Being Vigilant

The concept of vigilance in the fire service is as old as the American Fire Service. In 1773, Benjamin Franklin wrote that Boston fires were being fought “by active men of different ages, professions and titles who, as of one mind and rank, apply themselves with all vigilance and resolution, according to their abilities, to the hard work of conquering the increasing fire.” Webster defines vigilant as being alert or watchful to discover and avoid danger.

Now that opens up a much larger area in our business. This month I would like to focus on some areas where vigilance is important.

First is our ability to accomplish our mission. Our business is to help this community. Our customers and neighbors depend on us to get it right – every second of every day. To meet and exceed the customer expectations, it is imperative that our members and full-time staff be the best of the best. They must be quality people with an unwavering dedication to serve. We have some outstanding personnel who are staffing our stations on duty shifts and others who are responding from home during emergencies as well. This combination is what continues to enhance the reputation of GFD. Together, our membership, have made GFD the stellar organization that it is and I am proud to say that our response time continues to improve and consistently be under the six minute time frame for call within the city boundaries.

At GFD, we never stop learning and we are constantly looking for ways to enhance the delivery of our services and keep that positive customer feedback coming in. Training is critical and we are big believers in keeping the members of this department, new and not so new, abreast of all the latest and most beneficial techniques and approaches to saving lives and protecting property. Maintaining and adding to our expertise is very important in a job that presents different situations for every response. Rest assured, we are constantly preparing for the next emergency.

(Continued on page 2)

FIREFIGHTERS OF THE MONTH

For their Emergency Medical Skills.

Nicholas Bunting
Firefighter

David Flynt
Firefighter
Next I want to talk about the immediate future. That being the new recruit class of 2011. This class will consist of 12 to 15 recruits who will undergo five months of academy. The academy is a well oiled machine taught by the best that GFD has to offer. The curriculum of the academy has been well thought out applying the latest techniques and safety standards possible. Upon graduation we will put this group in the best gear money can buy and turn them loose to serve our customers. But is that enough or is that being totally vigilant? The first day a rookie shows up to your station or to your shift, you as senior firefighters and company officers have a choice to make. Do you teach this young firefighter the history of our department and how to do the job right, or do you let him/her figure it all out by himself/herself? Do you want to end up with someone who is a highly motivated, self disciplined young person filled with integrity and a love for the business or someone who has very little skill or respect for the department and wouldn’t think twice about taking a shortcut? We know that teaching someone how to do something the right way, which will ultimately enable them to excel in their position, takes a tremendous amount of time, effort and desire. Taking time to teach the rookies the history, core values, expectations and standards of the department is the first step in developing a quality firefighter and the responsibility of those that came before them.

The final area where vigilance will pay dividends is in the media. Recently a news story appeared on the television news that was less than complimentary about GFD. As officers and firefighters, it is important to understand that criticism, wherever it comes from, warranted or not, comes with the territory. In the case of this story there were comments made that were erroneous and untrue. Between our actions of getting the correct message out, we were able to calm this event and not just react to something that raised our anger. As cyber and media technology grows, so does its intrusions into our profession.

Within a few weeks another story appeared in the media concerning the actions and operations of GFD, with a much more positive outcome regarding the search in the ice for a person’s pet. That story provided not only what was done by members of GFD but provided some positive education to the public concerning the dangers of ice on ponds and creeks.

Today’s fire service is producing a more effective and efficient model than any other time in our history, and computers, social media, fixed media, and the Internet are a big part of that. If members and officers are not vigilant and conscious of and responsive to both the negative and positive effects, it can result in significant damage organizationally, professionally and personally. Take the time and BE VIGILANT.
On Thursday, January 27 the Golden Fire Department was dispatched to a three vehicle auto crash at 19th and Sixth Avenue. Upon arrival crews found a three vehicle crash involving a school bus. The passenger in the Trail Blazer required extrication. Three patients were transported to the hospital by AMR, no children on the school bus were injured. All hazards were mitigated and fire units cleared the scene.
Are You Doing the Right Thing?

