

Retired Firefighters of Washington

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Richard C. Warbrouck
President

James A. Fossos
Vice President

April 2010

For, About and in Support of all Retired Washington State Firefighters



MEETING NOTICE: Next meeting will be Wednesday, April 14, at the Ballard Elks, 6411 Seaview Avenue NW, Seattle, at 11:00 am.

President's Message - By Richard C. Warbrouck



It gives me great pleasure to announce the appointment of Monica Blum as our new Secretary/Treasurer and Newsletter Editor. Monica (Rausch) Blum worked for Seattle Fire Fighters Union Local 27 for over 15 years as Editor/Communications Director. In 2002, she decided to leave the 9-5 office life to stay home to raise a family, which makes the RFFOW job a perfect fit! Monica went to high school in Spokane, where her father and sister still live, and came to Seattle after graduating from Carroll College in Helena, MT. She currently lives in Seattle with her husband Caleb (a WSU alum and devout Cougar), and her children Hank (6) and Adele (3). Monica enjoys spending time at Open Circle Theater (which she has acted onstage and behind the scenes), various sporting events and vacations with her family and trips to Vegas with her husband... when they can get away!

We are fortunate to have Monica on staff to assist us with our administrative responsibilities. With her knowledge and expertise we will now be able to complete some programs that have been on hold. We want to thank Susan Lang for stepping in and helping us in a time of need as our interim Secretary/Treasurer. In Susan's short term she was able to purge our files, update our membership roster and has suggested what is needed in the development of a new database.

I am also pleased to inform you that our 2010 Christmas Luncheon will be at the brand new Edmonds Yacht Club located next to Arnie's Restaurant in Edmonds, December

8, 2010. The Edmonds Yacht Club is completing their new building on the Edmonds waterfront. I have toured the building now in the final stages of construction and I am very excited. I am confident that we will be able to host a luncheon that you will enjoy and of the quality that you as our members expect and deserve. Please mark your calendars now to reserve the date. This will be our first week-day luncheon and will coincide with our new meeting schedule on the second Wednesday of the month.

Local 27 is hosting a reception for Susan Lang, Sid Gill and Bob Anderson, the staff at the Seattle Fire Fighters Family Medical office. As many of you know, Family Medical was a continuation of the Seattle Fire Fighters Hospital Association which was started in 1949 in the home of firefighter Leo Wenner who was the first director of the Hospital Association and instrumental in its development. Leo went on to be the Fire Chief of Century 21, the World's Fair and the first Fire Chief of the City of Bellevue. This was at a time when firefighter salaries were low, long before employer provided medical care was even thought of and medical insurance programs were in their infancy. After the advice of several insurance companies that a self-insured program like the Seattle Fire Fighter Hospital Association would never work, the committee was not distracted. They persevered until the Hospital Association was finally established. This was even before payroll deduction. The monthly dues had to be collected by the union's house steward, who would stamp a member's card as paid at each station on each shift and forward the dues to the Association's office. The medical insurance program was administered by the hospital committee which

included the executive board of Local 27 and the Secretary of the Hospital Association. The committee met each month before the union's executive board meeting for the twenty-five years that I served on the board to administer the Hospital Association business. The Hospital Association was the only medical insurance we had for the Prior Act members, retirees, and family dependents when I entered the fire department in 1958. The in-house administered union sponsored Hospital Association and Family Medical Insurance Program continued after the development of the LEOFF 1 pension system for Prior Act retirees and for all firefighters, active and retired dependents. After employer provided medical insurance was established, Family Medical continued to offer medical insurance for all Prior Act retirees and their dependents, for the dependents of all LEOFF 1 retirees and for all LEOFF 11 retirees and their dependents.

Medical insurance coverage is now available through the Seattle Fire Fighters Health-Care Trust, sponsored by Seattle Fire Fighters Local 27. Recently Local 27 decided, after many years, to close the in-house office, hire an outside broker and a third party administrator, Benefit Solutions, (BSI). This caused a great concern to our members due to the short notice and the lack of an explanation, the closing of the in-house office and the dismissal of the Family Medical staff. It goes without saying that there have been many problems during the transition period. (Please see Mary Loar's letter). After I received Mary's letter I asked her to forward the letter to the union office. I told Mary that we would look into this situation and have since been advised that the calls to BSI are received at a front desk which

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President's Message - Continued From Page 1

is sometimes unattended, with calls being forwarded to an answering machine. Suzan Kolb, Sr. Account Executive, for the former Family Medical Program at BSI informed us that a new dedicated phone line will be installed for the Fire Fighter Insurance Program. When the new phone number is established, BSI will issue new membership cards with phone number and other pertinent information, however they did say it may take a month before these cards are issued. We have printed a sample letter for you to take with you when you visit your medical provider. The other information pertains to your coverage. We are disappointed that the Family Medical Insurance Program now under Seattle Fire Fighters HealthCare Trust is no longer available to all retirees throughout the state. I hope this is only for a temporary period. New memberships will only be offered to retired Seattle Firefighters. The RFFOW is looking into a plan that can be offered to all retirees. We hope to once again in the very near future be able to offer group medical insurance to our members.

