



**State of Connecticut  
Department of Emergency Services & Public Protection  
Commission on Fire Prevention and Control**

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**1. 2017 Connecticut Fire Officers Weekend**

Registration for the 2017 Connecticut Fire Officer Weekend in Emmitsburg, Maryland at the National Fire Academy is now open. We will be attending March 10-12, 2017.

Please review the attached documents for course information, Student ID requirements, application, and Driver License requirements.

Applications are due to the CT Fire Academy on January 27, 2017. Please prioritize your course choices as noted on the application. Also, note that the application has an expiration date of November 2016. The NFA has granted an extension on the application expiration date and will accept the form provided.

Updated Fire Marshal credit information for Officer Weekend courses in Emmitsburg, Maryland in March of 2017.

Youth Firesetter Intervention Specialist: 7 FM credit hours.

Building Organizational Support for Community Risk Reduction: 10 FM credit hours.

Any questions, please contact Program Manager Jason Decremer at 860-264-9242 or [jason.decremer@ct.gov](mailto:jason.decremer@ct.gov)

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**2. CFA Bookstore - 20% OFF – Holiday Sale**

The CFA Bookstore is having a **Holiday Sale starting November 30<sup>th</sup> ending on Dec. 23<sup>rd</sup>**. All apparel. (including CFA Instructor and Cert. Proctor apparel), collectibles, gift items, toys, all BOOKS, DVD's and

USB's are 20% OFF. CFA bookstore items make unique holiday gifts for all the firefighters on your list, big or small!!!

**FREE GIFT WRAPPING is available. We can ship your holiday gifts for you!!!** Stop by, give us a call or order by email. The bookstore is open 6 days a week from 8:30 a.m. to 4:30 p.m. and until 8:00 p.m. every Tuesday. Pam Cooney 860-264-9271, [pam.cooney@ct.gov](mailto:pam.cooney@ct.gov) or Karen Junguzza 860-264-9244, [karen.junguzza@ct.gov](mailto:karen.junguzza@ct.gov).

Thanks, Pam and Karen  
CFA Bookstore

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### **3. Congressman Bill Pascrell, Jr. Named 2016 CFSI Legislator of the Year**

The Congressional Fire Services Institute (CFSI) is proud to announce that Congressman Bill Pascrell, Jr. (NJ-9) has been selected as the 2016 CFSI Legislator of the Year.

Throughout his distinguished career in Congress, Congressman Pascrell has been a leading advocate for the nation's fire and emergency services. The current chairman of the Congressional Fire Services Caucus, Congressman Pascrell has been a staunch advocate for a number of federal fire service programs, including the Assistance to Firefighters (FIRE) and Staffing for Adequate Fire and Emergency Response (SAFER) grant programs, as well as the United States Fire Administration (USFA). Recently, Congressman Pascrell introduced H.R. 5123, the Honoring Emergency Response Officers Benefits Reform Act. The legislation is intended to improve the timeliness and transparency of Public Safety Officers' Benefits (PSOB) program's death, disability and education claims.

"Throughout his congressional career, Congressman Pascrell has demonstrated an incredible commitment and dedication to our nation's fire and emergency services," said Bill Webb, CFSI's Executive Director. "It has been an honor and pleasure to work closely with the Congressman for many years to advance the cause of America's fire and emergency services on Capitol Hill. CFSI is honored to present him our Legislator of the Year Award"

"It fills me with pride to stand up for the brave firefighters who protect our families and our communities," said Congressman Pascrell. "I am honored to receive the 2016 CFSI Legislator of the Year Award and will continue to fight for the first responders on the front lines who make our communities safer. Going forward, I will continue to prioritize an agenda to better train, equip, and staff firehouses across the country."

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### **4. Fire Service Instructor I Course Hosted by West Thompson**

The West Thompson Fire Department is hosting a Fire Service Instructor 1 course. The class is fee is \$350 per student and does not include any books or testing. The course dates are 3/25 4/1 4/8 4/22 4/29 5/6 and testing 5/20.

People are asked to register early by contacting Lieutenant Mathew Whipple by phone 860-963-9696 or by email [mwhipple.wtvfd@gmail.com](mailto:mwhipple.wtvfd@gmail.com)

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## 5. NIOSH: Sleep Deprivation Affects Cognitive Function Similarly in Women and Men Working Shifts

Sleep deprivation associated with working during regular sleeping hours, or working shifts, can be detrimental to awareness and alertness. In turn, working around heavy equipment or behind the wheel can be dangerous if you're not sufficiently alert. Less clear is whether or how other factors such as work stress and sleep quality interact with shift work to affect cognitive function. In addition, given gender differences in the processes involving sleep, health, and stress, it is also unclear if these factors may affect cognition differently in women and men.

To find out, investigators at the National Institute for Occupational Safety and Health (NIOSH) and their Canadian partners examined the relative effects of different variables on cognitive function, including work stress, shift work, and sleep quality. In a paper published in the peer-reviewed journal *Occupational and Environmental Medicine*, they reported that women generally had fewer hours of sleep, poorer sleep quality, and greater work-related stress compared to men. However, they found no difference between women and men in the effect of shift work on self-assessed cognitive function. Health and age also played an important role on cognition directly and through sleep. According to the investigators, these findings underscore the need for occupational health and safety programs that address cognitive function among all shift workers by focusing on stress, health, and sleep hygiene.

The study used data from 4,255 respondents to Canada's National Population Health Survey in 2010. Participants' average age was 43, and slightly more than half were women. All participants held jobs, with 75% working regular daytime hours and the remainder working either shift hours, rotating day and night hours, or on-call hours.

### More information is available:

- [Mediating Pathways and Gender Differences between Shift Work and Subjective Cognitive Function](#)
- [NIOSH: Work Schedules -- Shift Work and Long Hours\(<https://www.cdc.gov/niosh/topics/workschedules/default.html>\)](#)
- [NIOSH Division of Applied Research and Technology](#)

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## 6. Employment Opportunity – Fire Safety Code Inspector - South Windsor

**Fire Safety Code Inspector**– Town of South Windsor – Entry level part time position up to 20 hours per week with a starting salary of \$20.00 per hour. No benefits. 2<sup>nd</sup> Shift and weekends required. Connecticut Fire Marshal Certification Required. Responsibilities include, but are not limited to the inspection of buildings in the Town for the purpose of eliminating fire hazards and code violations, public fire safety education, juvenile fire safety education, and administrative duties. To view a full job description and to apply online please visit our website at [www.southwindsor.org](http://www.southwindsor.org) under Employment Opportunities. Applications and resumes must be submitted online ***by midnight, Monday, December 19, 2016.*** The Town of South Windsor is an Equal Opportunity Employer.

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## **7. CFA Accelerated Initial EMT**

The Connecticut Fire Academy is offering an accelerated initial EMT (Emergency Medical Technician) Course # 17208 from Jan. 3, 2017 to Feb. 3, 2017.

Classes are held Tuesday through Friday, 8:30-4:30 pm. and cost is \$800.00 which includes EMT textbook (AAOS 11th edition of Emergency Care & Transportation of the Sick and Injured), stethoscope and blood pressure cuff.

Once class requirements are filled, students may then sit for the State of Connecticut practical and written exams which are not included in the price of this course.

<http://www.ct.gov/cfpc/cwp/view.asp?Q=574030&A=832&cfpcPNavCtr=#51838>

**PLEASE DO NOT REPLY TO THIS EMAIL**