

# IN THE LINE OF DUTY

October – December, 2014 Volume 1 – Issue 1

- Dedicated to our Community, Our Profession and Each Other -

## Volume 1- Issue 1



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This newsletter is written  
and compiled by the  
Greater Naples Fire Rescue  
District’s Newsletter Committee



Residential Structure Fire  
C-Shift 12/15/14

*Serving the Citizens of the Greater Naples Community*

Greater Naples Fire Rescue District

14575 Collier Boulevard  
Naples, Florida 34119  
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[www.GreaterNaplesFire.Org](http://www.GreaterNaplesFire.Org)





# Greater Naples Fire Rescue District IN THE LINE OF DUTY

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## Office of the Fire Chief

By: Kingman Schuldt, Fire Chief



On November 4<sup>th</sup> the voters of East Naples and Golden Gate demonstrated overwhelming support for the merger of Greater Naples Fire Rescue District (GNFD). And so, with a new fire district born and the first In the Line of Duty newsletter published for the GNFD, 168 firefighters, civilians and commissioners begin a new and exciting journey. With new traditions started and history begun I cannot think of a more exciting time for the Fire District, community and citizens served.

In just two short months so much effort has gone into creating this new organization. So many are contributing to this change as newly designed newsletters, apparatus color schemes, patches, logos and letterhead are adopted. Organizational branding may be the most important tool you have, to build confidence in your organization from within. Branding helps you clarify what you stand for and, in turn, helps us communicate our changing position to the audience in a way that resonates.

Change occurs when an organization makes a transition from its current state to some desired future state. Managing this change is the process of planning and implementing courses of action in such a way as to minimize employee resistance and cost to the organization while simultaneously maximizing the effectiveness of the change effort.



Firefighters participate in vehicle extrication training

Implementing change is often encountered with some resistance and is not unusual, especially in the fire service. As Fire Chief it is my responsibility to minimize the impact of changes on the organization and the resistance on the members. These changes must take place in stages rather than abruptly so that it is managed and appears to be part of the organization's natural evolution. If we can prove to the membership with a perception of positive change I am confident resistance will diminish and positive participation will flourish.

With the recent efforts demonstrated by all I am extremely excited to begin our formal strategic planning process. Staff recently initiated a series of

preliminary meetings with the consultant during the month of December. The formal strategic planning process will begin in January and I anticipate this effort to involve many members from the organization as well as our community and civic organizations. There will be much more information made available as we begin this journey to plan and forecast our organization's future.

Fire Service professionals Nationwide have taken note of our accomplishments over the past year. Most recently I was contacted by fire chiefs from Florida and Massachusetts regarding our recent merger and legislative efforts. Everyone should stand tall and proud of our accomplishments as none of these would have been achievable without everyone's participation. If you have remained on the sideline over recent months I strongly recommend getting involved and take an active role in the future of the Greater Naples Fire Rescue District. Together, we will build the most effective fire rescue service in SW Florida!



*Serving the Citizens of the Greater Naples Community*



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## District News



November 4, 2014 marked the birth of the Greater Naples Fire Rescue District. With this comes not only a new name, but new traditions. As we begin this journey there may be nothing more significant than the organization's identity, one of meaning and purpose. The new District Seal was deliberately designed to represent several traditions deep to the fire service as well as that of a new organization.

In similar fashion of the new apparatus paint scheme of red, black and gold; these colors are rich in tradition to the fire service. The red maltese on black background represent the honor and sacrifice of our fallen brothers and sisters as often depicted in the "Thin Red Line."

With the invention of the steam engine and hose reel in the mid 19<sup>th</sup> century saw the end of the bucket brigades.

This early equipment was painted in red, the most expensive paint, and decorated in detail as they became a centerpiece for towns and parades. Famous artists were commissioned to paint panel motifs, finished off with silver plate, burnished brass and gold leaf trim.

To maintain these traditions, the GNFD seal's banners top and bottom proudly display the organization's name on silver background with outer border and scroll work of gold leaf.

The crossed axes represent the District's firefighting mission and Star of Life; birth of the ALS program and emergency medical services.

Finally, the State of Florida is embossed in the center, including the State seal. As a special district the GNFD is a subdivision of the State and should be proudly displayed both locally and when representing the District throughout the United States.



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# Greater Naples Fire Rescue District IN THE LINE OF DUTY

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## Operations Division

By: Nolan Sapp, Assistant Fire Chief

Although the Greater Naples Fire Rescue District is newly created we have been working together for some time now. Like anything new we find both issues but opportunities as well. Issues as with anything else will provide the starting point to bring standardization between the former districts which now have become known as the North and South Battalions. We are bringing crews together to understand how each other performed the same job in the past but in different ways or process to now chart our new direction as one. Changes are upon us with the way we are alerted by adding a new radio and station alerting system on line provided by a vender called Locution. This system is used in many large agencies such as Chicago, Phoenix, and Palm Beach Co., Florida to name a few. This technology will reduce response times by shortening notification and turn-out times.