We have just received two favorable decisions for LEOFF 1 members. Attorney Joe Fischnaller whom we converse with on a regular basis has advised of the decision in the Earl T. Swisher v. City of Moses Lake lawsuit. The first decision by the court reaffirms previous court decisions that the Disability Board has the authority to establish medical benefits in addition to those benefits as enumerated in RCW 41.26, the LEOFF

Act. The second decision in this case is that a member has the right to seek legal fees in a lawsuit against an employer for unpaid medical benefits as medical benefits are considered compensation.

The Court's award against the City of Moses Lake requires the City to pay not only the original dental bills, together with interest at 12% per annum from the date of the Board's approval of the bills, but all Court costs, filing fees, and service of process charges, as well. In addition, the Court issued an injunction against the City requiring it to promptly pay all future healthcare expenses that are approved by the Grant County Disability Board and not appealed by the City. Their failure to do so in the future would be contempt of Court and could result in severe fines and/or jail time for those City officials refusing to pay approved bills for LEOFF 1 members. In addition to all of this, the Court awarded \$6,425.00 in attorney's fees against the City. This is particularly important because it puts all LEOFF 1 employers across the State on notice that their defiance of Board Orders to pay health care bills for LEOFF 1 members will not be tolerated, and that any such defiance will likely require them to pay not only the approved bill, but all Court costs, and the LEOFF 1 member's attorney's fees, as well.

After several letters to the City of Hoquiam and a meeting with the City Attorney and Financial Director, we have received a favorable decision regarding the City's

policy requiring LEOFF 1 members to pay out of pocket for medical services. I must say that these two City of Hoquiam Officials were very cordial and willing to cooperate. The City will repeal the new policy. The City will follow a new policy and procedure to be written by the Gray's Harbor County Disability Board for the payment of medical expenses for members of the LEOFF 1 system. In addition the City will reestablish the Prior Act Pension Board as established in RCW 41.16 which for some reason had been disbanded.

Please RSVP to Local 27 if you plan to attend the Family Medical Reception.

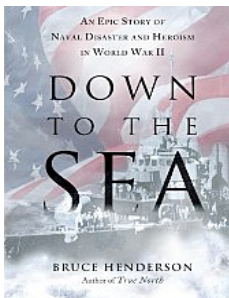
Editor's Note: On Page 3 is the letter by Mary Loar and the information you need for your new HealthCare Trust.

Family Medical Reception

There will be a reception hosted by the Seattle Firefighter's Union Local 27 for the former staff members of Seattle Fire Fighter Family Medical, Susan Lang, Sid Gill, and Bob Anderson.

It will be held at 12:00 PM after the regular RFFOW meeting on Wednesday, April 14, 2010. The meeting and reception will be on the second floor of the Ballard Elks Club located at 6411 Seaview Ave NW, Seattle.

Please call Ashley at Local 27, 206-285-1271 to RSVP as soon as you receive this notice as we will only have a couple of days to forward a count to the catering service.



If you remember, President Warbrouck wrote about Ray Schultz and Gene Morgan in his Newsletter articles in the July, August and September 2008 Newsletters. Ray Schultz retired Engine 1 SFD, now deceased, was stationed aboard the destroyer USS Hull DD 350 which was one of the two destroyers that were sunk in a typhoon in the Pacific during WW II. Ray was in shark infested waters for 48 hours before being picked up by another destroyer, the USS Spence DD 512. At the March 2010

A Surprise Find

RFFOW meeting Bill Dean, retired Captain of Engine 10 explained to Dick how he was in Costco waiting for his wife and looking through several books when he stumbled on a book titled "Down to the Sea" written by Bruce Henderson. The book is about the sinking of the two destroyers, the USS Hull and the USS Tabberer DD 418. Bill explained that Ray's name and picture are in the book in several places. If you are a WW II buff, be sure to pick up "Down to the Sea". In the July 2008 Newsletter Dick wrote about Gene Morgan retired SFD also now deceased. Gene was on the USS Indianapolis CA 35, a heavy cruiser that was sunk by a Japanese submarine in the Pacific after delivering the atomic bomb. Eight hundred eighty men perished. Only three hun-

dred seventeen survived after being in heavy shark infested waters for several days. If you are interested there is a movie "The Sinking of the USS Indianapolis". The story of the Indianapolis has been shown on the History and Discovery Channels on at least three occasions. Dick tells that while on a mini-vacation to Depoe Bay, Oregon just two weeks ago he was up late channel surfing when he found the story of the USS Indianapolis on the Discovery Channel. Needless to say how he spent the next two hours in the wee hours of the morning! This is a story that is hard to believe and should be seen by all. Dick knew both of these men over forty years and said that they never talked much about their war experiences until long after they retired.

