

Fire Service Women of NYS, Inc. 17th annual training program

September 28 - 30, 2018

CONTENTS

	ZUI8 Uverview	Page 1
•	Schedule of Classes	Pages 2
•	Training Details	Pages 3
•	Biographies	Pages E
•	Registration	Pages 8
•	Training Authorization Let	ter Page 10-
•	Registration Checklist	Pages 12
•	Information	Page 13
•	T-Shirt Order Form	Page 14
•	Auction Information	Page 15
•	Mission Statement	Page 16



Fire Service Women of NYS, Inc.

17th ANNUAL TRAINING PROGRAM

September 28 - 30, 2018

2018 Program Overview

See Class Schedule for Details

Seminar

- Active Shooter, or more accurately Aggressive Deadly Behavior
- Size up for Fighter/EMS Behavioral Health
- Maintaining Personal Situational Awareness
- Cancer in the Fire Service
- *Courage To Be Safe

Hands On Training

- *Decontamination*
- *Students who successfully complete these courses, including course examinations, if applicable, will receive a New York State certificate of course completion.

Social Activities

- Social Meet and Greet Friday Evening
- Jammie Jam Contest (Rated PG) and Game Night Friday Evening
- Sip n Crafts Saturday Evening
- Silent Auction going on all weekend; ends Saturday Evening
- FSWNYS Annual Meeting Saturday Evening following dinner
- Door prizes to be given out during the FSWNYS Annual Meeting

Application deadline is September 4, 2018

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel

Training Program Class Schedule

Pre-Registration is required for ALL courses

*= NY State Certificate issued with successful course completion

FFI=Firefighter I

Training

	114	11 aluing		
September 28, Fri - Sun	Hours	Course Time	Prerequisites	Student Limit
Active Shooter, or more accurately Aggressive Deadly Behavior	2	Saturday 8am – 10 am	None	None
Size Up for Firefighter/EMS Behavioral Health	2	Saturday 10 am - Noon	None	None
Maintaining Personal Situational Awareness	2	Saturday 1 pm – 3 pm	None	None
Cancer in the Fire Service	2	Saturday 3 pm – 5 pm	None	None
* Decontamination	4	Sunday 8 am – Noon	None	Min: 10 Max: 20
* Courage to be Safe	4	Sunday 8 am – Noon	none	Min: 10 Max: 20

~We encourage you to encourage others to attend so that all the classes can be offered~

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel

Course Descriptions

Active Shooter, or more accurately Aggressive Deadly Behavior Assistant Chief Mark Cholach, Henrietta Fire District

Active Shooter or more accurately Aggressive Deadly Behavior situations have become all too common on occurrence. There are many different facets to these incidents, and in this presentation we will focus on responders, specifically fire and EMS, being the target. A number of difference incidents will be reviewed, the life saving lessons learned from each and how one agency handled the aftermath of coping with it five years later.

Designed for: All emergency response personnel

Prerequisites: None Course Length: 2 hours

Size Up for Fighter/EMS Behavioral Health

Deputy Chief Jared Meeker, Lake Shore Fire District

This program provides an overview of behavioral health problems that first responders experience and offers the skills necessary to size-up and help those struggling with their mental well-being.

Understand how to monitor the health .of fellow responders to cope with the stress of traumatic events and prevent the negative and long-lasting effects on your people and your organization.

For those firefighters suffering in silence there is hope, for those that know someone suffering from PTSD type symptoms there is direction and guidance.

Hear the story of a firefighter who experienced a very tragic event, was diagnosed with PTSD, and who only now is able to share the lessons learned to prepare others to deal with PTSD within themselves and in fellow first responders.

Designed for: All emergency response personnel

Course Length: 2 hours

Maintaining Personal Situational Awareness

Ithaca City Police Department

This program, conducted by the Ithaca City Police Department, is designed to highlight the importance of maintaining situational awareness at all times. Maintaining personal situational awareness may lead to an increased rate of survival in emergency situations. This presentation will include strategies that attendees can use to minimize potential harm in a variety of situations.