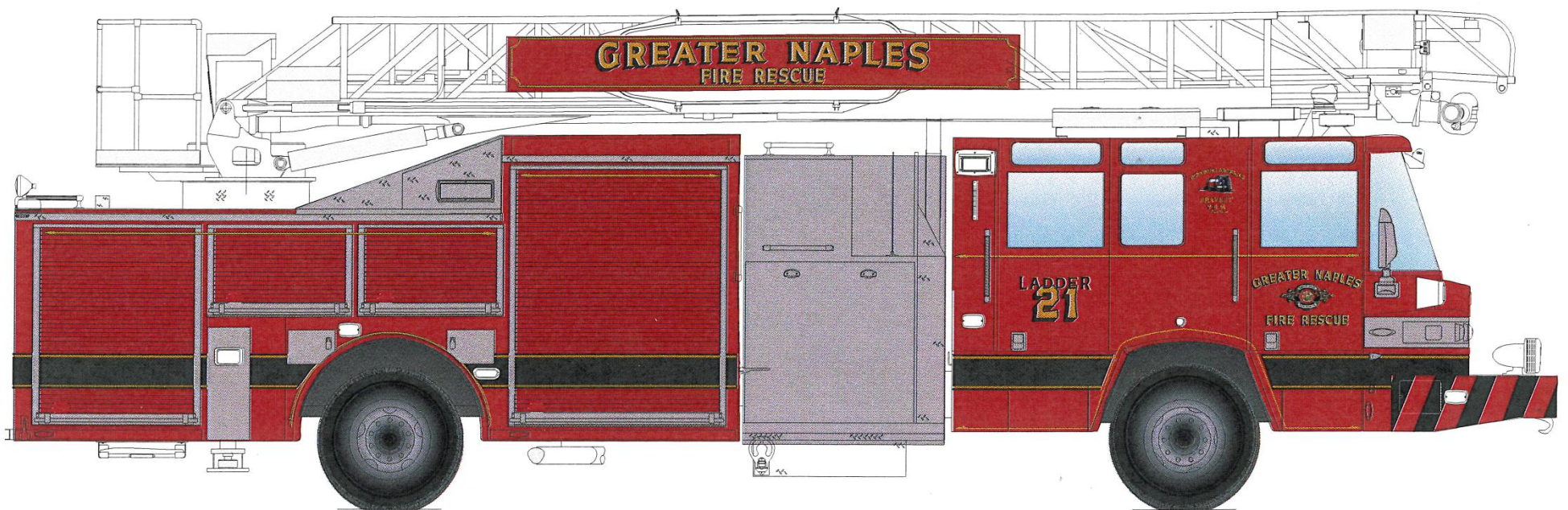
Additional CAD changes are in the works as well to assist in response to calls for service.

Water Tender 20 (WT20) has been added to the fleet as well and placed in-service at Station 20. WT20 enhances water supply capabilities by providing 3,000 gallons in a single source, but together with the other two Water Tenders each capable of 3,000 gallons as well. This will provide a rapid deployment of water to those areas along East Tamiami Trail as well as other South Battalion areas and district wide as needed.

Ladder 21 (LA21) has gone through pre-build with the vender and is slated to begin production in the first quarter of 2015. The District anticipates delivery in April, 2015. LA21 will provide enhanced resources within the South Battalion. LA21, a 75 ft. “Quint,” straight stick aerial with many characteristics typically found on an Engine Company.

The District has also started preliminary specification work for a new Air and Light unit as well as a new Engine. Staff is currently evaluating the needs of the District and the best possible allocation of fleet apparatus. In order to deploy the apparatus for maximum effectiveness the repositioning of some apparatus and equipment is anticipated in the near future.

In the next few months as the seasonal population grows so will our response to calls for service. The newly staffed Station 75 has become the busiest response zone in the District. Last month R-75 responded to 211 calls for assistance for that period of time. The addition of this asset will continue to enhance the delivery of services to our citizens by reducing response times in that area of the District. Let’s not forget that we are quickly approaching the District’s second busiest time of year, wildfire season. Everyone is reminded to be prepared and always be safe.



