



The Westchester County Volunteer Firemen's Association

WCVFA

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1st Person Account: Reflections Of An Early Morning Fire

Editors Note: This letter first appeared on Facebook on Thanksgiving Day. We were moved by it and asked the author if we could publish it. She agreed. Here is her unedited story, which took place on Main Street in Dobbs Ferry.

By Donna LoPinto Waetjen

6 AM, Saturday, November 24, 2001.

I had spent the previous day in Manhattan with my parents and my young nieces, then dinner with a friend. Saturday I was to lunch with a classmate I hadn't seen since graduation. Elsa, my beautiful rescued fur baby was snuggled by my side as we both slumbered contentedly.

Then came a pounding on my apartment door. I struggled to understand the shouting I heard as I rubbed the sleep from my eyes. As I turned towards the door my eyes flew open as I saw a warm orange glow illuminating my hallway as the words registered in my brain ...

"FIRE! There's a fire!! GET OUT!!"

Thank you to Bill DiVico from Readers Hardwar for running INTO a burning building!

And then I saw that my little scaredy-cat had run from my bedroom. As I crept down the hall towards my living room, the glow was so bright I wasn't sure what I'd find.

I had a huge apartment, with a big picture window and gorgeous view of the Hudson. But all I could see were the flames from the building next door licking at my windows. It was hypnotizing, as I walked towards the flames. I stood at the glass staring for a long pause. I looked up at the ceiling, but I couldn't tell if the fire was in my attic.

Where was Elsa? Not behind my corner chair; not under the couch. Not on the dining room chairs, nor the kitchen chairs either. I looked and looked in each of her favorite places, but she was nowhere to be found.

The second round of door-pounding was in progress. A police officer had arrived. I didn't want to leave without my girl, but the sense of urgency in his voice was convincing. I tried to argue, but he held firm and I relented.

As I walked out the door to Main St, I saw no one but my neighbors. I turned to go back inside saying "the fire department isn't here yet ..." but as I met his eyes I realized "you're not letting me back in, are

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NFL's Roger Goodell Surprises Tarrytown FD Chief with Super Bowl Tickets

TARRYTOWN - As a New England Patriots fan, Bill Duggan isn't a huge fan of Roger Goodell. After all, there's that whole Deflategate controversy with Tom Brady. But Sunday morning, that changed, when Duggan, a Tarrytown firefighter who is battling brain cancer, came face to face with the NFL commissioner, who gave him four tickets to Super Bowl LII.

NFL officials had seen a Journal News/lohud story about Duggan's friends starting a gofundme page to send him and his lifelong friend, Dave Chillemi, to Super Bowl LII in Minnesota. FIREFIGHTER: Drive to send Tarrytown man to Super Bowl

After the story ran, news outlets from across the region reached out, seeking interviews.

On Sunday, Mike Chillemi, Dave's son, asked Duggan to come to the Main Street firehouse for yet another interview.

"They told me it was 1010 WINS," Duggan said. "I got to the firehouse and there were 50 guys there. We don't get 50 guys for a fire call, most of the time. I figured

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1st Person Account: Reflections After Early Morning Fire

From Page 1

you?" Moments later, the courageous members of the DFFD arrived.

I'm not sure how long I stood in the cold, drizzly morning fog on the street near the corner by Sam's. I watched firemen march into the building, one after another. They were wearing their full turnout gear while carrying pike poles, axes and the sundry gear that "regular folks" rarely see in action. I knew almost every one of them, and they all listened kindly as I begged them to watch for Elsa, each offering me their assurances they would.

My sister-in-law's brother arrived as the ConEd man responsible for cutting off gas service. Stunned to see me, he notified our mutual relatives.

Then the other fire departments started to arrive. The first I remember was Ardsley. My dear friend Adam, then an officer with AFD, grabbed me out of the rain and handed me a bottle of water as he lovingly shoved me into the fire truck now parked in front of my home, then turned up the heat. He reminded me that the firefighters were pet lovers and know how to locate them, and that my "front row seat" would allow me to watch for her, should she make an escape on her own."

The firefighters were also trekking through Bill's home (above the store) — leaking fire hoses and all!

More fire departments, more fire trucks, more firefighters. All tolled, seven departments responded to our fire. To assist DF, in addition to Ardsley, were Hastings, Irvington, Elmsford, Tarrytown and Sleepy Hollow, if I recall correctly (sincere apologies if I've erred).

