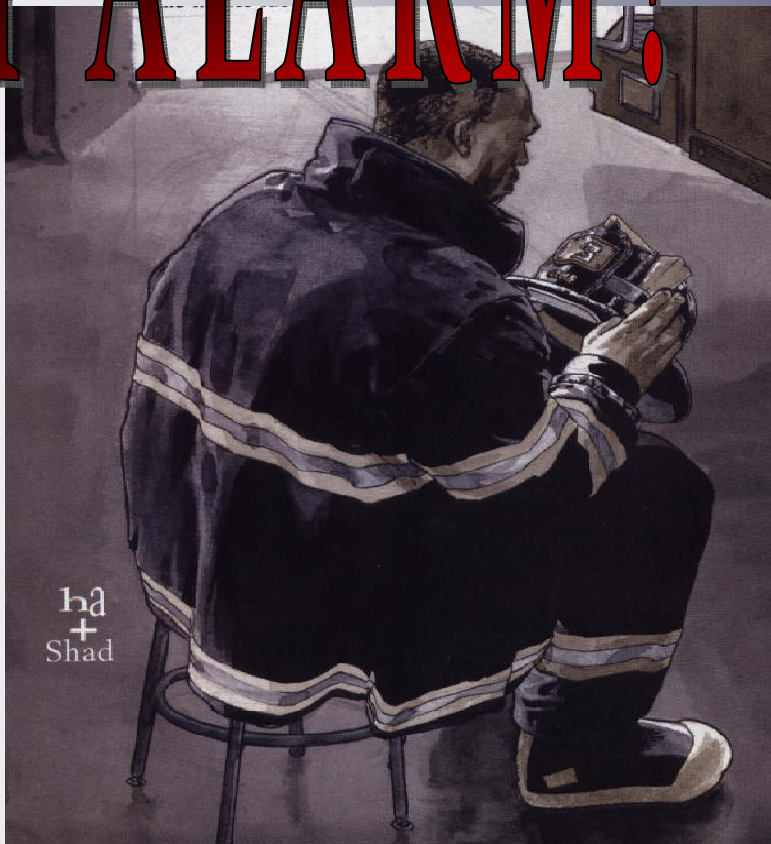


FIRST ALARM!

JUNE 2010



Dallas Black Firefighters Association, Inc.



Chapter of the
International Association of
Black Professional Firefighters
Life Member of
NAACP



A Proud History . . . A Bright Future

FIRST ALARM!

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Letter from the Editor

Several members are still not receiving their newsletters due to incorrect addresses needing updating. Please make sure that you update your postal address by sending them in to firstalarmeditor@dallasbffa.org. We need your input. Let us know what you think of the past few issues of the new First Alarm newsletter. Are there some things that you would like added or removed? Do you have pictures you would like to add? We would like to try and highlight the achievements of our children also. Let's share your children's successes with all of our members! Your success is OUR success! As they say, a closed mouth will not get fed! **SPEAK UP AND SPEAK OUT!** Have a blessed life!

President's Seat



Lt. James Hunter
President

Hello Dallas Black Firefighters Association Members, family, and friends. Welcome to the June edition of the *First Alarm Newsletter* where we continue to employ our focus of being Our Brother's Keeper. Well, this has shown to be a very interesting month. In the wake of budgetary issues, we continue to stumble blindfolded, not knowing what will happen next. The Meet and Confer with Mary Suhn has been very interesting. Apparently, the president's have presented Ms. Suhn with a proposal that could protect our member from a direct hit to our salaries. They have been attempting to come up with ways to give back \$23 million between Fire and Police. The city and association attorneys have confirmed that the developing contract agreement will be legal and binding. They have hashed out the contract amount getting us close to making up the \$23 million that the city suggested, which will include furlough days, comp time, delay of well-

ness, EMT, and Paramedic classes along with a change in work hours in the communication bureau. So far, we will not take a direct pay cut from our salaries. So, when you see Billy Ingram, Dyron Tyler, and Eric Gardner, shake their hands and thank them for the countless hours they have dedicated to fighting for your security.