So what does this mean to you? Each of us has our perception of what it means. How do we go about practicing and training to do the right thing? Well my answer is “ATTITUDE”; it is what we will need in an emergency. In its simplest form, it means that when you see something that needs to be done, you do it yourself, and you do it now. What is the purpose of a firefighter? There are many answers to that question, not the least of which is “to fight fire”. The purpose of a firefighter—their number one job—is to do the right thing.

There are several points that I really want to stress and hit you with:

1. You must always do the right thing.

If someone’s house is on fire, the right thing to do is to put out the fire; but another appropriate thing to do is put salvage covers over the furniture and grab their wedding picture off the wall. If someone is in cardiac arrest, the right thing to do is to get there fast (safely) and perform CPR; but another thing to do is to have someone other than the responder doing CPR talk to, and comfort family members to the best of their ability. It is always up to each firefighter to do the right thing for as many people as he or she can when they show up on scene.

2. If it’s not a habit, you’ll only do it sometimes.

Here’s the idea that makes point number one possible. The only things that you do all the time are things that are habits. Do you get up every morning and think, “should I brush my teeth?” No, of course not! You just get up and do it because it’s a habit. How did it become a habit? If you were like me your parents made you brush your teeth every morning and over time it became automatic.

(Continued on page 5)
So to get to the meat of this topic that I want you to get from this is. “Do the right things”

- Where’s your radio? Do I look for it, do I just grab another one and hope the other radio shows up.

- My seatbelt, do I just say nothing and wait for someone to ask is your belt on? No get in the rig and tell everyone in a few words “BELT ON”

- You used a voice amp off of Engine 4 on a call or during a shift, at some point in time that day or the next you notice it is still on your SCBA mask. Do you take ownership and take it over to Station 4 and put it on the right rig? Really do you need me to say it? Ok I will “DO THE RIGHT THING”

- Firefighter gets in the rig at 3 AM in the morning to run on a call and goes to grab a handheld flashlight, missing. Gets back to the station after the call and sees it hanging on someone’s bunker coat. What would you do, come on you know what to do.

- How about that call that you have a fire alarm, get on scene and you go to don the SCBA and you can’t get your arm and shoulder through the shoulder strap. Why, because on a prior call the other firefighter didn’t extend the shoulder and waist straps back out for the next call and the firefighter who will be trying to don it safely and effectively.

- A call drops, personnel respond to the station and get on the assigned rig, pass up their names tags to the officer seat and surprise one of the passports is missing from a prior call.

- Resident firefighter hears his/her pager go off and they respond to Station 1, surprise no where to park. Someone has parked in the reserved for firefighter spots designated for the personnel coming in as needed to go on a call. They are delayed trying to find a place to park and the clock keeps ticking in trying to get a response unit out.

- And this one, it will kill you or impact the call seriously. Rig pulls up on either a smoke alarm or fire alarm and three out of four firefighters get out and go either in the building or close by WITHOUT A SCBA ON! What don’t we get? If you see someone or if you are that someone, ask yourself honestly,” ARE YOU DOING THE RIGHT THINGS?”

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Birthdays & Anniversaries

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<td>Daniel Roozen 03/26</td>
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<td>Trevor Williamson 03/15</td>
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Did you ever notice their faces? Last month I got to go on my first ride along. It was just a small accident up the canyon, but I sure enjoyed going along for the ride. When we arrived on scene, we found three little old ladies whose car had been rear ended. I noticed something awesome as the firefighters approached their car. Their faces changed. As a firefighter walked up to both sides of the car, all three of the ladies got a look on their face that was a look of great relief. The look said, “the fire department is here are we are going to be alright”. The highway patrol was there when we arrived on scene, but the victims didn’t relax until fire showed up. The Bible speaks about how lovely are the feet of those that bring good news. How awesome is it when you arrive on any scene whether it be a structure fire or a simple auto accident that people automatically can breathe a sigh of relief just because you are there.