Seattle Fire Fighters HealthCare Trust

BY MARY (AND BOB) LOAR
RETIRED SFD SPOUSE

Hi Dick,

Thank you for your help. Suzan Kolb called me today at the request of Kenny Stuart, one of the men to whom I had forwarded my e mail on Friday ,after I heard back from you.

Attached is a copy of the “medical coverage authorization letter” Suzan sent me via e mail. So now I have something to show doctors, but I assume other members will not have anything until they eventually get those new membership cards, unless they have questioned like us.

Apparently BSI, administrator of the Health Trust, is setting up a new direct telephone number for our medical plan, so that we (and doctors) can get right through without having to leave “voicemails.” However, BSI is waiting for a new phone number before they can print the cards. Suzan did not think it would be a month before the cards are mailed out, as I was told on Friday.

Suzan said one of my December bills had just been paid, and they were processing a couple other claims I had submitted. At present Dr.’s offices, send the claims to the FFFM, and then they are forwarded to the Mukilteo, so there is a time lag.

I did ask why they did not keep at least one staff member at FFFM until everything was up and running smoothly with the changeover. Suzan said that after Sue left FFFM, there were only two part time employees, and they quit at the end of December. In our opinion this was a very shoddy changeover, but hopefully it will soon all be sorted out.

To keep members “in the loop” BSI could have prepared a form letter, which could have been put in with any EOBs sent out to the members prior to receiving the new membership cards. This form letter could have just said the following:

1. There has been a delay in printing up the new membership cards.
2. BSI needed a certain amount of time to get a “direct” new phone number, That until BSI got this new number, they could not print our membership cards and mail them out to us.
3. Until we received our new cards, we should continue to use the old FFFM card, but should give the doctor’s office the Mukilteo number to confirm coverage, advising that a changeover of ad-

ministrator is in the works.

This Suzan seemed very nice and said she hoped, when everything was set up, that we would be happy with their service.

Thanks for your help Dick. If I can help you at any time, I would be happy to do so. You certainly do a wonderful job for the Retired Firefighters and their families. We have been remiss in not thanking you sooner.

Kind regards,
 Mary (and Bob) Loar

•••

BY SUZAN KOLB
SR. ACCOUNT EXECUTIVE
SPECIAL ACCOUNTS BENEFIT SOLUTIONS

Hi Mary:

It was nice speaking with you this evening.

As promised, attached is a letter for you to take to your providers until you receive your ID card.

If you should need anything else, please feel free to call me.

Have a great evening.

Suzan Kolb
 Sr. Account Executive, Special Accounts Benefit Solutions, Inc.
 12121 Harbour Reach Dr. #105
 Mukilteo, WA 98275
 425-771-7359
 direct line 206-859-2608
 fax 206-859-2635
 Mailing Address is P.O. Box 6
 Mukilteo WA 98275-0006

This was the letter that Mary received from Suzan Kolb of Seattle Fire Fighters HealthCare Trust. Mary’s personal information has been wiped out of the letter. Take this letter with you to the doctor. Add your own name, subscriber ID (SSN#) and dependent:



Seattle Fire Fighters HealthCare Trust

Administered by Benefit Solutions, Inc.

P.O. Box 6
 Mukilteo, WA 98275-0006
 (206) 859-2600

March 15, 2010

To Whom It May Concern:

This letter is to confirm Medicare Supplemental Coverage through Seattle Fire Fighters HealthCare Trust for the following member:

Subscriber:
 Subscriber ID:
 Dependent:
 Policy Period: 01/01/2010 – 01/01/2011

Please submit claims to:

Seattle Fire Fighters HealthCare Trust
 PO Box 6
 Mukilteo, WA 98275

Should you have any questions please don’t hesitate to contact me at 206.859.2600 Ext 2713.

Respectfully,

Nancy E. Grier
 Seattle Fire Fighters HealthCare Trust
 Administered by Benefit Solutions, Inc.

We Danced With The Devil: One Firefighter's Cancer Chronicles

BY MARIO H. TREVINO
WWW.FIREHOUSE.COM

Continued From March newsletter. For the full article, go to www.firehouse.com/topic/health-and-wellness/1209-Trevino-Dance:

And we danced...