Moving on to other topics of concern, we have many projects taking place that we need all member's attention and participation. I understand that there are some serious issues with the "Bid Process". Let's be aware of the rules governing the process. Members assigned to stations where you have not requested may bid on the next reassignment list without waiting. There are several problems with this process. Please ask questions when something shows not to be according to guidelines.

June showed to be a very busy month. We had the SICKLE CELL RIDE on the 19th, which was a success. This month there will also be several Rookie classes leaving the drill tower and entering the field. We are working on the upcoming reports for the New Orleans conference, so everyone who desires to attend August 1-7, 2010, contact Frank Lindsey for the proper registration procedures. Willie Reynolds and the mentoring team have been receiving requests from additional schools. They will need more members taking an active part to answer Remembering those who have gone on before us let's continue in prayer for the Nelson's, Brazile's, Crocket's and Whitaker's.

Use your time to develop your talent. Realize the value of time. Like the good book says, "Study to show yourself approved before God, being not ashamed, rightly dividing the word of truth". When spider webs unite, they can tie up a lion. Be concerned about your health. Your health is your wealth, and your wealth is your health. Learn how to eat to live. Eat for nutrition and not just for taste, any other diet is really just a waste. Develop a daily exercise routine. What did I say? Be concerned about your health. Do this all on a natural high. Like the lyrics in an old school song, "Take to the sky on a natural high, loving you more until the day I die. Take to the sky on a natural high, loving you more..." What did I say? Do this all on a natural high. That is why we are here. We are naturally concerned about you, your education, your condition, and your desire to begin planning for a career. Hear the bell, prepare to respond, be ready for the situation, and **get home safely**.

Now it is time to hear from you, but before I do I want everyone to stand up and be counted. **BRING YOU'RE A-GAME!!! GOD BLESS YOU!** Peace be unto you. Look to God not to man, that is the best plan.

DYC HBCU COLLEGE & CIVIL RIGHTS TOUR

Prepared by:
Willie Reynolds
Physical Coordinator
BFFA

CALLING Students 13 to 18

DYC HBCU College & Civil Rights Tour



THE DALLAS YOUTH
COUNCIL, INC.

The Dallas Youth Council, Inc. – Teen Summit
Mr. Dwaine Caraway, President & Founder

The Dallas Youth Council, Inc. is a 501(c)(3) organization with a mission to serve as a voice for the youth of Dallas by understanding, recognizing and taking action on issues that exemplify safe, healthy, and positive youth.

Friday, June 11th

Registration 9pm-10pm

Depart Dallas City Hall,
10:30pm

Contact Information:

Gloria Reynolds

972-818-3907

dallasyouthcouncil@yahoo.com

Saturday, June 12th

8:30am - Arrive in Memphis

9-10:30am Lemoyne-Owen College
Tour with Breakfast

11am - 1:00pm National Civil Rights
Museum

1pm Lunch

2pm - 3pm - Stax Museum Tour

3pm - 4pm - Tour of Beale Street

4:15pm - 4:30pm - Departure to Little
Rock Arkansas

6:30pm - 8pm Central High School and
Philander Smith College Tour with
Dinner

8:15 - 8:30pm departure back to Dallas

Sunday, June 13th

1:30am tentative arrival at
Dallas City Hall

Add'l Contact Information:

Stephanie Pegues Cooper

214-670-0781

dallasyouthcouncil@yahoo.com

The registration form and liability release form are located on the registration link below.

These forms must be completed along with the online registration to travel on this tour!

All completed registration and liability forms must be faxed to 214-670-3409 by May 31, 2010.

online registration required www.dyccollegeandcivilrightstour.eventbrite.com

Group Registration is Limited to 20 per group with a 1 to 10 chaperone ratio!

DO YOUR PART... VOLUNTEER!!!!!!!

Prepared by:
Willie Reynolds
Physical Coordinator
BFFA

Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love. ~ Martin L. King, Jr.

We are the lucky few who have an opportunity to be positive role models for our children. We have careers that enable us to provide all their needs and most of their wants. But there are kids who are not as fortunate. The mission of Dallas BFFA Mentoring Program is to focus on youth mentoring through peer to peer and youth-adult interactions. We provide a supportive educational and early career coaching environment that fosters intellectual curiosity, develops leadership skills and the strength of character necessary for success in life.