I also had an interesting conversation with a Highway Patrolman on scene. He asked me if it was really true that Golden Fire is a volunteer department. I told him yes and he replied, you would never know it. He said “these guys are good”. I have the utmost respect for all who wear a badge whether it be a firefighter or law enforcement badge. However, I did see a t-shirt once that said God made firefighters so police could have heroes. Maybe we need to get some of them for Golden Fire.

Chaplain Mark
Simple, effective, and relatively cheap, smooth bore nozzles have historically been the tool of choice for interior structural firefighting, even though fog nozzles have been around since 1863. It wasn’t until 1950 when Chief Lloyd Layman of Parkersburg, West Virginia, presented a paper entitled "Little Drops of Water" at the FDIC in Memphis, Tennessee that a wave of change swept the U.S. In his paper, “Layman introduced what he termed the indirect method of attack to suppress interior building fires using the tremendous heat-absorbing properties of expanding and condensing steam, produced in great quantities by fog streams.” Multiple tests performed with the coast guard confirmed that this was extremely effective, and Layman went on to write two books. However, in his books there were explicit warnings as well. "An indirect attack should always be made from positions that will enable personnel to avoid injuries from super-heated smoke and live steam. If possible and practical, an indirect attack should be made from positions outside the involved building.” He advocated that “fog streams be directed through window openings because of the voluminous quantities of steam created within the fire building” and “discouraged the use of doorways for fog application, as the outflow of scalding steam would be extremely debilitating to the nozzleman.” He also stated that a wide fog pattern applied to a ceiling temperature of 1,000°F in a room that could be sealed to keep the steam from escaping was ideal for this attack in order to effectively extinguish a fire.

Since 1950 we have been taught to believe that fog patterns are efficient in firefighting because small droplets convert to steam more readily than large ones, and therefore absorb more heat. While this is true, it does not necessarily equate to sound interior firefighting tactics. If there is concern of an impending flashover, ceiling temperatures will be approaching 1,100°F. If a wide fog pattern is used to absorb this heat, the water applied will reach 212°F, vaporize, and then drop as its density decreases relative to the 1,100°F atmosphere. As this happens, any victims or firefighters in the room will have scalding steam drop onto them and potentially be burned or killed by that steam. The goal of an interior fire attack is not to absorb heat energy from smoke and vapors, but rather to penetrate through the smoke and heated vapors using a straight-stream or narrow fog and apply water on the solid burning materials to stop the pyrolysis process. This is referred to as penciling the ceiling. This will help cool the room without disturbing the thermal layering, and potentially prevent a serious steam burn to you, other firefighters, or victims. If penciling the ceiling does not cool the room enough to advance to the seat of the fire, ventilation (both horizontal and vertical) should be considered. It is also important to consider that fog patterns have the capacity to push a fire. While it may be beneficial to the crew on the hoseline, fire may be inadvertently pushed where other companies are working, where victims are trapped, or throughout the structure causing more damage. Although the indirect attack was adopted by the coast guard and navy to fight fires in confined, sealed locations with no victims or firefighters, there are still opportunities to use a wide fog pattern in a structure such as in a chimney, attic, or other confined space as well as to hydraulically ventilate.

A one-size-fits-all approach to every incident is not effective and nozzle choice is no different. Both smooth bore and fog nozzles have their pros and cons, but whatever tool you choose, be a thinking firefighter and remember the basics of fire behavior when you use it.
1030 Johnson Road

In this update I am highlighting the Jefferson Office Park located at 1030 Johnson. The building is nearly filled to capacity at the present time. This three story office building is built with Type V construction with a building area of 30,000 square feet. It is fully equipped with automatic sprinklers and has a Class I standpipe located in each stairwell. This is a combined standpipe and wet sprinkler system. These buildings are equipped with two stairways for egress and are identical with the exception of the north stairway that goes all the way to the roof. Inside the stairwells are intercom systems and areas of refuge. The receiving unit for the area of refuge intercom is located next to the fire alarm annunciator. The main area of refuge intercom, graphic map and annunciator are on the east side of the building. The west side of the building is considered the entrance and where the fire riser room is located. This building also includes fire detection and full notification. The main occupancy type of this building is comprised of business or Group B occupancies. The lower southwest corner is going to be a small café, and it is currently under construction.

