

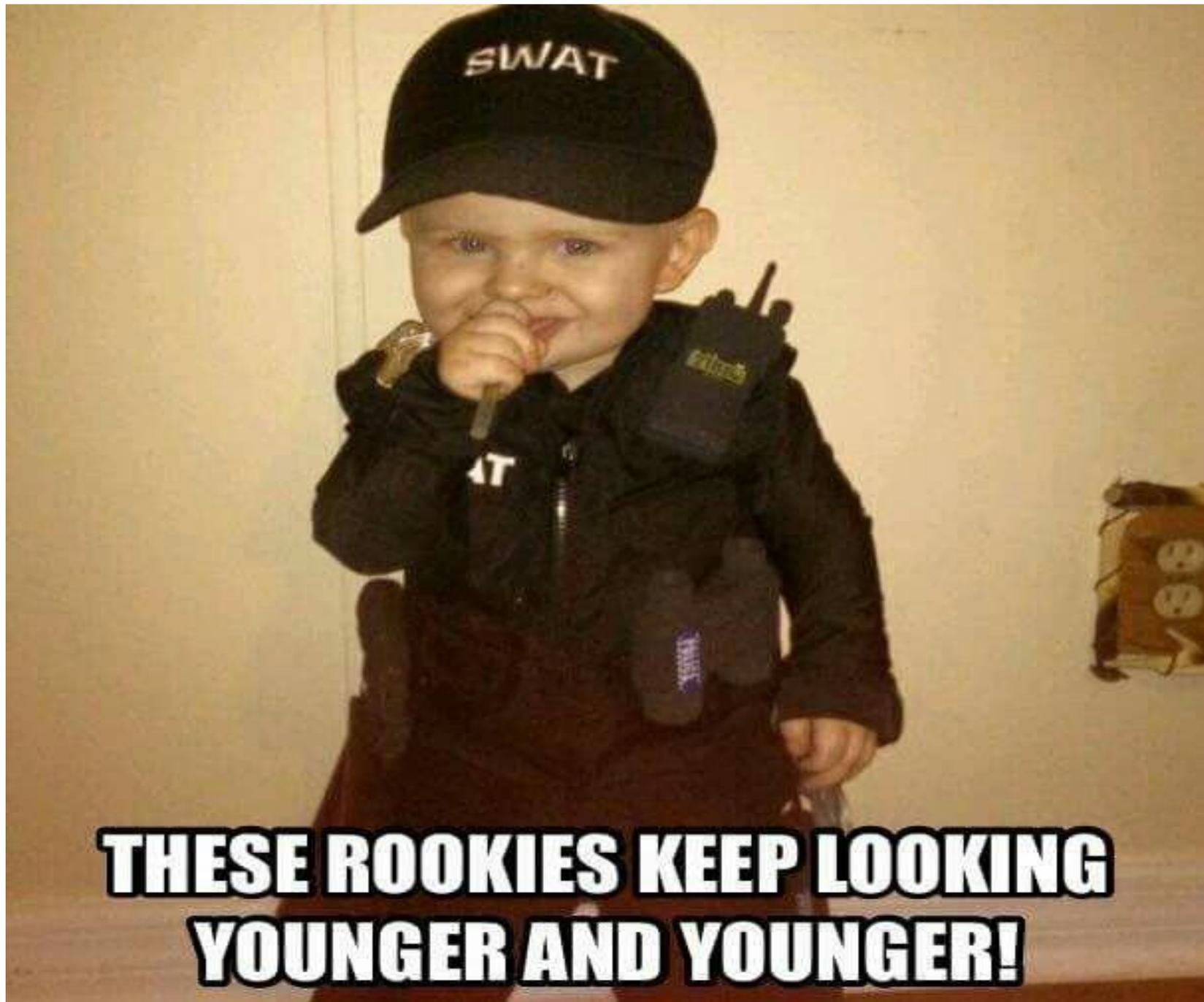
# Life As a First Responder:

