



The Tailboard

A great pitcher, or a bad hitter?

By Michael Josephson

When Ron gave his seven-year-old son Nick a ball and bat, Nick wanted to play immediately. Ron said, "Son, baseball is a serious game. You have to practice hard before you can play it."

The boy went outside and began throwing the ball in the air and swinging at it over and over. After an hour he said, "Dad, can we play now?"

Ron said, "Show me what you can do."

Nick threw the ball in the air, took a mighty swing and missed. "Strike one," he said enthusiastically. Nick tossed the ball again and missed again. "Strike two," he yelled.

Ron said, "Concentrate, Son. Remember, three strikes and you're out." The boy threw the ball again and swung so hard he fell to the ground after hitting nothing but air. Ron winced, but Nick had a triumphant grin.

"You struck out. Why are you happy?"

"Cause I'm really good at pitching."

You have to love Nick's attitude. He may not turn out to be a great hitter, but he's likely to lead a happy life. What's more, he'll probably bring warmth and cheer into the lives of others because an attitude like his is contagious.

Pessimists think people like Nick delude themselves by looking at the world through rose-colored glasses. Yet Nick's world is just as he sees it. His

decision to view himself as a successful pitcher instead of a bad hitter will not only make him happier, it will contribute to his success.

It's not easy, but if we develop the wisdom to treat frustrations and failures as empowering experiences and generate the strength to let go of self-destructive resentments and grudges, our lives will be filled with a lot more sunshine.

Michael Josephson is one of the nation's most sought-after and quoted ethicists. Founder and president of Josephson Institute and its CHARACTER COUNTS! project, he has conducted programs for more than 100,000 leaders in government, business, education, sports, law enforcement, journalism, law, and the military.

2010 Spark of Love

With the extreme generosity of Pasadena residents, businesses, guests and employees, the Pasadena Fire Department's Spark of Love Toy Drive was an amazing success. In 2010, we had a total of 37 collection boxes out in the community.

Businesses such as Honda of Pasadena, Optical Research, Paseo Colorado and Bank of the West combined with the efforts of the Libraries, Water and Power and the City Manager's Office had successful collections. The Rotary Club,

Pasadena Roving Archers and Sansei Skeet all gave generously. 28 non-profit organizations asked for assistance this holiday season. We collected over 8000 toys that were donated to needy families here in Pasadena. Great job!!!

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Special points of interest:

- Retirements
- Promotions
- Lots of pictures
- Unsung Heroes

Fire Operations and EMS

By Kevin Costa, Deputy Chief

October is just not another month in Pasadena; it kicks off Tournament of Roses Parade Planning and Logistics meetings. Topics this early in the event include general information issues like float building and security. It's not until mid-November that band issues, equestrian concerns, float formation and of course security become hotter topics. By early December the teams are announced and the real planning and crunch time for the Parade takes place. Simultaneously, and across the hall, Game Management Operational meetings addressing the stadium, concessions, VIP party's, parking, public safety and of course security are conducted. A ton of effort goes into this event, and as we have stated in the past, it could not be done without the cooperation of Area "C" re-

sources, which include Glendale, Burbank, South Pasadena, San Marino, Arcadia, Monrovia, San Gabriel, Monterey Park and the Verdugo Fire Communications Center.

Pasadena Fire conducted a Fire Captain's Academy, designed to prepare candidates for what's expected out of new company officers. The captain's exam was on the heels of that training, with Chief's Interview's the final phase sometime in January.

Truck 32 back in service. On December 14, 2010, the Operations Division's \$725,000 Managed Savings goal was achieved and Truck 32 was back in service.

On October 6, 2010, The City of Pasadena in cooperation with the Huntington Foundation opened an Urgent Care center on the East end of Pasadena.

The Del Mar location is expected to lighten the load on ED overcrowding at Huntington Memorial as well as other surround facilities.

I would like to thank the three EMS Captains at Station 37, Captain Fitch, Captain Barilla, and Captain Contreras for taking the lead role in this year's MCI refresher training. Feedback was favorable and the tabletop was a precursor to 2011's full scale practical drill.

Finally, Thanks to those agencies that assisted Pasadena with the now infamous Rose Brawl Game held on December 4, 2010, when UCLA met USC at the Rose Bowl. Who could have predicted that 17 hours of tailgating prior to an evening game would lead to conflict between the two teams? Answer: Anyone



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All you need to know about H2O

By Chris Figueroa, Firefighter

First, I'd like to say greetings and a very happy New Year to you all! As we turn the corner and head into spring and eventually summer, I'm sure many of you have made many new resolutions for the New Year. Of those, I'm sure fitness fits somewhere into your plan. With the warmer temperatures comes the desire to be outside and maybe incorporate some of that fitness in some shape or form. And with our profession being a rather arduous one in nature, it is very important to discuss the effects and needs of water into our daily fitness or normal lives.

