



# What's Happening

*Navy Fire and Emergency Services Newsletter*  
**Protecting Those Who Defend America**

September 2012

OMNI CEDO DOMUS

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Email the Editor:

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## *From the Deputy Director*

A deep blue September sky greeted us on the second day of Executive Leadership in Emmitsburg that Tuesday morning. I remember thinking about an old high school chum who would have called it a very “high” sky; I never really understood what she meant by that but thought this sky would be what she was talking about.

We had just completed the first hour of the second day of our final year in the Executive Fire Officer Program and were on the first break of the day enjoying the crisp clear morning. I was a heavy smoker in those days and had just lit a second cigarette when one of our classmates came out to the break area to tell us an airplane had just crashed into the World Trade Center in New York City.

Some students wandered back inside to watch the Today show coverage playing on the classroom TV. The few of us standing back were hypothesizing about how a small aircraft could fly into those massive towers and wondering out loud how it never happened before. I joined my classmates to watch the news.

Of course, it was no small aircraft; it was American Airlines Flight 11 with its 81 passengers and 11 crewmembers that had flown into 1 WTC a few minutes earlier.

The classroom was darkened and silent. All eyes were fixed on the TV and I remember nobody said a word. I also remember thinking “what a tragic accident” and feeling a churn in my stomach thinking about what might be going through my mind if I was on the fire department response to this impossible scenario. The talking heads were speculating about what happened and, I don’t recall anyone talking about terrorism, but the thought that this might have been an intentional act started brewing in the back of my head. My classmates were stunned, and a few left the room; but I was mesmerized by what I was watching. I suddenly felt the same tingling in my scalp I remember as my mother and I were watching Lee Harvey Oswald get shot. I felt the history of the moment.

My entire focus shifted from the smoking tower to the thoughts of the officers and firefighters and the overwhelming challenge they were looking at. “If anyone can handle something like this, it’s the FDNY.” I thought to myself.

Still, the classroom was silent, and then I realized everyone was standing.

After a few minutes, the tension in the classroom began to subside and guys were sitting down to watch the events unfold. Quiet discussions broke out, a feeling of normality was returning.

And in a flash of silver and blue, the whole world changed forever on live TV.

## *From the Director (Cont.)*

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It was 9:06 am and we watched in abject horror as United Flight 175 with its 65 occupants crashed into the south face of 2 WTC right there on live TV.

All questions disappeared, there was no doubt now, the United States is under attack!

I slowly fell into a nearby chair. Our instructor, Chuck Burkell, fell into a crouch at the back of the room with his head in his hands. Silence fell again as we all watched in disbelief.

After what seemed an eternity, my cell phone vibrated. I needed a smoke anyway so I went outside to take the call.

My oldest daughter was on the line in tears asking if I was okay and what she should do. "I'm fine" I told her, "New York is a couple hours away. You're safe too so there's nothing you can do but watch what happens." I was trying to be as reassuring as I could when she interrupted me, "Dad! You know another plane crashed into the Pentagon; aren't you close to that?"

It's all in the history books now. I understood in time, the horror I had just witnessed would dim and the world would return to a new normal. I am not a particularly spiritual person, but I made myself a promise that day that I have faithfully kept for the past 11 years and will keep as long as I draw breath.

Never forget.