I was lucky in that in my own business, I had been working with most of the fire departments who responded. I knew dozens of those brave men who worked so hard to keep our community safe. Have you ever noticed how close together those old Main Street buildings are? Have you realized how dangerous it is for the entire street when one catches fire? It was difficult work to contain this fire that had already spread from one building to another (the one in which I lived).

Family and friends arrived too. As people learned that my home was in flames, I was beyond moved by the turnout of folks who came to lend me a shoulder or bring me an egg sandwich.

Someone noticed I was not wearing socks, as I shivered through the morning. A fireman's wife gave me a pair of clean socks and a cup of tea.

As the morning progressed, Main Street was closed for all business but that of the firefighters, with displaced residents, curious neighbors and a myriad of spectators, some with cameras, ready to record the actions of those heroes.

Hours ticked by as I watched the firefighters move from inside the building, to exterior positions. As I remember it, there were 2 tower ladders fighting the fire from the front, on Main St, and another 2 fighting from the rear, on Palisade St.

Around 4 PM I was allowed to reenter the building with my brother, Philip, and a fire chief as our escort. The only thing I retrieved were my All-Clad pots.

The story of finding my Elsa is a most heartwarming tale, but I'll save that for another day.

Get RENTER'S INSURANCE!! Practice good fire SAFETY in your daily habits.

DONATE to your local volunteer fire departments and ambulance corps. And THANK your neighbors who do!

Stay informed!
Read the WCVFA newspaper and websites.

* * * * *

www.WCVFAweb.com
www.FaceBook.com

Send us your info and we'll include it in an upcoming issue to:
editor@wcvfaweb.com



The Westchester County Volunteer Firemen's Association

Dear Association Members, Brother & Sister Firefighters:

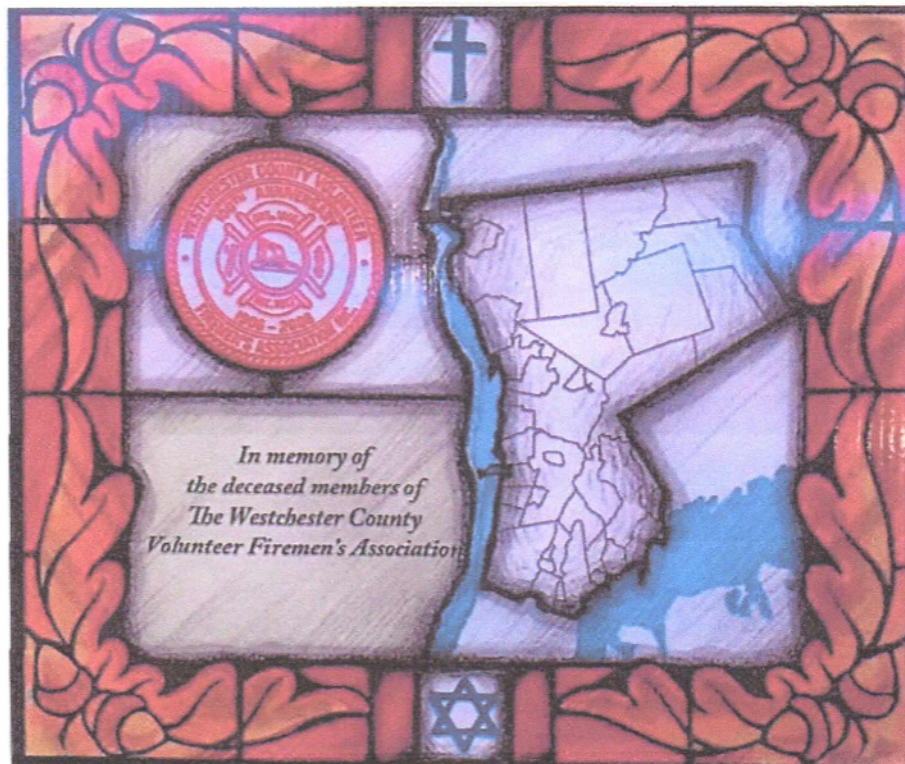
The Westchester County Volunteer Firemen's Association is soliciting donations for the stained-glass window (below) which will represent all the deceased members of the Westchester County Volunteer Firemen's Association at the Firemen's Home. The rendition below was chosen and will be installed at the Firemen's Home Chapel Window. We are asking that all Westchester County Fire Departments and any interested individuals please make a contribution in memory of their deceased members and/or individual family member.

