

Upcoming Events

- “Born to Wear Blue”
- book available for purchase
- October 27: Memorial Ceremony for Fallen Firefighters
- November 7: Annual Meeting, Open to the Public

Mission

We assess and respond to the needs of the Greater Tucson Fire community

Vision

Honoring the past, embracing the present and engaging the future

Values

Fiscally Responsible - Accountable - Inclusive - Supportive
Innovative - Collaborative - Non-Partisan - Advocate



Report from the Chairman

-Mike McKendrick, Assistant Chief, Tucson Fire (ret)

To save just one
life.

These initiatives represent where the Fire Foundation will focus efforts in the area of firefighter health and wellness. I would like you to review and celebrate with the Fire Foundation Board of Trustees some of the highlights that the Foundation has accomplished in such a short period of time, and with such limited resources.

To save just one life: “Taking care of those who take care of us” remains the priority of the Greater Tucson Fire Foundation. During the Foundation’s recent 2013 strategic planning process, the focus remained on firefighter health and wellness, but also included those important cultural and traditional aspects of the fire service that the Foundation truly embraces. These health and wellness initiatives have significant potential to provide far-reaching benefits to firefighters around the region and country.

Cardiovascular: Deaths due to a cardiovascular disease cause half of all firefighter deaths on the fire ground ...one every week in the United States. Non-fatal yet disabling events are even more frequent. What is needed is an inexpensive test that detects heart and blood vessel conditions *before* they are fatal. High resolution ultrasound detects these abnormalities and identifies firefighters at high risk. We hope that in the next eight months we will be able to place an ultrasound machine on location in the firefighter’s clinic.

Action item: Funds for the lab tests to prove how well it works in the field.

Sleep Deprivation: Lack of sleep is pervasive and increasing among local firefighters. It causes illness, injuries and potential risks to the public from impaired judgment due to excessive fatigue. Research by the Harvard Work Hours, Health and Safety Group lists excellent suggestions for improvement, but what is needed locally is a more hands-on approach. Drugs are often a physician’s answer to sleep issues. Unfortunately, most sleep drugs cannot safely be taken while on duty. A local physician has provided biofeedback methods that work to promote sleep without drug side effects.

Action item: Funds to pay part of the fee for those who need financial assistance.

Mental, Emotional and Psychological health: The Fire Foundation and Jewish Family & Children's Services of Southern Arizona (JFCS) have provided an invaluable resource to address significant conditions that impair firefighters. What is needed is a tool to earlier identify those firefighters who have warning signs of Post Traumatic Stress Disorder, depression, and other conditions so they can be referred to JFCS.

Action Item: A self-assessment of mental, emotional and psychological health done as part of annual firefighter physical would help identify those who are "under the radar" and might not be aware they need assistance or that JFCS is available.

Injury Prevention, Fitness: Peer fitness trainers (PFT) are firefighters with special training to help colleagues become fit and adopt injury-prevention methods (core strength, flexibility, endurance, strength). Unfortunately, they are a under-utilized resource. What is needed is to better coordinate their efforts with the firefighter clinic and their fire department time for PFT and firefighters to engage and follow up with medical team regarding their recommendations.

Action Item: Funds for part time PFT to coordinate referrals and to ensure the firefighter has made progress on clinic identified deficits.

Infection: Firefighters are exposed daily to deadly infections. Recently six local firefighters were exposed to meningitis. Pima County has the highest rates of tuberculosis in Arizona. Personal protection and standard cleaning procedures are available. Unfortunately, paramedics who respond to multiple consecutive medical calls of infectious patients have no time to clean the vehicle between patients. What is needed is rapid decontamination of the vehicle interior after the paramedics move the patient out into the emergency department. The intervention also protects the next member of the public who is transported in that vehicle. Ultraviolet light has been used for rapid decontamination in a variety of settings.

Action item: Funds for the lab tests to prove how well ultraviolet works in the field.

Mission Driven - Vision Focused

"Embracing the Present" Established a talented, professional and experienced Board of Trustees who are all dedicated to the Mission and Vision of the Foundation and to "take care of those who take care of us."

Established and work under a comprehensive and collaborative strategic plan. Although ambitious, in the past year we were able to accomplish 80 percent of our strategic goals. By any standard, this is quite excellent for a nonprofit agency with an all-volunteer staff.

