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National Fallen Firefighters Foundation
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Save The Date!

April 23, 2015

Stop Drop Rock 'n' Roll
Indianapolis, Indiana

April 25, 2015

*Volunteer Training for
Hal Bruno Camp for Children of Fallen Firefighters*
Windsor Locks, Connecticut

June 12-14, 2015

*Hal Bruno Camp for Children of Fallen Firefighters
(ages 7-17)*
Litchfield, Connecticut

June 28-July 1, 2015

Fire Service Survivors Conference
Annapolis, Maryland

July 30-August 2, 2015

*Hal Bruno Camp for Children of Fallen Firefighters
(ages 4-6)*
Orlando, Florida

October 2-4, 2015

National Fallen Firefighters Memorial Weekend
Emmitsburg, Maryland

For additional information about upcoming events, please visit www.firehero.org.

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FACING TOMORROW TOGETHER

National Fallen Firefighters Foundation
A Newsletter for Fire Service Survivors



2015 Survivors Conference

This year's conference will be held in Annapolis, Maryland's beautiful capital city on the Chesapeake Bay, home of the U.S. Naval Academy and the Maryland Fire-Rescue Services Memorial. Conference dates are Sunday, June 28–Wednesday, July 1, with an optional post-conference excursion day on Thursday, July 2. The conference is open to spouses and partners, parents, adult children, and siblings of firefighters who have been honored at the National Fallen Firefighters Memorial in Emmitsburg, Maryland.

The conference will feature three days of workshops focused on grief, health and wellness, creativity, and practical skills. Come gather with others in similar situations, learn something new, and renew and create friendships. In the evenings, we'll offer options that help you enjoy all that this unique city and area have to offer. You will have the opportunity to enjoy local cuisine, attend a baseball game, and cruise on the Chesapeake Bay. If you choose to stay over for Thursday's excursion, you can explore the nearby cities of Washington, DC, or Baltimore, Maryland, or visit the National Memorial in Emmitsburg.

To register for the 2015 Survivors Conference, go to www.regonline.com/2015survivorsconference. Registration will be open until June 4, 2015, on a first come, first served basis, and the registration process will include information about events, travel, lodging, and meals. If you do not have access to a computer, or if you have questions regarding the conference, please contact Bev Donlon at (301) 447-1603 or bdonlon@firehero.org.

We hope you can be with us for this very special event! ■

2015 Hal Bruno Camps for Children of Fallen Firefighters



After this long cold snowy winter, are your children looking forward to getting back outdoors? How does a weekend at camp sound?

Applications are now open for the Hal Bruno Comfort Zone Camp for children ages 7-17 of fallen firefighters who have been honored in Emmitsburg. Camp will be held at Camp Chinqueka in Litchfield, Connecticut, on June 12-14, 2015.

For children ages 4-6, camp will be held at the CoCo Key Water Resort in Orlando, Florida, on July 30 – August 2. Doesn't that sound warm? Special things are being planned for the parents as well.

We hope that you and your children will join us at camp in 2015. If you have any questions, would like to talk with a family who has previously attended camp, or need further information, please contact Bev Donlon at bdonlon@firehero.org or (301) 447-1603. ■

Love Kids? Become A Camp Volunteer!

The National Fallen Firefighters Foundation has again partnered with Comfort Zone Camp to provide the Hal Bruno Camp for Children of Fallen Firefighters. This is a weekend bereavement camp for children of fallen firefighters who have been honored at the National Fallen Firefighters Memorial in Emmitsburg, MD. Campers will be between the ages of 7-17, and the Camp will be held at Camp Chinqueka in Litchfield, Connecticut, on June 12-14, 2015.

We are looking for members of the fire service to volunteer as “Big Buddies” and be matched with campers or to fulfill other positions at camp. Volunteers are required to complete a volunteer application on the Comfort Zone Camp web site:

<https://www.comfortzonecamp.org/civCRM/event/info?reset=1&id=693>

The training is scheduled for Saturday, April 25, at the Connecticut Fire Academy in Windsor Locks. Check-in will open at 8:30 a.m., and the training will begin at 9 a.m. The training will be over by 3 p.m. The Foundation will provide lodging and dinner on Friday night and breakfast and lunch on Saturday. We will also provide transportation from the Bradley International Airport and return.



If you attended Comfort Zone Camp volunteer training previously you do not need to attend again; however, you do need to register as a volunteer for this camp, and you will be responsible for the fee for the background check. There are additional trainings listed on the Comfort Zone site, and you can attend any of those and still volunteer for our camp. ■



Finding Support Resources




o you need to find a counselor or support group in your home community for yourself, a family member, or a friend? Are you unsure where to begin or how to find the right resource? Here are a few tips that may help you get started.