Now, in order to implement our mission, we need volunteers from you, our members. We have selected five high schools within the DISD to provide a caring relationship of guidance and support. The schools are James Madison, Carter, Lincoln, Pinkston, and Town view. If you are a graduate of any of these High Schools here is a perfect opportunity to give back and be a part of our program.

We will be posting future training dates on the BFFA website, in future newsletters, as well as through e-mails.

If you have any questions call Willie Reynolds at 214-316-8312.

TIMES HAVE CHANGED

Prepared by:
Guest Writer

Do you remember when we used to have the picnics where all the members would bring their families? We would eat, play games, dance, and just enjoy each other to the fullest. Remember when we used to have the BEST Christmas parties in the city? Remember when we would announce that the BFFA was participating in an event and members actually showed up? What happened? Where has our love and unity gone? We do not have to fight racism and bigotry as much because they are not as prevalent for our members today as they were a few years ago, but that does not mean that it is not still ever present laying in wait. What was your reason for joining the BFFA? I joined because I was proud to be a part of an organization that fought for the justice Black Firefighters so rightly deserved on this department and did so as a family. Guys and gals, we need to strengthen that unity again. Get up, get out, and do something for ourselves and everyone who follows in our wake. Let's STRENGTHEN our unity!



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IN THE KITCHEN

SESAME ORANGE BEEF

Toasted sesame seeds and toasted sesame oil give this beef-and-fruit stir-fry a delightful dose of nutty flavor.



Submitted by
Bernadette
Trail

Nutrition Facts Per Serving:

- Servings: 4 (3/4 cup beef mixture and 1/2 cup cooked rice) servings
 - Calories 348
 - Total Fat (g) 10
 - Saturated Fat (g) 2
 - Cholesterol (mg) 52
 - Sodium (mg) 341
 - Carbohydrate (g) 41
 - Fiber (g) 6
 - Protein (g) 24
- Diabetic Exchanges
- Starch (d.e.) 1.5
 - Fruit (d.e.) 1
 - Vegetables (d.e.) 1
 - Lean Meat (d.e.) 2.5

- 8 oz fresh green beans
- 2 tsp sesame seeds
- 1/2 c o.j.
- 2 T reduced-sodium soy sauce
- 1 T toasted sesame oil
- 1 tsp cornstarch
- 1/2 tsp finely shredded orange peel
- Nonstick cooking spray
- 1/2 bias-sliced green onions
- 1 T grated fresh ginger
- 2 cloves minced garlic
- 1 T cooking oil
- 12 oz boneless beef sirloin steak, thinly sliced
- 2 C hot cooked brown rice
- 2 oranges, peeled and sectioned or thinly sliced

1. 1. In a covered medium saucepan, cook green beans in a small amount of boiling water for 6 to 8 minutes or until crisp-tender. Drain; set aside.
2. 2. Meanwhile, in a small skillet, cook sesame seeds over medium heat for 1 to 2 minutes or until toasted, stirring frequently. Set aside.
3. 3. For sauce: in a small bowl, combine orange juice, soy sauce, sesame oil, cornstarch, and oil peel; set aside.
4. 4. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium-high heat. Add green onions, ginger, and garlic to hot skillet; stir-fry for 1 minute. Add the pre-cooked green beans; stir-fry for 2 minutes. Remove vegetables from skillet.
5. 5. Carefully add oil to the hot skillet. Add beef; stir-fry about 3 minutes or until desired doneness. Remove from skillet.
6. 6. Stir sauce; add to skillet. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more. Return meat and vegetables to skillet. Heat through, stirring to coat all ingredients with sauce. Serve over hot cooked brown rice. Top with orange sections and sprinkle with toasted sesame seeds.



IN THE NEIGHBORHOOD

Prepared by:
AF ReGina D. Trail

Sickle cell anemia is an inherited life long condition affecting the red blood cells. Children that have sickle cell disease may experience periods of fatigue, pain crises, infections, stroke and other life changing events. These events may occur at anytime and can become life threatening. The children are usually anemic decreasing their energy level and often their ability to physically keep up with their peers.

