IN THE LINE OF DUTY

April - June, 2017 Volume 3 – Issue 11



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Greater Naples Fire Rescue District

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www.GreaterNaplesFire.Org

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



Office of the Fire Chief

By: Kingman Schuldt, Fire Chief

The fire service is 200 years of tradition unimpeded by progress; have you ever heard that one before?

I have found over my 23 years as a chief fire officer it is sometimes difficult to affect change in the minds of many. Human nature is not always simple to understand and we often struggle as leaders to figure out exactly why change is sometimes difficult. Very often change brings challenge, and challenge requires leadership; leadership requires responsibility.



Defensive reasoning is alive and well in many organizations, and in particular within the fire service. Defensive reasoning behaviors are often demonstrated to stifle contrary thought, regulate or discount any degree of inquiry, or to protect one's self and comfort with the status quo.

We as a fire service often defend our actions even in the face of contrary facts. We do not like anyone asking questions about how or why we do certain things, particularly if we feel it may result in a call for us to do something different, or perhaps even stop doing something we have always done.

As leaders, how do we overcome defensive reasoning? We must be willing to exercise an attitude that being a leader is not about being their friend. It is about exercising leadership through processes of critical inquiry. It is about challenging the rationalizations used to defend behaviors that have no basis for defense. It is about absorbing the anger directed at you for questioning the actions of others.

The reality is that it is often very lonely at the top. But, if one is concerned about being their friend, then consider the scenario that will eventually play out: making that dreadful knock on a door to inform a loved one that their firefighter; husband or wife, son or daughter, child or parent, significant other, will not be coming home.

Unfortunately, in today's fire service it is far too often; more important to be a friend than to exercise the responsibility of leadership.

Regardless of your formal position of authority; company officer, supervisor, manager or chief officer; exercise leadership, send everyone home safely, and the friendship will follow. Exercise the lessons of informal practices, past failures, outdated traditions, and practices of days gone by. Put an end to history repeating itself at the expense of your own egos, ourselves and others.

Leaders honor the rich history of our great profession while not afraid to disrupt cultural norms, embrace new business models, set new standards and hold themselves and others accountable for their actions.



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Operations Section

By: Nolan Sapp, Assistant Chief

June normally brings a change in seasons for the Fire District. Fortunately this year was a normal turn around. Not only is it the Meteorologist's annual homage to Hurricane Season, but the closure of wildfire season.

This wildfire season was the busiest in recent history for the Fire District. Collier County, most notably Greater Naples Fire Rescue hosted the largest Wildland Interface Fires in the state of Florida. We responded to over one hundred brush and wildland fires. Two of the fires combined were nearly 15,000 acres in size, the State's largest in many years.

The crews worked long hours over many days to secure the safety of the community that we have sworn to protect. Though some homes were lost, which had a big impact on the community, many more homes were saved. Crews were professional and fearless in their mission and stand proud of what was accomplished.

The District is thankful to the many fellow firefighters from across the State from as far as Orange County, Miami Dade, and other partners within the region. The District is also grateful to those who helped including our partners with the Florida Fire Service, local churches, the Salvation Army and the American Red Cross who fed hundreds of meals to firefighters and families who lost their homes.

June now brings not just a change in season, but a change in threats. The thunder storms bring lightening and strong winds. The next few months bring the potential for hurricanes as well. Southwest Florida is the most impacted landfall location of hurricanes. Historically Dade, Broward, and Monroe take the brunt, but Collier follows next in line.

August through October are the most intense and most likely for our coast to have a storm make landfall. When it comes to hurricane season, there are no rules. Storms may develop at any time when the conditions are right. The Greater Naples community needs to have a plan in place before a storm arrives.

No matter the threat, Greater Naples Fire Rescue stands prepared to respond to the call for help. The Professional men and women of our Fire District represent the greatest asset of the District and the Community. We stand ready to respond. The message to close out with is, be prepared, be ready, and have a plan

have a plan.



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30th Ave Fire











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Finance Section

By: Tara Bishop, Deputy Director of Administration and Finance

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses. The following tips can help you keep cool all summer long while keeping up your exercise routine.