So far, I'm one of the lucky ones. The Lord has delivered me to a place where, one year later, I appear to be mostly cancer-free.

My battle is just beginning. Can you guess what one of the primary side-effects of radiation treatment is? You guessed it in one: cancer! My doctors tell me that, if secondary tumors do occur, in 80 percent of the cases they will develop within two years of the initial diagnosis, and in 90 percent of these cases they occur within the first three years. So, I count the days. On the other hand, if a patient can make it for five years without a recurrence, they are considered "golden." That means that, while they still may get cancer in the future, they probably won't get the same cancer again.

People like me have to continue to get scanned every month or two to try to identify any secondary or tertiary tumors early on, as when a cancer returns it is often much more aggressive than the original form. My good friend Dave Jacobs, with the Seattle Fire Department, is an example of this. He has advanced esophageal cancer, and it may soon take his life. My heart and my prayers go out to him and his family.

And we danced...

Carcinogens are everywhere in our occupation: research will tell you, for example, that a single, severe exposure to burning creosote smoke may well result in testicular cancer a decade or two later. Remember, the devil is a deceiver. He can make you think you are unaffected and then laugh as your affliction takes you when you and your family least expect it. Dozens of firefighters I know have been stricken since my own diagnosis. One of them, a retired captain of Ladder 1 in downtown Seattle, was feeling "a little off" after a round of golf. He stopped by the doctor's office on his way home and an exam showed his body was riddled with cancer. He was sent straight to the hospital and never got home that day. He died within two weeks of his diagnosis. Farewell, Bob.

I've also learned that a firefighter's medical coverage can vary widely, depending on the city and state in which he or she works. A quick-reference guide is available in the November/December 2008 Interna-

tional Fire Fighter that can help a cancer victim in his/her own research. I've attached a chart with some excerpts from it below, indicating state presumptive disability laws and coverages. Often, in cases such as mine, the victim is obligated to prove that his/her cancer is duty-related. In some states, maladies such as lung-cancer are considered "presumptive," but in many they are not. Also, just because lung cancer is presumptive in any particular state doesn't mean other respiratory cancers are; even though common-sense would seem to dictate that smoke has to enter the lungs through the mouth, throat, and trachea. Throat cancer is not presumptive in Washington State for example, but one glaring bit of proof of duty-relatedness my research uncovered was a case involving three Spokane, WA, firefighters. They

four-times its normal thickness. The incision from which my stomach tube had once protruded has now healed, leaving a hole in my abdomen I call my "second navel." I still cough up mouthfuls of goo every day. All of that is alright with me. These are but small prices I willingly pay for a second chance at life.

I don't know how long I will live, but who among us really does anyway? I cherish my life more than at any other point in time. I've learned how many friends I'm lucky enough to have; more than I had ever realized. Dearest among them are the ones who insisted in seeing me even when I didn't want to be seen. Michael called almost daily and refused to take no for an answer, showing up at our door one day and insisting to drive me to the hospital for a treatment. He made bad

STATE	PRESUMPTIVE DISABILITY LAWS	COVERAGES INCLUDE
AL	Yes	Known carcinogen which is reasonably linked to the disabling cancer
AR, DE, KY, MY, WY	No	None indicated
MD	Yes	Leukemia, pancreatic, prostate, rectal or throat cancer that is caused by contact with a toxic substance.
NV	Yes	Exposed to known carcinogen as defined by the IARC.
NY	Yes	Cancer affecting the lymphatic, digestive, hematological, urinary, neurological, breast, reproductive, or prostate systems.
VA	Yes	Leukemia or pancreatic, prostate, rectal, throat, ovarian, or breast cancer.

were all hired on the same day. They trained together and were even assigned at certain points to the same company. All three of them contracted throat cancer. It would seem hard to imagine that this was not a job-related issue, as one died from his disease, a second was forced to retire, and the third is lucky enough to still be on the job as of this writing.

And we danced, and danced...

If you do get cancer and have to prepare your own case, you will have to do your own legwork to prove duty-relatedness. But there is plenty of help out there. I've named just a few resources in this article (*see chart*).