Sickle Cell Disease is a group of disorders that affects hemoglobin, the molecule in red blood cells that delivers oxygen to cells throughout the body. People with this disorder have abnormal hemoglobin molecules called hemoglobin 'S', which can distort red blood cells into a sickle, or crescent shape. Signs and symptoms of sickle cell disease usually begin in early childhood. Characteristic features of this disorder include a low number of red blood cells (anemia), repeated infections, and periodic pain. The severity of symptoms varies from person to person. Some people have mild symptoms, while others are frequently hospitalized for more serious complications.

The signs and symptoms of sickle cell disease are caused by the sickling of red blood cells. When red blood cells sickle, they break down prematurely, which can lead to anemia. Anemia can cause shortness of breath, fatigue, and delayed growth and development in children. The rapid breakdown of red blood cells may also cause yellowing of the eyes and skin, which are signs of jaundice. Painful episodes can occur when sickled red blood cells, which are stiff and inflexible, get stuck in small blood vessels. These episodes deprive tissues and organs of oxygen-rich blood and can lead to organ damage, especially in the lungs, kidneys, spleen, and brain. A particularly serious complication of sickle cell disease is high blood pressure in the blood vessels that supply the lungs. Pulmonary hypertension occurs in about one-third of adults with sickle cell disease and can lead to heart failure.

Camp Jubilee was created to offer children with sickle cell disease a time of respite from the rigors of their disease. They come to camp to experience all the wonders camps has to offer under the watchful eyes of volunteer doctors, nurses, and camp counselors. Children are encouraged to participate as much as possible. Being "regular" campers allows them to enjoy social benefits, promotes overall fitness, strength, and allows the children to grow in independence and confidence.

So every year for the last 4 years, riders from everywhere come to participate in a bike ride in order to support these kids who have to battle this debilitating disease. This year's 4th annual Cruisin' for Kids with Sickle Cell was a huge success! We raised over \$3700 in a couple of hours to donate to the children of Camp Jubilee. Several bike clubs came out to participate in the 40 mile ride. Bikers began arriving at the

Dallas Fire-Rescue Training Academy at Dolphin Road as early as 8:00 a.m. Several volunteers donated their time to get the riders signed up and to help collect the \$10 donation, however, there were many people that donated more than the required amount just to support Camp Jubilee and the wonderful work they do. All of the bikers had the opportunity to get autographs from Melvin Bullitt, #33 of the Indianapolis Colts who took the time to laugh and joke with some of the kids from Camp Jubilee. Before the kickstands went up, Willie Reynolds asked everyone to join hands to say a prayer for a safe journey. The ride started at 10 a.m. from the training academy at Dolphin Road and ended at the Chit Chat Club located at 7460 S. Westmoreland in Dallas.

Upon arrival at the Chit Chat Club, bikers were greeted with cheers from volunteers, children from Camp Jubilee and several people who also came out to support Sickle Cell. The Chit Chat club employees were on hand to hand out bottled water to the bikers as they rolled in two by two. Everyone who donated to this charity event received a wrist band and got a free buffet meal. Special thanks goes to the volunteers who helped the 100+ bikers sign up for the ride: Willie Reynolds, Billy Ingram, all the beautiful ladies that volunteered, the Motor Jocks who escorted the bikers on the ride and especially to the Chit Chat Club. The food was great! It was a beautiful sight to see so many bikers on both sport bikes and cruisers; men and women of all races joined together to support such an important cause. If you would like to make a private donation, you can do so at:

Camp Jubilee
PO BOX 35488
Dallas, TX 75235-0488
214-456-5878

The mission of Camp Jubilee is to provide a summer camp, at no cost to the camper for children with sickle cell.





BY THE WAY...

Prepared by:
Shbrone Mims

I'm pretty sure by now everyone has heard the scuttle-butt of major changes affecting the Fire Dept: furloughs, pay reductions, comp-time substitutions, vacation storage, giving up your first born. Ok, not that, but everything imaginable that would shed darkness on brighter days gone by with our beloved Fire and Rescue Department.

