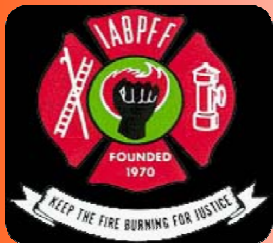


FIRST ALARM!

OCTOBER 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!

Newsletter Contents

A Message from the President	Page 4
Chaplain's Corner	Page 5
Need To Know	Page 6
Real Talk	Page 7
In The Kitchen	Page 8
Diabetes in the African American Community	Page 9
In The Neighborhood/Member Businesses	Pages 10-11

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Letter from the Editor

Hello Brothers & Sisters! As you all know, October is Fire Prevention & safety month. If you have a school in your neighborhood or a child still in school, take a moment out to visit with their class to talk about fire safety. You just may help to save a life. Please send in your articles, question & concerns, pictures, notifications, and recipes to firstalarmeditor@dallasbffa.org. Thanks and have a blessed LIFE!

Fallen Firefighters Memorial



Recruit Firefighter
Wayne Clark, 46
Passed Feb 2003



Retired Firefighter
Joseph Nelson, 56
Passed March 2010



Firefighter
Vincent L. Davis, 42
Passed Feb 2002



Firefighter
Charles Whitaker 38
Passed Feb 2008



Recruit Firefighter
Jerald Dibbles, 23
Passed January 1996

A FALLEN FIREFIGHTER'S PRAYER

<http://fellowshipofchristianfirefighters.com>

*Brother, when you weep for me,
Remember that it was meant to be.
Lay me down and when you leave,
Remember I'll be at your sleeve.
In every dark and choking hall,
I'll be there as you slowly crawl.
On every roof in driving snow,
I'll hold your coat, and you will know.
The house from which I now respond,
Is overstaffed with heroes gone.
Men who answered one last bell,
Did the job and did it well.
As firefighters we understand,
That death's card dealt in our hand.
A card we hope we never play,
But one we hold there anyway.
That card is something we ignore,
As we crawl across a weakened floor.
For we know that we're the only prayer,
For anyone that might be there.
So remember as you wipe your tears,
The joy I knew throughout the years.
As I did the job I loved to do,
I pray that thought will see you through.*

**2010 Dallas Fire-Rescue
Memorial Service
5000 Dolphin Road
Sat. October 23, 2010
10:00 am
Reception will follow**

**Contact: Elaine Maddox
469.323.5969**



President's Seat

Hello Dallas Black Firefighters Association and friends. Welcome to the October edition of the *First Alarm* newsletter where we continue to employ our focus of being “Our Brother’s Keeper”. First, let me thank the editor of our newsletter for the tireless effort put into delivering a wealth of knowledge and encouragement. How did everyone like the August edition of the First Alarm saluting women in the fire service? Wond-er-ful, hah! Thank you also for taking the time to respond to those efforts setup by your Meet and Confer team. Brothers and Sisters, please remember to check the IDS screen Meet and Confer section for the final details of the budget’s effect on our department.

We are continuously striving to inspire participation of all our members and hope that our efforts will enable you to see where you are most needed. We have been asked to encourage our city leaders to employ us in every bureau of our department but we *must* be prepared and qualified when an opportunity presents itself. In the history of this department and in my 33

years of service, I have personally witnessed many rejections for promotions on the basis of not being “qualified”. Now, the present day justification is that we are not “prepared”. I hear complaints about not being included but we seem to be short of eligible members to fill those desired positions. Change requires visionary leaders who see challenges and growth opportunities and begin positioning people to produce extraordinary results that make real contributions. When in the course of organizational culture, it becomes necessary to alter or abolish the status quo. People must establish a foundation on such principles and organize their values to ensure a swift succession in both leadership and operational tempo.

Although many people recognize that the world is changing and that our current way of operating is no longer successful, few are willing to make the necessary modifications to ensure victory. It is difficult for people to look past the short-term metrics to focus on long-term benefits. Successful transformation rests on a picture of the future that is relatively easy to communicate and appeals to constituents, stakeholders, and employees. Our vision helps clarify the direction in which an organization needs to move. The vision functions in many different ways, it helps spark motivation, it helps keep all the projects and changes aligned, it provides a filter to evaluate how the organization is doing, and it provides a rationale for the changes the organization will have to weather.

