Much of the following was taken from the book *ONE HUNDRED YEARS AND COUNTING* by Dan Abbott. Other information was obtained from former Fire Chief John Kellenbenz, Administrative Captain Tom Young and other information that I could locate. Thanks to Retired South Adams County Firefighter and Commerce City Councilmember Rick Teeter for sharing some valuable information with Mayor Sloan as well.

On May 1, 1883 the new engine house was opened. This new fire station was located on 12th Street just west of Candece’s grocery at a cost of $1907.00. Currently this is the parking lot and restroom located just east of the Capitol Grill. At 2 o’clock in the afternoon the annual parade and inspection was conducted of the fire department. The Excelsior Hose Company and the Everett Hook and Ladder Company assembled in front of their new quarters and had a photograph taken. The Loveland Hose Company also had their photograph taken at their hose house on the north side which was located at 9th and East Street where the American Legion Post is today.

At that time it was determined that the current method of alerting firefighters was the bell located at the Baptist Church. Some sources stated that this bell couldn’t be heard in all parts of the town. With the new quarters being utilized the Golden Fire Department decided that it was time to have suitable alarm bell. The new bell arrived by the first of August 1883 and was temporarily set up for testing at the Central Fire Station on 12th Street. This new bell weighed 1,300 pounds, was clear in tone, and could be heard in portions of the town. The local newspaper at the time, the Golden Globe, remarked in its issue of August 11, 1883 that:

> “The City Council should at once erect a tower for it, inasmuch as the fire department has offered to donate it to the city if this is done”

The Transcript reported in its August 15th issue that:

> “The new fire bell that has been purchased with subscription from the citizens through the solicitation of our wide-awake firemen, is now on the ground and awaiting some action of the city council looking to its being placed in a tower for

(Continued on page 2)
An attempt was made at the meeting last week to have an appropriation made for the purpose, those interested guaranteeing that it should not cost the city to exceed $100, but it failed to pass the board. We hope the matter will be looked to without unnecessary delay.”

According to Abbott’s book, the firemen got tired waiting for the City Council to make arrangements for erecting a tower for their bell and took the matter into their own hands. Mayor Morris generously furnished the lumber, and by the first of September the tower had been erected by the firemen and the bell placed into position. It is not documented but suspected that the firemen did this with the help of the railroad personnel who were good at up righting rail cars with block and tackles and pulley systems. This may have been early attempts at a technical rescue team and rope rescue group.

At the Loveland Hose Company a cow bell was used. By the first part of March 1904, the Loveland membership ordered a new bell that was much larger and more effective than the old cow bell. The new bell was placed at the Loveland Hose House. Much credit was due Chief Nixon, who stuck with the members of the council until they gave in and approved the purchase of the bell, which cost $150.

At this point in time, there were three bells in the City; one at the Baptist Church (not a fire bell), the bell at Central Station and a bell at the Loveland Station.

By November 1, 1911 the fire department had opened bids for two steel bell towers to replace the old wooden ones at the Central and Loveland stations that had been erected in 1883. The contract was awarded to the Fromhart-Duffy Company of Golden for $275.00. Although cold and stormy weather prevented the steel towers being completed on schedule, the firemen presented them to the City on November 26. Chief Bolitho, presented the towers to the City and Mayor C.P. Hoyt accepted them. Alderman H.T. Curry and J. L. Davidson also addressed the firemen and the assembled citizens. After the more serious business of the session had been concluded, the firemen served refreshments and everybody enjoyed a social hour, enlivened by songs and instrumental music.

When the Armistice was signed ending World War I on November 18, 1918 the bell at the Central Station was cracked by the all-night exuberant tolling. It was thought by some of the aldermen that the bell might be welded and be as good as new. However, it was finally decided that this bell should be preserved as a relic, and a new one purchased. By the middle of December in 1918, the new bell had been ordered by City Clerk Curry from the Julius Pearse Fire Department Supply Company of Denver. It was reported that the bell had been shipped from
Kansas City and would arrive before Christmas. However, by the end of January in 1919, it hadn’t been re-
ceived. The Transcript, in its January 23, 1919 issue remarked:

**FIRE BELL IS LOST!**

*Lost – One perfectly good fire bell, weighting about 500 pounds, and 36 inches in width. Was last seen leaving Kansas City. The Golden City Council will appreciate any information leading to the recovery of the bell.*

Such an advertisement might well be inserted by the Golden authorities, as there seems to be no other way whereby Golden’s new bell, long overdue, can be located. The bell was ordered from Kansas City early in De-
cember, and it was expected that the bell would reach Golden in at least two weeks. Instead, nearly two
months have gone by, and Golden is without a good fire alarm.