But have you heard that at those scheduled meeting held on Tuesday and Thursday, our members were low in attendance and few in opinions about how we felt as an Organization, Firefighters and Family Bread Winners, regarding changes so drastic our lives as we know it would be altered forever.

Fellow members, we must be Proactive and not Reactive when opportunity comes knocking at our doors. We must be large in numbers and abundantly versed about what we feel is a good path to prosperity and career preservation. But we've got to be present and vocal if we want our views and suggestions to make an indelible mark that will transcend over time for generations to come.



So in parting, I leave you with this thought:

“Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.” **Dr. Martin Luther King, Jr.**



Before the meeting began, Mary Suhn forced all police and fire officers that were on duty to leave the building before she attempted to address the crowd. The officers were informed that they would be allowed to return for the next meeting, the following Thursday, *if* they were not on duty.

“How To Have A Steadfast Hope In A Shaky World”

PART 1: DON'T BE DISMAYED

The stage is set for the drama of the ages, only this drama is not going to be make-believe, it is going to be for real. But God's people are not to be upset, dismayed, or anxious. We are to have a settled faith. II Thessalonians 1:7 says, "And to you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with His mighty angels."

I do hear you saying, "But Chaplain, these are dark days and times are tough." Yes, they are, but they are gloriously dark. The darkest hour of the night is just before the dawn. You see, our hope is not in politics, science, or meet and confer sessions. Our hope is in the second coming of the Lord Jesus Christ.

When He comes again, He is coming as the King of Kings and Lord of Lords. When He came the first time, He was ridiculed and spat upon. When He came the first time He was crucified, but when He comes again, He's going to be crowned.

Now we don't know the exact time of His return. Matthew 24:36 says, "But of that day and hour knows no man, no, not the angels of heaven, but my Father only." Jesus was born on time. He died on time, rose on time, and He's coming back the second time on time. Our Lord will not tarry one minute longer than is necessary. God has everything under control. So, brothers and sisters lets not be dismayed.

Standby for PART 2: DON'T BE DECEIVED

Grace and Peace,

Chaplain Robert B. Winters

Let's remember to keep the following families in our daily prayers:

Martin Kemp and his wife Felicia & family (brother in law passed)
Charlie Gibbs (retired from 36s) & family (sister passed)

Let us pray that these families heal quickly. A kind word, a hug, a handshake, or even a nod can do wonders to lift a burdened soul, but *nothing* heals like the power of prayer.

Member Business Listings

If WE don't support each other...Who will?

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Ronald J. Vaughn, Sr.

This section is dedicated solely to the members of the Dallas Black Firefighter Association who have second jobs. We are attempting to help our members prosper by giving everyone a chance to list their businesses in our newsletter for free on a monthly basis. We are also allotting a few advertising spaces for the members and their immediate family members. We need to support each other more and here is your opportunity.

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DALLAS BLACK FIRE FIGHTERS ASSOCIATION OF DALLAS

12th Annual SCHOLARSHIP GOLF TOURNAMENT

The Golf Club at Castle Hills
Lewisville, Texas
September 11, 2010

Dallas Black Fire Fighters Association OF DALLAS

12th Annual Scholarship Golf Tournament

Four Person Scramble
Saturday, September 11, 2010
Registration: 6:30 a.m. Shotgun Start: 8:00 a.m.
Fees: \$100.00/Player \$400/Team

The Golf Club at Castle Hills
699 Lady of the Lake Blvd. Lewisville, Texas
972.899.7400

For more info contact:
Daman Washington: 214.518.1851 or email smokejacket@yahoo.com
William Hurd 972.824.0219
www.tournevents.com/dbffa2010

New York City, NY
September 22, 2008
The Golf Club at Castle Hills

International Association of Black Professional Fire Fighters 2010 Training Conference and Convention

We are pleased to offer you the opportunity to join us at our International Association of Black Professional Fire Fighters Training Conference and Convention August 2-6, 2010 in beautiful downtown New Orleans, Louisiana.

Host Hotel

Marriott New Orleans at the Convention Center
859 Convention Center Boulevard
New Orleans, Louisiana 70130

Nightly Rate: Single/Double: \$119

Triple/Quad: \$139

Additional Person: \$25 Rollaway

Suites: \$300 Junior

Reservation

www.iabpff.org click New Orleans Conv. pg.

