

The All Hands

It takes all of us working together, to get the job done!

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In This Issue:

Deputy Chief	1
Adm. Update	2
EMS Division	3
Ocean Rescue	4
B/C Update	5
Training & Safety	6
Fire Prevention	7
Photo Ops	11
Dates and EOM	12

Special points of interest:

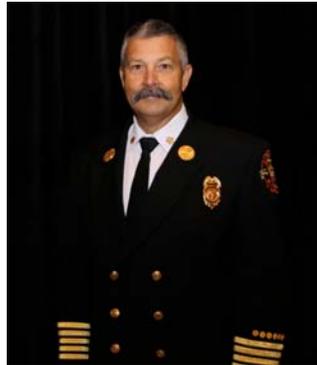
- Welcome Back Robbie
- The Art of Leadership
- New Synthetic Drug



Deputy Chief's Message—Patience and Passion

By Darrel Donatto

Deputy Chief



Maya Angelou, a famous author, poet, and civil rights activist once said that we should “Seek patience and passion in equal amounts.”

There is a tremendous amount that we want to accomplish (Passion) here at Palm Beach Fire Rescue to make this organization one that the community loves and that our employees love. However, we cannot accomplish it all overnight (Patience). The pace of change here has been almost dizzying to say the least. You have all done a tremendous job of making Palm Beach Fire Rescue one of the best in the nation; a Class 1 rated fire department.

We have improved our dispatch processes, we have improved our responses, we have dramatically cut our false alarms, we have enacted numerous policies and processes to make our services better, we have enacted numerous policies and processes to make our employees safer, and we have implemented the latest technologies to make us more efficient and more effective.

That said, there are a number of changes that will require some patience. We have been planning for and taking steps to make changes to our response configurations that will increase the staffing at our North Fire Station to 5 personnel by moving a person from another station. The personnel should be in place by February to make this change. We have been working on implementing an asset / inventory control system for EMS supplies for some time now. There is a tremendous amount of work required to build out the database on such a system and while we are close – we still have a month or so to go before we can fully automate our EMS inventory system. We are working to expand the Opticom Traffic Preemption system used to make emergency responses quicker and safer. We have 8 intersections that are controlled now, and another 7 intersections planned for Opticom this fiscal year. Because of the expense of this project, the project must be awarded through a competitive bid process – which can take 3 or more months to complete. After one of our rescue trucks was totaled due to a fire, we have been working on the purchase of a replacement rescue truck. The task of developing the specifications for the vehicle was completed and now the process of purchasing the vehicle is underway. Again, the cost of this vehicle requires that we use a competitive bid process. Once the bid is awarded, we expect it to take 4-6 months for the truck to be constructed and then delivered. We have also been working hard to implement new field data collection tablets that directly link to our monitor-defibrillators and import the ECG and vital sign data from the monitor-defibrillators into the run report. The technical challenges involved with network security and network connections have been very frustrating.

Continued on page 4

Administrative Update

By Brodie Atwater

Assistant Chief

It's been another busy month or so here at Palm Beach Fire Rescue. The following information has been compiled in an effort to keep everyone up to date on what's been happening in the Department:

- All department apparatus are outfitted with Opticom traffic interruption technology, which allows for traffic to clear out in front of responding units by activating traffic lights in advance of their arrival. The department has begun the process of drafting a scope of work and obtaining quotes for five additional Opticom installations in the current fiscal year. This will allow for the inclusion of an additional seven intersections into the system. With the additional units, traffic interruption technology will control the great majority of traffic lights in Town, allowing for a safer and faster response to emergency calls. Twenty Opticom transmitters have been budgeted for police department vehicles, these transmitters will also be included in this request for quote.
- The annual Station Commander assignments have been made for FY 2016. Lt. Bassford has been assigned to Station 3, Lt. Marx has been assigned to Station 1 and Lt. Sekula is the newly appointed Station Commander at Station 2. We look forward to continued high performance from these individuals.
- A new emergency generator in in the process of being installed at Station 2 this generator will replace the aging unit that is currently in service. The new generator will have a greater generating capacity and will be installed on the existing concrete pad behind the dumpster area in the southwest corner of the parking lot.