**ROUGH DESIGN ALONG WITH THE DISTRICT'S NEW  
PAINT SCHEME OF LADDER 21**



# Greater Naples Fire Rescue District IN THE LINE OF DUTY

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## Operations Division

### ON SCENE PHOTOS



### RUN CALL VOLUME

#### GREATER NAPLES FIRE RESCUE FIRE STATIONS

##### Station 20

4798 Davis Blvd.  
Naples, FL 34104  
239.774.4511

##### Station 21

11121 E. Tamiami Trail  
Naples, FL 34113  
239.774.1700

##### Station 22

4375 Bayshore Dr.  
Naples, FL 34112  
239.774.9342

##### Station 23

6055 Collier Blvd.  
Naples, FL 34114  
239.793.3332

##### Station 24

2795 N. Airport Pulling Rd.  
Naples, FL 34105  
239-263-2266

##### Station 70

4741 Golden Gate Pkwy.  
Naples, FL 34116  
239-348-7547

##### Station 71

100 13<sup>th</sup> St. SW  
Naples, FL 34117  
239-348-7550

##### Station 72

3820 Beck Blvd.  
Naples, FL 34114  
239.348.7562

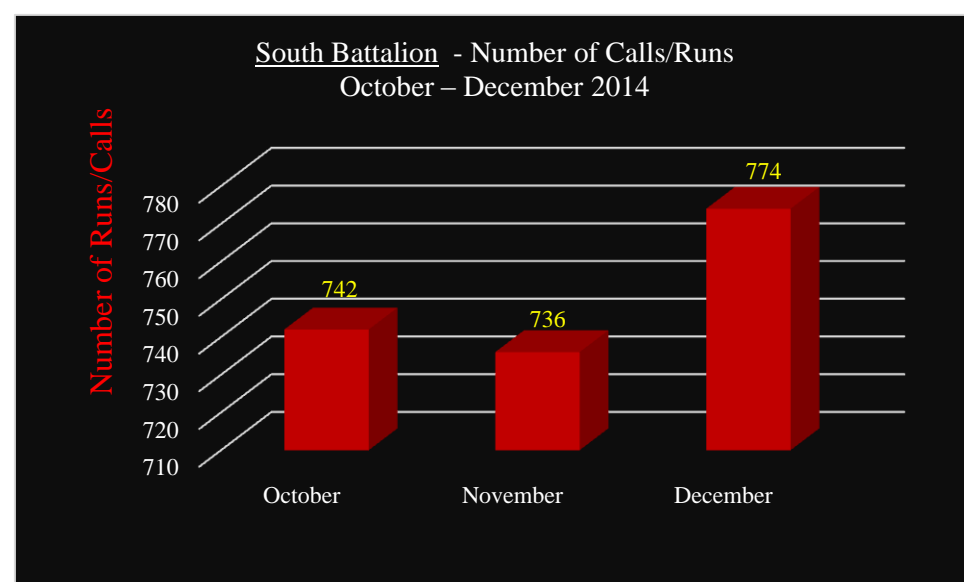
##### Station 73

14565 Collier Blvd.  
Naples, FL 34119  
239.348.7508

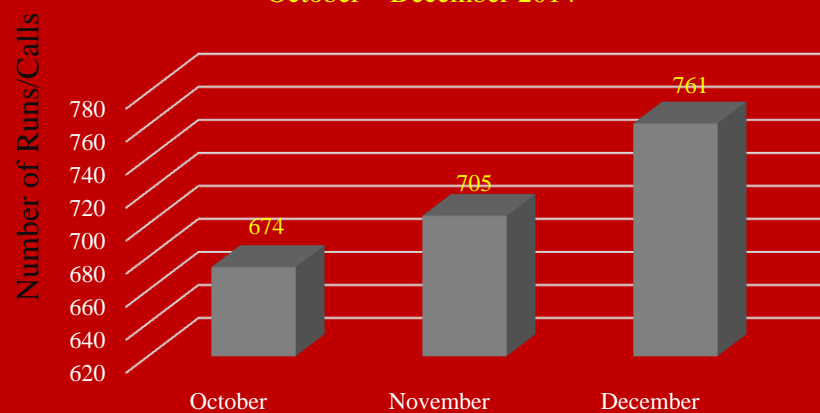
##### Station 75

4590 Santa Barbara Blvd.  
Naples, FL 34104  
239.207.1630

#### South Battalion



North Battalion - Number of Calls/Runs  
October – December 2014



#### North Battalion



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## Fire & Life Safety Division

By: Shawn Hanson, Division Chief



Fire & Life Safety (F&LS) continues to see an increase in the quantity of inspection demands and flow test requests resulting from the continuing construction boom as well as an influx in inspections required for new Business Tax Licenses and annuals. As always, F&LS will continue to strive to accommodate industry professionals and business owners by providing inspections in a timely and efficient manner with superior customer service. In order to accommodate the increasing inspections demand, the District will be adding full and part time inspectors to assist with both permitted and annual inspections.

We would like to welcome two new inspectors to our Team: Joe Murphy, full-time Fire Inspector covering permitted inspections and Fire Inspector Nate Burley, part time inspector, who assists with annual inspections. Both have already proven to be a great asset

to the District.

After 8 1/2 years with the F&LS Division, Lt. Inspector Brian Quinn has transferred to a Firefighter assignment in Operations and assigned to A-Shift. Thank you for all your hard work in F&LS and best wishes with your new endeavor.

On October 1<sup>st</sup>, F&LS began handling all fire inspections for The Isles of Capri and Ochopee Fire Districts; the transition has been going smoothly.

Captain Shar Hingson has continued to work with the Fire Plan Review staff and the County in order to streamline and oversee the process of fire plan review and mesh the relationship between plan review and field fire inspections. Captain Hingson is doing a fantastic job.

Thank you to the staff of the Fire & Life Safety Division and Fire Plan Review for continuing to adapt to the many challenges presented on a daily basis and addressing them with the highest level of professionalism.



**Fire Extinguisher Demonstration  
Naples Zoo**



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## Fire Chief's Career Corner

By: Kingman Schuldt



### *Transform Your Relationships: Give the Gift of Undivided Attention*

By: Dr. Pat Lynch

Think back over the last two weeks. How many times did you experience someone as listening to you in a way that let you know he/she really, truly heard you - not just your words, but the feeling and meaning behind them? Whenever I pose this question to a room full of university students or workshop participants, the majority of people consistently report 0 -2 instances of feeling heard. Yet human beings have a need to feel acknowledged and valued. Regardless of our rank, position, or status in life, we all want to know that somehow we matter.

Dr. Howard Tuckman had a rare gift that went far beyond his stellar academic credentials: giving people his undivided attention. I discovered that gift many years ago during a Christmas party hosted by the Economics department at the University of Memphis, where he was a newly arrived distinguished professor and I was a part-time lecturer. As we engaged in conversation amid dozens of festive party-goers, I experienced a new and heady sensation: that I was the most important person in the room to him, and he couldn't wait to hear what I had to say.

I have no recollection of what we talked about, or how long the conversation lasted. No doubt it was only a few minutes. Yet during that brief interaction he transformed my world through the message conveyed by his undivided attention: that I am a highly valued person whose presence matters in this world.

Fast forward several decades to today's world, where people pride themselves on multitasking, where social media and other forms of technology have largely replaced personal contact, and where there never seem to be enough hours in the day. Imagine the positive impact you can have on your community, your staff, and your family and friends by taking just a few minutes to call a figurative time out. It doesn't matter what you say; what matters is that you stop everything to focus on the person in front of you. Perhaps it's a rookie on probation, or a community member who feels his/her voice is not being heard, or a politician attempting to please all constituencies, or a teenager suffering the angst of growing up. Imagine the difference you would make in their lives if you took a few moments to let them know you hear them. Giving one's undivided attention is a skill that can be learned and improved with practice. Here are some tips to get you started:

1. Stop whatever you're doing.
2. Whether you're standing or sitting, position yourself so that you're facing the other person.
3. Make eye contact as appropriate (remembering that in some cultures, making eye contact is considered disrespectful).
4. Act as though there are only the two of you in the entire world by remaining focused on the other person. Do not look around to see who else is there or what else is going on.
5. Engage in active listening – e.g., nod your head, ask relevant prompting or follow-up questions, paraphrase what was said, lean slightly forward.
6. Use body language and behaviors to convey the message that you've got all the time in the world for this person – e.g., refrain from looking at your watch or checking your phone, relax your body to indicate you're not going anywhere until the conversation is over.
7. Discern the meaning behind the words by noticing the person's body language and tone of voice.
8. Remember: you're not there to solve a problem. You're there to acknowledge the person's value by listening deeply and respectfully.

By following these steps, you can be the person who gives a priceless gift to others. Your cost: a few minutes of your time and attention. Your rewards: more respectful, trusting, and collaborative relationships, and the satisfaction of knowing that you have made a tremendous difference in the world.

I leave you with this challenge: give the gift of your undivided attention at least once a day throughout the coming year. See for yourself how it changes your life and those of others.

Best wishes for a happy, safe, productive, and healthy 2015!