Here I am, at Day 375 and counting. My hair has grown back and I've re-gained half of the weight I had lost. The saliva glands in my mouth have come back to life, as predicted, although the saliva glands below my jaw line are gone forever, so I continue to be plagued with dry-mouth. Eating is still a challenge, and every mouthful of food has to be ultimately washed down with some form of liquid as my epiglottis is still about

jokes and tried to act like nothing was wrong. Later, on a trip to Paris, he made the short pilgrimage to the cathedral at Notre Dame to light a candle and say a prayer for me. Steve and Jerry also drove me to the hospital, and prayed for me daily. Warren and his wife Dana send a card every single week for six months, along with phone calls and emails. My family has always been there for me. Our department chaplain, Mike Ryan, had an entire congregation praying for me and other sick firefighters. My assistant, Gale, took it upon herself to keep everyone apprised of my condition. Not a single day went by that we didn't get flowers, or cookies, or books, or emails, or phone calls. On some days, there were 20 cards and letters in our mailbox to open. Thanks to my friends with the Metropolitan Fire Chiefs, I got messages from chiefs across the country and even as far away as Australia. Thank you Bellevue Leadership Team. Thank you Bellevue, Seattle, Las Vegas, and San Francisco firefighters. Thank you Norm. Thank you Ron. The

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We Danced With The Devil: One Firefighter's Cancer Chronicles - *Continued From Page 4*

list goes on and on and on; I wish I could thank each one individually.

After the fact of my own shamelessly cavalier attitude toward personal protective equipment early in my career, I've become a believer. I love to watch our young son Sergio frolic on the beach with all of the joy and careless abandon of youth. But I make sure he is slathered with sun-block and wears his beach hat.

My diet is now rich in fish, vegetables, fruits, and nuts, as it should've been all along. I've discovered that there are also plenty of references available on the Internet for good, cancer-preventing diets. Plenty of books exist that, for a relatively modest price, will guide you to healthier eating habits. You may want to pay special attention to the so-called superfoods, such as salmon, chocolate, broccoli, blueberries, walnuts, and many more. Thing is, they are really pretty tasty too. Some people also swear by diet supplements, such as mangosteen; it's best to do your own investigation and then choose what you like and suits you best. The point is, think about eliminating the wrong kinds of food and focusing on eating the right kinds of food. Consider it like a police officer wearing a ballistic vest, just in case.

The same thing applies to keeping your body in shape. But, of course, you already know that.

Smoking? Not a good idea. Smokers are always worse-off when they get cancer than other patients. You can think of smoking as a force-multiplier for cancer. Remember in the old movies where smoking was made to look glamorous? Believe me, there is nothing romantic or glamorous about dying from cancer. When you are wasting away in a hospital bed, barely able to breathe, your thoughts are no longer about being "cool." Suddenly, it's all about an insidious disease that will ravage your body without mercy, often ending in a horrible and very painful death. This process is expedited (but not diminished), by smoking or the use of other tobacco products.


If you have cancer, stress is not your friend either. There are a number of ways to reduce stress in your day-to-day life, whether it's about money, work, or even your illness itself. Let's face it, some of us get so wound up in heavy traffic we go from zero to road rage the minute someone cuts us off. Trying to minimize stress might mean you have to limit your exposure to some of your friends and even family members if time around them causes stress due to arguments, jeal-

ousy, envy, relationship issues, or any number of other problems people have between them. My own approach is to direct as much energy as possible to continuing my recovery process; I'm learning to identify stress inducers and try to reduce them. In some cases, that has meant that I have to keep some people at a slight distance and limit my encounters with them to small, manageable doses. Not out of spite, but simply because I now realize how short life really is. I know that, at some point, Death will come for me again and may enter my door un-hindered the next time (well, maybe next time I'll get the white light at the end of the tunnel that some speak of, which would be a welcome change from the apparition I saw!). In any case, there just isn't much time for this kind of negativity in my life anymore. I still care about all of my family and friends, but I choose to focus instead on making the most of every day that I can share with my wife and son. Cancer patients need to chart their own paths to wellness. What you choose to do is entirely your decision, but I strongly urge you to consider developing a stress-reduction strategy and adding it to your new lifestyle.

To my fellow firefighters, and to future firefighters who may dance with their own particular devil in the future, I offer one more piece of advice. It's simple, but it is important: wear your protective gear! All of it. No, don't try to negotiate or to rationalize alternatives in any way...just wear it. Wear it whenever you enter a hazardous environment, just like everyone (including every legal mandate) tells

you to do. Don't doff your breathing protection just because the fire is out, unless you have access to a filter mask which is rated for such an application. You ought to know from your required training (and you know it as well as any expert in the field) that gasses and particulate matter permeate the local environment whenever a fire occurs. They don't subside for hours or even days after an incident. Sometimes, the toxic, carcinogenic products of combustion are actually worse after a fire than they were at the height of combustion. Fire investigators, take heed!

So wear your PPE (personal protective equipment) every time: no cheating, no excuses, and no short-cuts. No kidding. Take it from someone who's been through it, with cancer there are no second chances. You may have gotten a "do-over" on lots of things in life, but this is definitely not going to be one of them. For you, for your family, for anyone you care about, just wear it, okay?