The Sheep, The Sheepdogs, and The Good Shepherd









**THESE ROOKIES KEEP LOOKING  
YOUNGER AND YOUNGER!**



Claire Hill  
photography

**MEDIC 13 I DON'T CARE THAT  
YOU'VE RAN NON STOP AND YOU'RE  
HUNGRY..**

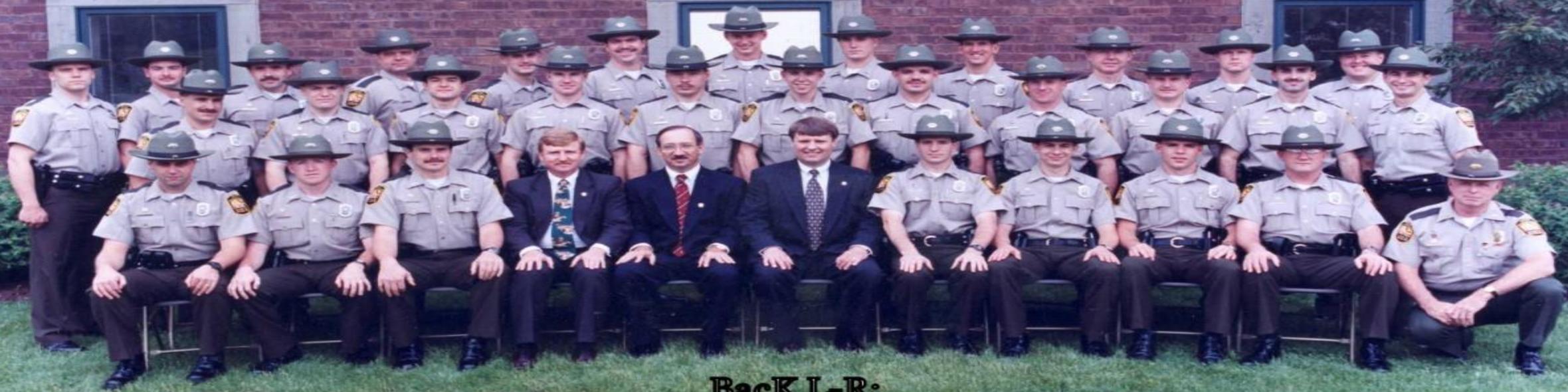
**THIS IS A STAT RETURN  
TO THE NURSING HOME**







# 1996 Wildlife Officer School O.S.P. Columbus, Ohio



**Back L-R:**

**Roof, VanAllen, Louttit, Rogers, Behr, Fitz, Weaver, Postlethwait, Cochran, Kurfis, Collingwood, Lynskey**

**Middle L-R:**

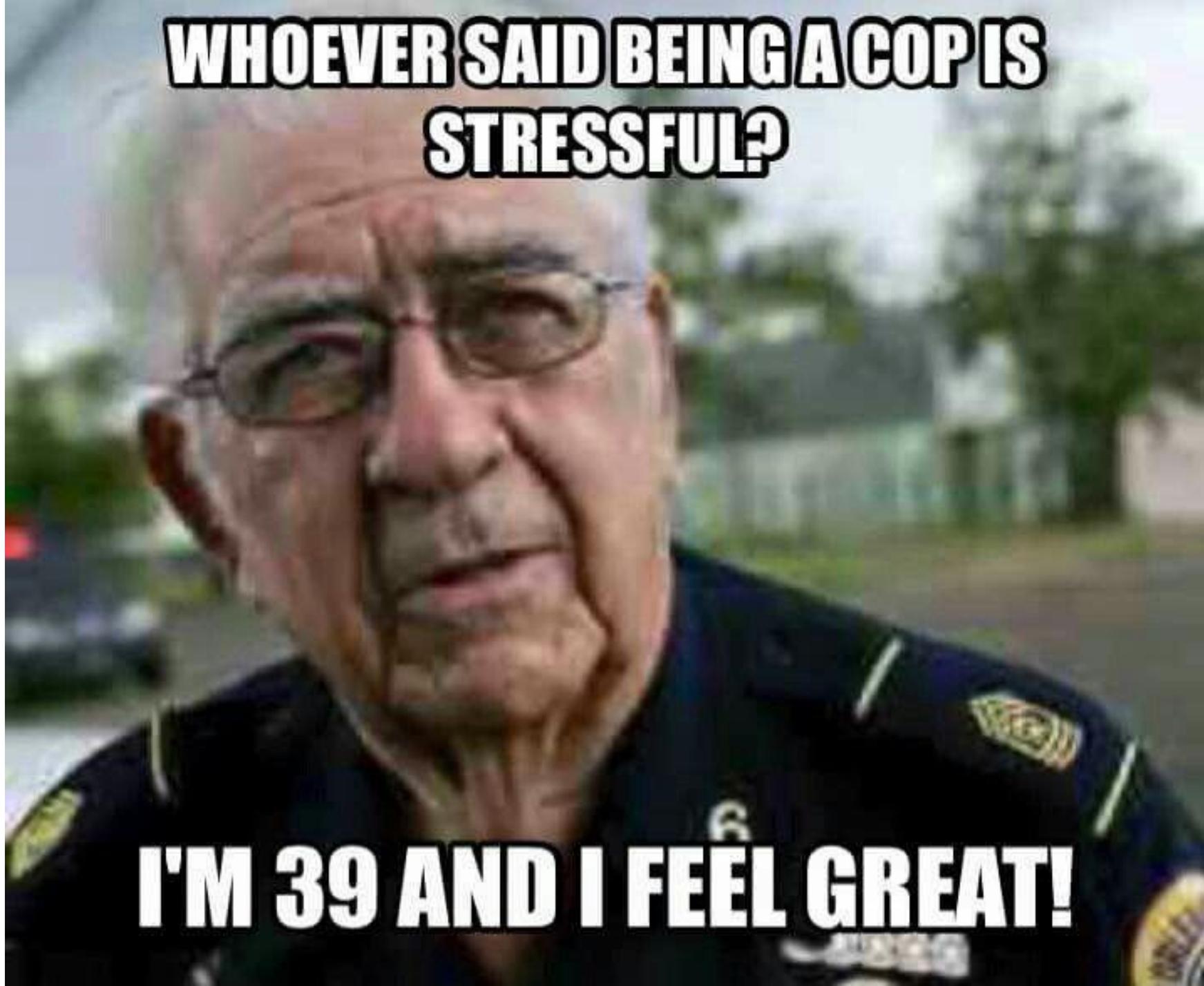
**Klapp, Foreman, Barnes, Quinlivan, Stewart, Warner, Reed, Davis, Tipton, Payne, Karras**