Established a mental health and wellness clinical relationship for firefighters and their families that provides on average 100 sessions per quarter, and reaches across district and department lines. Last year in the Phoenix Valley, they experienced eight firefighter suicides. I, along with department physician Dr. Wayne Peate, feel that we may have been just ahead of the curve on this issue.

Confidential - Safe - Secure - QUALIFIED

Mental-health assistance *specifically for fire service and their families*

Trauma - Depression - Addictions - Anxiety - Anger Management - Family Conflict

(520) 795-0300 x2363 Rapid Response

The Greater Tucson Fire Foundation constituency reaches approximately 1,700 firefighters within the Greater Tucson area. In response to national data that reported 23 percent of on-duty firefighter deaths were due to entanglement -- a ceiling comes down on a firefighter, they become entangled in wires or other debris, run out of breathing air and die -- the Foundation went to the public for help in funding personal Fireground Survival tools. With community support, along with the manufacturer and local distributor, the Foundation was able to ensure that all local firefighters had Fireground Survival tools to give them a fighting chance should they become entangled. The support of all chiefs in the region who recognized the value of supporting such a tool was tremendous and universal.

The Foundation was also able to respond to our fire service constituency with a verified means of combating other on-duty firefighter deaths. Nearly 50 percent of all firefighter deaths annually are due to fitness related issues. By providing the necessary funding and partnering with the fire safety professionals and another local nonprofit, the Foundation was able to fund and facilitate a nationally recognized and credentialed "train the trainer" fitness program. The cost to an individual department or district to host a training program is about \$25,000 – but by providing personal training and national certification to 32 firefighters from 10 local agencies, the Foundation potentially saved the region a quarter of a million dollars in taxpayer expenses. This training also has proven to reduce the exponential costs of on-the-job injuries. This program was conducted under the direction of nationally acclaimed physician and Foundation Senior Advisor Dr. Wayne Peate.

“Honoring the Past” is one of the keynotes of the Foundation’s Mission. The tremendous volunteer effort and judicious use of financial resources by the Restoration Team has allowed the Foundation to restore a 1923 American La France Fire Engine, which was in the Tucson Fire Department fleet from 1923 to 1946. This engine fought a number of Tucson’s historic fires of that era, including the 1934 Hotel Congress fire which led to the capture of John Dillinger and his notorious gang. This project team is approximately two-thirds of the way to its goal of a parade quality Fire Engine with unparalleled roots to the Greater Tucson fire service community.

The Tucson Fire Department is the geographical center of the Foundation’s constituency, with approximately 600 members and roots dating back to 1881 -- one year after the transcontinental railroad came to Tucson. The TFD has a much storied history. Again through tremendous volunteer work and a very minimal outlay of financial resources, the Foundation has been able to make available to the general public, through the Foundation web site (www.tucsonfirefoundation.org), over 60,000 documents, photos and other archives of the TFD in a searchable database. It is our goal to expand this database and create historical archives for all fire departments in the Greater Tucson area.

Through the work of a longstanding committee of mostly volunteers who labored to design and develop a Fallen Firefighters Memorial for Tucson firefighters, the Foundation has been able to play a role in maintaining and growing the Tucson Firefighters Memorial located at TFD Fire Central. In successive years, the annual memorial ceremony has doubled in the number of attendees and the ceremony has grown to include those brother and sister firefighters of neighboring departments who have passed within the previous year. This effort alone could stand as a “mission accomplished” for a nonprofit as young and small in financial capacity as ours.

“Engaging the Future” The Foundation has been honored to offer annually \$2,500 in fire service career-sustaining scholarships to deserving recipients. Within the scholarship initiative, we have been fortunate to be able to foster young deserving women into nontraditional fire service careers. This is truly engaging the future for the fire service.

These are not just goals and objectives, but sustainable, significant and meaningful results. Please share with friends, family and colleagues. Explain the Foundation to your neighbor, your boss, and your employees. Thank you for helping “taking care of those who take care of us.”