If one person cannot communicate their vision to someone else in five minutes or less and get a positive reaction that signifies both understanding and interest, then that person must regroup, revisit their strategy, and return with a renewed sense of purpose. Until new behaviors are rooted in social norms and shared values, they are subject to degradations as soon as the pressure for change is removed. Two factors are particularly important for doing this. The first is a conscious attempt to show people how the new approaches, behaviors, and attitudes have helped improve the enterprise. And the second is to ensure that the next generation of leaders believe in, embrace, and embody the new traditions.

Since real transformation takes time, the loss of momentum and the onset of disappointment are real factors. Most people won’t go on a long march for change unless they begin to see compelling evidence that their efforts are bearing fruit. In successful transformation, leaders must actively plan and achieve some short term gains which people will be able to see and celebrate. This provides proof to organization members that their efforts are working, and adds to the motivation to keep the effort going. When it becomes clear to people that major change may take a long time, urgency levels can drop. Commitments to produce short-term wins helps to keep the urgency level up and force detailed analytical thinking that can clarify or modify visions. What is your vision? Where do you see yourself in the near future or long term focus of change? ***“It’s always tougher when you’re a pioneer”***

Chaplain's Corner



Healing Prayer of Command

Precious Lord Jesus, you came into the world to heal our infirmities and endure our sufferings. You went about healing all who were sick and bringing comfort to those in pain. By a simple command you rebuked Peter's mother-in-law's fever. You spoke directly to the illness, condemned it for its actions and commanded it to leave her body.

In the same way, Lord, you have called all of your disciples to follow your example. You have given us power over all the works of the enemy and sent us forth to make disciples of all nations. In the healing tradition of the church, and through my obedience to your written Word, I hereby take authority over all forms of sickness and disease that have been attacking my body.

In the name of Jesus, under the power and authority of the Lord God Almighty, I command all forms of demonic illness to leave my body now and go straight to the feet of Jesus Christ. Your assignment and influences are over. I rebuke all pain in the name of Jesus, and I command it to get out of my body right now. I rebuke all spirits of trauma, infirmity, nerve disorder, lung disorder, brain disorder, heart disease, AIDS, cancer, hypochondria, fatigue, anorexia, leukemia, arthritis, tumors, abnormal growths, diabetes and all other forms of sickness to leave my body now in the name of Jesus.

Lord Jesus, I thank you for your healing power. I ask you to send forth your ministering, medical and surgical angels, to repair and restore any damage that was caused in my body by the presence of sin, sickness or demonically influenced infirmities. I ask that you send forth your Holy Spirit and fill me with your love, light, peace and joy. Come Holy Spirit and transform me into the child of God that you intended me to be. Amen, Amen, AMEN!!!

Please keep in your prayers these members and their families. A hug, a kiss, and kind words are encouraged, but nothing works better than the power of prayer! HALLELUJAH!

Chaplain Robert Winters
Kalon T. Kohen
T.D. Gibson
Elmo Davis

Amendments

The August edition of the First Alarm newsletter was dedicated to the accomplishments of Black Women in Fire Service throughout history. We failed, however, to mention the current members here in our very own department. As much as we would love to name every black woman in the I&LSE department, we simply do not have enough print space, so we thank you all for your dedication to keeping every single civilian and especially our officers safer. So many lives are thankful for your hard work. As for the black women on the fire operations side, there are only a handful. They are as follows: Angie Wilson, Jackie Smith, Delores Brown, Yetta Howard, Marcie Harris, Kenya Blackwell, and ReGina Trail.

We also have women firefighters who are not of African American decent who are currently members of this association: Suzanne Braddick and Krystle Caulderon. The August edition was in no way meant to offend or isolate any of the women who dedicate their lives to serving citizens, no matter the ethnicity, age, or specific department. It was meant to uplift and honor the trials that the women before us had to endure in order for us to serve next to our brothers today. Hopefully, that message was well received by the majority of the readers. With that said, God Keep us ALL safe and have a blessed LIFE!

