



# Straight Stream



VOLUME 5, ISSUE 2

APRIL 2017

## SPECIAL POINTS OF INTEREST:

- PTSD Information
- Relief & Outreach Fund
- Spouse's Auxiliary

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## President's Message Johnny R. Stobbs



During my monthly visits to the Stations, I tend to get asked one question more than any other: What am I going to do or what would I like to do? My honest answer is, I don't know yet. Am I going to finish my career at the Hall? No, I long for a return to station life and being on the streets with my crew and helping the citizens of Corpus Christi. Would I consider running again? I would, but first I would have to be nominated and then I would have to win an election, both of which are not easy. The reason I bring this subject up is because every time that I am asked, it makes me think.

Are we, as leaders and members of Local 936, developing the next generation of leaders and building a stronger Association? Is our Association taking the necessary steps to develop leaders? Are we teaching our younger members the skills they will need to succeed when the older generation isn't here anymore? Is only the President responsible for mentoring our new members or is it everyone's job? Sadly, the answer to many of these questions is no!! But it doesn't have to be that way, we are the masters of our own destiny. In our Association, we need to be more progressive and more involved. It's imperative that we keep developing the next generation of leaders, giving them more ownership of the activities within the Association. So why would we want to do this? Not only is it important for our members to learn and grow leadership skills, I believe it makes our Association stronger all the way around. Building an Association that people want to be a part of can only improve it. The pay-off is we get better participation from current members and interest from new or returning members.

Whether you are active or not so active, are a veteran firefighter or a rookie, or can't even remember where the hall is, it all starts with you and/or us wanting to improve on what we have. The possibilities and the opportunities that we have are endless, let's strive to make our Association and our members stronger than last year.

"Leadership, it's not just telling people what to do"

Thanks

## Treasurer's Report Samuel Marroquin

Brothers and Sisters,

Thank you for the trust and responsibility of overseeing the management and reporting of our Associations finances.

As we enter the first quarter of the year, I'm happy to report that all of our assets are doing well.

At our next monthly meeting, I will be pre-

senting our financial position for the quarter, so please try to attend.

As always, if you have any questions or concerns, please feel free to contact me. I'm available at our hall every morning and most of the day on Fridays, when I'm not on duty.

Fraternally

# V.P. Report by: Steve Bowers

## New / Returning Members

Joseph Brunemeier  
 Hector Campos  
 Jason Cook  
 Brett Corporon  
 Ronald Crabtree  
 John Deforest  
 David Dominguez Jr.  
 Justin Drexler  
 Jeremiah Gonzalez  
 Lawrence Gonzalez  
 Matthew Guillen  
 Chris Hawkins  
 Adam Hernandez  
 Aaron Hernandez  
 Marshall Hisaw  
 Kevin Houck  
 Adrian Longoria  
 John Lowery  
 Charles Miller  
 Joe Montez  
 Patrick Morin  
 Vito Palmieri  
 Valerie Perez  
 Angel Perez  
 Eric Pokladnik  
 Steven Ramirez  
 Garrett Ramsey  
 Leanna Richter  
 Eric Sawyer  
 Lance Smith  
 Justin Suarez  
 Randaniel Taylor  
 Eric Tello  
 Daniel Tubbs  
 Eric Willm

**Monthly Regular meetings are generally the first Monday and Tuesday of every month at 9am.**

## PTSD AWARENESS

It is normal to have stress reactions after a traumatic event. Your emotions and behavior can change in ways that are upsetting to you. Even though most people have stress reactions following a trauma, they get better in time. But, you should seek help if symptoms:

- \* Last longer than three months
- \* Cause you great distress
- \* Disrupt your work or home life

### What are the symptoms of PTSD?

Symptoms of PTSD may disrupt your life and make it hard to continue with your daily activities. You may find it hard just to get through the day.

### There are four types of PTSD symptoms:

#### 1. Reliving the event (also called re-experiencing symptoms)

Memories of the traumatic event can come back at any time. You may feel the same fear and horror you did when the event took place. For example:

- \* You may have **nightmares**.
- \* You may feel like you are going through the event again. This is called a **flashback**.
- \* You may see, hear, or smell something that causes you to relive the event. This is called a **trigger**. News reports, seeing an accident, or hearing a car backfire are examples of triggers.

#### 2. Avoiding situations that remind you of the event

You may try to avoid situations or people that trigger memories of the traumatic event. You may even avoid talking or thinking about the event. For example:

- \* You may avoid crowds, because they feel dangerous.
- \* You may avoid driving if you were in a car accident or if your military convoy was bombed.
- \* If you were in an earthquake, you may avoid watching movies about earthquakes.
- \* You may keep very busy or avoid seeking help because it keeps you from having to think or talk about the event.

#### 3. Negative changes in beliefs and feelings

The way you think about yourself and others changes because of the trauma. This symptom has many aspects, including the following:

- \* You may not have positive or loving feelings toward other people and may stay away from relationships.
- \* You may forget about parts of the traumatic event or not be able to talk about them.
- \* You may think the world is completely dangerous, and no one can be trusted.