- New dishwashers were purchased and installed at Station 1 and Station 3. Thanks to the crews at each station who took care of the removal of the old dishwashers and installation of the new units.
- All assigned apparatus fire extinguishers and all spare extinguishers received their annual inspections by an outside vendor. Due to their age, several extinguishers required hydrostatic testing and several others were replaced.
- Several electrical drops located in the vehicle bays at Station 1 and 3 have been relocated and several new drops have been added. Many drops now have both 20 and 30 amp electrical connections in place. The modification of these drops will allow for more flexibility in the assigning of apparatus and the short term parking of units.



- CSI security is currently evaluating the condition and functionality of the camera systems at Station 1 and 3. These systems will be updated and all cameras will be placed in service.
- All fire stations have been inspection by the Fire Prevention division as part of their annual inspection requirements. Minimal needed corrections were found at two stations and have been corrected at this time. Thanks to everyone who helps to keep our stations in such safe condition.
- Crews have been raising and lowering the US flag at the Memorial fountain construction site in the mornings and evenings each day. This will continue until lighting of the flag is restored as construction of the renovated fountain and landscaped area progresses.

EMS Division

By Jimmy Duane

Chief of EMS

Back in November of 2014, through the Palm Beach County EMS Grant, the department received a new Laerdal ALS simulation mannequin. Through the use of the Sim-Pad, the Instructor has the ability to control the functions of the mannequin, such as respirations, pulses, voice, breath sounds and other realistic sounds created during medical conditions.

The next step was developing an atmosphere that was as realistic as possible; something you would expect to see while running emergency calls in a residence. With the help of several personnel on shift, an empty office at Station 2 was converted into the new Simulation Lab. The room was created to look like a bedroom, which includes everything from a complete bedroom set, curtains on the windows and art work on the walls. The idea was to have Firefighters put in a situation that was as close to realistic as possible. The mannequin lying in bed is connected wirelessly to the Sim-Pad, which is controlled remotely by the Instructor in a separate room. Firefighters can perfect their basic and advanced life-saving skills, make clinical decisions based on real life situations and see the reactions of their decisions live on a monitor, as well through site and sound for functions such as:

- Airway control
- Spontaneous breathing conditions
- Palpation and auscultation of pulses
- ECG interpretations
- Defibrillation
- Pulse oximetry



Palm Beach Fire Rescue has always been leaders in the medical field. We strive to have the latest and greatest advanced medical equipment. Educating and improving the competency of Firefighter EMTs and Paramedics demands a wide range of the highest quality training tools that meet the most varied training requirements. Medical simulation can capture or represent a wide variety of patient problems more readily for the crew than otherwise having to wait for a real encounter. Such simulations will give Firefighters exposure and practical experience to life threatening patient problems as well as situations where the frequency is low but the stakes are high. In addition to the ALS Simulator, the lab provides Firefighters many other simulation devices to include:

- Infant airway management trainer
- Cricothyrotomy trainer
- Infant intraosseous trainer
- Adult intraosseous trainer

Simulation training gives our personnel the ability to witness not just their own individual actions, but also how they interact within a team. The opportunity to repeat training exercises over again, particularly for rare events, directly supports the knowledge and skills when facing real encounters in achieving the best patient outcomes possible.



Deputy Chief's Message (con't)

From page 1

We are getting close and hope that we will complete this project within the next month. In addition, there are several other significant issues that we hope to see resolved.

At a recent meeting, I had the pleasure of hearing Hector Picard of "Don't Stop Living" (www.dontstopliving.org) speak. Hector was almost killed from a work related accident. He spent four months in a coma and lost both of his arms from his injuries. Hector spoke about his difficulties as a double arm amputee. But for Hector, every obstacle was simply a challenge for him to overcome and he never lost his will to experience each day of his life with passion. Hector embodies a "positive attitude" despite his adversities. Hector is extremely passionate about living life, but he is also patient and persistent in his pursuit of his passions. He does not get discouraged by the pace of progress or discouraged by the negative thoughts of others. Even though he faces difficulties and challenges, he does not quit or lose hope and courage due to his misfortunes and hardships. He remains committed to continuing his journey to success, putting in his sincerest and persistent efforts.

Organizationally, the passion to make Palm Beach Fire Rescue better is extremely high. However, we must all realize that sometimes it requires an equal degree of patience to achieve some of our goals. So, as long as we remain focused on the objective, we remain passionate about why we want to accomplish that objective, and we are persistent in our efforts despite the obstacles – we will get there – and together we will make Palm Beach Fire Rescue better.