The Fire Department Connection (FDC), Knox Box and fire riser room are located on the west side of the building or the main entrance. This is the side that faces Johnson Road. The Fire Alarm Control Panel (FACP) is located inside the riser room. You will notice that the FACP is placed within a water seal tight protection box. This box will have a pad lock on it and that key should be on the Knox keys. There are two hydrants that surround the building. There is one on the northeast corner and another on the southwest corner.

We have recently received plans for a new office building located at 1040 Johnson. The current plan for this entire site is to have four office buildings. The builders are preparing to build the second office building, but the plans have not yet been approved. The main structural components to each of the four buildings will be identical.
C side of structure

Annunciator, graphic map & area of refuge communications

FDC

FACP

B & C side of structure

Hydrant location

Roof access

Stairway standpipe

Riser room
I will preface this article by saying these are strictly my beliefs and not that of the Golden Fire Department. I want to write about my thoughts on leadership and some on the fire service as it stands today.

Leadership...
This topic has killed many a tree to print. So I will break it down to its first root word, Leader, and examine why the leader makes leadership work. I define a leader as someone who is capable of inspiring people toward the accomplishment of extraordinary things. The leader may or may not have all the answers, certificates or training; but by his influence, experience, and knowing his personnel can get any job done. Basically the person who reaches down and grabs us by the boots straps, pulls us up and gets us to the task at hand.

Anyone Can Ace a Test...
You see the fire service today is very concerned that all firefighters need certs X and Y to be in a leadership position. Its a folly to think that because of cert X and Y that a leader will be able to apply the knowledge cert X and Y gives. Let alone they will be able to influence a crew to follow them as they try to apply cert X and Y to accomplish a task. Don’t get me wrong, certs are needed to open the door for knowledge and standardize what was once the wild west. It’s what happens after one gets the cert that matters the most. You see anyone can get any fire cert and anyone can ace a promotional test, that is the easy part. The fire service is a profession so just having paper in hand or bugles on the collar does not mean you have masters the art that cert X or promotion test Y says you have. To master the art one must constantly strive to learn and apply said art. All too often someone will get a cert or promotion and think that they are the all knowing on the subject and that further training or application is not needed. This is false, the knowledge you are shown in the fire service is meant to be the foundation so you can build from it, but it is on you to put forth the effort to learn. To sit back and think you have anything mastered in this profession is purely pipe dreams.

(Continued on page 11)
Catch 22...
Having all the certs offered in the fire service will not make you a great leader. Though you need all sorts of
certs to get a leadership position.

Informal Leaders...
Everyone can’t be officers. If everyone was a chief we would have no one to get their hands dirty... sorry
chiefs. Everyone should strive to be the right hand of their officers. This can be thought of as the informal
leader. The informal leader is the person that an officer can trust to accomplish any task and is the one an offi-
cer can rely on to keep his crew safe and on task without need of being present. This usually is a person of
some seniority, that has developed a good rolodex of calls and experience to be able to take care of business
and the newer members.

Sun Tzu on Leadership...
1) Discipline
   A leader must be disciplined. Having discipline includes maintaining the hierarchy within the organization;
clearly defining the specific roles and responsibilities of members of leadership; maintaining systems to en-
sure delivery of services, payment, and controlling expenditure.
   I fully believe he was a good soldier, but I had him beheaded because he acted without orders.
2) Presence of mind
   Presence of mind is the ability to stay calm and act sensibly in a crisis. This is a leader’s most important as-
et.
3) Self respect
   If you do not respect yourself, your men will not respect you. If your men do not respect you, they will be
unresponsive to orders and will delight in undermining your authority and reputation.
4) Wisdom, sincerity and good faith
   If your decisions are well thought out and you act honestly, your men will trust you. If you are trusted, peo-
ple will speak their mind freely and openly, which means problems can be solved more quickly and effec-
tively.
5) Prompt decision making
   In the fire service time is always of the essence. As such, a successful leader needs to make quick decisions.