By the first part of February the new bell had arrived, and was placed on the bell tower at the Central Fire Sta-

tion. The old cracked bell – now known as the Liberty Bell – currently rests outside the main entrance to the City Hall at 911 10th Street.

When the Fire Department moved to 911 10th Street, the old Loveland Bell was placed in the yard at the City Shops. In 1999, that bell was placed in front of the Golden Visitors Center on Washington Ave.

The old replacement bell from the Central Station was also stored at the City Shops for many years. Eventually the bell was mounted onto a trailer by the volunteer firefighters. This bell was utilized as a traveling trophy between Golden Fire and South Adams County Fire as a trophy for the annual softball game. The bell was pulled to many State Conventions and Tri-County Races. It became an object that was an item of good natured thievery between South Adams and Golden. The bell disappeared in the 1970’s as the tradition died. It was always thought that South Adams had possession but it was never quite known for sure. That part was true but until 2012, the exact location was not really known. Many of Golden’s “old-timers” suspected it might be in Commerce City but it could never be confirmed and the location remained a mystery and even suspicion arose that the bell had been scrapped. At a Colorado Mu-
nicipal League meeting, City Councilman Rick Teeter from Commerce City approach Golden Mayor Marjorie Sloan and City Councilperson Marcia Clax-
ton. Councilor Teeter advised that he thought he knew where there was a bell that he thought belonged to Golden. Councilor Teeter had been an active vol-
unteer firefighter with South Adams and currently is an active retiree with them. Mayor Sloan advised Golden Chief John Bales of this conversation. Chief Bales had known Councilor Teeter in the 1970’s and 80’s while a member of the Thornton Fire Department and since South Adams and Thornton ran mutual aid together and the two became acquainted. Chief Bales contacted Councilor Teeter about the bell. The bell was located out-

(Continued from page 2)
side in the yard of a private residence for 30 years with weeds and various creatures nesting in it. It was recovered by members of South Adams only after some persuasion from the Commerce City Police Department to the property owner and placed in their Station 24 until April 19, 2013. On this date Chief Bales, Assistant Chief Burrell, Deputy Chief Parker (who is a current South Adams Volunteer Captain) and Training Lieutenant Kasriel went to South Adams to recover the bell. With assistance from Denver West Towing, the bell was recovered and is now safely back home in the possession of the Golden Fire Department.

It is unknown at this time as to what the plans are for the future of the recovered bell but we are glad that part of Golden’s history is back where it belongs.

A Glance Back: Golden Fire Department Running Team June 1976

For years, GFD competed with area fire departments in skills competition. The timed races consisted of various firefighting hose lays and knocking down a target with the water stream to complete the race. In 1976 the Golden Fire Department running team took first place in the state competition. The bell in the photo is the same bell as pictured above and mentioned in Chief Bales article. The team pictured above from left to right, Jim Hinkle, Darrell Wood, Gene Bennetts, Jim Thorne, Jack Kolin and Frank Young.
“When You’re Here, You’re Somebody”

It is my understanding that a former Training Officer of this department coined the phrase “when you’re here, you’re somebody.” I first heard this little saying at the beginning of the Academy when a senior firefighter was addressing the recruits regarding expectations. I understood the intention of the phrase was to convey the idea that work should not be pawned off on others. The thought that “somebody” else will take care of a task or duty should be eliminated from the recruit’s mindset because when they are at the fire department, they are that somebody.

I love this phrase, and this mindset. I believe that it is not only applicable to the recruits, but to all of us. That being said, the first time I heard the saying it conjured up some other thoughts that I feel embody us as a fire service as well as an organization. I am sincerely honored to have this venue to share those thoughts with others who are as passionate about our trade as I am.