Designed for: All emergency response personnel

Course Length: 2 hours

Cancer in the Fire Service

Donna Luce-MacDonald, Vice President-East, RI State Director

Cancer is a growing concern in the fire service. I in 3 firefighters will be diagnosed with cancer at some point in their career or right after retirement. Firefighters are twice as likely to be diagnosed with cancer than the general population because of the chemicals we are exposed to every day. As firefighters, we have to be pro-active and change some of our bad habits in order to protect ourselves from a cancer diagnosis. The Firefighter Cancer support Network is a non-profit organization that can help firefighters and their families during a cancer diagnosis and also in prevention by education. This presentation will educate with personal experiences, studies and statistics, the challenges we face and how to protect ourselves from this life changing disease.

Designed for: All emergency response personnel who may be required to perform decontamination Course Length: 2 hours

Decontamination

Ed Fletcher, Fire Protection Specialist, Office of Fire Prevention & Control

Trains firefighters and emergency services personnel to fully understand and perform decontamination of people and equipment at the scene of a hazardous materials release. Proper protection as well as procedures for emergency and formal decontamination is covered.

Designed for: All emergency response personnel who may be required to perform decontamination

State Credit Course: Yes Course Length: 4 Hours

Courage To Be Safe

Instructor from Office of Fire Prevention & Control

OFPC, in partnership with the National Fallen Firefighters Foundation, is delivering this educational imitative to accomplish the goal of the US Fire administration to reduce fatalities by 25 percent within five years and 50 percent within 10 years. The program is based on 16 initiatives developed during the Firefighter Life Safety Summit.

Designed for: All firefighters, especially individuals in leadership and decision making positions

State Credit Course: Yes Course Length: 4 Hours

If you bring a friend to attend the weekend training you will have two (2) chances to win the 2019 training weekend.

Social Events:

Friday Evening:

Social Meet and Greet

This event is held after dinner on Friday evening and includes a variety of beverages, snacks and music. This event is an opportunity to meet other attendees of the weekend, as well as enjoy the company of female fire service members. The Meet and Greet Friday evening is a mandatory event. The Board, would like to take this opportunity to introduce themselves, go over any Academy changes that maybe in place.

Silent Auction

A silent auction is set up with unique items up for bid. The items are donated by weekend attendants, so bring an item with you if you would like to donate. The silent auction starts Friday evening and ends at the end of the Annual meeting. Firm times will be announced upon your arrival. All proceeds go to support FSWNYS.

Jammie Jam and Game Night

Wear your Jammie's and have a blast with some hilariously crazy games. There will be a rated PG contest for best PJ's.

Saturday Evening:

Annual FSWNYS Meeting

Please attend the annual membership meeting of Fire Service Women of New York State, Inc. In this meeting topics affecting the organization are addressed. This is an open meeting following dinner on Saturday evening and we encourage you to attend. Membership applications will be in your arrival packet for anyone who wishes to join or renewing members. Only current members of FSWNYS are eligible to vote and run for Board of Director positions.

Door Prizes

Gift certificates and next year's weekend will be given out at the beginning and end of the Annual FSWNYS meeting on Saturday evening. If you bring a friend to attend the weekend training you will have two (2) chances to win the 2019 training weekend. Must be present to win.

Sip n Crafts

Have an entertaining night of painting, beverages and good old fashioned fun. No paint experience needed and supplies will be provided.

Biographies

Active Shooter, or more accurately Aggressive Deadly Behavior Assistant Chief Mark Cholach, Henrietta Fire District



Mark Cholach currently serves as the Assistant Chief for the Henrietta Fire District and has served over 25 years as a volunteer with the West Webster Fire District, rising from an explorer through the rank of Fire Chief. Mark currently serves as a Captain with West Webster, the same ranks as the night of the tragic incident. He holds a degree from both Monroe Community College and the Rochester Institute of Technology, and has extensive emergency services experience, including with the Monroe County Fire Bureau, where he served as a Battalion Deputy Fire Coordinator, Fire Training Coordinator, and Assistant Fire Coordinator. In addition to his career at Henrietta, he is currently the Deputy Fire Coordinator for Special Operations, responsible for Technical Rescue and other special incidents on a county wide level. He is nationally certified as a Firefighter, Officer and Instructor and holds NYS certifications as both Fire and Law Enforcement instructor.