As you already know, water makes up about 60% percent of our body weight. Every day you lose water through your breath, perspiration, and waste. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. Other than avoiding dehydration, consuming enough water has other health benefits that I have listed below:

Lose weight: Drinking water helps you lose weight because it flushes down the by-products of fat breakdown. Drinking water reduces hunger; it's an effective appetite suppressant so you'll eat less.

Plus, water has zero calories.

Natural Remedy for Headache: Helps to relieve headache and back pains due to dehydration. Although there are many other reasons contribute to headache, dehydration is the common one.

Look Younger with Healthier Skin: You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increase skin elasticity.

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Another great use of water is to dissolve your antacid tablets!



Promotions



Kevin Costa received his promotion to Deputy Chief.



Seaton King was promoted to Battalion Chief and assigned to the B Shift



Robert Sepulveda was promoted to Engineer. He works at 34 / B.

All you need to know about H2O (cont.)

Better Productivity at Work:

Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and more concentrate

Better Exercise: Drinking water regulates your body temperature. You'll feel more energetic when doing exercises and water helps to fuel your muscle.

Helps in Digestion: Drinking water raises your metabolism because it helps in digestion. Fiber and water goes hand in hand.

Less Cramps and Sprains: Proper hydration helps keep your joints and muscles lubricated, so you'll less likely get cramps and sprains.

Less Likely to Get Sick and

Feel Healthy: Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water

adds with lemon is used for ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc. Another words one of the benefits of drinking water can improve our immune system.

Relieves Fatigue: Water is used by the body to help flush out toxins and waste products from the body. If your body lacks of water, your heart, for instance, need to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so are you.

Good Mood: Your body feels very good and that's why you feel happy.

Reduce the Risk of Cancer: Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer.

Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.

Now our Fire Department has been providing water for us (in cases, stored at station 34) for use on our apparatus. Many times, the rig coolers are not fully stored and with the possibility of a large call happening at any given moment. We may not be able to replenish the water we may have lost. It is important to avoid dehydration and injury by consuming enough water through out the day. The MAYO CLINIC recommends 8 eight ounce glasses a day for the normal person. Obviously, our needs are going to be much greater! Please stay properly hydrated and see you next time.... Stay Healthy!!!



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SSN-752 - USS Pasadena



Members of our department have visited this fine submarine!!

The USS Pasadena SSN-752, a nuclear submarine, is the third Navy vessel and first submarine to carry the name of Pasadena. Commissioned in 1989, the submarine has been deployed several times, including the Persian Gulf in 1993. Currently based in Pearl Harbor, the football field sized sub is known for its

speed and stealth, as well as, its advanced sonar capabilities and weaponry systems. The USS Pasadena was awarded the Submarine Squadron Seven Battle "E" Efficiency award for 1998. The submarine's insignia was originally designed by Walt Disney for the USS Pasadena (CL-65), a light cruiser that earned six

battle stars during WW2, represented by the boxing turtle. The red rose ties the ship to the City of Pasadena. More information about the USS Pasadena can be found on the Navy's Web site or the [USS Pasadena Foundation](#).

Unsung Heroes

There is no way to accurately describe the heroics. Laughing in the face of danger is part and parcel for this rare breed. They seek neither fame nor fortune, they only wish to be the instrument that records the effort. I speak of our department photographers.

While assisting on a call I managed to snap a shot of one in action. Though elusive, if one is patient, you can get the shot.

See if you can spot the photographer in these photographs.



Story submissions

Keep those articles coming!! Everyone loves to read about what's happening at your station. Photographs are also a great way to share what's happening. Don't forget to check your phone camera for a candid shot!

Also, if you have any other ideas for an article, please feel free to submit them. You don't have to just stick with a station submission.

Thanks.

The Tailboard Editorial Staff





Marty Johnson retires!!!



Hey look!! It's Kenn Dirrim (with goatee!)



All the best to Marty and his family! Enjoy your retirement.

Tailboard picture ideas

For the next issue of the tailboard let's try something new. Each crew, from every station (shift and apparatus) can submit a picture from something interesting or unique in your district. Try to make it something that isn't too obvious (like City Hall...) While you are out

doing prevention or hydrants, stop and get a photo. It doesn't necessarily have to be a building (or similar cultural icon.) If you're doing a pub ed demo, get a picture with the crowd. If you are shopping at the grocery store, take a photo with your favorite clerk or checker! The

possibilities are endless. Then, give us a little background about the photo introducing the reader to something unique in YOUR district.

This early notice should give you plenty of time to think about your photo!!





PASADENA FIRE DEPARTMENT

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Accountability, flexibility,
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Mission Statement

The mission of the Pasadena Fire Department is to provide protection of life, property, and the environment from the effects of fires, medical emergencies, and hazards; we engage the community in our mission through progressive community outreach.



Rudy Flores retires!!

