

HOT NEWS



THE NEWSLETTER OF THE MENOMONEE FALLS FIRE DEPARTMENT

THE BENEFIT OF CURIOSITY

One thing that is consistent in a growing department is change. There are progress and changes everywhere at MFFD in 2023. ESO software including: Scheduling, Activities, Checklists, Fire and EHR reporting. New operating guidelines to include staffing four personnel on fire apparatus. New station/vehicle numbering. The Lexipol policy manual. Mobile Integrated Health and Community EMS. SAFER grant: hiring, academy, ride time, implementation at the stations to increase staffing per station to six per shift. With these and other changes coming to MFFD, there is plenty in the works. All being done with as much forethought as possible regarding how we will operate in 2024 to create consistency. What is going to happen before we realize that consistency is more change. How can you help? In a word - curiosity.

Merriam-Webster defines curiosity as “desire to know: interest leading to inquiry.” NASA thought so much about the word that Curiosity is the name of the exploration rover that spent over 10 years on Mars. I think that possibly the best definition comes from the Cambridge Dictionary which defines curiosity as an “eager wish to know or learn something.” The Harvard Business Review says that “most of the breakthrough discoveries and remarkable inventions throughout history, from flints for starting a fire to self-driving cars have something in common: They are the result of curiosity.” <https://hbr.org/2018/09/the-business-case-for-curiosity>

I believe that curiosity is extremely important to a dynamic work place, which MFFD certainly is. Cultivating curiosity helps leaders and employees adapt to the uncertainties of the day as well as both internal and external pressures. When curiosity is triggered in someone, they tend to think deep and find creative solutions and make rational decisions.

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MFFD MONTHLY INCIDENT COUNTS

MARCH 2022

Total Runs - 402

MARCH 2023

Fire - 3

Rescue & Emergency

Medical - 312

Hazardous Condition - 16

Service Call - 71

Good Intent Call - 26

False Alarm & False Call - 36

Total Runs - 464

TRIVIA QUESTION

Which country is the only country in the world to have only volunteer firefighters?

- A. India
- B. Chile
- C. Brazil
- D. Italy

(answer on page 5)

ANNUAL AWARDS BANQUET

A huge thank you to everyone who attended The MFFD Awards Banquet last month.

The night was filled with good food, prizes, and music. A special congratulations goes out to Deputy Chief Don Umhoefer who received an award for 40 years of service, and to Jeff and Geri Roskopf who were named honorary members of the MFFD.

We also want to thank Kelly Foley for securing all of the great raffle prizes for the event.

We look forward to celebrating again with all of you next year.



APRIL BIRTHDAYS

4/3 Rich Dunaj
4/6 Bob Marki
4/7 Nick Coon
4/8 Drake Barczak
4/12 Joe Virnig
4/15 DC Nick Boehlke
4/16 Breanna Adams
Brandon Mumm
4/17 Jim Creegan
4/26 Dan Neary
4/27 Chief Gerard Washington
4/29 LT Cody Porter

APRIL WORK ANNIVERSARIES

35 years

4/25/1988 LT Todd Dettmering

12 years

4/12/11 Josh Hutwagner

9 years

4/1/2014 Rico Bishop
LT Ed Burg
Camron Hepp
LT Cody Porter
Kevin Porter

7 years

4/2/2016 Dan Schroettner

2 years

4/18/2021 Quincy Beeks
Jim Creegan
Devin Godager
Rebeca Juarez
Eli Ornstein
Jeff Plewa
April Schuermann

4/21/2021 Larry Jenkins
Duane Kantowski

1 year

4/21/2022 Justin Biehn
McKenna Ferry
Iman Johnson
Darby McManus
Alec Shafer



Awards
Banquet

Mongolian Beef

Ingredients

1 lb Ground Beef
2T Ginger
5 Cloves Garlic minced
12 oz Pasta Fettuccine
Garnish with Sesame Seeds and Green Onion



Sauce:

1/4C Sugar
1/2C Soy Sauce
1/2C Beef Broth
5T Hoisin Sauce
½t Red Pepper Flakes
½t Pepper

Boil your pasta. Brown the beef and add the garlic and ginger. Add the sauce ingredients and simmer for a few minutes. Add the noodles and simmer for two more minutes. Serve and garnish. This meal goes well with egg rolls and some broccoli. From the Fire House to your house. Enjoy.

Submitted by LT Steve Schmitz

THE BENEFIT OF CURIOSITY cont.

The further back in fire service history you go the more curiosity about how or why things are done tended to be discouraged. I'm not sure why, but this may have been influenced by paramilitary rank structure, tradition, and even differences in generations. While this is still true during emergencies, fire and EMS personnel can be curious about how or why we do something before - or after - an emergency scene. To grow and succeed, modern fire departments need to encourage a learning culture - and encouraging curiosity at appropriate times is a great way to do this. Around the kitchen table, in the radio room, during training, during checks or maintenance are great times to be curious. When learning a new policy, guideline, skill or change is also a great time to be curious. Offering to help development or testing of new equipment and software is another way to be curious and have a positive impact on the department. I encourage you to embrace the next year through curiosity.

-Deputy Chief Kevin Rokenbrodt

THE REV'S REFLECTIONS

This month I want to talk with you about a very difficult subject—depression. According to a recent study, 47% of first responders report that they suffer from some form of depression because of incidents at work. What does that mean? In our department about one half of us either have or are suffering from some form of depression. What are some of the causes of this depression? Just to name a few:

- Long hours away from family and friends
- Working on holidays, family celebrations, times when “normal” people have off
- Having to deal with “frequent flyers” (People who call us over and over again often for the same reasons)
- Lack of sleep
- Unjust or unfair public criticism (Monday morning quarterbacking)
- Feeling that management doesn’t appreciate or understand or demand too much.

There are many more things that could be added to this list!

Those who are depressed often withdraw, focus inward, keep to themselves, think they can handle this by themselves, or think that the feeling will just go away. Some will try to self-medicate with alcohol or drugs. Unfortunately, these approaches seldom help and often times just lead us into a darker, deeper hole.

If you are feeling depressed, talk to someone about this problem. MFFD has a Peer Support Team. Talking with Peer support is confidential and they have resources to help deal with depression. Arrange a meeting with the Chaplain or your clergy person. These people will help you discover some positive coping methods and help you see some new paths available to you. Go online to discover some resources at your fingertips that others have used to deal with depression. When you have some free time, do something fun, explore something new, get together with family and friends—don’t be alone. Most important, realize that you are not alone, that others have had depression and worked their way through this. Finally, be aware of others we are working with. Notice a change of demeanor, be a friend, be a listener. We are all in this together. As my “boss” once said: “Love one another as I have loved you.”

Take care and stay safe,

Chaplain Russ Knoth
“The Rev”

THOUGHT OF THE MONTH

Do what you can with all you have, wherever you are.

TRIVIA ANSWER

C. Chile - Chile is the only country in the world where all firefighters are volunteers.



8 Stress Awareness Activities

1. Do something creative. When we're doing something creative we're using a different part of the brain to where stress is occurring.
2. Get outside
3. Move your body
4. Meditation and mindfulness
5. Write it down
6. Do something you enjoy
7. Talk to someone
8. Listen to music