All donations are tax deductible and are greatly appreciate. Please make checks out to WCVFA. Please mail all donations to: Paul O'Brien Chairman. PO Box 541, Verplanck, NY 10596.

This window will serve as an everlasting memory to the men and women who served our association and our departments with honor and distinction.

Thank You,

Robert J. Outhouse, President
Westchester County Volunteer Firemen's Association



Tarrytown FD Chief Surprised With Super Bowl Tickets

From Page 1

something was up.”

He figured out what it was when Goodell — who lives in Bronxville — walked in.

His exact exclamation upon seeing the commish is not suitable for a family newspaper, but it accurately captures his surprise.

Goodell didn't come emptyhanded: He presented Duggan with a Super Bowl LII hat and a football, and had a hat and a little football for Duggan's grandson, Michael, whose mother was also in on the surprise.

Mike Chillemi said the NFL reached out after The Journal News/lohud story and explained that the league holds 500 seats for worthy fans, volunteers and good Samaritans.

“We were looking for two seats, they gave us four, because they said they liked that we were trying to help Bill out,” he said.

Duggan, who was hanging out with friends at Tarrytown's famed Demeter's Tavern on Sunday, reveling in his brush with the commissioner, talked about his change of heart.

“I'm not a big fan of his,” he said. “But I sure like him today.”

Chillemi said the gofundme page has raised more than \$10,000 and will be used for transportation and other Super Bowl-related expenses.

At least they know they won't have to spend any of it on tickets.

Original article was written by Peter Kramer and appeared in the Journal News.

Diet and Exercise Are A Year Round Commitment

By Andy Mancusi

I hope you all had a great holiday season. And by now the gym's are packed, the New Years resolutions are in full swing, and the commitments for better health are in full motion... until January 31st. The fact is most resolutions don't go beyond the end of January. People tend to gain weight over the holidays because they eat everything in sight thinking come January 1st they will take the magic pill and the weight will drop. I know I did it every year and trust me it never worked.

There are two rules to health and fitness... diets don't work and the couch is a killer! The diet industry thrives this time of year because they know people will jump on some plan that doesn't work and spend lots of money. Gym memberships also increase because everyone wants to get in shape, again until January 31st. What I preach as a health coach is diet and exercise are a year round commitment, not just in January! You have to make a commitment of taking care of yourself all year long. And it's ok to eat a burger or slice of pizza once in a while. Telling you that you could never eat pizza again would be counterproductive. No one ever gained weight just eating one burger. It's when those foods and others like them become part of your daily diet that the pounds pack on.

I want to challenge you to setting goals for yourself. I want you to write down on a piece of paper where you want to be on December 31, 2018 with respects to health and fitness and why you want to do it. It may be to lose 50 lbs. Perhaps you'd like to be able to run a 5k or walk a mile or get off some of the medications you are on. Maybe there's a favorite suit that's been hanging in your closet for the last ten years you'd like to wear again or maybe its to fit in your turnout gear. Whatever your goal is, write it down. Put it somewhere so you can see it everyday. And when you think about falling off track...remember your “why”.

Once you have established your goal or goals come up with a plan of action. How are you going to reach these goals? What steps are you going to take? Maybe consult with a nutritionalist or a personal trainer – or both? These are people who can assist you by putting you on a plan that they will develop with you. Join a gym or utilize the fitness room at the firehouse if you have one. Most importantly, keep track of your progress. And, remember to take it one step at a time, day-by-day, pound-by-pound. You didn't gain the weight overnight so you're not going to lose it overnight. And don't measure your progress based on what someone else has done. We all lose at different rates and it will only discourage you.

One last thing I want to suggest. Try doing a contest. Get a bunch of members to do a challenge. Everyone chip in ten bucks and who ever loses the most by a certain date that you set wins the money. And while one person will win the cash everyone wins because they all worked to get healthy together. Another suggestion is try to find a buddy to run with you. Someone you can hold accountable and vice versa. There are so many things you can do but you need to make the commitment to start. Once you start, you'll see it gets easier with all of the support you've put in place!

I wish you and your families a very health and happy New Year.

