

# Fully Involved

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**Battalion Chief  
Rick Howard**

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## NO REGRETS

Recently we all have been impacted in some way or another with the death of a previous member of our department or by the tragic of the loss of life of Deputy Wride. It has gotten me thinking about some things that I think we should all take time to think about. I recently taught a lesson based on regrets and resolutions. During the research while preparing the lesson I came across an article that a palliative nurse wrote who took care of cancer patients who had weeks to days to live. She would ask these patients what regrets they had in their lives. She was able to identify what the five most common regrets of the dying were. The top five regrets of the dying were:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I'd had the courage to express my feelings.
3. I wish I had stayed in touch with my friends.
4. I wish that I had let myself be happier.
5. I wish I didn't work so hard.

Regrets are the things we wish we could go back and change. Now think about it. Do you have any of these regrets? What can you do now to make a difference in your life? If you had only a couple of years to live and knew it, how would you change your life? Can regrets affect your life in a radical way? I like these questions because they make me and others think. I wonder what someone who has suddenly lost their life would say they regretted, and possibly change, if they knew they were going to suddenly die. What regret would you identify and change?

If I considered my own attitude toward the five regrets listed, I would probably be most guilty of the last one. I have given up many things in my life and have neglected my wife, children, and extended family because of the time and focus work takes.

But regret struck another cord. It's not a topic that I deal with constantly, but as I thought about it, I realized that regret affects all of our lives in one way or another, and it has altered our enjoyment of life and has possibly altered our hope for a bright future. It's not easy to deal with regrets, especially the kind of regrets that we can't undo. But we can get over them. First by forgiving ourselves, by allowing others to forgive us, by finding a positive result amid the negative and even by accepting the important life lessons we've learned.

I saw a very interesting video of a 17 year old Hawaiian man who has a very interesting talent. Kuha'o Case lives on the Big Island of Hawaii and in the last three or four years has figured out that he can listen to a piece of music once or twice and masterfully play it back on the piano. Kuha'o Case has been blind since birth. He has realized that his blindness will never keep him from realizing his dreams. To listen to him speak, he does not wallow in self-pity that he cannot see, but uses his situation to show that no matter how hard things are, if we believe in ourselves, anything is possible. Do we put boundaries on ourselves that limit us which cause us to develop regret because we feel that we cannot accomplish certain things? Take the opportunity

to listen to the talk given by Kuha'o in New York called "Seeing No Limits" <http://www.tedxteen.com/talks/tedxteen-2013/164-kuha-o-case-seeing-no-limits>.

Keep in mind that if you live your life without boundaries you won't hold yourself back. If you never hold yourself back you'll have no regrets. In the Tim McGraw song, "Live Like You Were Dying" a man who had limited time to live listed things he decided to do, his so called "bucket list."

*He said;*

*"I was in my early forties  
With a lot of life before me  
And a moment came that stopped me on a dime  
I spent most of the next days  
Looking at the x-rays  
Talkin' 'bout the options  
And talkin' 'bout sweet time"  
I asked him  
"When it sank in  
That this might really be the real end  
How's it hit you  
When you get that kind of news?  
Man, what'd you do?"*

*He said*

*"I went skydiving  
I went Rocky Mountain climbing  
I went 2.7 seconds on a bull named fu man chu  
And I loved deeper  
And I spoke sweeter  
And I gave forgiveness I'd been denying"  
And he said  
"Someday I hope you get the chance  
To live like you were dying"*

*He said*

*"I was finally the husband  
That most of the time I wasn't  
And I became a friend a friend would like to have  
And all of a sudden going fishin'  
Wasn't such an imposition  
And I went three times that year I lost my dad*

*I finally read the Good Book, and I  
Took a good, long, hard look  
At what I'd do if I could do it all again  
And then*

