

## CHARLOTTE FIREFIGHTERS' RETIREMENT SYSTEM

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### 2019 CFRS JUNE NEWSLETTER

**Happy Birthday to everyone born in the month of JUNE!**



#### Welcome to our new May retirees!

Captain Luther 'Tripp' Fincher III	25-B
FFII Tyrone Hager	41-B
Engineer Douglas Jernigan	29-B
Captain William A. Todd	41-B



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#### FROM THE ADMINISTRATOR'S DESK— *Sandy Thiry*

As a reminder and published in last month's newsletter, USBank has been developing a retiree portal for retirees to view their payment information and tax reporting forms (1099-R). I'm excited to announce that access to your payment information with USBank will be anticipated to start on August 1, 2019. You will begin receiving a series of communications from the CFRS via email and the monthly newsletters. We are partnering with USBank for postal mailed communications. Therefore, you will also receive written communication on CFRS letterhead which will include the USBank logo, mailed in a CFRS logo envelope.



## CHARLOTTE'S LARGEST OUTDOOR FESTIVAL IN UPTOWN CHARLOTTE

### LOCATION

SET-UP ALONG TRYON STREET, RUNNING FROM TRADE STREET TO STONEWALL STREET

### DATES

FRIDAY, JUNE 7TH, 11:00AM - 11:00PM  
SATURDAY, JUNE 8TH, 11:00AM - 11:00PM  
SUNDAY, JUNE 9TH, 11:00AM - 6:00PM

### EVENT ATTRACTIONS

ENTERTAINMENT STAGE: Free concerts and local acts  
FOOD: Over 30 area restaurants presenting over 100 dishes  
RACE TO THE TASTE: 5K & 1 mile run/walk through Uptown  
MARKETPLACE: Boutique style shopping  
TAVERN AT THE TASTE: Have a drink, be entertained and relax!  
CROSSROADS ACTIVITIES: Located at intersections, fun for all ages  
COMMUNITY STAGE: Local performances with a variety of entertainment



## CHARLOTTE FIRE DEPARTMENT

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### Save the Date!

The Charlotte Fire Department soccer team will be playing a charity match against CMPD on Saturday July 13th around 4:30pm at the Sportsplex in Matthews.

Following the match, the Charlotte Independence will take on the Louisville City FC at 7pm. Your ticket will get you into both matches with a portion of each ticket sold going to the Firefighters Burned Children Fund.

Discounted ticket information will be available shortly.

If you have any questions or inquiries, contact  
Captain Scott Humphries (E-24-A) at 704-336-2496

# Summer Heat Fast Facts

Protecting yourself from Heat Stress- Department of Health & Human Services

[www.cdc.gov/niosh/topics/outdoor/](http://www.cdc.gov/niosh/topics/outdoor/)

1-800-CDC-INFO or email at [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

## Heat Stroke

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

### Symptoms

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

### First Aid

- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.

## Heat Cramps

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

### Symptoms

- Muscle cramps, pain, or spasms in the abdomen, arms or legs

### First Aid

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
  - Avoid salt tablets.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

## Heat Exhaustion

The body's response to an excessive loss of water and salt, usually through sweating.

### Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

### First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.

## Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
  - Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity.
  - Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

**Board of Trustee & Committee Meetings – June Schedules**

**The Benefits Committee** meeting will return to its regular meeting on Thursday, June 13, 2019 at 8:00 a.m.

**The Investment Committee** meeting will return to its regular meeting on Thursday, June 20, 2019 at 11:00 a.m.

**CFRS 2019 Benefit Payment Schedule for June**

Note that both benefit payments for the month of June will be on **Saturday, June 15<sup>th</sup> and Sunday, June 30.**  
Please plan accordingly.

The highlighted **red** dates below indicate Saturday or Sunday pay dates.

January -----	July 15 & July 31
February -----	August 15 & <b>31</b>
March -----	September <b>15</b> & 30
April -----	October 15 & 31
May -----	November 15 & <b>30</b>
<b>June 15 &amp; June 30</b>	December <b>15</b> & 31

**A Throwback Picture**