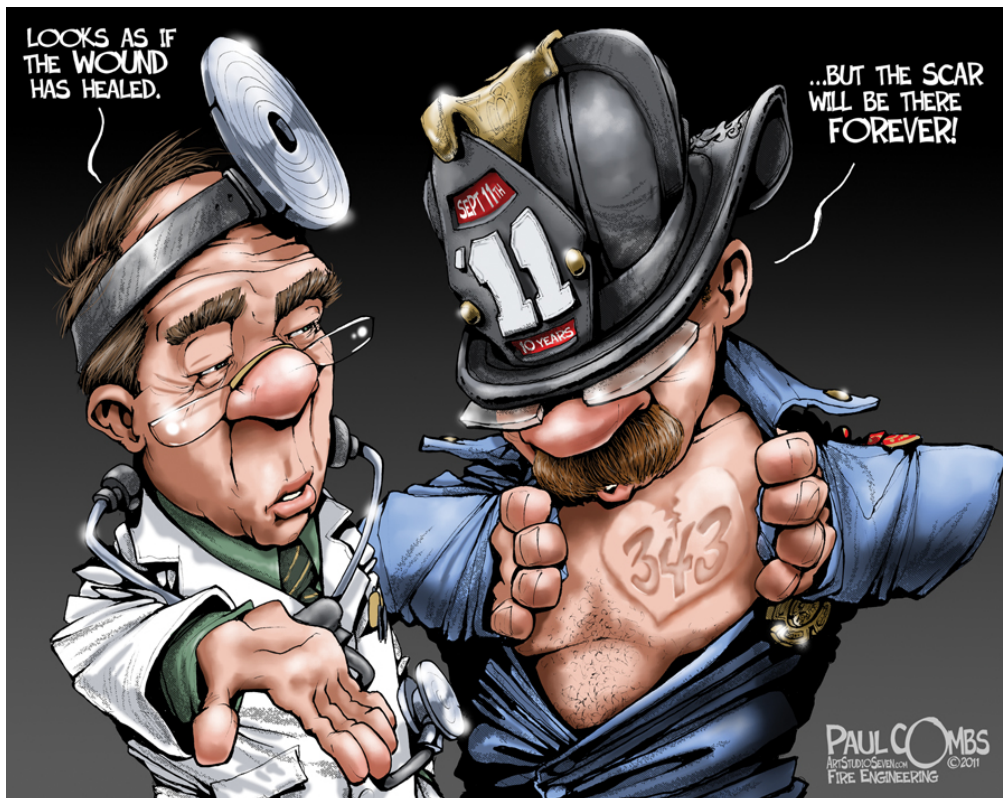
- Rick

## *Scars*

## *Combs Cartoon*



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## Last Alarms

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## TCOoO Update



## David E. Rainey



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## Last Alarms

The USFA reported 59 deaths to date in 2012. The following line of duty deaths were reported since we published our last issue:

### Richard Schaefer ♥

Age: 52  
Contoocook, NH

### Chris Seelye ♥

Age: Pending  
Wenatchee, WA

### Steven Henry ♥

Age: 52  
Columbia, PA

### Neal Smith

Age: 46  
Atascocita, TX

### 2012 Totals

♥ 33 (55%) 🚒 11 (18%)

♥ Indicates cardiac related death

🚒 Indicates vehicle accident related

## Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation.

There are currently 15 DoD firefighters in the Taking Care of Own program.

	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Ernest Gilbert	Navy Region Northwest, WA	Carmen.Morris2@navy.mil
David Hamback	NAS JRB New Orleans, LA	Taffy.Ponvelle@navy.mil
Stella Shimabukuro	USAG Presidio of Monterey, CA	Scott.Hudock@us.army.mil
Dana Picard	Westover ARB, MA	Diane.Lessard@us.af.mil
Edward Rust	DES Richmond, VA	Clyde.Hipshire@dla.mil
Billie Edwards	March ARB, CA	Melinda.Miller.2@us.af.mil
Wilson Humphries	USAG Camp Parks, CA	Mark.A.Shippee.civ@mail.mil
Stephen Dock	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Brian Yohn	Cheatham Annex, VA	Marc.J.Smith@navy.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil

## Retired Chief Passes



David E. Rainey, 64, passed away Thursday, 23 August 2012.

He was born Oct. 28, 1947, in Atlanta and graduated from Leavittsburg High School in 1966. Upon graduation, he entered the U.S. Navy and was stationed in Cuba, Panama, and Key West, FL. He was honorably discharged in February 1973.

David became an active civil service firefighter in Key West, and moved to Orlando in 1975. He was stationed in Bermuda as a fire inspector and assistant fire chief from 1987 to 1990 then moved to Naples, Italy and became fire chief. He retired from Goose Creek, SC, after almost 30 years as a firefighter for civil service.

Donations may be sent to the National Fallen Firefighters Foundation in his honor by calling 301-447-1365 or visiting [www.firehero.org](http://www.firehero.org).

## Call to Action

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## New USAF Firefighter Needs Our Help

By Don Warner, The Air Force Fire Chief



An Air Force firefighter who just completed training at the Louis F. Garland Fire Academy and was headed for Elmendorf AFB Alaska, has been diagnosed with a very aggressive cancer and the young man is currently fighting for his life receiving treatment at San Antonio Military Medical Center on Joint Base San Antonio.

His name is Airman Anthony Jay Martinson and he is pictured at his promotion ceremony.

This is a Call to Action.