## Officer Development

By: Matt Trent, Lieutenant, MPA, FO

### *Becoming a Good Mentor*



When we all made the decision to become a firefighter, we were taught the basics of doing the job. We were taught how to pull hose, ladder a building, don our SCBAs, and extinguish the fire. After we were hired and assigned to a Station, we were taught more about the job and how being a firefighter is not just putting on our bunker gear and extinguishing fires; it was about being a part of something much bigger than ourselves. It was about becoming part of a larger family. As we progressed through our career, we all gravitated toward an individual or group of people that we would draw information from. This information not only taught us about being a smarter and safer firefighter, it taught us the meaning of values, morals, leadership, and how to be a mentor to others. Historically, a mentor was a person that the learner chose to help shape and direct his or her learning. In the fire service, a mentor is usually someone that is assigned to a learner to help develop qualities that will enable them to fulfill functions that are frequently required to be a well-rounded public servant. To become an effective mentor, the mentor must be able to incorporate many facets of quality development into the mentoring concept.

#### Be Accessible

Mentors should make themselves readily available. Remember to listen first- then compare thoughts with various practices. Remember that no mentor is perfect. Learners will better accept a mentor that is more willing to admit fault and convey how a mistake made is a pathway to betterment and progression.

#### Be Consistent

Learners view mentors as powerful individuals and require consistency in all that the mentor says and does. Mentors should have a consistent approach with each learner and identify which learning outcomes are expected in order of priority.

#### Be Honest

There will be times when a mentor will need to correct or challenge the learner. Honesty is important and it is important not to reserve it until the last moment when the learner has failed. When failure happens, remember to practice and rehearse techniques with the learner. Ask the learner what their strengths and weaknesses are and what commitments they are willing to make to improve their shortfalls.

#### Be Professional

As a mentor, you stand as a gatekeeper for the professional standards and to the collective reputation for the fire service. Setting and preserving standards is important, but not always easy when learners are unaware or not ready to comply. In this case, revert back to understanding the learner and try to inform the learner that they are a part of a tradition that is like no other. There are only a select few that join the fire service. Make the learner feel that they are a part of something much bigger than any one individual.

#### Be a Motivator

Learners want to seek personal and professional development. They are not always sure which path is right for them. A mentor can help a learner by motivating them to complete various tasks or assignments in a certain timeframe. The learner and mentor can meet and establish benchmarks of success. Successes experienced by the learner will not only help the individual with personal and professional accomplishments, but it will ultimately generate a positive image for the organization as a whole.

Remember, we do not need to hold a high rank to be a mentor. As human beings, learners tend to gravitate to others that exhibit key qualities that the learner wishes to develop. Planning which qualities to develop will help the mentor to establish a learning environment that is desirous to the learner; while also fostering a professional model of development that helps to progress the entire organization.





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## Special Operations

By: Andy Krawjewski, Battalion Chief

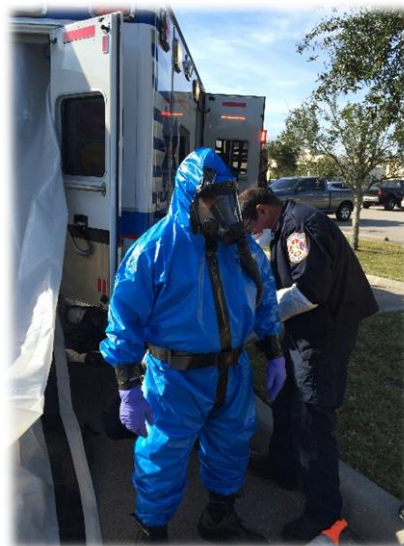


The Greater Naples Fire Rescue District has been selected to be one of five host venues state-wide for the upcoming 2015 South Florida Exercise (SoFLEx). The exercise is a two day event consisting of a hazardous materials incident and a Technical Rescue incident. Other venues include the Florida State Fire College, Palm Beach County Fire College and Palm Beach County Fire Rescue Department.

Collier County Public Utilities has agreed to allow the use of the water treatment plants on Vanderbilt Beach Road and City Gate Drive for the hazardous materials portion of the exercise. We have conducted several training scenarios at these facilities in the past and we are excited to have the opportunity to bring other districts from across the county and state to train there as well. I would like to take this opportunity to thank Howard Brogdon, Plant Manager of the north Water Treatment Plant, for his enthusiasm and willingness to do whatever is needed to make this a successful exercise. The Collier County District Response Team for hazardous materials is one of two hazmat teams that will be utilized for the exercise. Hazardous materials technicians from Greater Naples Fire Rescue District will be working side by side with technicians from North Collier Fire Rescue District, City of Naples Fire Department and Marco Island Fire Department to mitigate the given scenario.

For the Technical Rescue scenario Greater Naples Fire Rescue Light Technical Rescue Team 635 will be working with Highlands County LTRT. The City of Naples Fire Department Training Center will be the site for the scenario and we are thankful to Battalion Chief Moyer and Chief McNerny for the use of the Training Center.

This is fantastic opportunity for Greater Naples Fire Rescue as it is the first time the State has agreed to bring the exercise this far south and it is the first time our Light Technical Rescue Team will have the privilege of participating in the exercise. Previously the closest venue to Collier County was Palm Beach Fire Rescue. I look forward to the challenge of developing the scenarios and am greatly excited for our teams and their participation in the exercise.



Crews from Greater Naples Fire Rescue District participated in a county-wide training event based on a patient with a highly communicable disease. The scenario targeted the procedures to assess, package and transport a contaminated patient as well as decontamination procedures for affected crew members. Greater Naples crews assisted Collier County EMS with patient care and decontamination procedures.





