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November 2025



My father died in 1992 at the too young age of 65. He had retired to Florida four years prior and really enjoyed his brief time here. For my dad, retirement meant golf and he played as often as he could. Upon his death, his body was cremated and my mom chose to keep his remains near her in a decorated urn.

Years later, my mom decided to have my dad's remains laid to rest at the Florida National Cemetery in Bushnell. My dad was a veteran having served in the Army Air Corps during World War II. As we prepared for the day we would go to Bushnell, I began to do some research into my dad's military past.

I don't remember him speaking much about his time in the service. It was 1945 and as an 18 year old he was facing the draft. Rather than deal with that uncertainty, he enlisted in the Army Air Corps. He arrived at the Fort Sheridan

(IL) Recruit Reception Center on May 10. From there he went to radio school at what is now known as Scott Air Force Base in southwest Illinois.

Although the war ended in August of 1945, my dad didn't end his time in the service until November of 1946, having spent most of that year in Panama as an aircraft radio operator. My dad's story is just one of hundreds and thousands of stories of those that have faithfully served our country in the armed forces.

Perhaps you know someone who served in WW II or a 25 year old that has just completed their commitment to the military. Maybe your partner on the engine today is someone who served our country in the armed forces and continues to serve as a firefighter.

The Bible says, "Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor." Romans 13:7

Honoring and thanking our veterans is not a political statement. It is not a commentary on your feelings about war in general. It is an important, necessary and proper response to those willing to sacrifice themselves on our behalf.

--Chaplain Joe LaCognata

Upcoming Events

Florida Fire Chaplains Conference



April 27-29, 2026

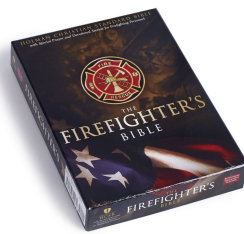
Ocala, FL



Click image for more information

Website Resources

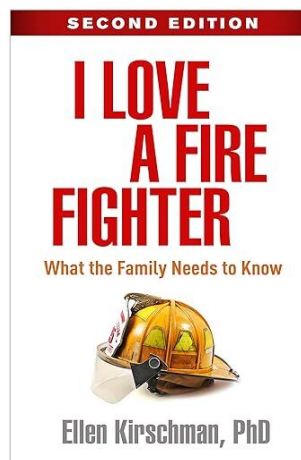
Have you ever been to the Resources page on our website? Click on the image to the right to find help with stress management, spiritual growth, marriage, and parenting.



Click image for more information

Faith in the Fire

Chaplain Joe LaCognata shares about some of the unique challenges faced while trying to live out faith in the fire service.



Ellen Kirschman, a psychologist who works with first responders, wrote a book that I highly recommend called **I Love a Firefighter**. This book is written to help support your first family while you work alongside your fire family. Here's what Dr. Kirschman says about her book. "I write about fire fighters as I know them: complex men and women doing one of the world's toughest jobs and trying to fit comfortably into two families — the one at the firehouse and the one at home."

In her book, Dr. Ellen Kirschman speaks to some of the unique challenges faced by fire families. One of the issues discussed is the reality that your first family (the people whom you love away from the job) feel like they have to share you with your other family -- your fire family. This can create tension between these families, tension that shows up in resentment and jealousy.

Let's face it -- your fire family offers an incredible level of support. This support can rival the support received at home and can be more timely and more relevant.

However, there are some ways that these families can work together to provide a strong healthy foundation for all the relationships involved. One thing that Dr. Kirschman recommends is to be intentional in spending time bringing these two families together. This could include holiday meals at the station, family play dates, or couples nights out.

There are indeed some unique challenges faced by fire rescue families, but be encouraged. With time and effort, you can fully enjoy being part of the best career in the world.



Each month, in an effort to continue to promote the conversation about critical incident stress management, we'll discuss a topic relative to crisis intervention. This will be helpful as a refresher to those who have already been trained, as well as something to create interest among those who have not.

It's Okay to Not Be Okay

One of the most challenging aspects of crisis intervention is getting people to realize that they are human and therefore susceptible to challenges. This is complicated because we work with hard-driving, Type-A people who really struggle with this. Fire rescue personnel are the problem-solvers, they are not supposed to have problems themselves. But once our peers have been given permission to not be okay, they are able to address their challenges and work toward resolution.

[Click here](#) to see a great music video that reminds us that we're not superheroes, we're just ordinary people.



Upcoming CISM Training

December 9-11, 2025
Homestead, FL

May 19-21, 2026
Naples, FL

Contact us to host training at your agency

[Click here for more information and to register](#)



Stress Management Information

Click the logo for information on how to better manage your stress.



In Remembrance

65 firefighters have died in the line of duty in 2025



Our Vision

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.



Donate Today

As a non-profit organization, Fire Rescue Support operates thanks to the generosity of individuals, churches and other organizations. You can give online by clicking the PayPal logo.



 Round up

Support your favorite local charity every time you shop.
Donate your change by automatically rounding up your orders to the nearest dollar at checkout.

Round Up at Walmart

You can help Fire Rescue Support every time you shop at Walmart. Choose our organization and round up your purchase. Click on the image and search for

Fire Rescue Support.

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