*I went skydiving  
I went Rocky Mountain climbing  
I went 2.7 seconds on a bull named fu man chu  
And I loved deeper  
And I spoke sweeter  
And I gave forgiveness I'd been denying"  
And he said  
"Someday I hope you get the chance  
To live like you were dying  
Like tomorrow was a gift  
And you've got eternity  
To think about  
What you'd do with it  
What could you do with it  
What did I do with it?  
What would I do with it?"*

*Skydiving*

*I went Rocky mountain climbing  
I went 2.7 seconds on a bull named fu man chu  
And I loved deeper  
And I spoke sweeter  
And I watched an eagle as it was flying"  
And he said  
"Someday I hope you get the chance  
To live like you were dying  
To live like you were dying  
To live like you were dying"*

Maybe the best tribute we can give to Sergeant Wride is to give a more meaningful goodbye to our significant others when we leave for work, or to hug our kids a little tighter at the end of the day. The most important thing we can do is to "be better" and to live with no regrets.

## Wellness Program

The holidays are always difficult for everyone with their health and fitness. I know that this has probably been the case for most of us, but I still have been impressed with the way that everybody has seemed to really be hitting the exercise. The last training that I did focused on working out together as crews. The last 3 crews that I have worked with have done exactly that. It was a lot of fun and kept everybody motivated. On top of that, there is always just a little more camaraderie and unity in the crew after you go through something like that together. Everyone seemed more comfortable together and easier to talk to and joke with. If you are not doing this already, I urge captains and crew members to make it this a priority. The way that I thought that I could help with this is to constantly give ideas for group workouts and send them out via email or post them in the weight rooms. If you have not already checked them out, please look in your station's weight room for these ideas.

After every workout, you need to stretch. The most common reason that you feel stiff in the morning, that you get injuries and that you have back problems is because you do not stretch. Think of it as a temperature thing. After you work out, your muscles are warm. When objects are warm, they are easily molded. As they cool, they are more difficult to mold and retain their shape. This means that if you work out and then sit down, your warm muscles will be molded to the shape of you sitting down. As you sit, your muscles will cool and solidify in this position. As you try to walk around the rest of the day it will be very difficult because your muscles want to stay in that sitting position. This is why stretching needs to be done AFTER your workout. Hold each stretch for 30 seconds. Make this as much of a priority as working out and I guarantee you that you will immediately start feeling better.

Coming soon.....

Another weigh-in with measurements



**Firefighter  
Brady Cragun**



### Wedding Bells



Congratulations to Firefighter Justin Monson and his Bride Brooke. They were married on January 7, 2014. Congratulations you two!



### New Baby



Firefighter Bronson Smith and his Wife Chelsea welcomed their first child on January 20th. Meet Marley Rae Smith. Newest member to the fire family.



# Firefighter of the Quarter

We are proud to present the name of Firefighter Bronson Smith for Lehi's Firefighter of the Quarter. In his nomination memo, his Captain, Ernie Curwen has this to say:

"Bronson always takes the time to prepare himself to teach the crew when given an assignment to teach a class. He always volunteers to teach or to help with training. He always goes "the extra mile", whether it's caring for patients, conducting fire safety tours or having our equipment maintained, clean, and ready to go.

Bronson took great pride in mapping out the Murdock Canal Trail in the September newsletter. This article will assist the fire department in navigating along the Murdock Canal Trail during an emergency.

As I have observed Bronson Smith over the past months the professionalism he demonstrates is a great example of how fire personnel should act. Whether in the firehouse, on the scene, or in everyday life he represents the Lehi City Fire Department as an outstanding individual and an example to his fellow firefighters.

It is without reservation that I nominate FF/PM Bronson Smith for this well-deserved honor."

Congratulations Bronson for a well deserved award!



## Call Totals for the Month of January...

**Station 81**

**Fire: 19**  
**Medical: 75**  
**Total: 94**

**Station 82**

**Fire: 21**  
**Medical: 46**  
**Total: 67**



**Firefighter Stephen Johnson**

## Featured Call

On December 31, 2013 around 1600 hours companies from Lehi, Saratoga, and American Fork were dispatched to a fire behind a house. While E-81 and A-81 were driving toward the scene it was clear that this was not just a fire behind a home.

