

# OCTOBER

## Calendar

### Notable Dates:

- Oct. 1<sup>st</sup> Fire Pup Day
- Oct. 6<sup>th</sup> Deadline for Instructor's Conference
- Oct. 6<sup>th</sup> German American Day
- Oct. 6-7<sup>th</sup> Sentinel Open House
- Oct. 9<sup>th</sup> Columbus Day
- Oct. 16<sup>th</sup> Boss's Day
- Oct. 18<sup>th</sup> Alaska Day
- Oct. 31<sup>st</sup> Halloween

### Board Meetings:

October 9<sup>th</sup>

October 23<sup>rd</sup>

### Pay Dates:

October 6<sup>th</sup>

October 20<sup>th</sup>



## October 2023

### Training Mental Resilience: More Important Than Hose Drills

*Excerpt By Lt. Eric Brenneman (ret.), CFO, Yoga For First Responders*

**We need to be acting in advance to take care of our own.**

Mental resilience does not develop from one-time instruction. It is accomplished by way of daily concerted application. David Goggins, a retired United States Navy SEAL states, “mental toughness is not a class, rather a daily discipline that must be practiced or it will be lost.” The good news is that there is a (mental as well as physical) warrior training methodology that has been in existence for over 5,000 years. It has the ability to process stress while building mental resilience, enhance job-performance, and improve physical functioning. It can produce elite firefighters and can even save your department money. That training methodology just happens to be yoga.

At its core, pure yoga is about training elite warriors. As Mark Divine, a former Navy SEAL stated, “A warrior must be skilled in action and non-action alike.” Yoga provides mental health benefits, physical benefits, and even proactively trains the mind to process stress. We are actually already teaching the essence of yoga to our members, but using different terminology, unaware that we are conveying the yogic concept. When I started acting as a company officer, I had a senior officer tell me that when things are going sideways you need to get your stuff together, stop, take a deep breath, reassess the situation, and get to work. Little did he know that advice was actually a foundational teaching of yoga.

## Training Dates:

**October 10<sup>th</sup>**

**October 21<sup>st</sup>**

**October 23<sup>rd</sup>**

## October

## Birthdays:

**Kaden Bayless – 5<sup>th</sup>**

**Jordan Rice – 12<sup>th</sup>**

**Trevor Woods – 22<sup>nd</sup>**

## Business Meeting & Officers Meeting:

Meetings held at ST1

**October 19<sup>th</sup>**

**Officers Meeting 5pm**

**October 24<sup>th</sup>**

**Business Meeting 6pm**

If you would like to submit information to be published in this monthly newsletter, the deadline is the 25<sup>th</sup> of the month prior. This allows time to format and send by the first of the next month.

Please email information to Rachel Tyree at

[officeadmin@sullivanfpd.com](mailto:officeadmin@sullivanfpd.com)



## Training Division

**October 10<sup>th</sup>** Station 5 – 6 p.m. Live Burns

**October 21<sup>st</sup>** Station 5 – 9 a.m. Live Burns

**October 23<sup>rd</sup>** Schnucks Walk Through 6:30 p.m.

## From the Desk of Captain Konys

All are welcome and encouraged to attend the First Responders Yoga class held at Station 5 on November 8<sup>th</sup> at 6 p.m. Wear comfortable clothes and please let me know you're coming so we can have enough mats for everyone.

Also, Instructor Conference is Nov. 3-5 at Lake of the Ozarks. Deadline for applications is Oct. 6<sup>th</sup> at 3 pm. They must be turned in to Deputy Chief Kyle Robertson. Any questions feel free to contact me. Thank you! -David Konys

## From the Fire Marshal's Desk

The new Schnucks is nearing completion. Grand opening is set for October 25<sup>th</sup>. The fire walk through is set for Monday, October 23<sup>rd</sup> at 6:30 pm. Meet on site and we will walk through and discuss the systems and preplan the building. At this point there are no plans for the old Fricks building. Talks have taken place of a future gas station at the new Schnucks building but no plans have been submitted as of yet. Thanks! -Joe Kincaid

## Welcome our newest Junior Fire Fighter John Carnahan



# 9 / 11 PATRIOT DAY

★ ★ ★ WE WILL NEVER FORGET ★ ★ ★



9-11 Monument



9-11 Memorial Ceremony at Station 5, 2023



**Fire Chief, Eric Lewis**



**Chief Officers for Fire, Police and EMS**



**Lieutenant Firefighter, Stetson Zelch**



**Pastor, Paul Leasor**



**WE WILL  
NEVER  
FORGET  
9-11-2001**



# The Middle School hosted a First Responders Dinner for Patriot's Day, September 11, 2023





## Missouri Emergency Services Instructor Conference

November 3-5, 2023 • Lake of the Ozarks

[REGISTER NOW!](#)

### Preconference - Friday, November 3:

Missouri Division of Fire Safety Certification: Instructor, Evaluator and SME Seminar - **\$245**

#### Blended Learning - Choose one for **\$385**

- Fire Service Instructor I
- Fire Service Instructor II

#### Train-the-Trainer - Choose one for **\$245**

- The Lithium-Ion Revolution
- VFIS Train-the-Trainer Series

### Conference - Saturday - Sunday, November 4-5:

#### Workshops - Choose two and attend the General Session for **\$255**

- Energy Emergency: What Training Officers Need to Know - **Chris Greene**
- What Right Looks Like - **Forest Reeder**
- The Future of the Fire and Emergency Services - **Denis Onieal**

#### Location and Lodging:

The Camden on the Lake Resort, Spa, & Yacht Club at the Lake of the Ozarks will be the host location for the Missouri Emergency Services Instructor Conference. A special lodging rate is available to participants when you mention you are attending.

- **\$122** • King or Two Doubles

To make reservations contact the hotel at [573-365-5620](tel:573-365-5620) or [888-365-5620](tel:888-365-5620). Use **Group Code FRT1123** to receive group rate. Reservations made after **October 1, 2023** are subject to availability. You may also reserve rooms [online](#).

[REGISTER NOW!](#)

# Cooking safety starts with YOU.

Pay attention to fire prevention.™



**FIRE  
PREVENTION  
WEEK™**

Fire Prevention Week is October 8-14, 2023



# SAVE THE DATE!

## OPEN HOUSE

### OCT. 6-7, 2023



Contact us for more info - 800.851.1928  
sales@sentineles.com | sentineles.com