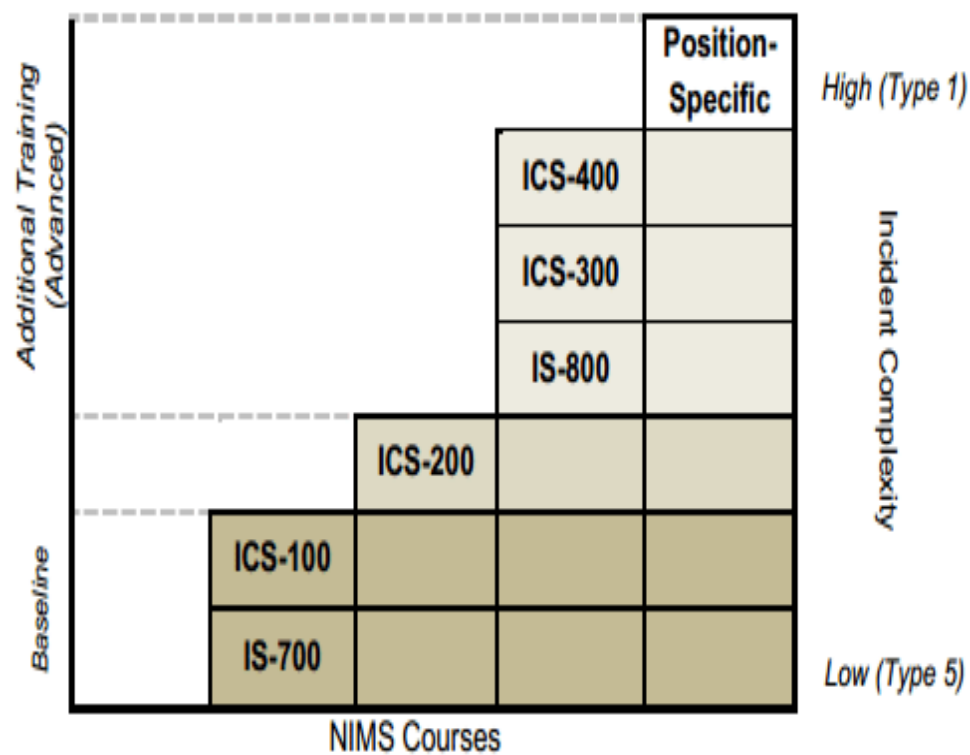
## Firefighter Development

By: Chris Rossi, Driver/Engineer

### *What is the National Incident Management System (NIMS)*

On March 1, 2004, the Department of Homeland Security (DHS) published the first National Incident Management System (NIMS). NIMS provides a consistent template enabling Federal, State, tribal, and local governments, the private sector, and nongovernmental organizations to work together to prepare for, prevent, respond to, recover from, and mitigate the effects of incidents regardless of cause, size, location, or complexity. This consistency provides the foundation for nationwide use of NIMS for all incidents, ranging from daily occurrences to more complex incidents requiring a coordinated, Federal response. Incidents typically begin and end locally, and they are managed daily at the lowest possible geographical, organizational, and jurisdictional level. There are other instances where success

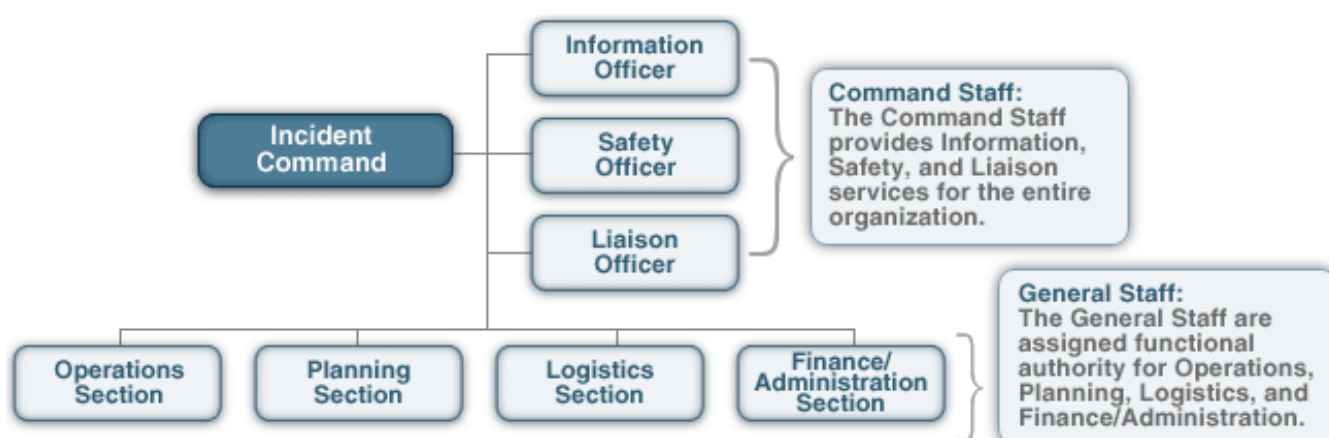
depends on the involvement of multiple jurisdictions, levels of disciplines. These instances necessitate effective and efficient government, functional agencies, and/or emergency-responder disciplines. These instances necessitate effective and efficient coordination across this broad spectrum of organizations and activities. By using NIMS, communities and organizations are part of a comprehensive national approach that improves the effectiveness of emergency management and response personnel across the full spectrum of potential threats and hazards (including natural hazards, terrorist activities, and other human-caused disasters) regardless of size or complexity.



How can local, state and federal agencies ensure each organization can effectively and efficiently integrate with each other on large scale incidents? NIMS developed and implemented the *NIMS Training Program*. The *NIMS Training Program* identifies a deliberate method to develop and maintain a complete NIMS core curriculum and, concurrently, to provide training guidance to stakeholders for developing their training plans.

The *NIMS Training Program* Core Curriculum consist of numerous classes that are offered either online or in a classroom setting.

The majority (if not all) of these classes can be taken for free. Further, NIMS has developed a “baseline core curriculum” specifically for first responders. This “baseline core curriculum” consist of ICS-100, ICS-200, ICS-300, ICS-400, IS-700, and IS-800. If you are interested in continuing your education while having a betting understanding of how NIMS is coordinated between agencies, log on to [www.fema.gov/national-incident-management-system/training](http://www.fema.gov/national-incident-management-system/training). From there, you will be allowed to complete a majority of these “baseline core classes” online for free.





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## Employee Highlights

### Employee Awards & Recognition



#### 2014 Phoenix Award Recipients

The Phoenix Award is presented to emergency responders who resuscitate a patient in cardiac arrest.

Congrats To All!