Ocean-Rescue

By Craig Pollock

Shift Supervisor

Over the month of November swimming conditions at Mid-Town Municipal Beach and Phipps Ocean Park really have turned for the worse. Numerous days of strong onshore winds (easterly) have had lifeguards flying Yellow Flags to warn swimmers of hazardous swim conditions. The strong onshore current have also pushed in the The Portuguese Man o' Mar which is a beautiful and interesting-looking animal that may also be a nuisance to swimmers. Despite its jelly-looking appearance, this organism isn't a jellyfish, but instead is a siphonophore in the class Hydrozoa (rather than the class Scyphozoa, where 'true' jellyfish belong). The Portuguese man o' war is also known as the, blue bottle. The Portuguese man o' war can deliver a painful (but not generally deadly) sting, even after death. So Portuguese man o' wars on beaches should be handled with care and you should stay well away from them in the water, keeping in mind that tentacles can be over 50 feet long.

How to Treat a Portuguese Man O War Sting, if you think you been stung:

- Leave the water.
- Do not rub the area or treat it with alcohol, as this can aggravate the symptoms (there is conflicting advice on whether or not it is acceptable to treat with vinegar).
- Remove any tentacles from the skin using a gloved hand or tweezers
- Thoroughly wash the area with salt water.
- Following removal of the tentacles, placing an ice pack on the area can help with pain relief.



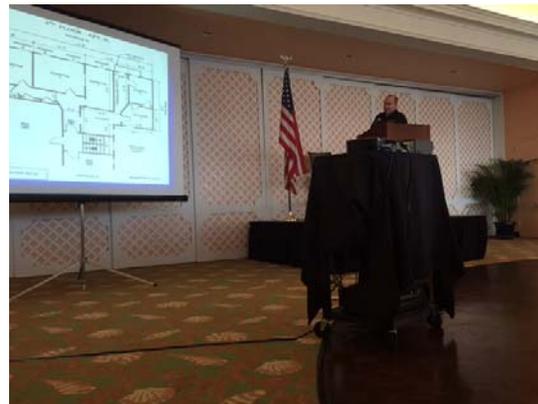
B/C Update-Black Sunday

By Phil Dudley
Battalion Chief

On December 16, 2015 Palm Beach hosted a FDNY Black Sunday lecture at the Beach Club. The guest speaker, F/F Eugene Stowloski, was one of the survivors that bailed out of the 5th floor window January 2005. F/F Stowloski went into great detail all the events that led to 6 firefighters having to bailout of the 5th floor of a burning building. He explained the need to have personal escape systems, how wind driven fire can change conditions and how fast conditions can change in a fire. F/F Stowloski shared with the audience the injuries he and his brother firefighters suffered at this tragic event.

Over 100 firefighters from several neighboring departments came to hear his lecture and are able to bring back his mission to save firefighters' lives.

Palm Beach Fire Rescue offers a big thanks to the Beach Club for their generous hospitality.



Welcome Back Lt. Robbie Locy



It is with great pride we welcome Lieutenant Robbie Locy as he returns to Palm Beach Fire Rescue.

He left us for an active duty assignment with the U.S. Marine Corp in November, 2011. While on active duty assignment, Robbie was promoted to Master Sergeant (E-8). He was both honored and challenged when assigned as the District Injured Support Coordinator attached to the Wounded Warrior Regiment. He returns to us after Presidential Orders working under the direct command of the Commandant of the Marine Corp. and the Vice President of the United States. Robbie's tireless efforts assisted veterans to integrate and thrive in civilian life. He saw both triumph and tragedy and has an unparalleled appreciation for his fellow veteran. We truly thank him for his service.

Lieutenant Locy returned on December 21, 2015 and will work days during a two week re-orientation period. He will then be assigned to A shift, in a shadowing capacity until comfortable and adjusted to the many changes that have taken place in the last 4 years.

Please join us in welcoming Lieutenant Locy back to his fire service home.



Training and Safety Division

By Dave Burke

Division Chief

The last month was filled with great training and provided opportunities for the eager. Palm Beach State College conducted an Aerial Apparatus class at PBFR Station #3 with some practical portions taking place on campus. The five day course introduced fast, effective and safe set up of department aerial apparatus. The students reviewed pumping and hydraulics before learning how to supply and maneuver elevated master streams. Several department members took the class, making themselves eligible for promotional opportunities, but more importantly they are now better step up Driver Engineers who can quickly recognize collapse zone avoidance and rapid set up for fast rescue. Congratulations to those who met the challenge.



