



DECEMBER 29, 2022 | ISSUE 31

Rattle Watch

Proudly informing South Carolina firefighters.



Helms named Deputy Director

The South Carolina State Firefighters' Association is thrilled to announce the hiring of **Jamie Helms** as Deputy Director.

Helms joins the Association staff after volunteering on various committees and most recently serving as 2nd Vice President. A graduate of Irmo High School, Helms stayed in the area after graduation and joined the Columbia Fire Department in 1988 where he worked as Assistant Chief prior to his departure.

Helms has a strong commitment to leadership and service of others, having served in many leadership capacities. He is a graduate of the Midlands Technical College Advanced Leadership, Brave Fire Leader Academy, and the Association's Leadership Institute.

"As Jamie begins his duties with the Association, I am happiest most about the exciting possibilities and strengths that he brings to complement our already existing superlative team in Columbia, said Association President **Josh Holzheimer**.

"I am excited for this opportunity because this position will allow me to work more globally with the fire service of South Carolina and its 17,000 members," said Helms. "I'm excited to continue working for our members."



REMINDER: Update your membership card info

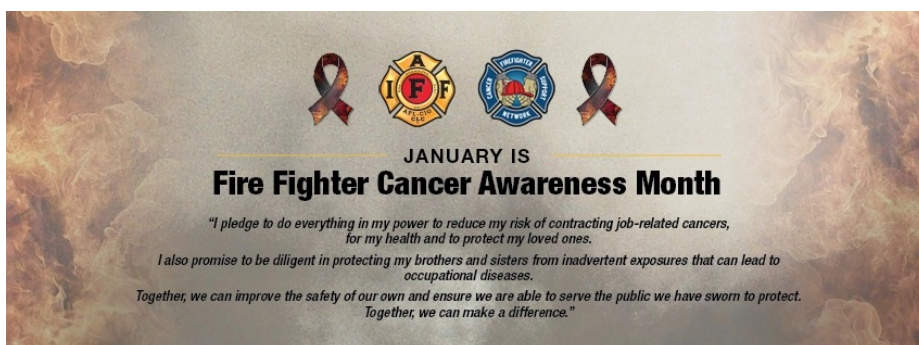
Members of the South Carolina State Firefighters' Association will pick up their new **membership cards** at [Fire-Rescue](#), June 14-17, 2023 in Myrtle Beach. These newly issued membership cards will be your access pass to Fire-Rescue 2023 and for future Association events.

The information shown on the membership cards will be pulled from the Association's database, the [Member Management System](#). It is the members' responsibility to make sure their information is correct and up to date. *You can login to the database and update your information at any time.*

Membership card information must be updated by **January 31, 2023**. Any changes made to your information after that date will not be reflect on your membership card.

[Login](#) to update your information.

Community events



How to prepare for Firefighter Cancer Awareness Month

Research shows that firefighters are more likely to be diagnosed with certain types of cancer than the general population—a trend that we hope to see reduce. The **International Association of Firefighters (IAFF)** and the **Firefighter Cancer Support Network (FCSN)** have partnered together to deliver targeted education about best practices and resources to prevent and reduce cancer among firefighters during **Firefighter Cancer Awareness Month in January**.

The month-long campaign includes information on safety stand downs, training briefs and a focus on prevention and mitigation, including the scope of the cancer in the fire service, best practices for prevention and skills to help survivors of occupational cancer.

[Get started](#) on your Firefighter Cancer Awareness Month campaign.



Association event



Save your spot at FSIC

[Fire Service Improvement Conference](#) is next month, January 26-29 in the Midlands, and classes are filling up. When you register, don't forget about our Friday night dinner and training on the challenges to firefighter safety posed by lithium ion batteries presented by Terry W. King.

Kick off the new year with us! [Register](#) today for \$50.



Wishing you a happy, healthy new year

Happy New Year! We're blessed to serve our 17,000 members and are looking forward to another great year. If you missed it, here's our [2022 year in review](#).

The Association office will be closed on Monday, January 2, 2023, in observance of the holiday but will be back to business as usual on Tuesday, January 3, 2023.

Was this email forwarded to you? Subscribe to receive Rattle Watch every Thursday.



- [January 23, 2023 - 1% Regional Training, Oconee County](#)
- [January 26-29, 2023 - Fire Service Improvement Conference](#)
- [February 11, 2023 - Firefighter Memorial Service](#)
- March 5-10, 2023 - Fire Officer Academy: The Company Officer



South Carolina State Firefighters' Association

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