Need To Know!

City pension fix a harbinger for other governments

The Baltimore Sun

When is a promise not a promise? People who loaned money to subprime homebuyers have one view. Those who bought stock in 1st Mariner Bank at \$10 a share have another. (It's now \$1.) So do those who expected long careers at Black & Decker and were laid off in a brutal recession.

In an age of diminished resources, bad faith and dashed hopes, everybody's feeling jilted.

But few groups sound as aggrieved as the government employees whose pensions are being cut by financially stressed states, cities and counties.

"The City Council and mayor have turned their backs on police and firefighters," Robert Cherry Jr., president of the local Fraternal Order of Police union, warned *The Baltimore Sun* two weeks ago. "They should expect police and firefighters to turn their backs on them."

Last week, the City Council cut future contributions to fire and police pension funds by hundreds of millions of dollars to avert a budget crisis. The minimum service time before retirement was raised from 20 years to 25. The formula for cost-of-living increases was revised. Employees must contribute more to the fund, and so forth.

Fire and police unions sued the city even before the reform bill passed. Cherry says they're talking about seeking an injunction to block the changes.

"It's just disappointing that we had to move forward with the federal suit," he said in an interview last week. "That is our plan. Our members are demanding it. We believe that the city made a promise and has broken that promise."

It's a thumbnail image of what's going on across the country, as state and local governments deal with huge budget shortfalls and pension benefits that many claim are too generous. It's also a preview of what Maryland faces next year, when whoever wins the governorship will be forced to deal with a roughly \$30 billion abyss in funds that finance pensions and retiree health care.

Traditional, "defined benefit" pensions are one of the riskiest financial commitments anybody can make — or receive. Workers joining pension systems in their 20s are promised explicit payoffs that won't come for another half a century. In a topsy-turvy world, such money is far from guaranteed, no matter what the employee-benefits brochure says.

And for government employees, the promises are substantial.

Unions note that average annual pensions for government retirees are relatively low, often in the \$10,000 or \$20,000 range. But these calculations include many retirees with only a few years of service, which drags down the average. Baltimore firefighters and police who retired in fiscal 2009 with more than 30 years of service are getting average pensions of almost \$63,000 a year, according to the funds' annual report.

(Note: Fire and police employees don't get Social Security. And it

goes without saying that they also have dangerous jobs in a dangerous city.)

Teachers, state agency employees and other members of the Maryland State Retirement and Pension system who retired in fiscal 2009 with at least 30 years of service are getting \$35,000 a year on average.

Corporate employers can adjust these kinds of commitments fairly easily. When a union contract expires, they renegotiate the accumulation of future benefits for current employees. Or they change terms unilaterally for nonunion folks. Or they go bankrupt, which can hurt retirees already drawing a pension.

It's a lot harder for governments. They're run by politicians who get co-opted or pressured by unions, which are far more numerous for public than private employees. Baltimore's fire and police locals are already saying they'll try to eject council members who voted for the pension haircut.

What's more, a long time ago some Baltimore pols granted extraordinary legal protection to city employees. The city's charter — its constitution, essentially — says that each new member of its pension systems "shall be deemed to have entered into a contract with the Mayor and the City Council." Once the employee joins a city system, the charter says, pension benefits cannot be "diminished or impaired."

Holy accrued actuarial liability, Batman.

The unions' lawsuit will be closely watched because other states and cities have the same kind of language in their existential documents. But saying that a contract exists does not make it inviolable.

"There is some case law that says you can impair contracts for a significant public purpose," says James E. Spiotto, a Chicago lawyer who has studied the issue closely and followed Illinois' severe pension problems. "If it's a choice between providing essential government services and funding the pension — that may happen."

Years of accumulated hazards now threaten government pensions. True, Baltimore, Maryland and other governments underfunded pensions for a long time. But pensions also face dangers — slow economic growth, a bum stock market and retirees living a lot longer — that few foresaw.