1. Find counselors at <http://therapists.psychologytoday.com>. You can search this extensive database by specialty area (e.g. grief and loss), type of therapy (e.g. cognitive behavioral therapy), location, cost, and type of insurance accepted. Look for someone who has specific training or experience in grief and loss or other issues you want to address.
2. Need resources for a child who has experienced a death in the family? Go to www.moyerfoundation.org/nbrg to access the National Bereavement Resources Guide. This is an excellent state-by-state guide to grief resources for children, including camps, support groups, and bereavement programs.
3. In some communities, you can find a standalone grief center, usually focused on children but with resources for surviving parents and young adults. Search online for “grief center” and the name of the closest city or large town. These centers can be a great resource, even if families have to travel a bit farther to access their services.
4. Most communities have a hospice organization that offers grief support services to members of the community, whether or not your loved one died in hospice care. Hospice bereavement programs may include individual counseling, grief education, special events, and support groups. These services are often provided at low cost or free of charge. Hospice specializes in the needs of people who are grieving.
5. Most communities have a chapter of The Compassionate Friends, an international support group for parents who have lost a child (at any age) and for surviving siblings. You can access a chapter listing at www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx.
6. You can also find grief support groups associated with hospitals and churches. Search online for “grief support” and the name of the town(s) where you are looking. Groups may be general, or specific to a certain type of grief (sudden death, widows, etc.).

Remember:

- **Do your research**
- **Try out the counselor or support group**
- **Give it a fair chance**
- **Make sure it feels like a good fit for you**

If you have trouble finding the support resources you need, contact Jenny Woodall at the NFFF for assistance at jwoodall@firehero.org or (301) 447-7691. ■



Hal Bruno

Camp for Children of

Fallen Firefighters

It takes a lot of supplies to send a child to camp! By donating items listed below, you can help support a safe place where the children of fallen firefighters learn they are not alone and where lifelong friendships are forged with others who truly understand.

- Batteries (AA, AAA, C, D)
- Bug Spray
- Children's DVDs (Disney/Pixar)
- Construction paper
- Deodorant - unscented, for men and women
- Duct Tape and Masking Tape
- Flashlight & Batteries
- Index Cards
- Ink pens
- Kleenex - personal size packs or small boxes
- 10 Lanterns - battery powered
- 20 Pillow case covers (with zipper)
- 10 Pillows
- Ponchos (disposable)
- Posterboard
- Shampoo, conditioner, and soap, travel-size (Unused hotel toiletries are great!)
- Sharpie™ Marker - fine point, multi color
- Sheet sets & Pillowcases - twin size
- 10 Sleeping Bags
- Sunscreen
- Tablecloths (plastic)
- Toothpaste (trial size) and toothbrushes
- Towels - Bath & hand sizes

To donate online, go to www.firehero.org/event/hal-bruno-comfort-zone-camp and click on the Wish List link. Or send donations directly to:

National Fallen Firefighters Foundation
Attn: Bev Donlon
 PO Drawer 498
 Emmitsburg, MD 21727



Walk of Honor® Update

By Judi Whitlow



We are expecting the next order of nearly 400 inscribed bricks to arrive in May, and they will be placed into the Walk of Honor® shortly thereafter.

In case you have ever wondered about the process, here's how it works. The bricks are delivered on pallets and placed in storage at the back of the campus property until my coworkers and I are ready to separate them. Then they are moved to a parking lot at the rear of the campus where they are separated. The bricks are packaged in cardboard boxes stacked on pallets and wrapped in shrink wrap. We remove the bricks from the boxes and place them face up in rows. One person reads a brick inscription from the order book while the others search the rows for the brick. It is located and moved to an adjacent section of the parking lot where it is laid out in order of placement and then numbered. When all the bricks have been numbered, they are returned to the pallets in reverse order so when the contractors place the bricks into the Walk of Honor, they can start at the top of the pallet and work their way down. Separating and numbering the bricks usually takes about half a day, and it is hot, physical labor. I'd like to take a moment to thank the many volunteers who have helped separate the bricks over the years. Many of our spouses, children, and even parents have volunteered, as well as students from the National Fire Academy. We truly appreciate your help!

The next order for inscribed bricks will be submitted to the engraver at the end of June. It takes roughly two months for the engraver to fill and deliver the order, which will be installed at the end of September in time for the



2015 Memorial Weekend. If you want to have a brick placed into the Walk of Honor prior to the Memorial Weekend, the time to order is NOW. Bricks can be ordered online through our website www.firehero.org. You can also print a brick form to complete and mail, or contact me at jwhitlow@firehero.org or 301-447-7913. ■

Memorial Maintenance



If you visited the National Fallen Firefighters Memorial or viewed it on the live webcam and noticed something had changed, please don't be alarmed! The Maltese Cross and Dedication Plaque were removed from the Memorial temporarily in order to repair significant wear and deterioration due to age and weather.