While the AF is taking care of his medical expenses and providing the best care available, his family needs support so they can stay near their son and take care of their other children. And as you can imagine, this tragedy was unplanned and challenges the family to cope with the additional expenses. Bottom line, we need to illustrate the compassion and love firefighters have for our brother and sister firefighters. We need to take care of our own!

If you believe in prayer, now's the time to appeal to Almighty God that he will send his healing touch to Firefighter AJ Martinson.

Also, Randolph FES has been watching out for AJ and has set up a trust fund for him. The trust is to help offset the financial burden his family has taken on while staying in the San Antonio area. Your contributions will be greatly appreciated.

MSgt Fowler has established a Trust Account at a local Bank:

AB Martinson  
Broadway Bank  
Acct Number: 4100031483  
Routing Number: 114021933

With the account and routing numbers, an individual can go to their bank and conduct the transfer. Depending on the banking institution, you may also be able to use the internet or phone to transfer funds into the trust account. THERE IS NORMALLY A FEE FOR THIS TRANSFER (\$15 at my bank) so a better option may be to stick a check in a get-well-soon card and send it to:

MSgt Ennis A. Fowler or Anthony Jay Martinson  
Randolph Fire Emergency Services  
902 CES/CEF  
2080 5th Street East  
Randolph AFB, TX 78150-4318

POC is MSgt Ennis Fowler  
Work: (210) 652-6916/6917  
Cell: (316) 452-1580  
Email: [ennis.fowler@us.af.mil](mailto:ennis.fowler@us.af.mil)

## Back in the Day

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## Specialized Fire Apparatus During WWII

By Tom Shand (photo by Glenn Vincent)



was formerly known as the Keyport Torpedo Station.

Keyport Naval Undersea Warfare Center can trace its history back to 1914 and has provided unique technical testing, training and support for various aspects of undersea warfare. Due to the research and testing capabilities at this location, the installation

During World War II virtually all production of municipal fire apparatus was halted with the fire apparatus industry devoting their manufacturing efforts to support the troops in various ways. Several builders including Mack, Maxim, Ward La France and their neighbor in Elmira, New York, American La France, produced hundreds of structural and airfield apparatus for all branches of the military. Several manufactures designed completely new vehicles to meet the needs of the Department of Defense including small four wheel drive pumpers that could go virtually anywhere as well as trailer pumps which could be towed with a regular automobile for use in auxiliary fire fighting to protect the home front.

In an effort to produce apparatus on a timely basis American LaFrance produced a number of structural pumpers that were based on adaptations of their regular models. Among these were 86 model B675CO pumpers built for the U.S. Navy. American LaFrance had introduced the 600 series pumper during July, 1942 in Fire Engineering magazine which featured an improved windshield and cab seating arrangement with the engine moved slightly further forward in the chassis for better handling and weight balance.

The Lycoming engine developed 240 horsepower through a four speed manual transmission. The American LaFrance Twinflow two stage pump was rated at 750 gpm with the pump panel located behind the right side cab door. Due to the restrictions on the use of steel and aluminum, the running boards were often made of hardwood and were covered with black rubber matting. By today's standards the pump panel controls were minimal, consisting of a vernier throttle, master compound and discharge gauges and a pump governor. Several other versions of this pumper were built to include CO2 systems, foam systems and overhead ladder racks to meet the individual needs of each Naval installation.

Keyport Engine 4 was assigned serial number L-1684 and served at this facility for many years. The chrome bumper and beacon ray were added in later years and this pumper was carefully restored to preserve its unique history. American LaFrance produced the 600 series pumper for several years when the introduction of the radically designed cab ahead 700 series model apparatus was launched in 1945.

## 911 Tribute

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## Second Annual 911 5K Run

Story and Photo by Fire Inspector Angela Sanders



The Federal Fire Department (FFD) joined the Honolulu Fire Department (HFD), military personnel, and local residents, to participate in the Second Annual Stephen Siller Tunnel to Towers run on 9 Sep 2012.

The Annual 5K run is named after Stephen Siller, a New York City firefighter who was on his way home when he heard of the horrible incident at the World Trade Center. He immediately headed back to the firehouse and grabbed his firefighting gear. When he reached the Brooklyn Battery Tunnel it was closed due to traffic. He parked his truck, put on his gear which weighed over 65 pounds, and ran approximately three miles to the World Trade Center. He was one of 343 firefighters who lost their lives on that tragic day. The Stephen Siller foundation was created in his memory. Every year since 2002, NYC participants retrace Stephen's final heroic steps through the Brooklyn Battery Tunnel into Manhattan towards the twin towers of the World Trade Center.