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Luis Ochoa Esq., Quarles and Brady
Jeff Piechura, Fire Chief, NWFD
Sean Stuchen, Vice President, Executive Investment Advisor

Patty Vallance, volunteerpatty@gmail.com



Patty has been a stay-at-mommy of two children who now are both university students. She has been volunteering for more than 25 years, and has received awards for projects on local, state and national levels -- including for

her work assisting families affected by hurricanes Rita and Katrina. One of her projects was named Top 10 in the country by the Paul Newman Foundation. Patty was part of the leadership team included on the cover of USA Today for "Make A Difference Day."

She has volunteered for the Greater Tucson Fire Foundation for more than three years, providing administrative and development support, and creating access to community resources for firefighters for firefighters and their families. She has a background in marketing, fund raising and social action.

In 2012, Patty was honored by the Jewish Federation of Southern Arizona, and named one of 13 Extraordinary Women for Women's Philanthropy. "Born to Wear Blue" was created to honor the men and women who serve. This is her first book.

Everyone involved in the Foundation are volunteers. We would like to give a special "thank you" to all the Trustees who work so hard on your behalf -- and especially to Al Ring for his incredible efforts to electronically preserve the history of Tucson Fire.

[Copies of the Foundation Governing Documents can be found online as filed annually with the Arizona Corporation Commission and IRS -- as well as original documents filed in the Foundation office.](#)



"The Greater Tucson Fire Foundation works to meet the unmet needs of our fire community and allows our citizens an opportunity to help those who help us every day."

-Richard H. Carmona, MD, MPH, FACS
17th Surgeon General of the United States (2002-2006)
Distinguished Professor, University of Arizona
Vice Chairman, Canyon Ranch

"I wholeheartedly endorse the mission and vision of the Tucson Fire Foundation. Firefighters are the guardian angels of our community. Together with the Foundation's help we can protect and promote the well-being, health and safety of these guardian angels and those they serve."

- Wayne F Peate MD, Well America

Engaging the Future - Your Financial Future



To reach investment advisor Chris Hambacher, please call
520.408.7777

Chris@FinancialDirectionsLLC.com
1228 E. Prince Road, Tucson AZ 85719
www.financialdirectionsllc.com

Fire service professionals enjoy a wide variety of benefits, but few may be as important or potentially long-lasting as their pension and retirement benefits. The average firefighter retirement age is 51 years old, which may leave a substantial amount of time in which your pension and any other supplemental retirement accounts will have to cover your everyday costs and any extra expenses that may occur.

A typical local firefighter might expect his/her highest average salary (used to determine pension benefits) to be somewhere in the neighborhood of \$70,000. Using that as an example, personnel retiring today would receive \$35,000 per year in pension if they had 20 years of service. (Please refer to the online PSPRS benefits summary for additional information on benefit amounts) This amount does not take into account the impact of health insurance or taxes, the latter of which would be \$8,750 for a person or family in the 25 percent tax bracket.

In order to make up the difference in income, retirees may have to rely on their 457/401K plans to bridge the gap. Your various workplace plans give you the opportunity to plan and save in advance, making your retirement picture more defined. If one invested \$300/month in the S&P 500 over the last 20 years, they would have accumulated \$90,000 in extra retirement funds. The same \$300/month invested evenly using the S&P 500, MSCI AC World Index and the Barclays Aggregate Bond Index, would have grown to \$134,000 in 20 years. As you can see, not only is it important to participate in your available plan -- but how you invest within that plan can be a major factor in the amount of income you can derive in retirement. If you have questions regarding your plan and its contents, or any other retirement accounts, please feel free to contact me.

Please be sure to review future issues for articles that focus on local fire departments/districts and their specific retirement plans. Look for us in December for the first part of that series. For more about Financial Directions, visit our website/Facebook/Twitter/LinkedIn pages. Thank you.

The Foundation is proud to endorse the agencies and businesses noted in this newsletter that provide necessary and valuable resource support services to the members of the fire service community and to their families...

JCC Family Engagement and Rural/Metro Fire Department Present:

BOOK LAUNCH PARTY!

Sunday, September 30 1-3 p.m. JCC Ballroom
Book Reading & Signing FREE!

"Thank you to everyone for all of the hard work planning and running today's event. All of the devoted time created an outstanding event. Every kid had a great time, and all of our staff was impressed with the Foundation.