The items have now been restored and will soon be back in place. ■



Meet the Staff:

Ashley Whitmore

front desk, Emmitsburg

Ashley joined the Foundation as a receptionist at the Emmitsburg office in 2014. Prior to working with the NFFF,

Ashley worked as a receptionist and dispatcher for the Campus Safety Department at Hood College in Frederick, Maryland. Ashley is currently pursuing a bachelor's degree in sociology from Hood College and is expecting her first child, a daughter, in June. Ashley grew up around the fire service. Her father retired from the City of Alexandria (Virginia) Fire Department in 2009 after 23 years of service. Ashley lives in Jefferson, Maryland, with her family.

"I am so thankful for the opportunity to work with such great people, not only in our offices, but across the country."



Well done!

Congratulations to NFFF financial manager **Rebecca Nusbaum** who completed her studies and has been awarded a bachelor's of science degree in management studies through the

Foundation's college tuition reimbursement program. Becky has been working on her degree for the past several years, and we are pleased that she has completed her studies, which brings a new level of expertise to her role within the financial division in our Emmitsburg office. Way to go, Becky! ■



2015 Golf Events

For the last 12 years, the National Fallen Firefighters Foundation Regional Golf Tournaments have been an important source of revenue and support for the NFFF.

During that time, the program has provided approximately \$3,000,000 to support programs for survivors and their families.

NFFF golf tournaments are all about sharing a day of fun and fellowship on the golf course, remembering the fallen, and raising funds for our survivor programs. There are many ways for survivors and members of the fire service to be involved—as volunteers, speakers, donors, and golfers.

For more information on 2015 events, visit www.firehero.org/events/golf-outings. If you have questions or want more information about how to get involved, please send an e-mail to golf@firehero.org. NFFF Office Coordinator Tricia Sanborn or National Golf Coordinator Charlie Dickinson will be happy to provide you with more information about the program.

2015 NFFF Regional Golf Tournaments

As they are added, additional dates and locations will be listed at www.firehero.org/events/golf-outings/tournaments-date.

MAY Philadelphia, Pennsylvania
Fremont, California

JUNE New Haven, Connecticut
Greater Cincinnati Ohio
Tucson, Arizona
Rochester, New York
Saratoga Springs, Utah
Moulton, Alabama
Raleigh, North Carolina

JULY Erie, Pennsylvania

AUGUST St. Louis, Missouri
Geneva, Illinois
Fort Wayne, Indiana
Central Ohio
Schenectady, New York
Southeast Wisconsin

SEPTEMBER Plymouth, Massachusetts
Chicagoland, Illinois
Rockford, Illinois
Central Valley, California

OCTOBER North Texas
Charleston, South Carolina
Prescott Valley, Arizona
Jacksonville, Florida
Southern California

NOVEMBER Naples, Florida

DECEMBER Hawaii

2015 Coordinators' Meeting

Each year in late winter, NFFF Golf and Stair Climb Event Coordinators converge in Emmitsburg to share best practices and lessons learned and to brainstorm ways to make their events more profitable, fun, and most of all meaningful. This March, 75 coordinators from every corner of the United States met on the very snowy NETC campus to kick off the year's fundraising events.

In Friday night's keynote presentation, fire service survivor Marci VanderGriend set the tone for the group. She shared the heartbreaking story of losing her son Zach, a wildland crew chief, in a tanker crash in 2008. She spoke of the importance of the Foundation's work and her involvement in the NFFF as part of her healing journey. Marci encouraged coordinators to reach out to the survivor community and to invite survivors to attend, speak, and/or volunteer at their events.

On Saturday, NFFF Executive Director Ron Siarnicki gave the group an update on the direction of the Foundation and thanked the coordinators for their efforts. During breakout sessions later that day, coordinators strategized ways to expand marketing and media efforts and to find new ways to grow these events. Coordinators return year after year to learn, leaving recharged for the year ahead. Rich Dickinson, who has attended the meeting for the last eight years, said, "Every year I leave surprised by how much I learned from the staff and other coordinators."

Kenny Moyer of Naples Florida, a first time attendee (and coincidentally his first experience with snow), summed up his experience, "I am so thankful that I was able to attend this meeting and can't wait to share the plethora of information



I learned with our coordinators and board members. I look forward to further building my relationship with [the Foundation]

and continuing to raise as much money as possible for this wonderful organization."

For more information, contact

Tricia Sanborn about NFFF Golf Tournaments at golf@firehero.org

Bill Hinton about NFFF Stair Climb Events at bhinton@firehero.org

Many thanks to the Maryland Fire Chiefs Association for providing ground transportation in support of this meeting and to Glick Fire Equipment, Inc. and VFIS for sponsoring this event. ■



Thanks for Your Support!

