



THE BOTTOM LINE



KEEPING YOU INFORMED.

Brush Fire 02.07.23



Multiple Greater Naples Fire personnel, with the help of surrounding Districts, extinguished a large wildfire in the area of Lee Williams Rd. and Goshen St.



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**GNFD IN THE
COMMUNITY**

**IT'S THE END OF
SEASON**

**LAUGHTER IS
THE BEST
MEDICINE**



GNFD IN THE COMMUNITY



GNFD Training Division had a great time teaching CPR to residents at The Glen Eagle Golf and Country Club in February.



1st Graders from Bridge Prep Academy learned so much during their tour of Station 72 in February.

Career Fair LELY HIGH SCHOOL

01.30.23





CHAPLAINS CORNER

CHAPLAIN JACK STROM

Laughter is the best medicine

It was 6 a.m. when I left for the airport. Fifty-five minutes later I boarded a Boeing 747 and sped through space at 500+ miles an hour. If that had been the whole story... but it was just the beginning.

You see I was actually traveling more than 1,260,000 miles an hour. This is in spite of the fact that I have had no astronautically training.

Besides this – I was going around in circles. I was traveling 1,000 miles an hour around the earth's axis and almost 20 miles a second or 66,600 miles an hour around the sun. And if that's not enough, the solar system of which I am a tax-paying member was traveling at 500,000 miles an hour, and the galaxy of which our solar system is a part, was navigating through space at 700,000 miles an hour. So, I've traveled about 15,000,000 miles in twelve hours, and that's enough to wear you down.

Actually, I couldn't blame all my weariness on the distance or speed I traveled that day. Some of it came from the work, my 10,000,000,000 nerve cells, (which interacted with 25,000 other nerve cells) recording 10,000,000 sensations a second, making it a rather sensational day.

Oh, yes – one more thing. My half-pound, fist-sized heart did a great job for me also. My four quarts of blood had been traveling through 12,000 miles of blood vessels and my 25,000,000,000 red corpuscles had been replenishing themselves every 15 minutes.

No wonder I was exhausted!



Our GNFD task force is recognized and honored for over and above service. At the same time knowing those being honored, we sense that for them such rewards are usually anticlimactic – the joy was in doing.

Whether you realize it or not, we all talk to ourselves. Your inner voice says things to you that 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 make you feel bad about yourself and nothing good is going to come from such talking.

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

And... develop the ability to laugh at yourself, at your appearance, funny mistakes you've made and just plain foolishness is the ultimate humor. In fact, blessed is the person who can laugh at themselves. They will never cease to be amused. Such humor becomes the shock absorbers of life. Laughter is like a mini-vacation. So take a vacation from worry and concern with some laughter. You can start today with a smile. It is the whisper of laughter.



EMPLOYEE SPOTLIGHT

RETIREMENT



After 24 years with GNFD we want to wish Battalion Chief Jeff Davenport a happy retirement and the best on his new endeavors! Congratulations and thank you for your service!





EMPLOYEE SPOTLIGHT

RECOGNITION



Fire Chief J. Nolan Sapp was named the East Naples Civic and Commerce Citizen of the Year at their annual Banquet January 19th! Congratulations Chief!



Congratulations to Inspector Kristen King on receiving The Medal for Heroism from The National Society of the Sons of the American Revolution in January. Inspector King displayed outstanding bravery after witnessing a vehicle beginning to submerge in a canal after a traffic accident. Inspector King did not hesitate to enter the canal to rescue the driver!



EMPLOYEE SPOTLIGHT

2022 Civilian Employee & Firefighter Of The Year Congratulations!



Briant Cardeso



Lieutenant Ray Kilmer

Welcome to the family!



DE Robert Oxar is the proud father of baby girl, Finley born 01.15.2023





FLEET MAINTENANCE

SUBMITTED BY MARK RECORDS

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Summertime is right around the corner and things are heating up at the Fleet Shop. Here are some of the activities happening at the garage. Fleet has so far received two of the new Fire trucks, to mount equipment and add final touches. The District had a third-party vendor perform our annual ladder test, and all ladders passed. Both Ladder 72 and Ladder 21 had their annual testing completed by a third-party vendor and passed. The USAR trailer received some much need repairs and upgrades to help the team with their missions. EN75 and EN70 both went down and needed to have a complete in-frame rebuild on them. Water Tender 20, the pump had developed a pinhole in the casing, was removed, torn down and parts have been ordered. Brush 73 was having front differential issues, the unit was torn down and found to have damaged third member, hub assembly, and brake chambers, all units except Water Tender 20 have been repaired and put back into service. With the increasing amount of work being performed by the front-line team the district's assets are being worked hard, this requires everyone to work together to keep the Fleet rolling, so thank you for all you do.