Without sugar coating it, when we are here we are important. Literally everything we do has the potential to make a difference in someone’s life. That someone could be the citizen we are sworn to serve or the brother / sister firefighter sitting next to us. The impact could be small, or it could literally be life altering. Either way, it is a weighty responsibility that we have all chosen to accept. I believe that speaks volumes about each and every member of this department.

So what does all this mean, and why is it important? It is of critical importance because as we prepare to turn the Recruit Class of 2013 loose, they will be looking to each and every one of you for answers. How they should set their gear up, how to operate on scene, what to train on, and most importantly what kind of attitude to have. The membership of this department has the greatest opportunity to have an impact on the careers of these young firefighters. Demonstrate how to do a thorough rig check. Explain the importance of keeping the station clean. Show them how to wear the uniform proudly, and represent the department with honor. Most importantly, help them to understand that each and every action they take here is important to the people we serve as well as each other.

Thanks for giving me the opportunity to be “somebody” here in Golden. Let’s make sure this new group “gets it” and keeps the fine traditions of the Golden Fire Department and the fire service intact… See you at the big one.
Pre-Incident Planning & Construction Updates

Pre-incident Planning

As we all know, the profession we have all chosen requires us to make quick, critical decisions that are reactive in nature. A great deal of the decisions and actions that are made on scene have to be made with the information that is provided to us en route and as we arrive on-scene. As firefighters we must continually train to sustain and enhance the skills that we have, and to always add another “tool to the tool box”, because many of the environments that we place ourselves in are hostile and ever changing. With the vast array of skills that we receive here at GFD, there is another way that we can better utilize our expertise as well as enhance operational decisions before we receive the tone. Pre-incident planning.

In a nutshell, all pre-incident planning is, gathering information; the more information available the better. The information that is gathered allows us to know what types of hazards we may face if an emergency ever occurs at that specific occupancy. Pre-incident planning allows us to gain a great deal of information and a better understanding of the occupancy under ideal, non-emergent situations; that may not be available to us in emergency situations. These plans can help us become more familiar with the structures, their uses and associated hazards. When gathering this information it is advantageous to visualize how standard strategies and tactics may apply to that specific structure and its contents; and when those do not apply develop new ones.

The basic information that we want to gather is that of access, utilities, fire protection systems, water supply, construction type, occupancy, building layout, exposures, and fuel load. We all know the basic information above, but I want to stress taking a closer look for special hazards that we are unaware of which can increase the likelihood of an emergency situation becoming worse. With the implementation of Emergency Reporting and the use of iPad’s, I am working on a procedure that will outline how to conduct a pre-incident plan (anticipated completion in mid-July). As stated earlier, this activity is essential to advancing our knowledge of the city we protect and hopefully in turn help keep ourselves and those in this community safe. If there is any interest in conducting pre-incident planning while on shift or during a work detail; I am putting together a list of occupancies that need to be updated. Completing pre-incident planning - IS training, thus you will receive department approved training hours for this activity. The final details are still being ironed out and when the final document is produced I will notify everybody.

Construction Updates

- The Earth Treks climbing gym is underway at 700 Golden Ridge Road. This building will house a 40 foot climbing wall and other associated types of climbing walls. It is going to be a fully sprinklered NFPA 13 facility and have notification throughout. Photo left; building site for Earth Treks climbing gym

(Continued on page 7)
• At 1300 8th Street, two apartment buildings will be going up. One will be a four story building and the other will be a three story. These are going to be sprinklered with a NFPA 13R fire sprinkler system with associated notification. In total these two buildings will have 99 units ranging from one bedroom to three bedroom apartments.

• The VA Jefferson Medical Clinic, is going in at 1020 Johnson Road (W. 10th & Johnson Rd), which is fully sprinklered and associated notification.

• The Jefferson County Jail is building a new Crime Lab and Power Plant. With the addition of these structures, the fire department access is being modified so that we have better access to the site.

• There are multiple upcoming projects in the works ranging from possible skilled nursing facilities, more apartments, Natural Grocers, CSM residence and dining hall and CSM welcome center.