I'm retired from firefighting now and don't ever expect to don the uniform again, but I felt an obligation to write this article in an effort to make a believer out of at least one more firefighter out there. Cancer is a very real threat; it is a modern-day blight that will kill you just as dead as a backdraft or a building collapse would. It just takes longer, and it can hurt a lot more. Don't face devil without being armed with your PPE's, a healthy diet, good physical conditioning, and a clear mind. You can learn from past mistakes made by other people... like me. 


Legislative Contributions

Contributions to the Legislative Fund can be made at any time, with a separate check made to **RRFOW Legislative Fund**. All of your contributions are very much appreciated and are used for your benefit:

Don Garrison	Theodore Gideon	Jack Grier	Bruce Holtzner
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Dennis Weaver	Art Wentworth	Earl Mickelson	Earl Meyer
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Thank you to all the members who make their contributions through their payroll deductions (each month their will be a partial list):

Raymond Abendroth	Eugene Adams	Gerald Adams	John Ahrens
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Pension Report

BY RAY SANDERSON

The Government Accounting Office (GAO) on March 2, 2010 published an updated report to Congress titled State and Local Governments' Fiscal Outlook.

In summary it states: Fiscal sustainability presents a national challenge shared by all levels of government.

Since 2007, GAO has published long-term fiscal simulations for the state and local government sector. These simulations show that, like the federal government, the state and local government sector faces persistent and long-term fiscal pressures.

Using the Bureau of Economic Analysis's National Income and Product Accounts (NIPA) as the primary data source, GAO's model projects the level of receipts and expenditures for the sector until 2060 based on current and historical spending and revenue patterns.

GAO assumes the current set of policies in place across federal, state, and local governments remains constant. This update incorporates NIPA data including increased federal grant funding made available to the sector through the American Recovery and

Reinvestment Act of 2009.

The model simulates the long-term fiscal outlook for the state and local sector as a whole and, while the model incorporates the Congressional Budget Office's economic projections, adjustments are made to capture the budgetary effects of near-term cyclical swings in the economy. Because the model covers the sector in the aggregate, the fiscal outcomes for individual states and localities cannot be captured.

The state and local government sector continues to face near-term and long-term fiscal challenges which grow over time. This March update shows that the state and local government sector faces near-term declines in its operating balance. These declines in the sector's fiscal position are attributable to several factors, including a reduction in projected tax receipts. Although the sector's near-term operating balance remains negative, increases in federal grants-in-aid—largely from the Recovery Act—alleviated some near-term pressure.

The March 2010 operating balance measure (including 2009 Recovery Act

funds) shows an improvement compared to the January 2009 simulation.

In the near-term, the sector's fiscal position can be attributed to several factors, including steep revenue declines. GAO projects that the sector's long-term fiscal position will steadily decline through 2060 absent any policy changes. The decline in the sector's operating balance is primarily driven by rising health care costs.

The fiscal challenges confronting the state and local sector add to the nation's overall fiscal difficulties. Because most state and local governments are required to balance their operating budgets, the declining fiscal conditions shown in GAO's simulations suggest the fiscal pressures the sector faces and the extent to which these governments will need to make substantial policy changes to avoid growing imbalances.

You can find the complete 24 page State and Local Governments' Fiscal Outlook if you go to Web address www.gao.gov/new.items/d10358.pdf

Southwest Connection

BY BOB BURTC (SFD RETIRED)

Each month I try to write an article highlighting those retired Washington State Firefighters who live or winter in the Arizona Southwest. This month I begin with a fish story of two retired SFD members who winter in Arizona. Skip Koch, with wife Anne (Lake Havasue City), and Bill Donohoe, with wife Mary Jane (Yuma) were vacationing together in Hawaii, and while sitting on the beach just happened to run into Dave Allen, and John Gablehouse. While all were visiting and reminiscing, a Blue Marlin made the mistake of swimming close to shore. As the picture shows, John Gablehouse waded out to the Marlin and with the help of a local was able to pull the fish out of the water. My question to John is; with all your command and tactical experience how did you find yourself at the pointy front of the fish and not at the safer tail end? Somehow, without either man getting gravely injured, they safely got the fish out of the water with the local taking it home to eat. He later brought a large piece back for John. Frank Harshfield has been out traveling since January with their 5th-wheel

trailer, and has been visiting Arizona for over a month. He admits he's catching on to this "Arizona Stuff" and is now an official Arizona Cowboy. In his spare time he's attended a few Mariner's games and went to Florence AZ to visit his old friend Ray O'Brien. Ray has his share of health problems but is still able to get around, although now with an O2 bottle.