- 1. Exercise in the early morning or late evening hours.
- 2. Drink up! Do not wait until you are thirsty to start hydrating. Drink two to four glasses of water each hour. If you are exercising for an extended period of time, drink a sports beverage to replace the salt and minerals you lose through sweat.
- 3. Wear lightweight, loose-fitting clothing.
- 4. Protect yourself from the sun.
- 5. Rest early and often. Take breaks in the shade.
- 6. Gradually get used to the heat. It takes seven to 10 days for your body to adapt to the change in temperature. Start by exercising for short times, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
- 7. Mind the weather. Do not exercise on the hottest days. Keep an eye on the heat index.
- Heat Index 80 to 90 degrees: fatigue during exercise is possible. Heat exhaustion is a possibility even at these temperatures.
- Heat index of 90 to 105 degrees: heat cramps and heat exhaustion or heat stroke are possible
- Heat index of 105 or higher: heat exhaustion is likely and heat stroke is possible.

STOP IF YOU DO NOT FEEL WELL. If you have any of the warning signs of heat-related illness, stop your workout right away.

Recognize the warning signs.

weakness, dizziness, confusion or disorientation, headache, cramps, nausea or Heat exhaustion: vomiting, dehydration

Heat stroke: unusual behavior, hallucinations or confusion, fainting, seizures, fever of 104 degrees or greater

And please don't forget that pets also need protection from dehydration and heat-related illnesses too.

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Mental Health Awareness

If You See No Way Out Just Reach Out

MAKE THE CALL TO MAKE THINGS BETTER







FREE, CONFIDENTIAL, 24/7



Being a Firefighter brings many challenges. Remember, you are not alone. Talk to someone you love. Talk to a friend or colleague. Or talk to counselors trained and experienced in the firefighter and EMT culture by calling the national Fire/EMS Helpline.

www.nvfc.org/help



Signs to Watch Out For

Isolation: Becoming distant from the company around the firehouse
Loss of Confidence in their abilities as a firefighter or EMT/Paramedic
Sleep Deprivation: Difficulties sleeping at the station or on off days
Anger: Suppressed anger or taking anger out at home
Impulsive: Behaving recklessly or in ways not typical for that person

How to Help

Be Proactive, Be Direct.

We do this when responding to an emergency.

Ask the Questions.

If the firefighter is having suicidal thoughts, ask "Do you feel like killing yourself now?" and "Do you have a plan?" A "yes" means you need to seek medical help immediately. Do not leave the person alone.

Have Compassion.

Show compassion and stay in the moment when talking to someone who needs help.

Use Discretionary Time.

If someone comes to you with a problem you don't understand, state that you need to do research and gain information to help them.

Walk the Walk.

If your brother or sister is in need, stand by their side to help them through their issues.

Source: Firefighter Behavioral Health Alliance, www.ffbha.org

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Blue Zones Project



On May 9, 2017, Greater Naples Fire Rescue District held a ribbon cutting to commemorate officially becoming a Blue Zones Project participating organization. Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city's environment, policy, and social networks. GNFD is proud to help transform the well-being of its members and community.





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Investigative Section

By: Shawn Hanson, Division Chief

The recent tragic events of the Grenfell Tower fire in London that claimed the lives of at least 79 residents and injured dozens more has drawn attention to high-rise fires in the United States. According to the National Fire Protection Association (NFPA), in 2009-2013, U.S. fire departments responded to an average of 14,500 structure fires per year in high-rise buildings; a high-rise

Structure is 75 feet (23 meters) in height, measured from the lowest level of fire department vehicle access to the floor of the highest occupiable story, or most typically contains 7 stories above grade. During the statistical research period, these fires caused an annual average of:

- 40 civilian fire deaths
- 520 civilian fire injuries
- \$154 million in direct property damages

There are five property use groups that account for almost three-quarters (73%) of all high-rise fires:

- apartments or other multi-family housing (62% of all high-rise fires)
- hotels (4% of high-rise fires)
- dormitories (4% of high-rise fires)
- offices (2% of high-rise fires)
- facilities that care for the sick (2% of high-rise fires)

Cooking equipment was the leading cause of fires in both high-rise buildings in all of the occupancies studied.

Because high-rise buildings tend to have more occupants and a longer distance to the exit discharge, fire prevention and fire protection are essential. Great strides have been made in ensuring that the residential properties have fire detection, wet pipe sprinklers and fire-resistive construction; the importance of these measures factors into a lower overall fire death rate and average loss per fire and in the fact that fires in high rise buildings with these fire protection features in place are much less likely to spread beyond the room or floor of origin.