The annual 5K run has now been held each year in several cities across the country and has become a nationwide event. This year marked the second year of Honolulu Hawaii, JBPHH participation in the annual 5K run. Last year JBPHH was the third largest event, with over 1,000 runners, honoring both the victims of 9/11 and those of December 7, 1941.

With much anticipation, the second Annual JBPHH Tunnel to Towers 5K run began exactly at 7:00a.m. with the sounding of the sirens from FFD Engine 104 who officially led the run at the entrance to the Ford Island Bridge. Runners of all ages with pets and strollers ran, jogged, walked and rolled onto the bridge. On the way back to the finish line, as a token of their aloha for all the tragic lives lost on September 11, 2001, runners were able to present leis and touch a piece of the World Trade Center. The steel piece from the World Trade Center was displayed on the bridge to represent the attacks that occurred on September 11, 2001, and to provide encouragement to all runners.

FFD Fire Chief Glenn DeLaura stated "This event provides us an opportunity to never forget the tremendous loss to America and the New York City Fire Department. It also reminds us how American's use tragic events like this for positive purposes."

## On the Job – Fort Worth

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## Tarrant County College Hosts Training

By Rita Parson, Tarrant County College Buzz, <http://hub.tccd.edu/tccbuzz>



The air crash may not have been real, but the intensity of the flames provided first responders the real-life experiences needed to put their preparations to the test.

The full-scale aircraft exercise at the Fire Service Training Center (FSTC) at Tarrant County College Northwest Campus gave the Naval Air Station Fort Worth Joint Reserve Base (NASJRB)

and emergency respondents from the cities of Benbrook and Fort Worth a chance to check the effectiveness of their cooperative efforts.

This was done by simulating the crash of a military C-130 after a failed takeoff from the NASJRB at a golf course south of the runway.

TCC offered to sponsor the drill because it provided an opportunity to be involved in increasing collaboration among emergency command and training for local and NASJRB fire firefighters, said TCC Dean Arrick Jackson. “This is important because the NASJRB is part of our real world environment as such emergency response agencies should ensure that they are well prepared to respond to a variety of emergencies that may occur within their response jurisdictions,” Jackson said. “We are excited about the many future training opportunities that may arise from this wonderful training exercise.”

Keith Wells, Fort Worth’s senior emergency management officer, praised the effectiveness the drill. “The exercise was very successful in allowing the participants to practice responding to a complex incident,” Wells said. “It is important to conduct exercises that give us the opportunity to work with multiple agencies in a challenging environment before we have to respond to the situation during an actual emergency.”

In addition to the drill planners and participants, future firefighters got a rare opportunity to see the drill first hand during the early days of their training. “It was a great opportunity for them to see,” said James Craft, assistant coordinator for the FSTC. “Our rookie class just started a few days ago.”

Coordinating the drill had a special meaning to Craft, a key drill organizer. “I saw this as the perfect window of opportunity to give back to our community for its commitment to TCC and our Fire Service Training Center,” he said, noting they were responsible for providing the funding that made the training center a reality. “We were able to give them a first-hand look at how our facility is being utilized to provide for the safety and welfare of its citizens.”

## On the Job - Quantico

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## Patient Returns to Thank Rescuers

Story and photo by Lance Corporal Tabitha Bartley, Quantico Sentry



Retired colonel David peeler embraces Firefighter (Paramedic) Christina Akers during at the Quantico fire station to thank Quantico firefighters.

In the late morning of 14 Dec 2011, the Marine Corps Base Quantico Fire Station received a call that someone had driven a truck into a tree.

Within a few minutes firefighters Andrew Debord, Jay LaLond, Capt. David Lockett, Ulysses Taormina and firefighter/paramedic Christina Akers arrived

on scene and found retired colonel David H. Peeler, unconscious behind the wheel... all but dead. "You were slumped in your seat with no pulse and not breathing," Akers told Peeler who came to the fire station Friday to thank the crew and give them a medical update.

The firefighters began cardiopulmonary resuscitation and placed an automated external defibrillator on his chest to shock him. After the gaining IV access to administer drugs and a second shock from the AED, Peeler's pulse was regained and they were able to transfer him into an ambulance. The life saving measures continued as they headed toward Stafford Hospital, but they were diverted to Mary Washington Hospital. "I turned to Christina and said we are in it for the long haul now," said Taormina. "Peeler coded again, and we had to shock and continue CPR on him."