Size Up for Fighter/EMS Behavioral Health Deputy Chief Jared Meeker, Lake Shore Fire District



Jared Meeker is a 30+ year fire service veteran currently serving as a Fire Chief for the lake Shore Fire Department, a combination fire department in upstate New York. His passion for the fire service includes teaching incident command skills to aspiring fire officers and career survival skills to all first responders.

Cancer in the Fire Service Donna Luce-MacDonald, Vice President-East, RI State Director, Cancer Survivor



Donna Luce-MacDonald was a member of the Providence Fire Department in RI for fifteen years. She participates in the departments' Honor Guard, Employee Assistant Program (helping members with stress debriefing, PTSD recognition and getting help for substance abuse issues). She is a Peer Fitness Trainer, setting up work-out programs tailored to the individual firefighter, and was a member of the Firefighter Combat Challenge Team. In 2016, she was forced to retire due to the effects of occupational cancer.

Donna became acquainted with the Firefighter Cancer Support Network after a bone cancer diagnosis in 2005. She became actively involved a few years later as the Rhode Island State Director, and sits on the board as Vice President-East, for the past 4 years. She teaches many cancer awareness classes, developed a Cancer Risk Reduction SOP for the Providence Fire Department and wrote and received a grant to buy a year supply of wipes for all firefighters in RI.

She presents at many conferences and seminars with the Firefighter Cancer Support Network, including FDIC, IWomen, Firefighters Association of NY, The Maryland State Fireman's Association and FCSN Comedy Night every year. Her story was featured in the March, 2017 Fire/Rescue Magazine and with her husband in the book "American Firefighter", recently released in October, 2017.

Donna works to pass legislation to help protect firefighters at the RI State House and with local news channels to make the public, as well as firefighters, aware of the increased risk of a cancer diagnosis in the fire service. She teaches a cancer awareness class to fire departments all throughout RI and MA, and at the RI Fire Academy. She is also a mentor to firefighters that are going through their own struggles with cancer.

Saturday Seminars – All Attendees will be pre-registered for the Saturday Sessions				
Active Shooter, or more accurately Aggressive Deadly Behavior	8 am – 10 am			
Size Up for Firefighter/EMS Behavioral Health Maintaining Personal Situational Awareness Cancer in the Fire Service	10 am - Noon 1 pm - 3 pm 3 pm - 5 pm			

Sunday Classes – Please choose which one you would like to attend				
☐ *Decontamination	Sunday 8 am - Noon			
☐ * Courage to be Safe	Sunday 8 am to Noon			

^{*} Students who successfully complete these courses, including course examination, if applicable, will receive New York State certificates of course completion.

Cost Breakdown for the Weekend

2018 Weekend Fee:	Arriving Friday afternoon:
	Friday thru Sunday total fee for the weekend is \$110.00 which includes the \$25.00 registration fee and \$5.00 materials fee

Commuter students:

\$25 registration, \$8 per day for breakfast and lunch. Commuters may purchase dinners for \$9 each, if desired, prior to the weekend.

Those who are arriving early, lunch is not provided on the day of arrival and if prior to Friday, dinner is also not included. You may purchase these meals ahead of time or at the time of your arrival.

Application deadline is September 4, 2018

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel, Fire Service Women of NYS, Inc., 3842 US 20, Nassau, NY 12123



Registration Form

Fire Academy and Regional Technical Rescue

New York State Academy of Fire Science 600 College Ave., Montour Falls, NY 14865-9634 (607) 535-7136; Fax: (607) 535-4841