FF Eric Clere  
FF Torrence Andrews  
FF Jay Crouse  
DE Dale Chapman  
LT William Douglass  
DE Acey Edgemon  
FF Brad Frazier  
LT Aaron Fly  
BC Sean Hunt  
DE Ruddy Forte  
LT Robert McGowan  
DE Aaron Odum  
FF Manny Morales  
DE Thomas Szempruch  
LT Craig Weinbaum  
LT Chris Tobin  
DE Aaron Asher  
LT Jason Bright  
DE Jason Bledsoe  
DE Joey Brown  
FF Aaron Cline  
LT Marty Good  
FF Joe Crato  
DE Derek Jones  
DE Dan Ernst  
FF Ryan McGinnis  
FF Rob Hofstetter  
DE Jose Santana  
FF Chuck Jenks  
FF Kris Occhipinti  
DE Tony McGee  
LT Efrain Padilla  
LT C.J. Melheim  
FF Tony Palermo  
LT Kevin Nelmes  
DE Mike Reeve  
FF Mark Stirns  
LT John Taylor



Finance Specialist, Pat Meulenberg, at the Golden Gate Area Civic Association's 2014 Citizens of the Year Banquet. Pat was awarded 2014 Citizen of the Year!

Thank you Pat for being committed and dedicated to our District for over 30 YEARS!



Lieutenant Chris Tobin receiving the District's Union Recognition Award. Thank you for all your hard work and commitment to the organization serving as IAFF Local 3182 and IAFF Local 2396 President for 12 years!



Fire Marshal Shawn Hanson 2014 Fire Marshal of the Year awarded by Florida Fire Marshals and Inspectors Association. Great job Chief Hanson!



15 years of Completed Service Congrats!

BC Andy Krawjewski, DE Brian Hennessy  
Acting LT Jarett Cotter



Promotion to Driver/Engineer Congrats!  
Scott MacQuarrie & John Bledsoe



5 years of Completed Service Congrats!

Network & Systems  
Administrator Brad  
Sprawls



Completion of Probation Congrats!  
FF Robert Hofstetter, Daniel Machin, Shar Hingson



Promotion to Lieutenant Congrats!  
Jordan Boutilier & Robert McGowan



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## Employee Highlights



**Name:** Erin Gill

**Rank:** Firefighter – Station 72

**Hire Date:** October, 2012

**Interests:**

Architecture/design, photography, restoring an antique Chevy, microbreweries, trying new things, going to new places, learning new things, and furthering my education.

**Hobbies:**

Spending time with my family and friends, traveling, cooking, beach, boating, DIY home renovation projects, watching football, being competitive, playing sports, working out and being physically active.

**Can't Live Without:**

My dogs!



**Name:** Brandon Bunting

**Rank:** Lieutenant - Acting BC – Station 73

**Hire Date:** July, 2000

**Interests:**

I enjoy watching football (Go Seminoles), going fishing and spending time with my kids. I also spend a lot of my time working for various public safety agencies located in southwest Florida.

**Hobbies:**

Fishing, riding bikes, working at the fire academy, helping with fundraisers, etc.

**Can't Live Without:**

My kids!

## Our Newest Team Members at Greater Naples Fire Rescue District



### Fire Prevention Division

Nathaniel Burley &  
Joseph Murphy



### Operations Division

Justin Diaz, Mario Castaneda, Daniel Garretto, Devin Collum, Nicholas Garofalo, Christopher Meli, Christopher Szczepkowski, Anthony Marrero, Nicholas Newman, Kevin Collins



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## Employee Highlights



On October 6, 2014, Lieutenant Craig Weinbaum was announced as the grand prize winner in the Steak-umm Firehouse Challenge during a live broadcast from Station 21. The contest, which was only open to Firefighters, required the submission of a creative recipe using Steak-umm sliced steaks as the main ingredient and a written or video statement on “why you think your Firehouse should win the \$20,000 grand prize”. Lt. Weinbaum, along with the other two finalists, traveled to Philadelphia to prepare his Stuffed Steak-umm Roulade Contadina recipe for the three celebrity judges. Congratulations to Lt. Weinbaum for this significant accomplishment and thank you for sharing your winning recipe!



### - 21 oz. pkg. Steak-umm® Sliced Steaks Sauce:

4 Tbsp. extra virgin olive oil  
5 large garlic cloves, peeled and sliced  
28 oz. can crushed tomatoes  
2 14.5 oz. cans diced tomatoes with basil, oregano and garlic  
3 oz. can tomato paste  
8 oz. baby carrots cut in thirds  
1 medium red bell pepper, rough chopped  
1 medium green bell pepper, rough chopped  
1 medium sweet white onion, rough chopped  
2 tsp. fresh ground black pepper  
1 tsp. kosher salt  
1 tsp. thyme  
1/2 tsp. crushed red pepper flakes

### Stuffing:

9 oz. bag fresh spinach  
2 Tbsp. olive oil  
(7) 4 x 4 slices Fontina cheese, halved (14 pieces)  
8 oz. jar your favorite basil pesto (or prepare my homemade recipe below)

### Accompaniment:

5 lb. bag petite red potatoes  
6-8 oz. canola oil (depends on size of sauté pan)  
4 tsp. kosher salt



## Stuffed Steak-umm Roulade Contadina

### Sauce preparation:

In a large sauté pan, heat olive oil and add garlic. Sauté garlic until it starts to brown. Add all of the tomato products and let come to a simmer. Add the rest of the sauce ingredients and leave on medium heat stirring frequently so not to burn. *\*Note: If burning or bubbling too rapidly, reduce the heat.*

**Potato preparation:** Slice the red potatoes in 1/4" slices and discard round ends. In a large sauté pan, heat canola oil. Fry potatoes evenly until each side is golden brown. Place in paper towel-lined bowl and sprinkle with kosher salt.

**Spinach preparation:** Heat olive oil in a large sauté pan. Add spinach and sauté until wilted (approx. 3-4 minutes). Place spinach aside until you are ready to stuff the Steak-umm® Sliced Steaks.

**Roulade:** In a sauté pan, place 2 Steak-umm® Sliced Steaks and cook on both sides until there is no more pink. Remove from pan and place on a clean cutting board. Place 2 more steaks in pan (repeat). While the next steaks are cooking, add 1 Tbsp. of pesto to the inside of each cooked steak, a 1/2 slice of Fontina cheese and 1 Tbsp. of spinach. Roll each steak up and place in the simmering sauce. Repeat until all 14 rolls are made.