(Continued from page 6)

1300 8th Street, building site for 99 housing units.  
VA Jefferson Medical Clinic 1020 Johnson Road

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**Birthdays & Anniversaries**

**Anniversaries**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tr>
<td>Jeanette Kehoe</td>
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</tr>
<tr>
<td>Steve Oliveri</td>
<td>06/10</td>
</tr>
<tr>
<td>Jonathan Priestly</td>
<td>06/03</td>
</tr>
<tr>
<td>Zeljko Spiric</td>
<td>06/28</td>
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<tr>
<td>Jared Stricker</td>
<td>06/04</td>
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**Birthdays**

<table>
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<tr>
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<tr>
<td>Joe Anderson II</td>
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<tr>
<td>Noah Creaven</td>
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<tr>
<td>Casey Dragos</td>
<td>06/13</td>
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<tr>
<td>DavidFlynt</td>
<td>06/16</td>
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<tr>
<td>Jordan Hauser</td>
<td>06/10</td>
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2013 Safety & Health Week

2005 was the first, one day, Safety Stand Down. It was a day when firefighters across the nation took time to talk safety. The goal was to reduce responder line-of-duty and job-related deaths, injuries and illnesses. This one day has now become a week long focus on safety and health. This year International Fire/EMS Safety and Health Week is June 16-22. It now includes our EMS partners and thousands of departments in the US, Canada and around the world, both volunteer and career.

Heart attacks are still the #1 killer of our brothers and sisters. But I believe the Golden Fire Department of today is much more focused on health than it was when I joined almost 13 years ago. Exercising, eating healthy and wearing seatbelts are more the norm now.

Please take some time to look up safetyandhealthweek.org. There are many links to health and fitness articles and programs. There’s a Fired Up For Fitness challenge, Heart-Healthy Firefighter contract, healthy recipes, functional fitness exercises that can be done with equipment at the station, a list of webinars and many other links.

Take some extra steps to be safe and healthy, for you, your family and your fellow firefighters.

HEART BASICS

- Don’t smoke, and if you already do, try to quit. People who smoke are up to six times more likely to suffer a heart attack than non-smokers.
- Aim for a healthy weight. It is important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
- Get moving. Make a commitment to be more physically active. Aim for 30 minutes of moderate intensity activity on most, preferably all days of the week.
- Eat for heart health. Choose a diet that is low in saturated fat, trans fat, and cholesterol. Be sure to include whole grains, vegetables and fruits.
- Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HL, LDL, triglycerides) and blood glucose. Work with your doctor to improve any numbers that are not normal.

NUMBERS FOR MAY 2013

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<th>Total Calls - 101</th>
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<td>District # 2 - 36</td>
<td>Miller Coors Property - 0</td>
<td>Average Firefighters/Call - 6.45</td>
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<td>Fire Response - 6</td>
<td>Out of City/Other - 4</td>
<td>Average Total Time/Call - 40:47</td>
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<td>Rescue/EMS - 56</td>
<td>Mutual Aid Received - 3</td>
<td>Est. Fire/Damage Loss - $10,150</td>
</tr>
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</table>

Page 8
1. Approach the issue of firefighter health with the **B.E.S.T. Practices**:  
   a. Look at what **BEHAVIORS** may need to change.  
   b. Does your department have, or can you or your department purchase, **EQUIPMENT**  
      that will not only help with training but also with fitness?  
   c. Can you or your department take steps towards meeting consensus **STANDARDS**  
      **AND CODES** such as NFPA 1500? You may not be able to be fully compliant but  
      every bit helps.  
   d. Heart attacks have consistently been the #1 killer of firefighters – what types of  
      **TRAINING** can you put in place in your organization to decrease the risk?  

2. Practice health prevention – just like fire prevention, there is no glory in dealing with a  
health emergency that could have been avoided.  

3. Perform a personal “Size-Up” of your health. Look at all sides – diet, exercise, stress  
management, lifestyle.  

4. Choose a strategy – **Offensive**, where you will make positive changes to improve your  
overall health, or **Defensive**, where you will take steps to maintain your current health.  

5. Set S.M.A.R.T. Goals for your Action Plan – goals that are specific, measurable, attainable,  
realistic, and timely. Have both short-term and long-term goals.  

6. Define clear tactics to achieve your health goals. Remember to utilize the resources offered  
through your department, such as physicals, workout center, immunizations, tobacco  
cessation assistance, etc.  