We look forward to the next opportunity to work with each of you and getting "Born to Wear Blue" in as many homes as possible.

My 4 year old Chase was reading the book all afternoon and is so very proud of his signed book."



-- Grant Cesarek
Captain/PIO
Rural/Metro Fire
Department

"Thank you and everyone else involved in this extraordinary project. I heard so much positive feedback about this event, and now my son wants to be a firefighter!

Special thanks to all

who made this book and the launch party so successful, including Rincon Creek Studios, and John Jacob and his Fire Truck Party Rentals!

"It was an honor and privilege to work with all of you, and I hope to have the opportunity to work with you again ... -- Scott"

Scott Zorn
Director of Children, Youth and Family Engagement
Tucson Jewish Community



Award Winning Photojournalist
Paul Durrant



“Born to Wear Blue” is a children’s book honoring the fire service, and those men and women who wear the uniform. They were truly “born to wear blue.”

“I just want to say thank you for autographing your book for my niece and nephew. My niece is in preschool and is having show & tell today at her school. Her Mommy read your book to her, and she LOVES it so much that she is bringing it in to show her classmates!! They live in Illinois, so it always makes me very happy to send them things they love. You’re a wonderful author and will educate and make many children’s lives happier by reading your book.” -- Eileen

In memory of Sterling Charles Lytle

10/2/1986 - 7/3/2012



These paragraphs are included in the final pages of the book...

“When you call 9-1-1 for help, the people that come rushing to you are called First Responders. They may be in a fire truck, a medic truck or even an ambulance! But no matter what they drive and no matter what color it is or what name it says on the side, they are all there to help.

Being a First Responder means that they are specially trained to help people who are having emergencies — and they are all part of a big, big, big “family” all over the world! No matter where you, or your mom or your dad, your grandma and grandpa, your aunts and uncles live, there are First Responders every minute of every day, just waiting to help you and your family when you need them! They are called First Responders because they are the FIRST to respond in an emergency!

But even First Responders can have emergencies — and then, other firefighters, paramedics, ambulance drivers, police and other people with emergency training will come to help them. Sometimes very sad things happen, and a First Responder may die. It doesn’t happen very often, but when it does, it makes the Family of First Responders very, very sad that they lost someone they loved.

This is a picture of what their firefighter badge looks like when one of their family goes to live in heaven. They all put a black band on it to show how sad they are, are and to show how much they honor the person that they loved.

All boys and girls who grow up to be First Responders feel the same way about each other all over the world. Courage, strength, honor and integrity are big words with even bigger meanings. It is just one of the things that makes a First Responder “Born to Wear Blue.”

The Foundation mourns the loss of Nogales firefighter Sterling Lytle, and grieves the tragic event that took his life. With permission from the family, an ‘In Memoriam’ page was created in the first limited edition of “Born to Wear Blue.”



They are who they are from the time they are born,
With integrity, courage, honor and more
In their hearts and their actions, they live with pride
That’s not just outside - but deep, deep inside.

They do the right thing, no matter how tough
Because doing the right thing is still right when it’s rough.
They grow up to be firefighters - that’s what they do
Ready to rescue - save me and save you.

To order: www.Borntowearblue.org
And you can follow us on FB!

Honoring the Past - 1923 ALF readying for the Road - next show in January



The Restoration of the Foundation's 1923 American-La France fire engine is moving ahead quite nicely!

Work is completed every Tuesday by the dedicated volunteer staff.

In the last few weeks, a new seat has been fabricated, and the team is in the process of building a wood frame for the interior of the seat, in order to have anchor points to attach the upholstery. The body work on the fuel tank is complete, fenders are getting final paint after months of restoration and body work, and the engine has been wired and plumbed. Many parts have been dismantled and sent out for nickel plating, and work is being completed each week on items requiring sanding and body filler in preparation for paint.

The custom woodwork on the tailboard, side boards and hose bed is ongoing. Anyone interested in looking at our weekly work photos, can access the site at <http://opvfb.com/cot-fox/23-alf-engine-4189/23-alf-engine-photo-gallery/>

The project is on schedule, and we anticipate completion by October 2013. The Restoration Team will be displaying the engine at the Hotel Congress Dillinger Days (Jan. 18-19, 2013) for anyone who would like to stop by, take a look, and chat with the crew. A special thanks this month goes out to the Fire Foundation's own Krista Conway for getting us requested funds in a timely manner. Bravo!