Personal Information		Sponsoring Organization		
NAME (Last, First, MI)		FIRE DEPARTMENT ID # COUNTY		
TRAINING IDENTIFICATION NUMBER	3	SPONSORING ORGANIZATION		
HOME ADDRESS (Street, PO Box)		STREET ADDRESS, PO BOX		
CITY STATE ZIP	;	CITY STATE ZIP		
	ī	FD PHONE# FD E-MAIL or FAX		
☐ CHECK IF NEW ADDRESS ☐ MALE ☐ FE	MALE	NAME/TITLE - HEAD OF THE SPONSORING AGENCY		
DAYTIME PHONE EVENING PHONE		SIGNATURE - HEAD OF THE SPONSORING AGENCY		
FAX # E-MAIL ADDRESS		Date		
☐ FIRE ACADEMY COURSE CODE #	cours	E TITLE DATES: 1st CHOICE 2nd CHOICE Training Conference 9/28-30/18		
☐ REGIONAL COURSE CODE #		SE TITLE DATES: 1st CHOICE 2nd CHOICE		
Course Registration - NOTE: Payment MUST Accompany Registration Registration Fee is MANDATORY AND NONREFUNDABLE NYS Resident - \$25 Out-of State - \$50 Materials Fee (if applicable) payable upon arrival See course description (may not include required Prerequisite Proof (if applicable) Must accompany registration Academy Accommodations - payable upon a Resident - includes Meals & Lodging Commuter - includes breakfast & lunch Commuter dinner - \$9/day (optional)	text book)	Registration, Material and Accommodations Fees: Registration Fee (include w/registration) \$ 25.00 Materials Fee (if applicable – payable upon arrival) \$ 5.00 Accommodations Fee (payable upon arrival) \$ 80.00 Optional commuter dinner(s) \$ Total enclosed: \$ Balance due upon arrival: \$ Reasonable accommodation request:		
	Payment			
Make checks, money orders & vouchers payable to Academy of Fire Science Check	Ca	VISA MasterCard Discover Total Charge: \$ ard # Security Code Security Code		
☐ Bill Meals & Lodging to Student ☐ Bill Meals & Lodg to Sponsoring Organ	ing	gnaturegnature		

Please forward all training documentation including registration form, course checklist,

T-shirt order form, payment and all copies of pre-requisites to: Mary Wrobel

New York State



Division of Homeland Security and Emergency Services Office of Fire Prevention and Control Training Authorization Letter

1654 (10/07)

To the Office of Fire Prevention and O	Control:			
The firefighter listed below is an active least 16 years of age, and is authorized certain evolutions that simulate and/or Control is not responsible and/or liable.	d to attend the course indicated by r create actual firefighting or reso	pelow. I unde	ns. The Office of Fire Pro	se may contain evention and
PLEASE PRINT ALL INFORMATION				
。 中方的特別可以在1000年的工程的開始	Fire Chief Authoriz	ation	25. 其的特殊的建筑地	建设部库 对
Fire Department	FDID	#	Date	
i	Fill in YES or N	0	YES	NO
The firefighter listed below has medic Breathing Apparatus, (SCBA), in acc				
The firefighter listed below is authorized and participate in interior /exterior fire				
If you cannot answer the questions ab whether the firefighter listed below is a				
Print Chief's Chief's Signature Signature				
1 2006年 1000年 1	Course Informat	on	公 伊斯特斯·特特	
Course Record #	Course Title			
经工程的基本的基本的基础的基本	Student Informat	ion		品。至今日
Last Name	First		MI	
Address	City		State	
Home Phone	Work Phone ()	Zip	
I,	ring the training course and further acl	knowledge that		my behavior or
SIGNATURE OF FIREFIGHTER			DATE	
And, if firefighter is 16 or 17 years old, the f	ollowing consent must be provided:			
I, PRINT	, parent or legal			FB
consent to his/her participation in the training acknowledge that safety is important during from the simulation or course if the instructo	the training course and further authoriz	e the instructor	e with the above information. to remove	. I understand and
SIGNATURE OF AUTHORIZED LEGAL GUARDIAN			DATE	
PRINTED NAME			RELATIONSHIP TO FIREFIGH	HTER

Outreach Training Guide Appendix B-12 Training Authorization Letter Policy

The Training Authorization Letter is instituted to ensure that the student firefighter, fire chief/department and the state fire instructor know that an individual has the authorization to attend the training course or courses delivered by the New York State Division of Homeland Security and Emergency Services, Office of Fire Prevention and Control and has obtained the necessary medical clearances to participate in strenuous firefighter training activities. In addition, 16 and 17 year old firefighters must obtain approval from a parent or legal guardian prior to attending and participating in any and all training courses delivered by the Office of Fire Prevention and Control. No persons under the age of 16 may attend or participate in any training course delivered by the Office of Fire Prevention and Control.