Live Fire Training was conducted again at Palm Beach State College. Lead Instructor Kerry Weiss and a host of other qualified instructors, reinforced skills learned in the last training offered at the progressive training ground. The Training & Safety Division budget allows for three live fire, hands on sessions per year. A few of our own instructors joined the PBSC faculty during each training, ensuring safety and practicing response using our SOG's. A special thanks to them for sharing their knowledge and keeping us safe.

During the next month, the department will be conducting respiratory fit testing of each department member for SCBA mask and N95 respirator use. The test will be conducted by the department SCBA Coordinator, D/E James Weber, and documented on a new department form as part of the PBFR Respiratory Protection Program.



In the next few weeks, we will be welcoming three new Firefighters, two Lieutenants, and one Fire Inspector. Training these new folks will be the highest priority, and many challenges may be encountered as we welcome these deserving individuals into our family. Remember that their success is our success, so I ask that each of you make it a point to teach them at every opportunity, our Palm Beach way.

Photo Ops—Live Fire Training



Fire Prevention

By **Tim Pompos**

Fire Marshal

In the month of November, the Fire Prevention and Life Safety Division completed 172 fire prevention activities with the assistance of Fire Operations shift personnel. I would like to thank Battalion Chiefs Sean Baker and Keith Golden along with fire operation crews in their planning and participation of the Tree Lightings events at Royal Palm Way and Worth Avenue. It's events like these that bring the community closer together in sharing the holiday season.

Now that the holiday season has arrived, please utilize this opportunity while completing our Fire Company Inspections in our community to promote fire safety tips. Some of the examples may be the following: keep lit candles away from decorations and other things that can burn; replace any string of lights with worn or broken cords or loose bulbs connections, utilize no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs, read the manufacturer's instructions for the number of LED strands to connect together; use clips, not nails, to hang lights so the cords do not get damaged; keep decorations away from windows and doors; select a holiday tree with fresh, green needles that do not fall out when touched; make sure the tree is not blocking an exit; and be sure to add water to the tree stand daily.

The Fire Prevention and Life Safety Division would like to remind all operational personnel, that the following Special Assignment Overtime details are available. If you are interested in working any of the following assignments below, please sign up through Te-Staff:

- Wellington Equestrian Events at the Mar-a-Lago Club on Sunday, January 3, 2016
- Society of the Four Arts Lecture Series, starting January 5, every Tuesday until March 29, 2016
- Society of the Four Arts Met Opera Series, starting February 13, on various Saturdays until April 30, 2016
- Society of the Four Arts Gala has two events scheduled on Friday, February 19 and Saturday, February 20, 2016
- Mar-a-Lago Club events in the month of January is as follows: January 9, 16, 22, 24, 25, and 30, 2016



If you have any questions in regards to the Special Assignment Overtime details, please don't hesitate to contact us.



The Art of Leadership is not Without Struggle

By Lolly Daskal, Lead from Within, August 19, 2014

At the age of seven, a young boy and his family were forced out of their home.

The boy had to work to help support his family.

When he was nine, his mother passed away.

As a young man was keen to go to law school, but had no education.

At 22, he lost his job as a store clerk.

At 23, he ran for the state legislature and lost.

The same year, a business failure left him with a debt that took him 17 years to repay.

At 27, he had a nervous breakdown.

At 29, he lost an election to be speaker in his state legislature.

At 31, he was defeated in his attempt to become an elector.

By 35, he had been defeated twice while running for Congress.

At 39 he lost his re-election bid.

At 41, he lost his four-year-old son.

At 42, he was rejected as a prospective land officer.

At 45, he ran for the Senate and lost.

Two years later, he lost the vice presidential nomination.

At 49, he ran for Senate and lost again.

At 51, he was elected president of the United States of America.

The young boy who grew up to be president is Abraham Lincoln.

Life is a variable event for everyone and our leadership is not something we are born with, but is revealed in our everyday struggles and strain.

When struggle is present the art of our leadership strength will be evident everywhere:

In our priorities. Leaders who know their priorities lead with what is important to them. They give their emotional intensity and continuous focus with every resource to support what they want to

obtain. How you spend your time shows you what is important to you.