#### 4. Feeling keyed up (also called hyperarousal)

You may be jittery, or always alert and on the lookout for danger. You might suddenly become angry or irritable. This is known as hyperarousal. For example:

- \* You may have a hard time sleeping.
- \* You may have trouble concentrating.
- \* You may be startled by a loud noise or surprise.
- \* You might want to have your back to a wall in a restaurant or waiting room.

### What should I do if I have symptoms of PTSD?

PTSD symptoms usually start soon after the traumatic event. But for some people, they may not happen until months or years after the trauma. Symptoms may come and go over many years. So, you should keep track of your symptoms and talk to someone you trust about them.

If you have symptoms that last longer than four weeks, cause you great distress, or disrupt your work or home life, you probably have PTSD. You should seek professional help from a doctor or counselor.



## Events Calendar

- April 3rd & 4th - Monthly Meeting @ 9am
- April 18th - Spouse's Auxiliary Meeting @ 11am
- April 25th - Executive Board Meeting @ 9:30am
- April 30th - Pancake Breakfast @ 9am
- May 1st & 2nd - Monthly Meetings @ 9am
- June 1st - Executive Board Meeting @ 9:30am
- June 5th & 6th - Monthly Meetings @ 9am
- June 23rd - **CCPFFA Family BBQ @ 7pm**

\*other important dates TBD, you can check the website [Local936.org](http://Local936.org) for future updates.

This is the second issue of the Straight Stream since it was resurrected, and we have received lots of appreciation from the members for bringing it back. In every issue I'm going to try and include some valuable information that I think will benefit the membership, as well as try to keep you informed of the activities of our association. If anyone would like to submit an article or has an idea for something we can add to the newsletter, please let me know ([reporter@local936.org](mailto:reporter@local936.org)). We also continue to grow our online presence with the website and Facebook page.

On a personal note, please remember that this association exists for the benefit of our members and families, and it would not exist without the dedication of those same people. For that reason, I would like to express a sincere **Thank You** to the many people who continue to donate their time and talents to our association. And I encourage everyone to try and find some time to contribute.

Thanks for reading...

## Relief & Outreach Fund

Dear Brothers and Sisters,

I would like to take a minute to provide you, our members, with information on one of our non-profit organizations. The Corpus Christi Professional Firefighters Relief and Outreach Fund (R&O Fund), is a non-profit 501(c)(3) corporation, created by Corpus Christi Firefighters, as a way to give back to the Corpus Christi community. We provide financial assistance to families or individuals that are displaced from their homes due to a residential fire in the Coastal Bend area. The R&O Fund also assists active firefighters and their immediate families impacted by any serious illness or injury; local, state and nation-wide. There are 5 Board of Directors: Emilio Hernandez, Dan Pierce, Kenneth Erben, Joe Flores and Amber Lopez. Since its inception, June 19th, 2013, the R&O Fund has given out over \$55,000! Support for the R&O Fund is provided through fundraising events and donations. Our fundraisers are organized and hosted by the Corpus Christi Professional Firefighters Association's Fundraising Committee. The biggest fundraising event held is our annual Fallen Hero 343 Golf Tournament. The R&O Fund's success is due to the generosity and support from community-minded individuals and businesses, so if you know of anyone that would be interested in sponsoring one of our fundraising events please email contact information. If you have a displaced resident(s) due to a fire while on duty, please email us the following information: name of resident, phone number, and incident address, date and time (Incident number if possible). Lastly, we are always looking for volunteers for fundraising events, so your time would be greatly appreciated.

Thank You for your support,  
Corpus Christi Professional Firefighters  
Relief and Outreach Fund- Board of Directors  
[ccrelifandoutreach@yahoo.com](mailto:ccrelifandoutreach@yahoo.com)



### Officers And Trustees

#### President

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#### 1st VP

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# Spouse's Auxiliary by: Eryka Dominguez

Hi,

As we move forward in establishing a spouse auxiliary, I am looking forward to meeting with interested spouses. I will be hosting a meeting at the Union Hall, on Tuesday, April 18 at 11am. Lunch will be provided, so a head count is needed as soon as possible. Please email me at [Auxiliary@local936.org](mailto:Auxiliary@local936.org) and let me know if you plan on attending. This is an open invitation for all, where I will be able to better explain, in person, my ideas for future plans.

At the same time, I would like to begin getting information from all of those on shift, about what might be needed/wanted at the stations. They can include items that will help your shift be more enjoyable while at the station, as well as basic necessities. This will help better gauge where fundraising and volunteering, can begin.

Thank you and hope to meet you all soon.



## **Corpus Christi Professional Firefighter's Association**

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Email: [President@local936.org](mailto:President@local936.org)

If you don't show up for what you want,  
don't cry for what you lost.

The Corpus Christi Professional Firefighters Association, IAFF Local 936, was founded in 1947 and is currently made up of over 350 men and women that work to protect and give back to the City of Corpus Christi.

Our members provide Fire and EMS protection for a population of over 325,000 residents in an area of over 460 square miles, as employees of the Corpus Christi Fire Department.

Our mission is to advocate for the safety and well-being of our members and the citizens of Corpus Christi. We accomplish this through community action, volunteer work and support of local non-profit organizations.

**Check out the  
webpage!**

**[www.Local936.org](http://www.Local936.org)**