Even so, too many fires are occurring in high-rise properties without sprinklers. Retrofitting these properties will make them safer. NFPA 101®, *Life Safety Code*®, details fire protection requirements for the different occupancies for new and existing high-rise buildings. Despite the best efforts at fire prevention, a fire will occasionally start. The early warning from smoke detectors, automatic fire sprinklers that can control a fire and other building features are necessary to ensure that these fires stay small and building occupants are safe. (*continued on*



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Investigative Section

By: Shawn Hanson, Division Chief

(continued from pg. 7)

In supporting the ongoing challenge of retrofitting high-rise buildings with life-saving fire sprinkler systems, Governor Rick Scott recently cited the June 14 fire at Grenfell Tower in London and wrote the following in his veto message: "Decisions regarding safety issues are critically important, as they can be the difference between life and death. Fire sprinklers and enhanced life safety systems are particularly effective in improving the safety of occupants in high-rise buildings and ensure the greatest protection to the emergency responders who bravely conduct firefighting and rescue operations. While I am particularly sensitive to regulations that increase the cost of living, the recent London high-rise fire, which tragically took at least 79 lives, illustrates the importance of life safety protections."

Deadliest High-Rise Building Fires in History

Source: NFPA's Fire Incident Data Organization (FIDO), Fire Investigations database and other records

Incident	Civilian and Firefighter Deaths	Height in Stories	Floor of Origin
1. Office Towers (2 Towers) New York, September 2001	2,666	110	94-98 (tower 1) 78-84 (tower 2)
2. Office Brazil, February 1974	179	25	12
3. Office Oklahoma, April 1995	168	9	Outside
4. Hotel South Korea, December 1971	163	21	2
5. Clothing Manufacture New York, March 1911	146	10	8
6. Hotel Georgia, December 1946	119	15	3
7. Multiple Occupancy Building Japan, May 1972	118	7	3
8. Garment Factory Bangladesh, November 2012	112	9	1
9. Department Store Japan, November 1973	104	9	Unknown
10.Hotel Puerto Rico, December 1986	97	20	1

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Firehouse Recipe

Cedar Plank "Not So White" Chicken Chili By: Craig Weinbaum, Captain

Ingredients

1 cedar grilling plank

3-4 boneless breast of chicken

1 red onion diced (save 1/4 for garnish)

3-4 ear of corn (husk on)

2 35 oz. cans italian peeled tomatoes

1/2 cup chili powder

1 tbs. cumin

1 tsp. dry mustard

1/4 tsp. chipotle pepper powder

1 tsp. kosher salt

1 tsp. fresh ground blk pepper

1 rounded tbs. light brown sugar

1 15.5 oz can white kidney beans (drained)

1 15.5 oz can light red kidney beans (drained)

1 15 oz can black beans (drained)

Garnish- queso fresco, grilled corn, red onion, cilantro

Directions

Grill chicken on cedar plank until cooked. Grill corn in husk until cooked. In a large pot empty two cans of tomatoes and hand crush them until all large pieces are gone. Turn heat to medium. Add all dry spices, add all beans, onion, and sugar. Chop chicken into 1/4 To 1/2 inch cubes. Remove corn from the Cobb (save some for garnish). Add chicken and corn. Stir frequently until simmering. Turn heat to low and cook for one hour. Serve with your favorite corn bread recipe. (Note chili powder amount could change depending on freshness of product)



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Planning Section

By: Wayne Martin, MS, EFO Deputy Director Planning Division

Hurricane Preparedness, are you ready?

For the next six months residents of our community are faced with what is known as "Hurricane Season". Annually between June 1 and November 30, our community, the District, and families must be ready to respond to the impact and effects of a tropical storm or hurricane. The District recently participated with Collier County Emergency Management in a simulated

exercise of Hurricane Coleman. Although this was largely a tabletop exercise, District members participated in the exercise that tested first responders' preparedness and ability to manage a storm event at the Command or Emergency Operations Center (EOC) level.

The District has implemented several efforts to better prepare our sustainment abilities during such an event. For example, the District has entered into agreement with a food supply vendor capable of providing food and drinks for personnel working extended periods of time.

Although these steps have been taken, every member should take additional action to be prepared both at home and if called away from your family for an extended period of time. So how can one be ready and prepared? Everyone should have a Go Bag; one for yourself and one for each member of your family, and don't forget the pets.

The Go Bag should have at least three days of supplies. At Greater Naples Fire Rescue we expect our firefighters to be prepared to report to work with their Go Bag. So, what should be included? Items such as medications, a flashlight, valuable records, some cash since banks and ATM's may not be working, water for three days (one gallon per person per day), clothing, toiletries, and any other essentials you may need. Foods to consider can be packaged crackers, canned fruit, canned meats, canned vegetables, and quick energy snacks, and don't forget that manual can opener. A loaf of bread, peanut butter and jelly can always help fill the gap.