BUY this shirt @ Pima Uniforms - proceeds benefit the RESTORTION!

Thank you for all your hard work, dedication, talent and willingness:

Chuck Thim, Jay Smith, Chuck Damerow, Brian Fitzgerald, Todd Vossler, Don Uthe, Jeff Corey, Doug Edwards, Ted Geare and Lee Sebring,

-- Ted Geare III, Assistant Chief, (ret) Tucson Fire, Trustee, Volunteer



Honoring the Past

DVDs and program books for the documentary "HOT PION" are available for purchase at Pima Uniforms. This film -- a tribute to the 40th anniversary of the tragic Pioneer Hotel Fire, the lives lost and the heroic firefighters who responded to the scene -- was produced by Chief Albert Pesqueira and his wife, Elsa. They have donated all the proceeds from these sales to benefit the Foundation. The tragedy of lives lost locally, saved lives nationally.

Show your support -
buy yourself a gift today!

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3760 S. Park Ave. Tucson, AZ 85713
520.882.0460

Thank you [Andy Kunsberg](#)
for making this happen!



HOT PION

Visit Pima Uniforms to purchase:

- T-shirts - Foundation, Poker Run and 1923 ALF restoration
- Polo, golf shirts, button-down embroidered with the Foundation logo can be ordered upon request
- Baseball caps
- Dillinger book
- HOT PION (DVD and booklet)

All proceeds benefit Fire Foundation initiatives.

www.seanstuchen.com

"Galleries" "Our Heroes"

All images are available for purchase -
all proceeds benefit Foundation initiatives.

Fire Foundation Fine Art Photography





520.795.0300 x 2363

Mental Health Services

Specifically for Firefighters,

Fire Service and their Families

Trauma · Depression · Addictions Anxiety

Anger Management · Family Conflict

There is no shame in asking for help ...There is only shame in not offering help if you know someone needs it. Please, reach out.

Safe.

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x 2363

Sleep is the restorative state that helps us regulate our mood, stress levels, appetite and cognitive abilities. To be deprived of sleep is to be deprived of our ability to function at the top of our game during our waking hours. Sleep, for many of us, can be interrupted, shallow, or we simply feel that we've had too little sleep.

Most of us experience occasional sleep disturbances, but for those whose work schedules necessitate sleep disturbances, sleep problems can become a chronic condition. When returning from a tour, do sleep to catch up on lost sleep, but try to get back to a schedule during days off. This means waking and going to bed at around the same time each day. Once you are on your days-off schedule avoid daytime naps. You want to get the most out of your sleep.

1. Make your bedroom a sleeping haven:

- Have a comfortable bed
- Cool down the room to make it easier to sleep
- Create a darkened room with shades or curtains
- Turn down any digital lighting from clock/radios or other electronics
- Avoid having electronics in your room, including television, cell phones and computers
- Keep your room quiet. A noise diffuser or fan will help with noise.

2. Avoid caffeine after midday. Avoid tobacco use.

3. Avoid alcohol/drugs. Some over-the-counter and prescription medications can interfere with sleep.

4. Avoid electronic use prior to bed. Both computer use and television watching can stimulate the nervous system.

5. Do not try to go to sleep on a very full or empty stomach.

6. Practice calming techniques prior to bedtime

- A warm shower or bath
- Warm caffeine-free tea
- Soft music
- Reading or a similar quiet activity to help you to relax.

7. If you are having difficulty getting to sleep, try deep breathing or Progressive Muscle Relaxation. PMR is a technique in which the practitioner tenses and releases the muscle groups of the body. Begin with your toes and work your way up to your head. The goal is to relax.

8. Use your bed only for sleeping. Avoid working in your room.

9. If you cannot go to sleep, get up and go back to bed when you become tired.

10. If you need to get up in the middle of your sleep cycle, try to keep the lights low or off, and go back to bed quickly.

