Maryland State Firemen’s Association
Award Winners
128th Annual Convention and Conference

Gladhill-Thompson Award — John Denver, Past President, Singerly Cecil

Francis Brannagan Instructor of the Year — Diane May, daughter of PP Robert Shimer

Marbery F. Gates Service Cup Award — Johnie F. Roth, Jr. Past President, Sandy Spring

Ten Hot Weather Safety Tips:
1. Stay hydrated. Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
4. Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. Schedule frequent breaks. Take time for rest periods and water breaks in a shaded or air conditioned area.
6. Use a damp rag. Wipe your face or put it around your neck.
7. Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
8. Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
9. Avoid direct sun. Find shade or block out the sun if possible.
10. Eat smaller meals. Eat fruits high in fiber and natural juice. Avoid high protein foods.
PP C. Oscar Baker celebrated his 98th Birthday!
Happy Birthday Oscar!!!

713 Midway Avenue #128
Mt. Airy, MD 21771

Mary Burton, widow of PP Charlie Burton celebrates her 99th Birthday on July 11th
Happy Birthday Mary!!!
12010 Long Ridge Ln
Bowie, MD 20715

Congratulations to Mike Faust, MSFA’s newest Past President.

Two Past Presidents hanging out in Ocean City
From the past.....

MSFA Past Presidents attend Retirement of John Hoglund
Many of the things you can count, don't count. Many of the things you can't count, really count. ~ Albert Einstein

Birthdays

Marcia Roth  August 23
Eileen Edelin  August 25

Anniversaries

John & Anna Marie  Denver
August 26

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