That's all the news I have for now. This article is not limited to Seattle FD retirees.

If you're a retired Washington State Firefighter wintering in Arizona please send me an email describing where you're at and what you're doing. Send your information to bocato2@yahoo.com.



In Memoriam

CLEO HATHAWAY: Retired Deputy Chief of the SFD, died March 3, 2010. He retired in 1977.

JOHN PHILBIN: Chief John Philbin retired from the Seattle Fire Department as Assistant Fire Chief in 1974. He had a long history of being a hard worker as he advanced through the ranks. John always had the best interest of the fire service in mind and worked tirelessly to make improvements. He was always very tidy with his work, his appearance and was a perfect gentleman. John had many accomplishments during his career with the Seattle Fire Department and other fire service organizations. He was very involved with the development of the Medic 1 Program and put in far more time and effort on and off duty than he was credited for. In addition to his devotion to Medic 1 he coordinated the development of Seattle's Disaster Control Plan and the Shipboard Firefighting Plan. After retirement he was part of a group that provided fire training for remote area industrial companies, lumber mills, power companies, and marine installations. He developed the Washington State Uniform Fire Incident reporting system. John's other achievements are too numerous to list. He certainly paid his dues and will always be remembered in the alumni of fire service leaders.

JAMES KING: James "Jim" Quinen King passed away February 17, 2010. James Q. King, born September 30, 1929, in Seattle, WA, was the second of three children of James E. and Eulalie M. King. He grew up in the north end of Seattle and attended Lincoln High School. In 1946, he enlisted in the US Marine Corps, and served two years. One of the rare people who didn't go to work for Boeing during the era, he worked as an auto mechanic until entering the Seattle Fire Department in 1950. He earned promotions through the years to Lieutenant, Captain, Battalion Chief and Deputy Chief, and was Assistant Chief of the Department at the time he was retired in 1975. He had the rare opportunity to serve in all divisions of the Department - administration, combat, alarm, fire prevention, and training, as well as being part of the creation of the Medic One Program. While still active, he was elected first president of the SFD Officers Association, formed to address the concerns of the various supervisory ranks within the Department. Upon retirement, he joined the Retired Firefighters of Washington. Elected President of the RFFOW in 1991, he served almost ten years,

working with members of the fire service throughout the State of Washington. Contact with state officials and legislators, plus service as a member of the Advisory Committee to the Department of Retirement Systems kept him active throughout the 90's. As a member of the Seattle Retired Firefighters' Travel Club, and with a career army officer for a son, he and Betty had many opportunities to travel and see the marvels of this country, as well as exciting foreign lands. Jim is survived by his beloved wife, Betty (Mary Elizabeth Yatsunoff); son, Dion Joseph; daughter-in-law, Noreen and three grandchildren, Jamie Marie, Jacob Joseph and Joshua Michael. Jim is also survived by many nieces and nephews. In addition to Jim's funeral service in Michigan, a memorial service will be held in Seattle at a later date. Memorial contributions to the Medic One Foundation or Hope Heart Institute would be appreciated.

GEORGE OLDFIELD: Died March 13. Retired as a Fire Fighter on with the Seattle Fire Department in 1996.

RICHARD WALIMAKI: Retired Captain of the SFD, died February 25, 2010. He retired in 1981.

MARCELLA BARTLEY (wife of Bill) and MILDRED LOWRY (wife of Robert).

JIM ASHURST: Retired Assistant Fire Chief of the Renton Fire Department. At his passing Jim was 92 years old. Born in Cle Elum, Washington in 1917, he was the son of a coal miner. Jim was the last survivor of the first 5 paid firefighters hired by the City of Renton Fire Department in 1944. In addition he also was one of the original signees on Renton Fire Fighters Local #864 Charter on May 7, 1946. He was honored by the City of Renton and the Local in February of 2008 with the awarding of plaques at a city council meeting. He began his fire fighting career in Renton in 1938 when he joined the department as a volunteer firefighter after his family relocated to Renton from Cle Elum. He retired in 1968 after a thirty year association with the fire department. Jim maintained his connection with the City through membership in Renton Kiwanis and the Renton Fire Department Alumni Association.

ALEXANDER GLAUBERT: Retired Captain of the SFD, died March 1, 2010. He retired in 1975.

IVALLE (BABE) WHITISH: There will be a memorial for Ivalle, wife of Gary, on Saturday, April 24, 2 PM at the Eagle's Hall in Yelm, WA. The hall is located on Hwy #507

between Yelm and Rainier. This is a potluck but Gary said that if it is inconvenient to bring something, just bring yourself. Gary is retired SFD who was assigned to E14 and Attack 10. For more information, call 360-446-2057. 🌟

Snowbirds and Computer Users

Snowbirds: If your address is changing for the summer, please let us know, as the newsletter is mailed at the Non-Profit rate and will not forward.