**Plating:** Line a dinner plate with approx. 10 slices of potato. Place two rolls on top of the potatoes, and then spoon sauce liberally over the top.

7 servings (2 rolls per person)

### Fresh Basil Pesto:

3 medium-sized fresh garlic cloves  
4 oz. block Pecorino Romano  
1 oz. fresh basil leaves  
3-4 oz. extra virgin olive oil  
2 oz. pine nuts  
1/2 tsp. fresh ground black pepper



In a food processor, add basil, garlic, cheese (cut in smaller pieces), pine nuts and black pepper. Pulse until all ingredients are finely chopped. While processor is turning, slowly add olive oil until the pesto is a nice thick spread (not paste). Chill until ready to use





# Greater Naples Fire Rescue District IN THE LINE OF DUTY

October – December, 2014 Volume 1 – Issue 1

- Dedicated to our Community, Our Profession and Each Other -

## Community Relations/Events

The Greater Naples Fire Rescue members proudly displayed their pink t-shirts during the month of October to help raise awareness for breast cancer. Members also took part in a local fundraising event to benefit the Cancer Alliance of Naples (CAN) on October 29<sup>th</sup>. Pink fire trucks, courtesy of the Southwest Florida chapter of “Pink Heals”, along with several pink-shirted

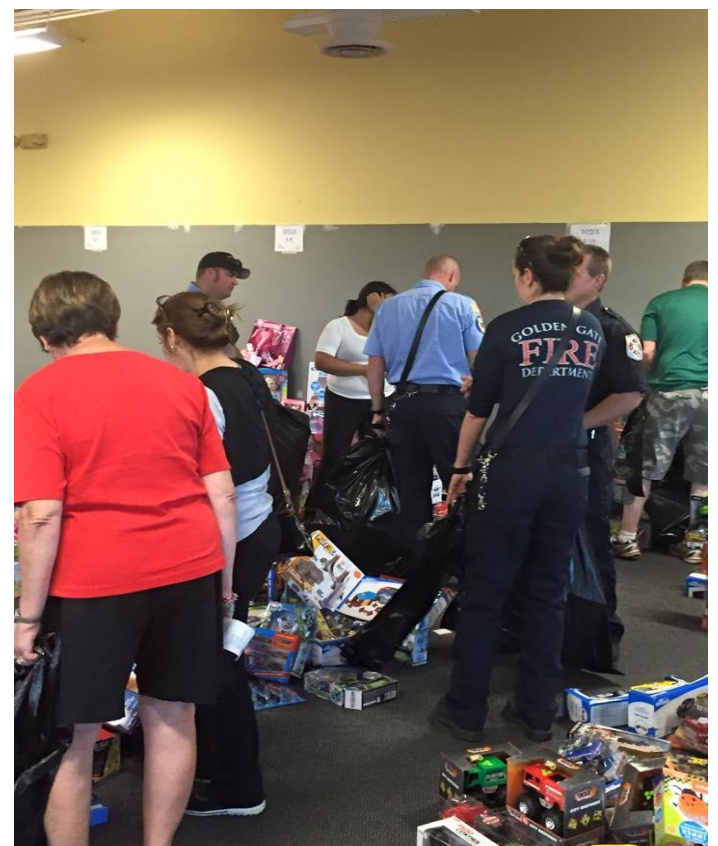
Harley-Davidson riders and several other fire district vehicles throughout the county toured the community making visits to individuals battling cancer. A big thank you goes out to Lieutenant Brandon Bunting for his efforts in coordinating the shirt sales in honor of his mother, Pam, who is a breast cancer survivor and pictured on the right with her grandchildren Colton, Bristol and Brielle.



Firefighters from The Collier Professional Firefighters and Paramedics IAFF Local 2396 donated over \$1,000 worth of Thanksgiving items to families who need it most in support of St. Matthews House’s Annual Thanksgiving Outreach . This “Turkey Drop” tradition continues to be one of the most essential donations our firefighters commit to every Thanksgiving. By doing so, our firefighters were able to

help feed over 800 families during this holiday event. Thank you to the men and women of Local 2396 who dedicated their time to this great annual tradition!

The District’s Annual Toy Drive Giveaway was held December 17, 18 and 23. With the help from all divisions, we were able to provide toys to over 450 children. Thank you to all who helped in making this a huge success.





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## Community Relations/Events



Bikes for Tykes Event



Candy Cane Toss with Santa Clause



Fire Prevention Week



1<sup>st</sup> Annual Greater Naples Fire Rescue District's Christmas Party!