The Fleet team would also like to thank the district for the amount of training it has allowed the team to participate in. John Luppy recently went to training in F1 Maintenance, Inspection, and Testing of Fire Apparatus, which he tested and now is certified in. John has also just returned from training in F2 Design and Performance Standards of Fire Apparatus and taking the test, let's wish him the best of luck. Mark Records was able to attain Pierce Factory training on their air brake systems in Sarasota. Mark also recertified his Master ASE certification in Heavy Trucks. Jamie Popiol went for training and completed the exam for EVT M1 management training. Jamie was also nominated by Chief Sapp and Commissioner Al Duffy for EVT of The Year in Fire House Magazine for his tireless efforts and sacrifices to the district, congratulations to him for this nomination. Rob Taub has some training coming in the next few months as well.

Don't forget to check your fluids and tires,
stay safe out there!





OPERATIONS

GNFD TRAINING & OPERATIONS



On Tuesday, January 3rd, GNFD Boat 60 arrived on scene of a 46 foot commercial style boat with heavy smoke coming from the engine compartment area and cabin. Crews extinguished the fire with no injuries.

Active Shooter Training 3.15.23



Structure Fire 2.22.23



APRIL // 3RD // ISSUE 10

OPERATIONS



THE BOTTOM LINE

RECRUIT CLASS 23-01





EMS NEWS

Dr. James Augustine

It's the End of Season

Health Update from the Associate Medical Director

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Hard to believe, but this is the third anniversary of the beginning of the pandemic. And for the first time, we will not be discussing COVID even once in this update!

As we end the season of visitors, the dry season is obviously here for us. This is a very tough time for firefighters. Fighting those fires is grueling work, lasting for hours, sometimes mixed into a shift that is already full of physical stresses.

There is one not so serious, but still uncomfortable challenge going through now. The GI bugs, particularly that little nasty norovirus, have been spreading widely. Maybe they are angry about being unable to spread for the last three years, but they are in the schools, daycares, and work sites. Everyone in my family has had it in the last 3 weeks. It is 12 hours of losing liquids, and then about 24 hours of being wiped out. Then you try to retain extra liquids, and slowly return to normal diet over another day or two. During those days it is not easy to do even a little physical labor.

This is actually the time of year that I am most concerned about the health of firefighters. This is the time of year where our bodies have not yet acclimated to hot weather, and we face the greatest risk for problems related to fatigue and dehydration and major heat emergencies. Our service public has the same risks, so this is the time of year that we see more syncopal episodes, and fatigue-related injuries, and heat strokes. For the firefighter who may have a brush fire response to make things more challenging, it requires good work strategies.



What are good strategies?

Stay away from people with GI illnesses if you can *not easy if you are the parent of a child who is throwing up*. But reduce exposures where possible like the food buffets and public toilets. Do not come to work sick, and encourage others who are ill to stay home and isolate until healthy. Use good practices when preparing foods, particularly around raw meats. Wash your hands frequently, and keep hands away from your mouth and face.

In preparing for hot weather, the firefighter needs to increase fluid intake, and stay hydrated during the work day. Fluids with you on the apparatus. Eat regular small meals. If you have a working incident, especially early in the shift, hydrate extra well and get some calories in your system. Keep sunblock and a cap to shield your scalp and face in the apparatus, if you need those to shield the sun during those hours. A second working incident for the crew in the same shift is really a setup for fatigue-related accidents. You get clumsy, or less careful, and bad things happen.

Keep your families in good health, to help you stay healthy. The community needs our fire and EMS personnel healthy, and able to serve! Staying healthy is important for us all, and reduces the load on our already busy hospitals.

This is 2023, and it is our opportunity to get back to normal operations, and the needs to serve our growing and beautiful community. Keep moving forward to your healthy retirement!