Andy Mancusi, a 35 year veteran of the emergency services community, is a certified health coach through the MacDonald Center for Obesity Education and Prevention, a nationally certified fire instructor, and a former fire chief and commissioner. He can be reached at 914-224-6081 or amanc2196@aol.com. You can also visit his website at andy.ichooseoptimalhealth.com

62,085 Estimated Firefighter Injuries Mark The Lowest Rate Since NFPA Began Analyzing This Data In 1981

December 11, 2017 – The [National Fire Protection](#)

[Association](#) (NFPA) released the latest edition of its “U.S. Firefighter Injuries” report, which highlights data on injuries sustained by firefighters on duty in 2016. The statistics were collected from fire departments responding to NFPA’s annual U.S. Fire Experience survey.

There were 62,085 U.S. firefighter injuries in 2016, reflecting an 8.8 percent decrease from 2015, making this the lowest rate of injury since 1981, when NFPA began analyzing firefighter injury data. Of those injuries, 19,050 (30.6 percent) resulted in lost time.

The leading injury types in 2016 were: Strains, sprains and/or muscular pains (52.6 percent), and wounds, cuts, bleeding, and bruising (15.2 percent)

Firefighters were more likely to be injured on the fireground resulting in 24,325 (39.2 percent) of the firefighter injuries. The leading cause of injury during fireground operations was overexertion and strain (27.1 percent). Injuries also occurred off the

fireground. Other types of duty that resulted in firefighter injury were:

- Non-fire emergency incidents (20.6 percent)
- Other on-duty activities (18.2 percent)
- Training activities (13.7 percent)

While responding to or returning from an incident an estimated 15,425 collisions occurred involving fire department emergency vehicles resulting in 700 firefighter injuries (8.4 percent).

There were also 9,275 documented exposures to infectious diseases (e.g., hepatitis, meningitis, and HIV) in 2016, along with an estimated 36,475 documented exposures to hazardous conditions (e.g., asbestos, chemicals, fumes, and radioactive materials). The documented exposures to hazardous conditions represents a 34 percent increase as compared to 2015.

For this release and other announcements about NFPA initiatives, research and resources, please visit the NFPA [press room](#).

Annual Report On Firefighter Fatalities In The United States

The objective of the U.S. Fire Administration (USFA) study “Firefighter Fatalities in the United States” is to identify and analyze all on-duty firefighter fatalities to increase understanding of their causes and how they can be prevented. The study is intended to help identify approaches that could reduce the number of deaths in future years.

Eighty-nine firefighters (56 volunteer, 23 career and 10 wildland agency) died while on duty in 2016.

- Activities related to emergency incidents resulted in the deaths of 36 firefighters.
- Seventeen firefighters died while engaging in activities at the scene of a fire.
- Ten firefighters died while responding to emergency incidents.
- Nineteen firefighters died as the result of vehicle crashes.
- Heart attacks were the most frequent nature of fatal injury with 40 firefighter deaths.
- Nine firefighters died while they were engaged in training activities.

Advertise Here and Reach the Fire Purchasing Decision-Makers!

Interested in advertising with us? Contact us by email at WCVFAEditor@gmail.com, so we will reserve your preferred location in the paper. We'll need to approve your artwork and receive full payment before your ad appears. Thank you for your interest in the Westchester County Volunteer Firemen's Association, The Voice of Westchester's Fire Service. Discounts are offered for multi-month purchases.

Size	Print per issue	6 Issues	12 Issues
Full Page	\$100	\$500	\$1,000
Half Page	\$75	\$400	\$800
Quarter Page	\$60	\$325	\$660

Online charges are the same but are on a monthly basis.

PUT A THERMOMETER ON FREEZE WINTER FIRES

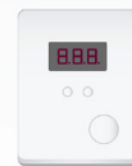
Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Half of all home heating fires occur in the months of



Keep portable generators outside, away from windows, and **as far away as possible from your home.**

Install and test carbon monoxide alarms at least **once a month.**



Have a qualified professional clean and inspect your chimney and vents **every year.**

Heating equipment is involved in **1** in every **7**



reported **home fires** and **1** in every **5** home fire deaths.



Store cooled ashes in a tightly covered metal container, and keep it outside at least

10 feet

from your home and any nearby buildings.

Keep anything that can burn at least

3 feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.



Plug only **1** heat-producing appliance (such as a space heater) into an electrical outlet at a time.