Rock Bottom Brewery

Bethesda, Maryland

From February 10–March 14, 2015, Rock Bottom Brewery celebrated firefighters and supported the National Fallen Firefighters Foundation through sales of Fire Chief Ale. For every pint sold, 25¢ was donated to the NFFF. This was the 2nd year of this event supporting the NFFF.

Sleeping Baby Inc.

Firefighter Zipadee-Zips®

Stephanie and Brett Parker created the Zipadee-Zip® wearable blanket sleeper to help their infant daughter—and them—get a full, restful night's sleep. The unique design of the sleepers keeps babies feeling snug and secure and prevents them from waking up when they move or roll during their sleep. Each purchase of the new firefighter print Zipadee-Zip® from Sleeping Baby Inc. will support the work of the NFFF.

“We’ve been so fortunate and wanted to give back in some way. We have always admired the commitment to service that firefighters make and have donated water and sport drinks to our local department,” explained Brett. “When we learned about the NFFF through a friend who has participated in the annual Stair Climbs, we thought this could be a great way to show our appreciation for the sacrifices these firefighters and their families have made.”

The firefighter print sleeper was designed by Stephanie specifically to help support our fallen heroes and their families. Sleepingbaby.com is offering NFFF supporters the firefighter print first, and they will donate 10% from each sale to the NFFF. For more information about Sleeping Baby Inc. and the Zipadee-Zip®, go to www.sleepingbaby.com.

Support the NFFF!



The Foundation has updated its Donate section on the website. Donors will see a new look providing an easy navigation and will have the opportunity to make a monthly recurring gift. Gifts can also be made in honor, memory, or support of a loved one. In addition, the donor will be provided choices for where their donations may be used.

Please visit <https://www.firehero.org/donate>. Thank you for your continued support! ■



News from the PSOB Office: Electronic Filing



The Public Safety Officers' Benefits (PSOB) Office strives to find new ways to assist survivors and surviving agencies as they file claims for their fallen heroes. In recent years, the PSOB Program has welcomed online claim filing at <https://www.psob.gov/default.aspx>. Filing claims electronically not only allows survivors and agencies

to maintain a copy of all of the claim information submitted, but also means that the PSOB Office maintains the same record, and can review the file “paperlessly.” In 2015, a concerted effort with the PSOB Office, National Fallen Firefighters Foundation, and other PSOB national stakeholders will take place to increase online filing, while providing needed support throughout the claim submission and review process. ■



Remembering



Craig Arnone (1996-CT)

Submitted by his father, Salvatore "Sal" Arnone

Like my son, I love all children and fire departments! I was invited to participate in the town tree lighting hosted by our Kiwanis Club and the volunteer fire department. One year I arrived riding a fire truck, and now I arrive in a wagon decorated for Christmas and being pulled by two large draft horses.



Here is a picture of a small reminder memorial for my son Craig; he always comes with me. And here are Santa and Mrs. Claus greeting the first little angel. I wanted to share these with the people at the NFFF and to thank them for never forgetting my son.



David Edwards (1988-IN) and Terry Manning

Submitted by their friend, John Steel

Significant events in my past have encouraged me to work with and support the NFFF. The first was the line-of-duty loss of a friend and colleague, David Edwards, of the Lawrence Township/Castleton Volunteer Fire Department in Indianapolis, who died fighting a residential fire on

February 3, 1988. The second was Terry Manning, from the Minisink Hose Company #1 in Unionville, New York, who lost his life on August 8, 1952. Terry was a close friend of my father, and when I was born nine years later, my dad decided I would carry on Terry's name.

To honor the memory and sacrifice of Dave and Terry, I created scholarships that will benefit the children and stepchildren of our nation's fallen firefighters. In 2013, I awarded the first \$500 Terry Manning Memorial Scholarship through the NFFF Scholarship program. The following year, with the help of Dave's sister, Elizabeth, we were able to award three additional \$500 scholarships that now include the David Edwards Memorial Scholarship. The scholarships are one way to continue reaching out to help the children and carry on the memory of our fallen firefighters.

Want to learn more about setting up a memorial scholarship? John Steel will present a workshop on this topic during the 2015 Survivors Conference. ■



We Want to Hear From You!

The purpose of this newsletter is to feature information and stories that honor America's fallen fire heroes and impact their survivors. We would love to hear from you and to share your news with others through this publication. If you have a good story, please let us know!

Not a writer? Not a problem! We will work with you to help get the words right and to make sure the final version is something you feel good about.

If you are tech savvy, please e-mail articles and photos to:
jwoodall@firehero.org.

If not, send them to
National Fallen Firefighters Foundation
Attn: Jenny Woodall
P.O. Drawer 498
Emmitsburg, MD 21727

If you have an idea for an article or questions you'd like to discuss, please contact Jenny Woodall at:
jwoodall@firehero.org or (301) 447-7691. ■