**Front L-R**

**Rowan, Medley, Lane, Gray, Chief Budzik, Fritz, Roberts, Novotney, Wogelmouth, Wasilewski, Wade**

**WHOEVER SAID BEING A COP IS  
STRESSFUL?**

**I'M 39 AND I FEEL GREAT!**















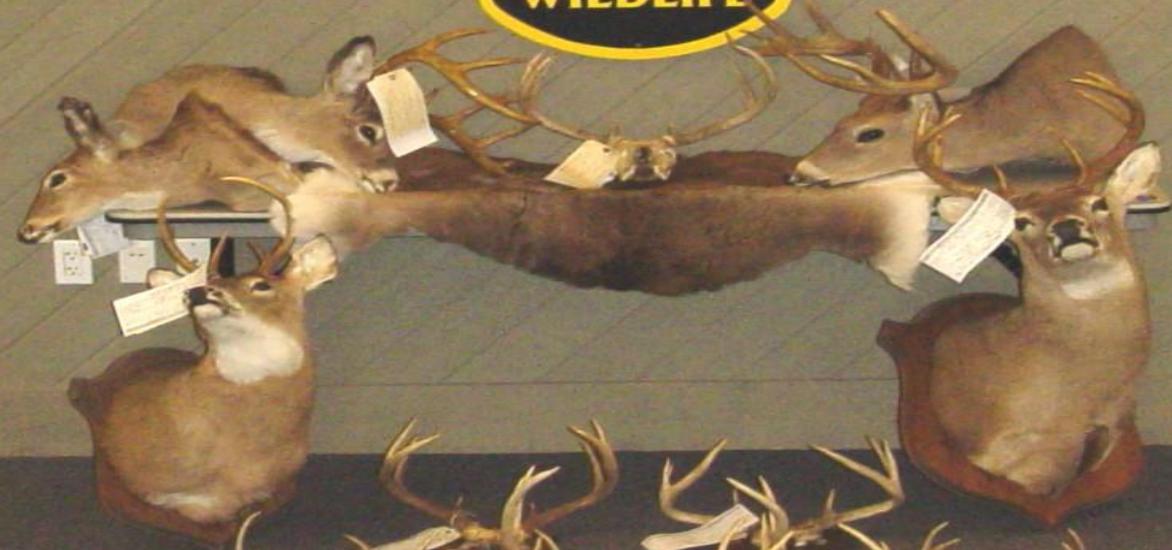
YOU CAN'T TRAIN  
TOO MUCH FOR A  
JOB THAT CAN  
KILL YOU