Your pet Go Bag should include extra water, canned or dry food with a manual can opener, pet medication; kitty litter and doggie bags are a must. Toys and a favorite bed or blanket to keep them calm will make for a more comfortable stay.

In addition, consider keeping your Go Bag ready year round in case of an evacuation from a wildfire or other emergency.

For more helpful tips, please visit the District's website at www.greaternaplesfire.org.



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Logistics Section

By: Rob Low, Deputy Fire Chief

Larly in my career I had the opportunity to be part of the toughest and busiest crew in the city. We worked hard, trained every day, and challenged each other to be better; most importantly we did not wait for training assignments, we created them. We were not perfect by any stretch, although if you asked us at the time

we may have tried to convince you differently, but we all had one thing in common; we were fully dedicated to our job and to each other. We were quick to accept failures, blamed no one, and constantly looked for ways to improve, making our team stronger. A challenge faced by many organizations, including ours, is the constant movement of personnel and inconsistent crew stability. Earlier this year the training branch kicked off a company officer led training initiative designed to assist each and every company officer with successfully leading, communicating, and developing their crews.

Each and every member of a team plays a key role in the overall success and it is the responsibility of the company officer to hold each member to a high standard of accountability. During a recent visit to one of our stations I had the opportunity to visit with the on duty crew. It was lunch time and they were all gathered around the table, eating together, talking, and seemingly enjoying the short self-imposed break. After a quick lunch, we all went outside to discuss pump operations. With the entire team is tow, the company officer had us standing in the heat talking through ideas and theories; it was then that a bit a nostalgia kicked in. This moment reminded me of the "old days" and how important it is for company officers to take a lead role. On that day there was no directive, debating, or belly aching about going outside after lunch, it was simple motivation that had been instilled well before my arrival that day.

Late last year I read an article about how a salt shaker could lead to a firefighter fatality. It was written on the premise that the person in charge of filling the salt shaker at the station must perform this without hesitation, direction, and constant oversight. If they are unable to do this seemingly mundane task then what other simple tasks are being overlooked. Imagine the person tasked with filling the salt shaker is the one that you trust to check out your air pack, provide you water during a fire, and maintain the tools you need to save a life, or drive the apparatus to an emergency. If they are unable to complete the simple task of putting salt in a shaker then what level of commitment do they have to all their other tasks? This can also reflect negatively on a company officer; ask yourself, what kind of leader am I if I can't even get the saltshaker filled.

In 2014, Admiral McRaven addressed the graduates at the University of Texas with a compelling speech that reverberated through social media. He ended his speech with "Start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often. But if take you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up — if you do these things, then the next generation and the generations that follow will live in a world far better than the one we have today".

Success is measured in part by your ability to accept failure as part of growth and to take the lessons learned and pass them along. Open dialogue between the company officer and their crew is important, and developing a team approach to solving problems strengthens more than it weakens. I hope that you continue to take full advantage of the tools provided by the training branch. Look at them as an open invitation to talk to each other, develop each other, challenge each other, and make each other stronger.

Stay Safe....

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Awards & Recognition



Lt. Matt Nixon
15 Years of Service



Captain Jason Sellers 20 Years of Service



Lt. Robert Walczak 15 Years of Service



Todd Schilling, Brian Rasmussen, Robert Walczak Promotion to Lieutenant



Assistant Chief Sapp 15 Years of Service



AA's Judy Schleiffer, Suanne Woeste Lead Mechanic Mark Records 1 Year of Service

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Health & Safety



Footwear By: Andy Krajewski, Battalion Chief

Shoes are quite a unique article of clothing. They can be a fashion statement, functional device and even a medical device. No other piece of clothing works the same exact way as our footwear. Footwear that is too tight can cause serious harm to your feet over time. Too loose and your foot is not properly supported causing repetitive stress. Having the appropriate cushioning on the bottom of the shoes for your foot type is an important consideration as well. Depending on how your foot falls

on the ground causes different pressures on the foot. This may require shoes that you may not necessarily choose for yourself but would be the most beneficial for your foot health.

In researching flip flops and slides, that are very popular among all age groups, I found that the experts, orthopedic surgeons and podiatrists, feel they have their place, but that place is limited. They suggest limiting their wear to quick errands and the beach. The reason is the lack of support for your feet. These types of footwear have no arch support and, typically, very little cushioning for the ball of the foot and heel. Wearing this type of footwear for an extended period can cause foot pain. Over time wearing slides or flip flops as your main footwear can lead to tendonitis, bunions, and hammer toe. Not to mention the possibility of a sprained ankle if you trip, or blunt trauma to your toes by having them exposed. Researchers have found that wearing this types of footwear can alter your gait and lead to serious sole, heel, and ankle problems. Bottom line here, reserve your flip flops for quick trips to the store and for sunning on the beach, not walking around Disney World all weekend.