PowerPoint Killed The Fire Service...
We are people of action, our profession has major physical demands. Unfortunately, we have to abide by a
slim budget that gets split between overpriced equipment, salaries, station supplies, vehicle maintenance, train-
ing, etc. So we have to pinch pennies where we can; enter Powerpoint. It saves the training budget money on
props and saves on equipment maintenance or repair. Unfortunately, it robs us of hands on practice and practi-
cal learning of new techniques. Just sitting and watching a slide go by does not mean you can perform what the
slide just showed. Fire department training needs to always be hands on, period.

Check Your Ego at the Door...
There is not a one of us that is Gods gift to the fire service. We all have strengths and weaknesses. Officers, by
knowing your crew you will know what each ones strengths and weaknesses are and thus will be able to best
manage your personnel on calls. We all need to focus on our weaknesses and train on them to make them
strengths. Being fearful of your weaknesses and what will be said to or about you because of them is self de-
feating. With that being said, no one is perfect. We can accomplish anything as a team and little as individuals.
Keep striving to better yourself and you will better us all.
Thanks
In 1990 my position with the Golden Fire Department was Fire Department Manager, the only paid position for the GFD. This was a management position created to assist the volunteer chief in the day-to-day business of the fire department. In addition, I would also respond as an officer on calls. One evening in early April 1990, I was attending a Jefferson/Adams County hazmat team meeting at Station 4. A call dropped for an automobile that had crashed into the ditch near Heritage Square. Now retired, Firefighter Dean Hawley, who was also at the meeting, and I responded in Rescue 2 to the scene. Upon arrival we found a vehicle that had rolled down the embankment and was upright in the ditch. One victim was sitting on the ditch bank ambulatory and the driver was still in the vehicle. After triage and assessment it was determined that the driver was the most critical patient. After the secondary assessment it was determined that the driver, a young male, had suffered a possible spinal cord injury and was unable to feel or move anything below his shoulders. I immediately used C-spine precautions, Dean and I secured the patient onto a long board and he was transported to St. Anthony's Central. Approximately six weeks after that incident, GFD was dispatched to a bicyclist who had been hit by a truck coming out of Coors on 32nd Avenue. When we arrived on scene we found a male patient extremely critical with multiple injuries and a possible traumatic brain injury. We immediately requested a medical helicopter for transportation. We secured the patient and prepared him for transport; he was loaded into the helicopter and was flown to St. Anthony's Central. We all felt that it was unlikely that this gentleman would survive because of the severity of his injuries. After both of these calls we picked up and went available. Generally, I would follow up with the hospital to check the status of patients that were treated by GFD to update the crews; of course this was prior to HIPPA. That was the extent of my post scene patient contact. I never really knew what life after a traumatic injury would be like; I just went on with my day-to-day activities.

The two people that suffered critical injuries would once again come into my life. After my line-of-duty injury in early July 1990 I was also transported to St. Anthony Central via helicopter. I spent 28 days in the Intensive Care Unit, two weeks on the multi-trauma floor and in mid August I was transferred to Craig Rehabilitation Hospital. Shortly after I was admitted to Craig Hospital I was laying in my room contemplating life, when a "veteran" spinal cord injured patient, who had been injured more than six weeks, wheeled into my room. This kid would spark up a conversation with newly injured patients; I guess he was kind of a one-man welcoming committee. I didn't know him and he didn't know me until I asked him how he was injured. He said that he was injured in a rollover crash in Golden. It turns out that it was the kid, Greg Sonata, that I had provided initial on scene care for back in April. I told him who I was and we talked about how ironic it was that we would once again come in contact with each other. He thanked me for the on-scene care that we provided. Greg was later released from Craig and I continued my rehabilitation. For the most part, spinal cord injured (SCI) patients are on the third floor of the hospital and traumatic brain injured (TBI) patients are on the second floor. Generally, TBI's and SCI's don't come in contact with one another. About six weeks into my rehabilitation/educational process of learning to live the rest of my life in a wheelchair, a traumatic brain injured patient visited me from the second floor. He came up to my room and stood beside my bed and cried. He thanked me for saving his life. It turns out that he was the bicyclist who was hit by the truck coming out of Coors. He continued his rehabilitation and was later released to live a somewhat normal life. Both of these people made me realize how the job of a firefighter/emergency medical responder touches lives. Although I was only active for eight years