10 11:34 AM



12 2:27 PM













**"I WISH MY  
HEAD COULD  
FORGET  
WHAT MY  
EYES  
HAVE SEEN."**

**- FED DAVE PARNELL, DETROIT FIRE DEPARTMENT**



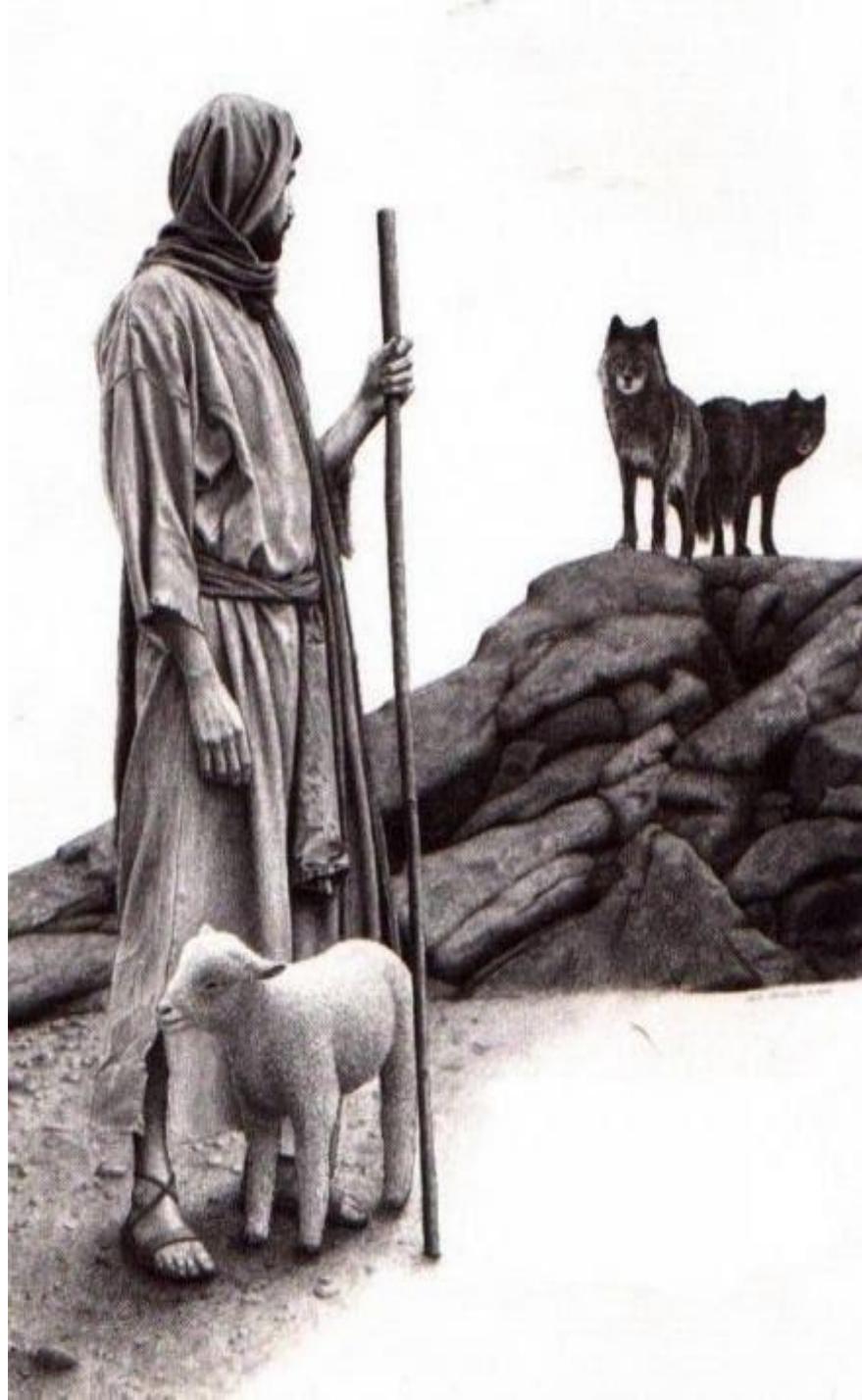
**BURN**  
[www.detroitfirefilm.org](http://www.detroitfirefilm.org)

# 8 survival principles

- 1. Have other interests outside of “the job” – it’s possible to center your life around the job – you’ve seen this guy, eventually when you go too hard for too long you can burn out. Have a hobby or hobbies, make your off-duty time about something else all-together. My oasis is my family and hunting and fishing.
- 2. Stay active – a sedentary life style is a killer for anyone, but especially for first responders
- 3. Keep the focus off of yourself – we all know people that make everything about them and they are often miserable people
- 4. Don’t have a victim mentality – at times you have been a victim of stuff, but don’t stay there, don’t woller in it

# 8 survival principles - continued

- 5. Have a servant-minded attitude – again, it ain't all about you. We are public servants and we sometimes forget that. This is especially important if you are in a leadership role.
- 6. Have someone that you trust to talk to – whether it's a coworker, a spouse, a friend, or a pastor, etc. my friends and my family have been extremely valuable to me.
- 7. Realize that ultimately we can't control anything, but we can control our attitude and job performance
- 8. Lastly and most important for me is my faith. I have a faith in a God that is sovereign and in control and know that whatever is thrown my way that he's working it all out for my good
- Romans 8:28 “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”



## Ephesians 2:1-2

- And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience

## Ephesians 2:3

- among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.

Ephesians 2:4

- **But God,**

## Ephesians 2:4-7

- being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.

## Ephesians 2:8-9

- For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

## Ephesians 2:10

- For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Romans 3:23

- for all have sinned and fall short of the glory of God,

## Romans 6:23

- For the wages (or cost) of sin is death
- That's bad news!

Romans 6:23

- But the free gift of God is eternal life through Christ Jesus our Lord.
- That's good news!! Gospel News!

## Romans 5:8

- “but God shows his love for us in that while we were still sinners, Christ died for us.”

## Romans 10:9

- “if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”

## Ephesians 2:10

- “For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”
- Begin living the life today!