In our persistence. Leaders who are persistent lead with everything they have. They don't leave any stone unturned and they don't sit around feeling sorry for themselves but take responsibility for what they want and show determination till the very end. It is not what your life takes from you; it's what you give to your life that counts.

In our passion. Passionate leaders apply all their efforts, all their best skills, and all their capabilities with everything they have. Goodness is good but passion is much greater.

In our patience. Patient leaders are not weak but emotionally strong. Good things may not come to those who wait, but great things come to those who have patience. Masterpieces take time. Patience is power and patience takes practice. There are many obstacles that come our way, and unless we have patience, we will react instead of responding. Patience is the attribute that helps us attain what we want and frees us from our knee-jerk reactions.

In our principles. Those who lead with principles know what is right and what is wrong. Every time we make a decision we are either moving toward our principles or away from them. Our principles are our values; they affect every direction of our life and leading.

Life has a way of throwing us into situations that test us, evaluate us, and assess us.

Leaders who do not waver in times of struggle, those are the leaders who are truly exceptional.

Lead From Within: The art of leadership is not without struggle, those that lead from a strong foundation are unshakable, they have endurance in the most grueling training that life has to offer.



New Synthetic Drug 'Flakka' Triggers Crazy Behaviors

By Kelly McClanahan

The Goods Drug Guide

July 16, 2015

Florida seems to be the point of entry for flakka a new drug reportedly coming primarily from China, India and Pakistan. The substance frightening effects has been seen to put a number of Florida residents in the headlines, emergency rooms and in the hands of local police.

In April 2015, flakka exploded in the media after causing erratic and delusional behavior. According to Florida police, it has similar effect as another recreational designer drug termed bath salts.

What is Flakka?

Flakka, sometimes referred to as gravel due to its small crystal pebbles and foul odor, is produced from cathinones a naturally occurring amphetamine-like stimulant found in the khat plant. Much like the coca plant in South America, some cultures are known to chew on khat leaves to achieve euphoria.

The active ingredient found in flakka is alpha-PVP, which is a substance banned by the U.S. Drug Enforcement Agency (DEA) in 2014, although it continues to be found in vast amounts throughout parts of the U.S. Last year in Broward County, Florida, there were 200 cases filed against laboratories reportedly using alpha-PVP. Within the first three months of 2015, Florida officials reported having discovered more than 300 cases within state.

How does it affect the body?

Flakka affects the users' central nervous system by stopping the re-uptake of the chemical compounds dopamine and norepinephrine. These two chemicals in the brain, known as the pleasure chemicals,

then flood the brain causing a concentrated pleasure effect. This is similar to the brain's reaction with other amphetamine drugs.

What are symptoms of Flakka?

As the user increases the dose, which can be easily done as the amount of flakka needed to get high is both small and inexpensive, they begin to experience heart palpitations, shortness of breath, rapid heartbeat, increased excitability and a very intense sense of pleasurable euphoria. This is quickly lost, however, as their brain begins to produce hallucinations and delusions due to higher concentrations of dopamine and norepinephrine.

Most users experience a spike in body heat up to 106 degrees Fahrenheit, explaining the tendency for them to take off clothing and run around naked, as seen with many recently reported incidents in Florida.

The user becomes very agitated and violent as their adrenaline soars, along with surges of super-human strength. Police report that some users require up to four officers to subdue and restrain them. Intense paranoia and hallucinations added to their intense violent reaction to the drug make these users frightening to deal with.

What are the dangers of Flakka?

The most serious risk around use of flakka is that it takes only a tenth of a gram to have strong effect on the brain chemistry of the user. This amount currently costs only \$4 to \$5 on the streets. Due to this low cost and the small dose required, users will experiment with higher doses and begin to experience dangerous side effects.

As the dose increases, so does its effect on the user's brain chemistry. This leads to a state known as excited delirium. Users become extremely agitated, highly excitable and delirious. This effect becomes longer lasting, the higher the dose.

High body temperatures, when sustained for any period of time, create the breakdown of internal muscle tissue, which are then released into the bloodstream, leading to kidney failure. Heart attack is also a common side effect of sustained, increased heart rate from use of flakka.

Some users also experience extended periods of psychosis, as a result of the drug. As with similar drugs, it is possible for permanent psychosis to occur, along with psychotic episodes that may be a long-term problem for users.

