrs. Sanborn's message of courage, growth, and hope was captivating, and a priceless reminder to the staff present of the awesome responsibility we have to those we serve. ■



BJA
Bureau of Justice Assistance
U.S. Department of Justice

Enacted in 1976, the Public Safety Officers'

Benefits (PSOB) Programs are a unique partnership effort of the PSOB Office, Bureau of Justice Assistance (BJA), U.S. Department of Justice and local, state, and federal public safety agencies and national organizations, such as the National Fallen Firefighters Foundation, to provide death, disability, and education benefits to those eligible for the Programs.

Toll-free: 1-888-744-6513