Have a restful night,

-- Barbra Quade, JFCS Marriage & Family Therapist

10 Tips toward better sleep



*Annual Percentage Rate (APR). The base annual percentage rate can vary based on credit worthiness, age of vehicle and terms of the loan. Rates are subject to change without notice. With a rate of @.99% APR you pay \$16.45 for each \$1,000 borrowed with a 66 month term. Interest will accrue when loan is funded. This offer does not apply to existing TOPCU loans.

Main Branch 2500 E. 22nd St.
Downtown 177 N. Church Ave. #100
East Broadway 9725 E. Broadway Blvd.

All branches are closed on the weekends.
 Phone: 520.881.6262
 Toll Free: 800.440.8328
 Fax: 520.322.9256

Tucson Old Pueblo Credit Union

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Reintroducing the
TOPCU VISA CREDIT CARD

- 2.99% on balance transfers for 6 months*
- NO balance transfer fees

*** CLICK FOR DETAILS**

[Is Now the Time to Refinance Your Mortgage?](#)

By: Robyn Gamboa
 October 2, 2012

“With historically low mortgage rates, many people are considering refinancing their current mortgage. However, refinancing is not always the right decision. ... Call now for more information.”

Tucson Old Pueblo is offering a **special auto loan promotion** for friends of the Greater Tucson Fire Foundation! Visit any TOPCU branch or call [520.881.6262](tel:520.881.6262) to take advantage of rates as low as 2.99% APR* with no payment for up to 90 days.

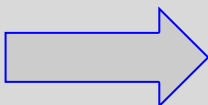
Just mention you would like to make a donation to the Greater Tucson Fire Foundation, and TOPCU will donate \$50 on your behalf.

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Foundation Endorsed ... Adam D. handles all the Foundation IT needs



Do you have news or information that you would like to share with the Foundation's readers?
 Please email tucsonfirefoundation@gmail.com. Include "newsletter" in the subject line.

How YOU - your club - organization - or
COMPANY can make a difference

Annual Benefits

All Call

\$10,000

- Top Level recognition at all events
- Dinner for 10 at a metro area firehouse
- Vintage fire engine at your public or private event(s)
- Private tour & reception at local fire district training facility
- Web banner link on front page & sponsor page
- 1/4 page color logo in Foundation newsletter
- Memorial brick/Commemorative plaque
- Original signed/mounted Sean Stuchen photo (20" x 24")
- 50 to 100 T-shirts or custom logo items

5th Alarm

\$7,500

- Prominent recognition at all events
- Dinner for eight at a metro area firehouse
- Vintage fire engine at your public or private event
- Group docent tour & reception at local fire district training facility
- Web banner with link on front page & sponsor page
- 1/6 page color logo in Foundation newsletter
- Original signed/mounted Sean Stuchen photo (16" x 20")
- 20 to 50 T-shirts or custom logo items at request

4th Alarm

\$5,000

- Prominent recognition at all events
- Dinner for six at a metro area firehouse
- Group tour & reception at local fire facility
- Web banner with link on site sponsor page
- 1/8 page color logo in Foundation newsletter
- Original signed/mounted Sean Stuchen photo (11" x 14")
- 20 T-shirts or custom logo items at request

3rd Alarm

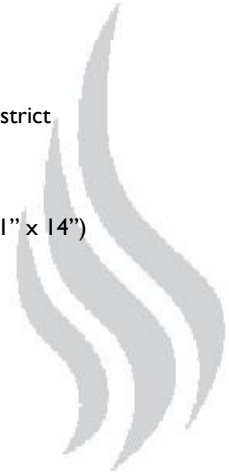
\$2,500

- Recognition at all events
- Group docent tour and reception at local fire district training facility
- Web banner link on sponsor page
- Listing in Foundation newsletter
- Original signed/mounted Sean Stuchen photo (11" x 14")
- 10 T-shirts or custom logo items at request

2nd Alarm

\$1,000

- Recognition at all events
- Listing on web site sponsor page
- Original signed/mounted Sean Stuchen photo (11" x 14")
- Four T-shirts or custom logo items at request



Other ways to answer the call

Deputy Chief

\$ 950

6 T-shirts

Listing in Annual Report

Battalion Chief

\$ 750

4 T-shirts

Listing in Annual Report

Captain

\$ 500

3 T-shirts

Listing in Annual Report

Engineer

\$ 250

2 T-shirts / Listing in Annual Report

Firefighter \$ 100

1 T-shirt / Listing in Annual Report

Dalmatian \$ 25

Autographed soft-cover copy of
"Born To Wear Blue"

Please give generously.