The firefighters continued CPR even as they arrived at the emergency room. "We assisted the emergency room staff with CPR until Peeler regained his pulse and was sent to have a CAT scan," said Taormina.

"This was the first time I was able to get the full story of what happened that day," said Peeler. "I am so thankful and grateful for what they did."

"I've been doing this job for 17 years," said Taormina. "There are some things that people don't come back from. Over 30 minutes of CPR is one of those things. With the quick response by our EMS crews, their decisive actions and the equipment that we have, we were able to save his life."

After being stabilized he was transferred to the Virginia Commonwealth University Medical Center in Richmond where doctors decided to put in a left ventricular assist device. He was in the hospital for a total of 10 weeks and is currently on the list for a heart transplant.

"The focus shouldn't be on me," Peeler said. "It should be about the care and effort the firefighters gave to me and my family, not only on that day but even after. They kept in contact and continue to this day to check up on me and my progress."



## ***Parris Island AEDs***

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## ***Parris Island Starts AED Program***

On 16 July 2012, the Commanding General of the Marine Corps Recruit Depot/Eastern Recruiting Region, Parris Island signed an order announcing the Automated External Defibrillator (AED) program. This order establishes the AED program on the installation and provides training requirements for military and civilian employees. The Fire Rescue Division (FRD) has accepted responsibility for the program and will provide CPR and AED training for all personnel. It is anticipated that the FRD will provide training to approximately 165 military and civilian personnel annually.

At the present time, there are 23 AEDs strategically placed throughout the installation. The AED Program Manager from FRD will be responsible for training an adequate number of personnel in CPR and AED for each location. The Program Manager will also maintain the inventory and insure compliance with inspection and maintenance of the AEDs. In addition to static locations, AEDs will also be placed in Recruit Training Regiment Battalion safety vehicles. These vehicles will be marked with placards indicating the vehicle is equipped with an AED.

Upon accepting responsibility for the program, Chief Dwight Charleston stated, "Early defibrillation is the most important link in the chain of survival, and we owe it to our Recruits, Marines, Civilian Marines and the hundreds of thousands of visitors that we receive aboard the Depot each year to provide this capability. If we save just one life by providing these AED's and training, then it is worth the cost and manpower put into this program."

## ***New Trainers Welcomed***



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## ***NAS Corpus Christi Welcomes New Aircraft***



NASCC F&ES ARFF crews rolled out the welcome mat for the official fly-in of the first T-6B Texan aircraft at NASCC heralding the transition from the T-34 as the primary training aircraft.

## On the Job – Kings Bay

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## Submarine Extrication at Kings Bay

By Joe Orna, Assistant Fire Chief



Anyone who has lived in an area prone to high heat and humidity, electrical storms, tornadoes and hurricanes could tell you that dozens of deaths a year are attributed to these weather phenomena. “On average, excessive heat claims more lives each year than floods, lightning, tornadoes and hurricanes combined” according to the National Oceanic and Atmospheric Administration. In a summer season plagued with heat related emergencies, the Kings Bay Fire Department (KBFD) team can attest to this statement.

For the second time in less than three weeks, the KBFD faced the tactical challenges of patient access, restricted work space, and a complex extrication. On 9 Aug, the KBFD responded to a call for a “woman down” in the sail of the nuclear submarine U.S.S. Georgia. KBFD wasted no time and put the first fire apparatus on-scene within 10 minutes. “With heat stress injuries, time is of the essence; and restricted access further complicates the rescue. Maintaining an unobstructed emergency ingress and egress path is not always achievable aboard submarines but should be a top consideration when planning maintenance activities.” said Fire Prevention Officer Assistant Chief Kim Maxwell.

Paramedic Captain James Todd led EMS personnel aboard the vessel to begin immediate patient assessment. The woman displayed the classic symptoms of severe dehydration and was too unstable to walk under her own strength. The arriving Incident Commander directed the second in engine to prepare equipment for a high angle rescue. Paramedic Captain Tom Middleton directed his team to gather rope rescue equipment and a long backboard to support a technical rescue.