Expect the Baltimore lawsuit to be aggressively litigated but settled out of court. The unions will give up much, although maybe not as much as City Council took away last week. Teachers and other state employees can expect their own haircut next year.

With the economy likely to be weak for years and public employees getting retiree benefits that have all but vanished in the private sector, the political and financial resources to maintain them just don't exist.

No matter what the fine print says, a government pension, like all politics, is the art of the possible.

http://www.baltimor.esun.com/business/bs-bz-hancock-pensions-20100627_0,7540190.column

Real Talk

How concerned are you about your retirement benefits? Have you been watching the news, reading the paper, keeping an eye on the internet? If you have not, you might want to start paying close attention. Our pension may be at stake. This is not intended to get you in panic mode, however, it is time that you wise up, listen around, and start to ask questions. As a member of Dallas Fire-Rescue department, the main thing keeping most of us here is our retirement plan. With the nature of our job hazards, some of us may not even get to enjoy those benefits. If the city has its way, should we fall like so many before us, our families will not be able to enjoy those benefits we gave our lives for either.

As a department, our members make a lot less annually than our brothers and sisters in surrounding cities. We do not have some of the luxuries that the smaller departments have, but we do have the hope that when we retire, we will be able to retire in peace and at an acceptable age. Who amongst us wants to *have* to retire at 75 and *still* have to take on another job to make ends meet? Not I. However, that is a possibility if they have their way with our pension. How does this affect you? Well, look at where you are in your career. Are you past retirement? About to retire? 10-15 years in the game? Or are you brand new to the department? Who will this affect most? Mostly those who are not close to retirement. The city currently contributes 27% to our pension. Imagine if someone decided that 27.5% is too much and wanted to reduce the city's contribution. Well that is exactly what may be proposed. Do I have your attention now? Good.

All over the internet, there are numerous postings and comments from various people; city and government officials alike. They seem to keep repeating the statement that firefighters are riding the

overtime wave and make too much money. How much is your life worth? How do you think the family of fallen firefighters would feel about a reduction in our pension? Do you think that they would rather have the city's contribution of 27.5% or do you think they would rather have their loved one back? Also, breakdown a firefighters hourly pay and see if we make too much to leave our young children, husbands, and wives at home to run blindly into a burning building, climb on top of a steep roof, and run along highways while drunk drivers barrel at us at 3 a.m. to make sure that the civilians of Dallas are safe. If their lives were on the line, would these same people still think the city contributes too much? I think not. How much are their lives worth? We are fathers, mothers, husbands, and wives. Some of us are the sole providers for our families. Some of us are single parents. Some of us are barely making ends meet on a daily basis.

We are not mere numbers to be pushed around and adjusted when deemed necessary. We are not standing with our hands in our pockets while our futures are inked by those in higher offices. We have assembled a team of representatives deemed the Dallas Public Employees Pension PAC and are keeping on top of this issue so that we will not be caught unaware. Stop by your local credit union and make a contribution. ALL funds will be used ONLY by the Dallas Public Employees Pension PAC and ONLY for issues pertaining to the pension.

~ Submitted by Chairman of the P.A.C. Billy F. Ingram

Dallas Black Firefighters Association

Christmas Party

Saturday Dec 4, 2010

9:00pm-2:00am

1830 Park Row Ave

Dallas, TX 75237

For The Grown & Sexy 🎄 Business Casual Attire 🎄 Cash Bar

In The Kitchen

Eating healthy should not mean eliminating taste. They say that good things come to those who wait, however, in a life where time is of the essence, most of us don't have the time to cook. So what usually happens after work? We end up in a drive thru ordering a bunch of junk because it's FAST! Since this issue is focused on Diabetes awareness, we have decided to include several dishes that can be prepared in 30 minutes or less, are healthy and taste DELICIOUS! Get your apron out of the drawer and wash the dust off of your pots and pans, it's time to eat!