A letter signed by a chief officer of the student's agency shall be submitted prior to participation in the following training programs delivered by the New York State Department of State, Office of Fire Prevention and Control:

- · Firefighter I
- Firefighter II
- Intermediate Firefighter
- Firefighter Survival
- Firefighter Assist and Search (FAST)
- Truck Company Operations
- SCBA Confidence
- Confined Space Rescue
- Passenger Train Rescue
- Hazardous Materials Technician Basic
- Advanced Hazardous Materials Technician
- Flammable Gas Workshop
- Any new or future training courses requiring the use of Self Contained Breathing Apparatus (SCBA) or Supplied Air Respirators (SAR'S) in accordance with 29CFR1910.134

Procedure:

- 1. Courses Requiring the Use of Self Contained Breathing Apparatus (SCBA) or Supplied Air Respirators (SAR):
- A. The student firefighter shall submit to the state fire instructor a completed Training Authorization Letter signed by a chief officer and the student at registration for the first class session of any course requiring the use of SCBA or SAR (courses listed above).
- B. Any student firefighter that does not submit a completed letter will not participate in any evolution or course session requiring the use of SCBA or SARs and will not receive credit for that session.
- C. A Training Authorization Letter must be submitted for each course attended.
- 2. Course Attendance by 16 and 17 Year Old Firefighters:
- A. Student firefighters 16 or 17 years of age must complete a Training Authorization Letter. This letter must be signed by a chief officer, the student firefighter and parent or legal guardian and submitted at registration for the first session of any course offered by OFPC.
- B. Any 16 or 17 year-old student firefighter that does not submit a signed letter will not participate in the course.
- C. A Training Authorization Letter must be submitted for each course attended.

Registration Checklist

Use this checklist to make certain that your registration package is complete. Application deadline is September 4, 2018

ROOMMATE PREFERENCE: Rooms are allocated based on the order in which applications are received. If you want a specific roommate both persons must write the name on their application. No preference, write "no preference." If requesting a dorm with other members of your FD, write "Dorm/FD Name".

ARRIVAL DATE & TIME: This is essential information for those handling the check-in process and for the Academy housekeeping staff. If you arrive after the registration tables are closed, your badge, room key and meal ticket will be in an envelope with your name on it, located on the check-in board. You will still need to go to the registration table when open to pick up information. The Academy front door is not locked overnight; however, security needs to know who is arriving after 10 pm. If you arrive prior to the date and time stated, your room may not be ready.

TOTAL DUE: Double check your lodging, meals and course fees for accuracy.

PAYMENT ENCLOSED: or payment information provided.

COURSES & WORKSHOPS: Checkmarks on back of application.

MODEL & INFORMATION CONSENT: Completely filled out on front of applications.

TRAINING AUTHORIZATION LETTER ENCLOSED: Every individual attending the conference must submit a completed training authorization letter.

T-SHIRT ORDER FORM: Do not send payment since payment is due when you pick up the T-shirt at registration.

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel

Important Information

EARLY REGISTRATION IS KEY

The Academy can only house 200 students, so rooms/dorms will be allocated based on the order in which applications are received. Early submission of application provides greater chances for getting into desired courses, as well as a better room.

DRESS CODE

Pack comfortable, casual attire, sensible footwear and a jacket. A duty uniform or department shirt is likewise appropriate. Late September weather in Montour Falls is unpredictable; could be warm and sunny, rainy, or windy and nippy, so think of layering clothes and bring night wear suitable for varying temperatures. The exercise room will be open throughout the weekend, so bring work-out clothes if you plan to use it. The social events are casual. The group photo will be taken Saturday, a time will be determined Friday evening and will be posted throughout the Academy. Plan to wear your weekend t-shirt which is an optional item for purchase. See the order form for details.

MEDICATIONS

Bring all your medications – daily, urgent and emergency.

ACADEMY AMENITIES

What the Academy provides: linens, one blanket & one pillow per bed. Additional blankets are available, but not pillows, so if you sleep with two, best bring one. Towels (not big fluffy ones) and soap (small bar) are provided. TV in common areas, not in rooms. Alarm clock/radio in room. Room phones require a calling card for outgoing calls. Cell phone service in Montour Falls can be marginal.