Phone: 1-504-613-2888

Toll-free: 1-800-305-6342

We are pleased to present to our members and guest from around the world, all over the USA, the Caribbean and the United Kingdom, front line fire fighters to Fire Chiefs, members such as Chief of Departments, Safety Directors, Training directors, Human Resources Chiefs, and Emergency Medical Leaders to name a few. Our International Conventions will provide educational and career development workshops for the participants as well as an opportunity to meet vendors and sponsors whose products support the delivery of safety programs to cities across the country and around the world. This is an opportunity you won't want to miss! We invite you to check out what we have scheduled so far for you, register as soon as possible, help us by getting sponsors or purchasing an Advertisement by going directly to the website at www.iabpff.org click New Orleans Convention page. Join us at this event as an active participant in our 2010 Biennial Convention. Hope to see you at the IABPFF 2010 Biennial Convention. Visit our website for more information at www.iabpff.org click New Orleans Convention page, request info via email at IABPFFExDir@aol.com or call 314-558-4132.



P.A.C.

Prepared by:

Delridge Williams-P.A.C. Treasurer

The Congressional Fire Services Institute (CFSI) was established in 1989 as a nonprofit, nonpartisan policy institute. CFSI is designed to educate members of Congress about the needs and challenges of our nation's fire and emergency services so that the federal government provides the types of training and funding needed by our first responders. For the past 22 years, the CFSI has hosted the Annual National Fire and Emergency Services Dinner and Seminars in Washington, DC. It is an extraordinary day of opportunities for fire service leaders to engage Congressional leaders and Administration officials in discussions about federal programs and legislation addressing the needs of local first responders. Throughout the event, CFSI hosts a series of seminars addressing issues that directly relate to the safety of first responders.

This year, Delridge Williams (PAC Treasurer) and Willie Reynolds (PAC Secretary) attended the event. In addition to receiving information from the seminars, we also wanted to voice our legislative agenda to members of congress. Our principle agenda item this session was the opposition of the national collective bargaining push as written. While on the whole, collective bargaining is a good tool for employee associations to deal with municipalities, the current language excludes minority associations from the process. The language establishes a sole bargaining agent for the employees. It is this exclusivity that we are concerned with. Minority associations have fought hard for a seat at the bargaining table and this piece of legislation would effectively close the door on those efforts. Most of the priorities of public safety employees are in sync however; there are different philosophies in regards to hiring, promotions, and diversity. It is these areas that would be neglected if minority associations lost their voice.

We also spoke in favor continuing the SAFER grants nationally and locally supporting our fledgling firefighter apprentice program at Dallas Madison High School.

We meet with the Hon. Alcee Hastings (FL) and the Hon. Eddie Bernice Johnson (TX). We also meet with representatives from the offices of Hon Corrine Brown (FL), Hon. John Conyers, Jr. (MI), Hon. Elijah Cummings (MD), Hon. Chaka Fattah (PA), Hon. Barbara Lee (CA), Hon. Sheila Jackson Lee (TX), and Hon. John Lewis (GA). Each was very warm and receptive to our positions and gracious in their time. We thank each of them for their support and hope to foster long lasting relationships.

DBFFA Political Action Committee

Dallas Black Fire Fighters Assoc.

1830 Park Row

Dallas, TX 75215

We need your articles! If you have an article or announcement that you would like to submit, you may drop it by the BFFA house, fax it to (214)428-7565, or if needed you can email it to firstalarmeditor@dallasbffa.org. We want to start announcing weddings, births, retirements, and bereavements. Your fraternal brothers and sisters are here to rejoice with you in your triumphs and achievements as well as support you in your trials and tribulations. We also wish to start a list of business and services offered by our members. If you offer a service or have an off duty business, please send us that information by one of the preceding methods as well. If you have feedback, suggestions, or wish to become a part of the newsletter staff, please let us know. We need your help to make this newsletter a success. Thank you & God Bless.

Dallas Black Fire Fighters Association, Inc.