*these recipes can be found at www.diabeticlivingonline.com

Salmon & Wilted Greens

Nutrition Facts Per Serving:

- Servings: 4 servings
- Calories 256
- Total Fat (g) 9
- Saturated Fat (g) 2
- Cholesterol (mg) 31
- Sodium (mg) 429
- Carbohydrate (g) 15
- Fiber (g) 2
- Protein (g) 27

- Vitamin A (DV%) 55
- Vitamin C (DV%) 115
- Calcium (DV%) 0
- Iron (DV%) 19
- **Diabetic Exchanges**
- Fruit (d.e.) .5
- Vegetables (d.e.) .5
- Lean Meat (d.e.) 3.5
- Fat (d.e.) .5

- 4 6oz fresh/frozen salmon steaks, cut 1 inch thick
- 5 T OJ concentrate
- 2T reduced sodium soy sauce
- 1 T honey
- 2 tsp cooking oil
- 1 tsp sesame oil
- 1/2 tsp fresh ginger or 1/4 tsp ground ginger
- 6 c. mixed greens (spinach, mustard, etc)
- 1 med orange, peeled & sectioned
- 1 small sweet red pepper, cut into thin strips

1. Thaw fish, if frozen. Rinse fish; pat dry. For dressing, in a small bowl combine orange juice concentrate, soy sauce, honey, cooking oil, sesame oil, ginger and 3 tablespoons water.

2. Place fish on the greased unheated rack of a broiler pan. Broil 4 inches from heat for 5 minutes. Using a wide spatula, carefully turn fish over. Brush with 1 T of the dressing. Broil for 3 to 7 minutes more or until fish flakes easily with a fork. (Or, grill fish on the greased rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until fish flakes easily with a fork, gently turning and brushing once with dressing halfway through grilling time.) Cover and keep fish warm while preparing the greens.

3. Place greens and orange sections in a large salad bowl. Bring remaining dressing to boiling in a large skillet. Add red pepper strips. Remove from heat. Pour over greens. Toss to mix. Top each serving with a salmon steak. Serve immediately. Makes 4 servings.

Balsamic-Glazed Lamb Chops

Nutrition Facts Per Serving:

- Servings: 4 servings
- Calories 161
- Total Fat (g) 6
- Saturated Fat (g) 2
- Cholesterol (mg) 48
- Sodium (mg) 334
- Carbohydrate (g) 10
- Fiber (g) 0

- Protein (g) 15
- Vitamin A (DV%) 0
- Vitamin C (DV%) 0
- Calcium (DV%) 0
- Iron (DV%) 0
- **Diabetic Exchanges**
- Other Carbohydrates (d.e.) .5
- Lean Meat (d.e.) 2.5

- 8 lamb rib chops, cut 1 inch thick
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 c. orange juice
- 1/4 c. balsamic vinegar
- 1 T honey
- 1 T reduced sodium soy sauce

1. Trim fat from chops. Season chops with salt and pepper. Place chops in a re-sealable plastic bag set in a shallow dish. In a small bowl, stir together orange juice, balsamic vinegar, honey, and soy sauce; pour over chops. Seal bag; turn to coat chops. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.

2. Drain lamb, reserving marinade. Pour marinade into a heavy small saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, about 15 minutes or until reduced to about 1/3 cup; set aside.

3. Place chops on the rack of an uncovered grill directly over medium coals. Grill to desired doneness, turning and brushing once with glaze halfway through grilling. (Allow 12 to 14 minutes for medium-rare doneness [145 degree F] or 15 to 17 minutes for medium doneness [160 degree F].) Discard any remaining glaze. Makes 4 servings.



Diabetes in the African American Community

When it comes to Diabetes, we as minorities, must take extra special precautions with our health and lifestyles. Here are a few facts:

- ◇ African American adults are twice as likely than non-Hispanic white adults to have been diagnosed with diabetes by a physician.
- ◇ In 2006, African American men were 2.2 times as likely to start treatment for end-stage renal disease related to diabetes, as compared to non-Hispanic white men.
- ◇ In 2006, diabetic African Americans were 1.5 times as likely as diabetic Whites to be hospitalized.
- ◇ In 2006, African Americans were 2.3 times as likely as non-Hispanic Whites to die from diabetes.