What the Academy does not supply: irons and ironing boards, laundry facility, hair dryers, toiletries.

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel



Fire Service Women of NYS, Inc.

17th ANNUAL TRAINING PROGRAM

September 28 - 30, 2018

T-Shirt Order Form

DEADLINE FOR ORDERS: September 4, 2018

The 2017 shirt will be 100% cotton, Dark Grey, with the logo screened in Bright Yellow.

- The cost depends on the size of the shirt you order.
- They MUST be ordered in advance by completing this order form.
- Return this order form with your weekend registration form to Mary Wrobel.
- DO NOT send t-shirt money to the Academy. Payment will be collected when you pick up your shirt.

ONLY THE EXACT NUMBER OF SHIRTS WILL BE ORDERED IN ADVANCE, USING THIS FORM, WILL BE PURCHASED

NUMBER OF SHIRTSX \$	COST OF SHIRT = TOTAL DUE
\$13 – XXXL	
\$13 – XXL	
\$11 – XL	
\$11 – Large	
\$11 – Medium	
\$11 – Small	
HOW MANY SHIRTS DO YOU WANT	IN EACH SIZE? (Men's Sizes)
NAME: Last	First

Payment will be at the T-Shirt table when you check into the Academy for the weekend.

Cash or check payable to:

Fire Service Women of NYS, Inc.



Join the fun... donate, bid & buy!

DO YOU HAVE...things stashed away that were presents you don't really like...nice stuff you haven't used in years...art work or photography... neat handcrafted items...a vacation home you could donate for a weekend or a week...contacts in the hospitality industry (restaurants, hotels, resorts, attractions) who would contribute gift certificates, weekend packages, admissions...friends in a retail business???????

USE YOUR IMAGINATION...EVERY BIT HELPS

No item is too small...one woman's trash is another woman's treasure! Pull out that rolodex, palm pilot, address book, holiday card list...ask friends, relatives, co-workers, business associates, casual acquaintances...anyone you can think of who might be willing to support Fire Service Women of New York State, Inc. & Phoenix Firecamp. If everyone brings one item, there will be a vast selection of good things to auction!

FIRE STUFF IS **HOT!!!!**

Fire service items are big sellers. Bring things from your own FD, or reach out and find something from another part of the US - or around the world.

WHO BENEFITS?

The Board of Directors of Fire Service Women of New York State, Inc. decides how the proceeds will be used. Typically 50% is earmarked for FSWNYS project Phoenix Firecamp: a Firecamp for Young Women. The other 50% goes into the organization's treasury for other FSWNYS projects and expenses as they occur.

DONATIONS ARE TAX DEDUCTIBLE

Fire Service Women of New York State, Inc. is a 501(C-3), not-for-profit corporation with IRS Tax-exempt status. Donations for the auction are tax deductible to the fullest extent allowed by law. So, if you buy something to contribute to the auction, or ask a business or corporation for a donation, there is the tax deduction advantage.



Fire Service Women of NYS, Inc.

Fire Service Women of New York State, Inc. (FSWNYS) was formed as an outgrowth of the annual training weekend for women firefighters conducted by the NYS Office of Fire Prevention and Control at the NYS Academy of Fire Science in Montour Falls, NY. The career and volunteer women in New York State's fire service who attended the first weekend decided they should form an organization which addressed their needs and interests and brought together women firefighters from throughout the State. FSWNYS was incorporated September 10, 2004 as a not-for-profit corporation 501 (c-3) in the State of New York and was granted tax-exempt status by the Internal Revenue Service from that date. The first annual meeting of the membership was held September 26, 2004 during the Fire Academy training weekend. FSWNYS not only supports the Annual Fire Service Women of New York State Training Conference but also the Phoenix Firecamp where young women from around the state can experience life as a firefighter. You can find more information about FSWNYS at www.fswnys.org

Mission:

To encourage the participation of women in the career and volunteer fire service of the State of New York;

To disseminate pertinent fire service information to its members;

To provide a supportive network and communication among women in the fire service;

To conduct an annual training week for fire service women;

To annually hold Phoenix Firecamp, a week-long residential summer camp for young women.