CONGELEMOS LOS INCENDIOS DE INVIERNO

Los incendios en el hogar son más probables en invierno que en cualquier otra estación. En este invierno, mantenga su hogar acogedor y cálido, y **¡esté protegido contra los incendios!**

La mitad de los incendios por calefacción en los hogares se producen en los meses de



Los equipos de calefacción están involucrados en **1** de cada **7**



incendios en el hogar y en 1 de cada 5 muertes provocadas por incendios en el hogar.

Aleje todo lo que pueda quemarse a

3 pies de cualquier fuente de calor como chimeneas, estufas de leña, radiadores y calentadores ambientales.



Mantenga los generadores portátiles en el exterior, alejados de las ventanas y **lo más alejados posible del hogar.**

Instale detectores de monóxido de carbono y **pruébelos** al menos **una vez al mes.**



Haga que un profesional matriculado limpie e inspeccione la chimenea y las ventilaciones **todos los años.**



Almacene las cenizas frías en un contenedor de metal bien cubierto y manténgalo en el exterior al menos a

10 pies del hogar y los edificios cercanos.



Enchufe solo **1** electrodoméstico que produzca calor

(como un calentador ambiental) en un tomacorriente eléctrico a la vez.





WESTCHESTER COUNTY VOLUNTEER FIREMEN'S ASSOCIATION, INC. APPLICATION FOR MEMBERSHIP

Date _____ 20____

The below named, a Volunteer Firefighter, Active or Exempt, Junior Member, or a member of a Recognized Volunteer Fire Related Organization in a Westchester Fire Company, Department or Association, does HEREBY Apply for Membership in the WESTCHESTER COUNTY VOLUNTEER FIREMEN'S ASSOCIATION, INC. and attests to the following as being correct: (Please **Print** Clearly)

NAME OF APPLICANT: _____

MAILING ADDRESS: _____

CITY, TOWN OR VILLAGE: _____ STATE _____

ZIP CODE: _____ + HOME TELEPHONE (_____) _____

CELL PHONE: (_____) _____ DATE OF BIRTH: _____ / _____ / _____

EMAIL ADDRESS: _____

Please circle status: Current Member Active Exempt or Junior

Name of Fire Company, Department, Assn. or Recognized Volunteer Fire Related Organization

Date you joined: _____ / _____ / _____ Total years in Volunteer Fire or Fire Related Service: _____

Proof of qualification – please have Officer sign below (*Junior Members must also attach a letter from a Parent or Guardian giving permission to join.*)

Signature & Title of Company, Department, or Association Officer

An application fee of **\$8.00** must accompany this Application. Thereafter, dues in the amount of **\$8.00** shall be payable on a yearly basis commencing in the 1st Quarter of the fiscal year.

APPLICANT'S SIGNATURE _____

Membership Committee Use Only

Approved by: _____

Date of Approval: _____ / _____ / _____

MAIL TO: LINDA G. BENDER, Financial Secretary, P.O. Box 65, Verplanck, NY 10596-0065

Send us your info and we
will do our best to include
it in an upcoming issue.

editor@wcvfaweb.com

We Wish Everyone
A Safe, Healthy &
Happy New Year!

2017 Dates For Westchester County Volunteer Firemen's Association Events

Westchester County Volunteer Firemen's Association, Inc.	
2018 SITES COMMITTEE REPORT	
JANUARY 7 TH	Quarterly Meeting-----Portchester Fire Department (south end fire house)
FEBRUARY 15 TH	-----Ossining Fire Department (Holla Hose)
MARCH 15 TH	-----Peekskill Fire Department (Centennial Hose Co. #4)
APRIL 8 TH	Quarterly Meeting-----Tarrytown Fire Department (Riverside Hose Co #1)
MAY 17 TH	-----Dobbs Ferry Fire Department (Ogden Engine)
JUNE 21 TH	-----Katonah Fire Department
JULY 8 TH	Quarterly Meeting-----South Salem Fire Department
AUGUST 16 TH	-----Somers Fire Department
SEPTEMBER 13 TH - 15 TH	Annual Convention-----Ardsey/Dobbs Ferry
SEPTEMBER 20 TH	-----Buchanan Engine Co. #1
OCTOBER 18 TH	-----TBA
NOVEMBER 15 TH	-----Larchmont Fire Department
DECEMBER 13 TH	-----Mamaroneck Fire Department (Weaver Street)



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