7. Maintain situational awareness of your health – know your numbers (blood pressure,  
cholesterol, fasting blood sugar, waist size, and weight), know your limits, and follow up on  
information that merits attention. Also be aware of sudden changes in the body, which may  
be a sign of cancer or other health condition.  

8. Don’t be afraid to call in mutual aid – family for support, friends for moral support, and your  
physician for tactical expertise.  

9. Rehab after all physical activity – stay hydrated.  

10. Conduct “hot washes” after each phase of your health program to evaluate what worked,  
what didn’t, and what can be done better – Don’t give up!!! Be resilient!!!

The Rules of Engagement for Firefighter Health are a product of the National Volunteer Fire Council.  
Learn more and find resources for firefighter health and wellness at www.healthy-firefighter.org.
As my good friend Henry Ford once said, “Coming together is a beginning. Keeping together is progress. Working together is success.” No truer words were ever spoken about the meaning of Teamwork. Teamwork is the foundation for everything we do in the fire service whether it is showing kids the apparatus and fire station, performing fire inspections, helping a sick person on their worst day, and of course fighting fires!

We are taught in fire academy from day 1 that you have a partner on the fireground/training ground and you are never to leave that partner. This would be the “Coming together” portion. This is where we learn what true teamwork is in the fire service and I will not lie, it is a beautiful thing to witness. Everybody is nervous and scared on their first day; everybody is sizing each other up wondering how the hell did that guy make it here? By graduation day, even that guy you were wondering about in the beginning is a true brother, true team mate and somebody you would trust your life with.

Once you complete the fire academy you get to start running calls and learn more and more about the fire service and what direction you want to take. But you need to learn how to work with ALL of these new people. This would be the “keeping together is progress” portion. Now, there are some people, as my good friend Doug Holschbach says “you might work next to them, you might work in front of them, you might work behind them, but you will never work WITH THEM!” I am sure that there are people you know that fit this description. The difficult thing is getting over this and being a TRUE team player and fixing the problem. That means making it a point to work with this person as often as you can and helping each other get past your mental blockades. It is easy to work with the people you are comfortable with, try making it a point to work with people that challenge you and makes things a little uncomfortable, I guarantee you will both become better firefighters and better people because of it.

Once you make this melding of uncomfortable relationships a reality you to can say along with your good friend Henry Ford “Working together is success.” Another awesome quote about team work: “True….there is not I in team, but there is a “u” in suck.” When our teamwork breaks down and we have more individuals than team mates, people can die, or get hurt. Let’s continue this awesome teamwork we have at the Golden Fire Department, but more importantly, let’s show the newer folks what true firefighter teamwork is all about!! Cheers.
<table>
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<tr>
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<th>Wed</th>
<th>Thu</th>
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<td>State Hazardous Materials Practical Exam 08:00-17:00 Station 21</td>
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<td>4</td>
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<td>Business Meeting 19:00 Station 21</td>
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<td>Hazardous Materials Written Review 18:00 Station 21</td>
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<td>Computer Technology in GFD 18:30 Station 21</td>
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<td>Suncor 18:00 Suncor</td>
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<td>Rescue Teams 18:00 Station 1</td>
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<td>25</td>
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<td>Technical Rescue Up-haul &amp; Lowering Systems 18:30 Station 21</td>
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<td>Hell Night 18:00 Field</td>
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<td>Graduation Practice 18:00 Station 31</td>
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<td>29</td>
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<td>Recruit Graduation 09:00 MillerCoors Auditorium</td>
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June 2013
### SUMMER CLOTHING SALE

**SUMMER 2013 SPECIAL**

(Good through Labor Day)

Buy TWO items regular price, get a crew neck sweatshirt **FREE !!!**

(while supplies last)

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<th>Item</th>
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<tr>
<td>Workout Shorts</td>
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<td>Long-sleeved T-shirt</td>
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<tr>
<td>Sweatpants</td>
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<td>Crewneck Sweatshirt</td>
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<td>Ball Cap</td>
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<tr>
<td>Hooded Sweatshirt</td>
<td>$25</td>
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<tr>
<td>Winter beanies</td>
<td>$10</td>
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See Lieutenant Kasriel or Captain Kehoe for sales.