

Just a few days ago we lost another wildland firefighter to suicide.

It has been 3 ½ years since my husband committed suicide. The answers to the questions still remain unknown and now I finally realize they will forever remain unknown. It will always be a part of me and I accept that I will never know the answers of why Marc decided to leave this way.

I write to help other firefighters. Firefighters left behind blind sided by the actions of their co-workers. I write to let you know that you must stay positive, stay engaged and believe in your future. Try not to second guess the actions of the past, live in the present and become fully engaged in your life and the lives of those you work with.

Handle each day accordingly to the challenges they present to you. Don't worry about what you are not in control of, but take control of the things you are in control of. Employ self-leadership during these difficult times. Take good care of you.

Have courage to accept your emotions for what they are. Listen to your emotions and let others know how you are feeling. We are all human.

Keep on keeping – Shawna 7/8/11