If not controlled, diabetes can cause a host of complications that can affect nearly every organ in the body. Diabetes complications include:

- ◇ Heart disease
- ◇ Stroke
- ◇ Kidney disease
- ◇ Nerve damage
- ◇ Eye damage
- ◇ Digestion problems
- ◇ Erectile dysfunction
- ◇ Skin problems
- ◇ Infection
- ◇ Dental problems

Genetic Risk Factors

Inherited Traits

Researchers suggest that African Americans and recent African immigrants to America have inherited a "thrifty gene" from their African ancestors. Years ago, this gene enabled Africans, during "feast and famine" cycles, to use food energy more efficiently when food was scarce. Today, with fewer "feast and famine" cycles, the thrifty gene that developed for survival may instead make weight control more difficult. This genetic predisposition, along with impaired glucose tolerance (IGT), often occurs together with the genetic tendency toward high blood pressure.

Group Ancestry

African-American ancestry is also an important predictor of the development of diabetes. To understand how rates of diabetes vary among African Americans, it is important to look at the historical origins of black populations in America. Genetic predisposition to diabetes is based, in part, on a person's lineage. The African-American population formed from a genetic ad-mixture across African ethnic groups and with other racial groups, primarily European and North American Caucasian.

Courtesy of www.BlackHealthCare.com

A Sample Meal Plan for Diabetes

If you have diabetes you should follow a special diet. Here's a sample diabetic meal plan that is about 1,600 calories and 220 grams of carbohydrates. Remember to drink two 8-ounce glasses of water with each meal.

Breakfast

(360 calories, 52.5 grams carbohydrate)

- 1 slice toasted whole wheat bread with 1 teaspoon margarine
- 1/4 cup egg substitute or cottage cheese
- 1/2 cup oatmeal
- 1/2 cup skim milk
- 1/2 small banana

Lunch

(535 calories, 75 grams carbohydrate)

- 1 cup vegetable soup with 4-6 crackers
- 1 turkey sandwich (2 slices whole wheat bread, 1 ounce turkey and 1 ounce low-fat cheese, 1 teaspoon mayonnaise)
- 1 small apple

Dinner

(635 calories, 65 grams carbohydrate)

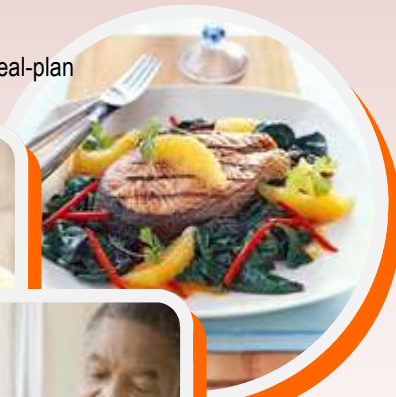
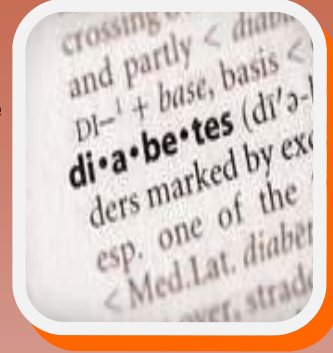
- 4 ounces broiled chicken breast with basil and oregano sprinkled on top
- 2/3 cup cooked brown rice
- 1/2 cup cooked carrots
- 1 small whole grain dinner roll with 1 teaspoon margarine
- Tossed salad with 2 tablespoons low-fat salad dressing
- 4 unsweetened canned apricot halves or 1 small slice of angel food cake

Snacks

(Each has 60 calories or 15 grams carbohydrate. Pick two per day.)