(Continued on page 13)
prior to my injury, seven as a volunteer, I feel that I was fortunate enough to make a difference in many lives. Since you have taken the oath to become a Golden Firefighter, you have the potential to make a difference in the lives of each person that you serve. Never forget that, no matter how minor the call may seem, your actions are making an impact on someone’s life. Always make those actions and the resulting impact positive!

One year after I was released from Craig Hospital I came down with pneumonia and was admitted to Swedish Hospital. A tunnel connects Swedish and Craig underground and most SCI or TBI patients spend time in Swedish prior to going to Craig. As I was recovering from pneumonia, I was sipping and puffing down the hallways trying to stir up trouble and discontent. I began to cough and a lady came out of her son's room to give me a drink of water. It turns out that her son, Mike Seversen, was a sheriff for Polk County in Wisconsin and had recently suffered a spinal cord injury. In April of 1991 while working as a Deputy with the Polk County, Wisconsin Sheriff's office Mike suffered a spinal cord injury. Mike responded to Webster Wisconsin to assist in locating an 18-year-old that had shot someone the night before in Branch MN. Mike was shot in the chin at point blank range; the young man turned, shot and killed another Deputy, before other officers at the scene killed him. Mike's spinal cord injury is the same level as mine. He is paralyzed from the neck down and has partial use of his diaphragm to breathe. After we met we became close friends and remain so today. Similar to me, Mike has outstanding support of his family, community and his extended family in law enforcement. It truly amazes me the connection and bonding that these two professions have. Since I have been injured, I've had the opportunity to meet several firefighters and police officers that have suffered line-of-duty injuries. Nearly all have the same level of support from their professional peers.

Although Mike and I have been injured 20 years the support from our brothers and sisters in our respective professions are still as strong as they were the day we were injured. Last year, Deputy Seversen had to have surgery in Minnesota to repair a perforated ulcer. After the surgery Mike was unable to totally wean off of the ventilator. Remembering back over 20 years, I was unable to breathe on my own and required a ventilator to help me breathe. The weaning process for me took over three weeks and it was the hardest thing that I have ever done in my life. I understood what Mike was going through as he was going through the weaning process for the second time. In June of last year he was transferred from the hospital in Minnesota to Craig Hospital in hopes of weaning him off of the ventilator. Mike was back at Craig for over seven months with complications, which was longer than his original care after his injury. During the seven months several Denver Metro Law enforcement personnel stopped by to visit

(Continued from page 12)

(Continued on page 14)
and encourage Mike. On several occasions his fellow officers from Wisconsin would fly into visit with him or assist his family with anything that needed to be done. Mike even had a crew from Englewood Fire stop by specifically to visit with him. The local police agencies assisted Mike when it was time for him to go home with an escort to the airport. This says a lot about the caliber of person who serves to protect and save lives and property of their fellow man or woman.

Over the past 20 years I have had the opportunity to travel nationwide speaking at fire service related conventions. Each and every town that I traveled to, the fire service family opened their doors and treated my wife Linda and me as if we were part of their family. I hope that as a member of the Golden Fire Department you treat your peers within the fire service with the same respect that I have been given at each and every firehouse. There is no better profession to serve your community than being a firefighter or police officer. Although my job duties have dramatically changed, I am still honored to be a part of the Golden Fire Department and the fire service profession. I have had the opportunity to serve with some of the best law enforcement and fire service personnel in the country. Many have retired from their careers but still leave a lasting impression on the City of Golden. It really doesn’t matter which badge one chooses to wear, although dangerous, both are the noblest professions one can work.
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TO ALL OUR EVERYDAY HEROES

Thank you.

Golden Fire Department
911 Tenth Street
Golden, Colorado 80401