Upon arrival we had a 2 story single family split level entry with lightweight construction there was visible smoke and flames coming from the rear of the home. There was black smoke banking off the eaves and front door of the home. A-81 pulled a 1 3/4" line to the front door and started a positive pressure attack with tower 82's crew. E-261 pulled a 2 1/2" line to the rear of the home and began to darken down the fire. Within minutes the fire was out and we had great visibility in the home. American Fork Fire crews made primary search of the home.

This was great to see different agencies working together in a quick and efficient way.



## Winter Fire School 2014

During the month of January, Lehi Fire Department had the opportunity to send a group of firefighters to the annual Winter Fire School. The event is put on every year by the Utah Fire & Rescue Academy through Utah Valley University and hosted at the Dixie Center in Saint George, UT. Chief Howard, Fire Marshal Evans, Trent Stanley, Ryan Kimball, Trevor Dorton, Bronson Smith, & Mike Stevens were all in attendance. A wide variety of classes were attended such as Thermal Imaging, Pump Maintenance, Mass Casualty Incidents, and multiple Leadership classes.

Classes are taught by highly skilled instructors from all across the country. Some of these instructors included Lehi Fire Department's own Captain Kim Beck, Captain Jake Beck, Captain Tim Robinson & Firefighter Blake Edwards. They taught a class called "Calling the Mayday". It was taught as 2 one day classes of 25 students that involved both a classroom and a practical aspect with live prop's. Departments from all over the state of Utah and parts of Arizona attended "Calling the Mayday" and gave it spectacular reviews!

# Ice Rescue Training

Recently we conducted Ice / Cold Water Rescue Training, which addresses a situation where a person has become trapped or incapacitated in the water or on the ice. Over the last several years our number of ice rescues have dramatically increased and it's important to train frequently to be able to respond rapidly and effectively. The rescuers wear specialized dry suits made for this particular purpose. There are many hazards which combine to make this one of the most treacherous, dangerous rescue situations that we face.



**Captain Jake Beck**

Between Lehi and Saratoga Springs Fire Department we have been able to train approximately eighty personnel to the "Technician" level.



# Burdette Powell



A former long time member of the Lehi Ambulance Service, Burdette Powell, passed away after a long and courageous battle with cancer. Burdette served as a volunteer EMT for Lehi City for over 15 years. She left behind a legacy of service and a drive to care for people. She also served as a registered nurse, many of those years in the Emergency Room at American Fork Hospital.



## January & February Birthdays

- Eddie Hales 1/6
- Brandon Prestwich 1/7
  - Paul Parks 1/20
  - Dale Ekins 2/1
- Jake Dennison 2/6
- Patrick Cullen 2/8
- Jeff Swenson 2/22
- Stephen Johnson 2/28



## Year End Call Totals for 2013:

Medical = 1619

Fire = 723

**Total Calls = 2342**

# Holiday Formal Banquet



Kerry Evans - Officer of the Year



Shad Hatfield - Firefighter of the Year



John Hammond - Part-time Firefighter



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Incident of the Year - Trench Rescue on October 29, 2013.



# February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Bountiful Baskets Food Co-op - station 82
2	3 Payroll	4 Wide Area Search Training - WJFD	5 Ice Rescue Training	6 Wide Area Search Training - WJFD	7	8 Bountiful Baskets Food Co-op - station 81 & 82
9 Wide Area Search Training - WJFD	10	11	12 Live Fire Training - WJFD	13 Officer's Meeting Station 82 @ 8am	14  Valentines Day Live Fire Training - WJFD	15 Bountiful Baskets Food Co-op - station 81 & 82
16	17 Presidents Day City offices closed	18 Payroll	19	20	21	22 Bountiful Baskets Food Co-op - station 81 & 82
23	24	25	26	27	28	