Help the

Greater Tucson Fire Foundation

"Take care of those who take care of us."

*Your donations are tax deductible within the extent of the law and
subject to IRS guidelines.*

Donors may elect to make a restricted gift for specific Foundation initiatives:

- Endowment
- Family and Member Assistance
- Culture, History, Restoration
- Firefighter Health and Wellness
 - Personal Fitness Training
 - Mental Health Services

Talk to your financial
professional. Make a legacy
gift ... today.



Saying “Thank You” from their hearts...

Sometimes we can find new ways of helping our community “give back,” and show support for the firefighters who work every day to keep our communities safe. The residents of the Strauss Manor on Pantano have found a very special way ... This federally subsidized property for low- and very low income seniors is located near Tucson Fire Department Station 16, and residents wanted to find a way to say “thank you.” The Service Coordinator created a quilting program that, among other projects, have made quilts to support firefighter fundraising efforts.

In May, they made a twin bed set, a quilt, shams, dust ruffle and pillows that were given to the Local 479’s annual Fire Fighters Ball, to be used for the silent auction. The bedding set brought in so much money that residents decided to do it for the Southern Arizona chapter of the National Fallen Firefighters event as well. That Oregon Ducks quilt was made from classic T-shirts and again, raised money for that charity. The Foundation was also able to introduce them to the organizers of Southern Arizona Disabled Firefighters. Below is a note that the residents received thanking them for their efforts.

THANK YOU for allowing those residents who might not otherwise be able to say “thank you” in person to do what they can to benefit your organization and charitable efforts. If you would like them to make a special quilt for your special event, please contact Luz at straussmanorsc@qwestoffice.net

They would be thrilled to hear from you!



Dear Luz,
What an incredible work of art and love the Strauss Manor has made for our recent Mark Paris Golf Tournament. We are going to present it to Mark himself on your behalf once he is feeling better. I will bring a photo of the quilt with Mark once I deliver it to him. Thank you is not enough for the remarkable quilt that will keep him warm this winter.

Sincerely,
Frank Granados
Southern Arizona
Disabled Firefighters

Contact Luz at straussmanorsc@qwestoffice.net




300 S. Fire Central Place
Tucson, AZ 85701

Phone: 520.603.3055

E-mail: tucsonfirefoundation@gmail.com

“Taking care of those
who take care of us”



 Trustees meeting
Second Thursday
monthly
7 a.m.
Open to the Public.



**4th Annual
Mt.
Lemmon
Golf
Classic
November
2, 2012
Contact
Jarrod
Dorman
at 576-
1201**

*You are cordially invited to attend the
Annual Tucson Fire Department
Firefighter Memorial Ceremony
Honoring the Greater Tucson Fire Service Community's Fallen*



*Saturday, October 27, 2012
10:00 a.m.
Fire Central Memorial Plaza
300 S. Fire Central Pl, Tucson, AZ 85701*



R.S.V.P. ali@proxnytucson.com subject line MEMORIAL

*Honor Guard • Pipe and Drums
Reading of the Names • Ringing of the Five-Mile Bell
Keynote Speaker: Jonathan Rothschild, Mayor, City of Tucson*

Saturday
October 27th
10.00 AM
Please join
us for this
very special
ceremony.

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SOUTHERN ARIZONA'S AUTHORITY IN REHAB FOR ATHLETES & SPORTS PERFORMANCE

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 "Training Tactical Athletes"
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GVFD Chili Cook Off!
 We were the **REAL WINNERS** because we got to taste some incredible chili!
 Kudos to the GV Wives for 2nd place and Tubac Fire on their 1st place WIN!



Visit Borderlands Brewing Co. and order "Smoke and Irons." \$1 from every pint purchased supports the Foundation.
 Need a keg for your next event?

Great event on September 7 for "Smoke and Irons" -- a Scottish ale with a kick of "mesquite for the heat." Another novel way for fundraising! Got a tailgate party? Picnic? Backyard BBQ? Pre-order a keg!