National Fallen Firefighter Memorial Golf Tournament





## Healthcare Highlight

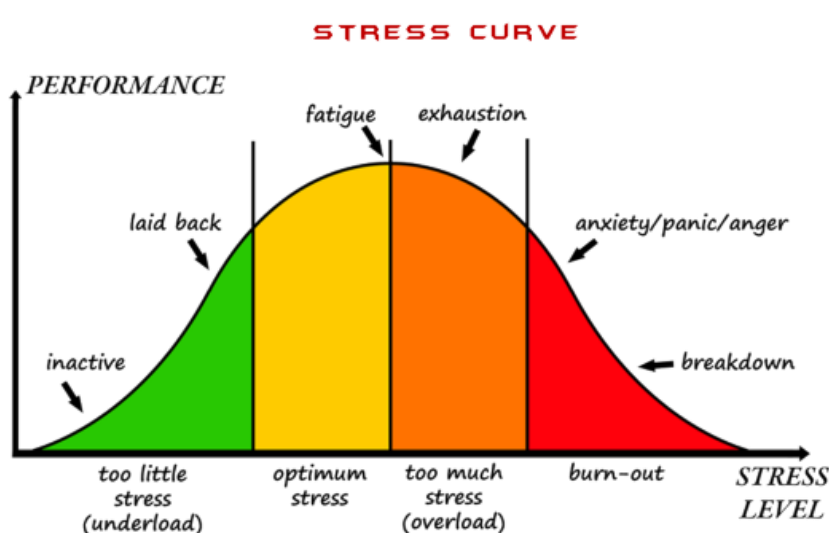
BY: TARA BISHOP, DEPUTY DIRECTOR

# 10 Ways to Simplify Your Life and Dial Down Stress Levels



- 1. Recognize your symptoms.** Your signs of stress may be different from someone else's. Some people get angry. Others have trouble concentrating or making decisions. Some feel worried or depressed. For some, stress leads to physical symptoms such as headache, back pain, upset stomach, or trouble sleeping.
- 2. Identify the sources.** What situations trigger your stress? Among other things, your stress may be linked to your family, health, work, or personal relationships. Keep in mind that stress is often caused by a change in your life, negative or positive. Marriage, divorce, job loss, or a promotion may all increase stress.
- 3. Evaluate your coping strategies.** Examine the ways in which you deal with situations that cause you stress. Responses like smoking, drinking alcohol, or eating too much may feel good in the short run, but they can cause long-term harm.
- 4. Learn to say 'no'.** Sometimes the best way to deal with unnecessary stress is to avoid it. Know your limits, and refuse to take on more responsibilities than you can handle.
- 5. Plan ahead.** Don't let your to-do list get out of control. Think about your day, and decide which tasks are the most important. Do those items first. Let other tasks drop to the bottom of – or even off – your list.
- 6. Create time to relax.** It's not always easy, but it's important to make time for yourself. Take vacations or other breaks. Make time to read a good book, listen to music, watch a comedy, or just have a warm cup of tea. Some people find deep breathing exercises helpful for relieving stress.
- 7. Exercise regularly.** A brisk walk, a bike ride, and a trip to the gym are just some of the physical activities that can help prevent or reduce stress. Aim to get 2 hours and 30 minutes of exercise each week. Talk to your doctor before increasing your activity level.
- 8. Eat healthfully.** Eating balanced, nutritious meals throughout the day will help you cope with stress by keeping you energized and focused. Also, cut back on caffeine. You'll feel more relaxed and will likely sleep better.
- 9. Talk to family and friends.** Simply talking with supportive people can often bring stress relief, even if the stressful situation doesn't change. By the same token, limit the time you spend with people who only add to your stress.
- 10. Get help.** If stress seems overwhelming, consider talking to a mental-health professional. They can offer healthy stress-busting techniques.

**United Healthcare Care24 - nurses and counselors are available 24 hours a day, 7 days a week. Call 1-888-887-4114.**





# Greater Naples Fire Rescue District IN THE LINE OF DUTY

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## Employee News

### Condolences

*Our thoughts and prayers are with the following families:*

Robert Walczak Family

Corey Craft Family

Kevin Gerrity Family

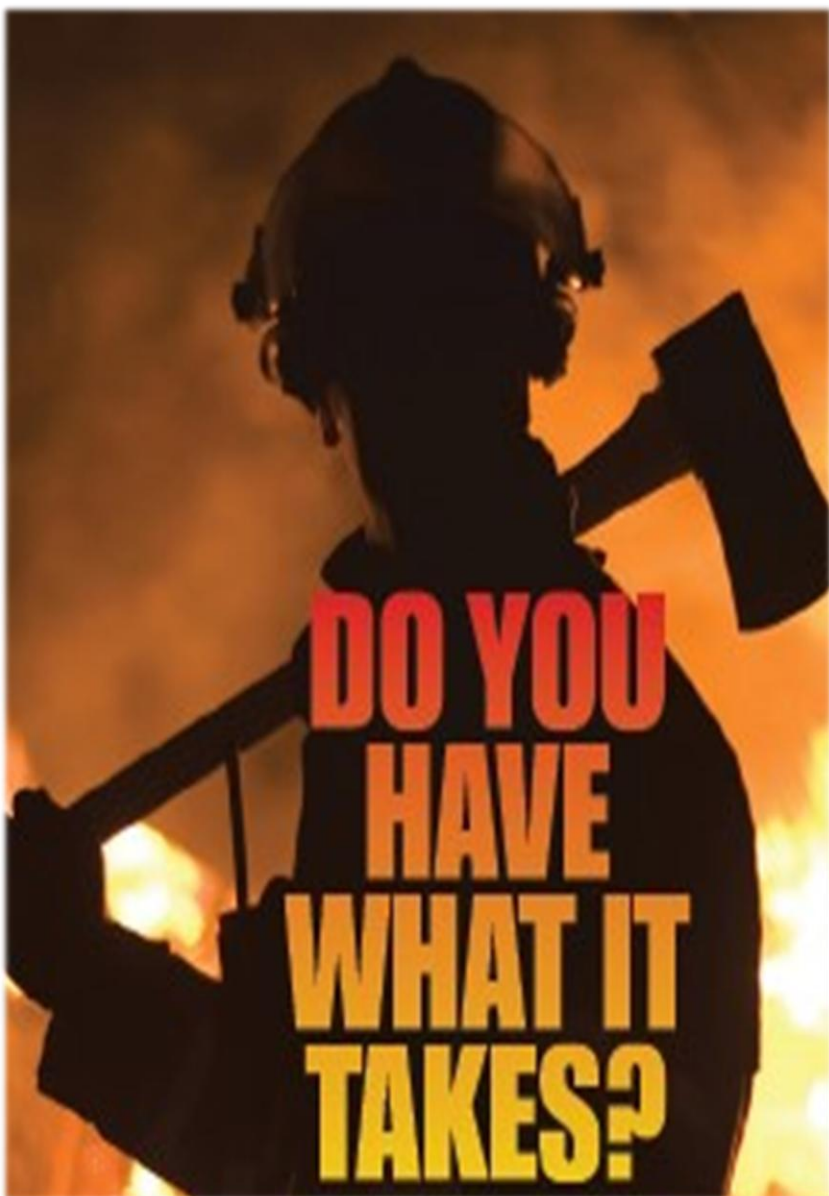


### Just Arrived!

*Welcome our newest family members:*

Annelise Claire born to Matt & Danielle Trent on 11/11/14

Journee born to Torrence & Rykeisha Andrews on 12/23/14



If you would like to serve your fire district, join the Newsletter Team now! Must be at least 18 years of age, good health and willing to sacrifice your mind to the betterment of your fellow men and women. All interested should contact the local recruiting office at

[Nchesser@enfd.org](mailto:Nchesser@enfd.org)

**It's not just a job, it's a career!**