Being in the emergency services we are all aware that comfort in the footwear we are required to wear does not always exist. In the last 18 years that I have been in the fire service our protective footwear has steadily progressed in a positive manner in the comfort arena. Rubber structural firefighting boots worked fairly well for keeping water off your feet but had very little support for your arch. If you analyze the NFPA Standard our footwear is required to meet you will quickly come to understand why the manufacturers have a difficult time constructing a boot that is both comfortable to wear and will meet the stringent requirements of the Standard. Take, for example, NFPA 1977 Standard on Protective Clothing and Equipment for Wildland Fire Fighting. There are eleven elements in this standard that wildland firefighting boots need to meet. Everything from the label on the outside of the boot, to the temperature the soles cannot exceed, to eyelets and hooks being tested for attachment strength is scrutinized. NFPA 1971 Standard on Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting has eight elements structural boots need to meet. Understandably, the ability and effort needed to make our footwear comfortable is a challenge at best when having to meet the high marks set for our safety. You can use inserts and orthotics to aid in comfort. I have inserts in both my structural boots and station boot. They do make a great deal of difference. There are several types you can buy ranging from store bought to fitted orthotics from a podiatrist. My recommendation for store bought inserts is that they be changed out every few months as they become worn and may begin to cause some foot pain.

Pay attention to how your feet feel in your shoes at home and your boots at work. Stay safe.

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Employee News

Condolences

Our prayers are with the following families:

Nicole Chesser Family Mike Tomaselli Family **Rusty Godette Family** Tom Szempruch Family **Aaron Odum Family**



Chaplain's Corner

By: Jack Strom, District Chaplain



Several years ago, I was in a seminar where Zig Ziglar told us that "It's alright to talk to yourself and even ask yourself questions... as well as answer those questions. But if you ever catch yourself saying "Huh?" you may want to pause to consider what you are saying to yourself."

I love the story about the man that was pushing a stroller down the sidewalk when the baby in the stroller starting to cry and kept on crying. The man said over-and over, "Calm down Peter. Just relax Peter. Everything is going to be okay, Peter." A lady passing by peaked into the stroller and said, "It's

okay, Peter, everything is okay." To which the man replied, "His name is Robert... I'm Peter."

Whether you realize it or not, we all talk to ourselves. Your inner voice says things to you that you don't necessarily say out loud. It happens even when you don't realize it and it can be a subtle running commentary going on in the background of your mind. And, what you say in your mind can determine a lot on how you feel about who you are.

The wise man Solomon said: For as one thinks within themselves, so are they. (Proverbs 23.7)

Negative talks with yourself makes you feel bad about yourself and nothing good is going to come from such talking. Negative thoughts and self-talk will bring you down. It will also impact you mentally, physically, spiritually and relationally.

When someone greets me, they often ask "How are you doing?" And my response is predictably, "GREAT!" I can say that because I get to make that decision. I recall how when I let other people decide how I was doing, I generally wasn't doing very well. But once I took over making that decision, I have been doing "GREAT" ever since.

Positive talk with yourself and the things that are going on in your life, makes you feel good about yourself. It is like having an optimistic voice in your head that always looks on the bright side.

"This is going to be a great day; I feel good about what I'm doing; I feel blessed to be a part of the GNFR Team; I'm thankful for my family and friends... and the "good-thoughts-talk" should go on... and on... and on.

Listen to what you're saying to yourself and decide to make it positive!

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Employee Spotlight

Name: Jarett Cotter

Job Title: Applicant for the ALS Coordinating Officer

Hire Date: October 25, 1999

Hobbies: Hunting, Fishing, Softball

Interests: Enjoying the outdoors and traveling

Can't Live Without: Family and friends



Name: John Taylor

Job Title: Lieutenant/ Station 22

Hire Date: June 3, 1991

Hobbies: Classic boat restorations, traveling,

spending time with my family



Our Newest Team Members at Greater Naples Fire Rescue District



AA Tracey Caparrelli, FF's Aldo Trujillo, Christopher Uz, Arifa Sikder, Ingrid Saenz, Jarrett Jimenez, Ryan Mathwich, Brandon Brody, Hunter Sims, Justin Humphrey, David Rotkvich, Jonathan Hamilton, Charles Pinchevsky, Aaron Borowski, Alexandra Blanco

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Public Relations