Computer Users: Do you want to receive your newsletter via email instead of regular mail? Contact us to join the email list!

RFFOW CONTACT INFORMATION:

9134 - 207th Pl. SW, Edmonds, WA 98026

Phone: 425-775-9080 Fax: 425-776-7939

Email: mwarbrouck@comcast.net 🌟

Classifieds

FOR SALE: Brother PR620 embroidery machine with USB, embroidery card slot, LCD color touch screen, automatic needle threader, 6 thread & 6 needles with 1 position for each needle. Built in embroidery designs etc, embroidery editing capabilities. 2 sets of all 4 hoops also fast frame, cap frame, driver and framing gauge, cylinder frame w/ driver & framing gauge & deluxe metal stand. Used 12 hr---downsized so have no room for it. Please contact Marie at (360) 568-3423.

FOR SALE: 2007 Ford F150, XL, 4x4 short box, standard cab with two small doors for access behind the seats, small V8, auto, new rubber, factory alloys, magnaflow side exhaust, stereo, strait body, no wrecks, white in color with gray cloth int., alarm sys, 45,000 miles, this is a sharp looking truck, \$14,000 or best offer, call Dave Green (Seattle Ret.) @ 206-949-3146.

DID YOU KNOW?: If you are a retired fire fighter you can get a discount at Verizon Wireless? Give them a call at 800-256-4646 or email at their website at www.verizonwireless.com 🌟

MARK YOUR CALENDARS NOW!

2010 Christmas Luncheon will be at the brand new Edmonds Yacht Club located next to Arnie's Restaurant in Edmonds, December 8, 2010.

Retired Firefighters of Washington

9134 207th Pl SW
Edmonds, WA 98026-6659
www.rffow.org

Non-Profit Org
US Postage
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Seattle, WA
Permit #1577

Date Sensitive Material - Please Deliver

APRIL MEETING NOTICE:

Wednesday, April 14
Ballard Elks, 6411 Seaview Avenue NW
11:00 am

Meeting Notices in YOUR Area

BELLINGHAM

WHEN: 2nd Friday of the month
WHERE: Squaticum Yacht Club
TIME: 10 AM
INFO: Call Jim Burton at 360-734-6572

All are welcome to come and join us, family and friends. We hear and share important information and re-connect with each other.

RENTON

WHEN: 1st Thursday of the month
WHERE: Station 13 in Renton
TIME: 10 AM
INFO: Call President Bruce Phillips 425-226-2974 or b29m27p@comcast.net

We invite you to join us! All are welcome!

YAKIMA

WHEN: 1st Monday of the month
WHERE: Waffles Cafe, 1501 N. 1st St.
TIME: 8:30 AM
INFO: Call Bob VanDyke at 509-452-8380

All retirees and wives from any Fire Department are welcomed and encouraged to attend!

TACOMA

WHEN: 1st Wednesday of the month
WHERE: Local 31 Union Hall
TIME: 11 AM
INFO: Call Larry Anderson 253-851-6831
larrysandi@comcast.net

Bring a sack lunch, except August & December, which are potluck - everyone's favorite!

SPOKANE VALLEY

WHEN: 3rd Thursday of the month
WHERE: Conley's Restaurant
TIME: 9AM
INFO: Call Clyde Wisenor 509-926-8822

Anyone interested is encouraged to attend! Come, and give us a try!

ABERDEEN/HOQUIAM

WHEN: 1st of the month
WHERE: Top Foods in Aberdeen
TIME: 10 AM
INFO: Don Hirschman 360-533-4795

All are invited to join our get together!

VANCOUVER

WHEN: 3rd Thursday of the month
WHERE: Vancouver Mall I-Hop
TIME: 8 AM
INFO: Call President Ken McMillian 360-574-1123
kenmac50@peoplepc.com

All are invited and encouraged to attend. It is a good time to hear and give the latest information, conduct our business and share time with friends.

SEATTLE RET. FF TRAVEL CLUB

WHEN: 2nd Thursday of the month
WHERE: 125th St. Grill (12255 Aurora Avenue N., Seattle)
TIME: Noon (Happy Hr) 1 PM Lunch
INFO: John Church 360-424-3892
jrchurch@comcast.net

RFFOW MONTHLY MEETING

WHEN: 2nd Wednesday of the month
WHERE: Ballard Elks, 6411 Seaview Avenue N.
TIME: 11 AM
INFO: President Dick Warbrouck 425-775-9080
mwarbrouck@comcast.net