- 16 fat-free tortilla chips with salsa
- 1/2 c. artificially sweetened chocolate pudding
- 1 oz string cheese plus one small piece of fruit
- 3 cups "lite" popcorn

Courtesy of <http://diabetes.webmd.com/guide/sample-meal-plan>



In The Neighborhood



Happy Halloween

It's that time of year when our kids will be begging to get the latest costume everytime you go into Walmart or Target. Then they will be going from door to door knocking on stranger's doors asking for candy and treats. Yes, it's Halloween time. When we were young, it was safe to go trick or treating because we actually knew most of our neighbors personally. These days, the thought of child molesters and sexual predators in my neighborhood opening the doors when my children knock stops me in my tracks. I don't want my children to miss out on the Halloween tradition of trick or treating, however, their safety is my first and foremost priority. Here are a few tips on keeping your child safe on Halloween night:

Costumes

- Halloween costumes should be light and bright, so children are clearly visible to motorists and other pedestrians. Trim costumes and bags with reflective tape.
- Make sure children wear flame-resistant costumes that fit properly. Costumes that are too long may cause kids to trip and fall.
- Children should wear sturdy, comfortable and slip-resistant shoes.
- Masks and hats can impair a child's vision, so secure hats well and consider using face makeup instead of masks.



Trick-or-Treating



- When trick-or-treating, children should stay in familiar neighborhoods and be accompanied by an adult at all times.
- Children must walk on sidewalks and never cut across yards or driveways. They should also obey all traffic signals and remain in designated crosswalks when crossing the street.
- Trick-or-treaters should only approach houses that are well lit. Both children and parents should carry flashlights to see and be seen.
- Consider skipping the door-to-door trick-or-treating and attend a neighborhood Halloween party instead.
- Examine all treats for tampering or other unsafe conditions before allowing the children to eat them

Member Business Listings

WWW.PURESHOOTERCOACH.COM

Billy R. Banks 214-505-5711

Need vitamins?

WWW.MAXGXL.COM,

ID 223222

Home Beautiful Décor Furniture

502 W. Kearney Street #200

Mesquite, TX 75149

Pay Now, Layaway, No Credit

Check!

WWW.BEAUTIFULHOMEDECOR.COM

972-288-0705 phone

972-288-1168 fax



Mackie N. Reese

FC Dallas Youth 92 Blue Boys

Hotline: 972-738-9800 Ext. 2200

<http://www.fcdallasyouth.net.prod.ngin.com/page/show/42932>

Cell: 972-529-8089

Standing in the Gap Heartsaver CPR

214-284-2099

BRITTLYNDON@SBCGLOBAL.NET

Lyndon Britt, Owner

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. Please remember that all AD SPACES are to be submitted to firstalarmeditor@dallasbffa.org. The prices for ad spaces will be mailed to you and payment is due in advance of publication.

What Chilli Wants, the hit docuseries for VH1 is back!

The first season premiered on VH1 in the spring of 2010 and routinely took the #1 ratings slot for the network and cumulative viewers hit highs of over 7.2 million per week!

The series is made distinct by the real and positive portrayal of its central characters. **What Chilli Wants** follows Chilli, of TLC, on a real life journey to find love and happiness, wherever it may lead.

Are you looking for 'real' love? This season we are aggressively searching to uncover and connect Chilli with some of the most ethnically diverse, incredibly successful, extremely attractive, athletic men from around the country. We want you to know that you have been nominated as a "**Phenomenal Catch**" that any woman would be honored to meet! We cordially invite you to accept this private invitation to discuss this opportunity via phone and gain more insight and detailed information regarding scheduling and participation requests.

A prompt response either way - accepting or declining the offer to *possibly* participate on **Season Two** of **What Chilli Wants** - would be greatly appreciated. If you're interested, please include any pre-existing plans (travel outside of the country, etc.) between September-November 2010 so we have a snap shot of your calendar and availability.

Sometimes love comes at unexpected times and in unique situations. Can you hold your own with a successful and confident woman? Could this be that perfect time and place for you? If you are ready to take the first step to experiencing a true romantic adventure with an amazing and beautiful woman, we invite you to join us!

Please contact Jason Evans, PIO, if you are interested in this opportunity. (214) 670-7949 or jason.evans@dallascityhall.com.

Season One included special appearances by: Floyd Mayweather Jr, Justin Timberlake, Taylor Swift, Snoop Dogg, Missy Elliot, Atlanta Mayor Kasim Reed, Atlanta Braves pitcher Mike Gonzalez and fellow TLC member Tionne "T-Boz" Watkins.



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.

