



# Firehouse Notes

SEPTEMBER  
2005

## St. George Well Represented in State Associations

Last month we mentioned Tom Cassisa having been elected 2nd Vice President of the LSFA. In addition to Tom, we have two other officers of state professional associations in our ranks.

Mike Lambert (FO C Shift) became 1st Vice President of the Louisiana Fire Chiefs Association at their March 2005 conference. Mike, who is Fire Chief of the Sorrento Volunteer Fire Department, will serve as LSCA President for the 2006-2007 term, bringing the 2007 LSFA conference to our area.

Chuck Albert (Deputy Chief, Administration) serves as Secretary of the LFCA. He was re-elected to that post in March.

This is a very significant, and impressive, degree of involvement in the leadership of our two major state professional organizations.

## The Heat Takes Its Toll

We have had two members require hospital treatment over the past month for the effects of getting over-heated on the job. Thankfully, both responded well to re-hydration and are back on duty.

It's interesting to note that both are, unlike your PIO, young and well-conditioned. This demonstrates that any and all of our firefighters are potentially exposed to conditions that could lead to heat exhaustion and dehydration.

This is not a training session, and I know that you have all continually received training on this and related matters. These are just a few thoughts.

Athletes know that they can't adequately re-hydrate during an event. They start early; days before an event. So, before your shift and throughout your shift, drink plenty of water. Sports drinks replenish electrolytes, but these aren't depleted prior to exertion. Drinking water is best way to help prevent dehydration. Drinks containing caffeine (tea, coffee, soft drinks, etc) actually DEhydrate your body. You guys take care.

## Do You Have Anything You'd Like to Share?

Is there a new addition you'd like to introduce to your associates at St. George? A special family event, graduation or wedding? If so, pass it on to the PIO in person, by phone or via E-mail. We'll be happy to put your news in our next issue.

## St. George Civil Service Examination Set for September 28th

The application period has closed for the St. George Civil Service Exam. The tests will be administered on September 28th.

We had a very good response to our efforts to recruit a qualified pool of applicants for the upcoming fire academy. We got good publicity for the test from the local media. The Advocate ran a story for us and local TV and radio stations ran some public service spots. We also got some promotional help from area community and technical colleges. There were also a significant number of internal applications for promotional exams.

The St. George Civil Service Board met Tuesday, August 30 and acted on the eligibility of all applicants. Eligible applicants will receive further instructions regarding the upcoming tests.

Between those taking the entry test and those who have transferred scores, we expect to hire 13 cadets for the academy, and fully expect to graduate 13 probationary firefighters.

## Welcome Aboard

We would like to introduce and welcome two new members to the St. George Fire Department. They are Duane Willis and Barry Winestein. Both have been assigned to B Shift.

Duane comes to us with 17 years of experience. He was previously with the Ouachita Parish Fire Department.

Barry comes to us from the New Orleans Fire Department and also has 17 years of experience.

I know you all join me in welcoming them to the team.