There is also no buildup of effects with flakka. The user does not develop tolerance or the need to up their doses overtime to get the same high, nor does a user develop tolerance to higher doses. This makes it possible to reach an overdose at any point, from the first or 100th use.

Another dangerous factor with using flakka is the user's ability to mask their drug use with vaping, or inhaling vapor through an e-cigarette or similar device. Virtually unknown to others, flakka is easy to mask in this fashion, making it easy to use in public. Flakka, however, can also be smoked, inhaled, snorted, injected or swallowed.



Throwback Pics



Ladder Trucks from the past



South Fire Rescue Station before it was demolished and rebuilt in 1994.

Congratulations to the Pommells Family



Congratulations to Christine and Chris Pommells on the birth of their daughter Gianna Marie, born on December 5.

6 lbs and 11 oz. and 19 inches long

Photo Ops



Ladder Training at Station #1



Rope Training with B Shift



Merry Christmas from Ocean Rescue



Mutual Aid Ladder Training with Palm Beach County Fire Rescue

OCTOBER DEPARTMENT STATISTICS

Training Hours

A Shift	612
B Shift	654
C Shift	723
Total	1989

Fire Prevention Inspections

172

Ocean Rescue

Visitors	12,111
Town Ordinance Enforcements	79
Preventative Actions	123
Minor Jelly Fish Stings	13

FIRE and EMS

FIRE Calls	80
EMS Calls	122
Transports to Hospital	80

DECEMBER BIRTHDAYS:

Michael Marx	12/04
Keith Golden	12/05
Stephanie Mavigliano	12/08
James Duane	12/14
Scott Symonette	12/15
Cesar Lora	12/24

DECEMBER ANNIVERSARY CELEBRATIONS:

Larry Katz	12/17	14 years
Frank Mavigliano	12/17	14 years
Danny Gargiulo	12/06	11 years
Michael Messner	12/05	10 years
Tyler Palmer	12/08	1 year
Nei Silva Filho	12/08	1 year

EMPLOYEE OF THE MONTH 2015:

January	Oscar Geerken	July	Mark Myhre
February	Mark Bradshaw	August	Frank Mavigliano
March	Don Taylor	September	Steph Mavigliano
April	Tim Pompos	October	Danny Dunnam
May	Brian Matzen	November	Joe Sekula
June	Danny Garguilo	December	

Employee of the Month—Joe Sekula

Joe Sekula has served in the Palm Beach Fire Rescue organization for 13 years, promoting to Lieutenant in 2010. He is currently assigned to "B" shift aboard Engine 98/Rescue 98 at the North Station where he serves as Station Commander. He was previously awarded Employee of the month for March of 2014.

Lieutenant Sekula has made himself the department's subject matter specialist in many survival subjects by constantly seeking training and staying engaged. Joe has made a commitment to his fellow firefighters by teaching them the basics, life skills in which all firefighters must become proficient. He has built and personally instructed dozens through the SCBA confidence course, Rapid Intervention Crew drills, firefighter entanglement prop, search & rescue, and MAYDAY drills.

Joe is a passionate instructor. His enthusiasm is felt by his students, ever reminding them the importance of the subject matter he delivers. He volunteers to teach new hires during their recruit indoctrination period and will be instrumental in the training of the Lieutenants we welcome aboard at the first of the year. Lieutenant Sekula has formed several relationships in the fire service training community and makes use of these friendships by developing and delivering essential function fire and EMS training. His outgoing nature and infectious laugh turns immediately serious with any reference to firefighter and patient survival. Joe truly walks the walk in all things related to fire rescue and training, as he has recently enrolled in classes toward his bachelor degree.

Lieutenant Sekula has instructed large and small CPR classes for private residences and hotels. All who receive training from Joe remember his passion, patience, and sincerity. He has involved himself and lent a welcomed helping hand in several projects including all things related to bunker gear, portable radios and associated equipment repair and tracking, proof reading medical standing orders prior to distribution, and many public relation events.

His determination has led to increased firefighter safety through his innovative techniques and para-military delivery methods. We highly commend Lieutenant Sekula for his dedication and devotion to the Palm Beach Fire Rescue organization. His daily efforts in the community are an example of what we stand for and strive to do every day. Joe Sekula is the deserving and outstanding recipient of the November, 2015 Employee of the Month award.