After the patient was stabilized and secured on a long backboard for extrication, crews began the delicate process of removing her from the sail and off the submarine. Utilizing specialized rescue ropes and equipment, firefighters carefully lowered the patient to the deck of the submarine, and with the assistance of several submarine crew members, traversed the deck avoiding several open missile tubes and several pieces of maintenance equipment. The patient was loaded in the ambulance where medical treatment continued.

Firefighter Jason Ackerman humbly expressed, “Anything involving a submarine fire or rescue will be extremely complex. Limited manpower, near 100 degree heat with 95 percent humidity only makes the job more difficult. Take it from a professional fire fighter, if you don’t keep yourself cool and hydrated as you work, we’ll be coming to see you!”

The KBFD expressed thanks and appreciation to personnel aboard the USS Georgia who rendered their assistance.

## Never Forget

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## Navy Firefighters Remember The Worst Day



On Saturday 8 Sep 2012, teams of firefighters, law enforcement, military and civilians gathered at the San Diego Bay Front Hilton for the 11th anniversary commemoration of 9/11. The objective was to climb 110 floors, the same number as the twin towers. Each participant climbed on behalf of a fallen emergency responder commemorated by wearing a photo during the climb.

NRSW F&ES was proud to be represented by two of their districts, NAF El Centro Assistant Chief Gilbert Flores, Engineer Robert Heine, and Firefighters Victor Morales, and David Wallace (accompanied by mutual aid partners from the City of El Centro), and Captain Brian Goforth, representing San Diego Metro NRSW District 1, who participated with his son Josh, a firefighter with CAL-Fire.

Over 400 first responders were lost on 9/11/01; 343 FDNY Brothers, 23 NYPD Brothers and Sisters, and 37 Port Authority Brothers and Sisters. While Saturday's event in no way could compare to what was encountered 11 years ago, the task was a mix of challenge and emotion for the participants.

The teams were well supported by friends, and family and the atmosphere was filled with the camaraderie that makes the Fire Service what it is. Overall participants exceed the initial fund raising goal by 50% rising over \$15,000.00 to benefit The National Fallen Firefighters Foundation and Firefighter Aid which cares for firefighters and families through sickness, distress, and death. The event was a resounding success and NRSW teams have already begun recruiting more participants for next year.



## On the Job - Cuba

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## GTMO Firefighter's Ball

MC2(SW/AW) Justin Ailes, Gazette Editor



The Firefighter's Association at Naval Station (NS) Guantanamo Bay, Cuba, held its annual Firefighter's Ball, 8 Sep 2012.

Held at the installation's Windjammer ballroom, the event invited community members to show their appreciation for Guantanamo Bay's firefighters while providing an opportunity to

connect with Fire and Emergency Services personnel.

"The Firefighter's Ball is one of the avenues used to highlight what we do for the community and give the base a chance to interact with us on a personal level," said NS Guantanamo Bay Firefighter's Association President Maurice Hinds.

"This event also impacts GTMO's firefighters in a very positive way. They leave the event feeling confident, highly motivated and greatly appreciated."

This year's ball was originally planned to take place in late August, but due to the impending tropical storm Isaac, association members were forced to reschedule.

"The timing of the ball, which was so close to the September 11th anniversary, brought back painful memories and clarity of purpose as to why we answer the 'call,'" said Hinds.

During the event, Lifesaving awards were presented to Fire Inspector Clifford Foley, Fire Captain Richard Cranstan, Firefighter Andre Hemans, Firefighter Warren Douglas and Firefighter Claudine Miller. Musical entertainment was provided by the Positive Vibration Band and the Ravan Rhoden Steel Band.

Following opening remarks from NS Guantanamo Bay Commanding Officer Capt. J.R. Nettleton, guest speaker Jamaica Fire Brigade Superintendent Emeleo Ebanks spoke about the challenges and tribulations firefighters may face in the course of their duties.

"We do not necessarily consider ourselves brave or as superheroes that run into burning buildings," said Hinds. "The job of saving lives and property can be stressful and often dangerous, but it can also be rewarding as we enjoy helping others. We always feel honored to provide a life of service and if it means paying the ultimate price, then that is just what we will do."



One we discover how to appreciate the timeless values in our daily experiences, we can enjoy the best things in life.

- Harry Hepner

## *On the Job – China Lake*

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### *China Lake Provides Wildland Fire Support*



Four members of the China Lake Federal Fire Department (CLFFD) assisted with the control of the Jawbone Complex Wildfires last month as part of a region wide inter-agency collaboration.

At approximately 1300 on 10 Aug 2012, lightning strikes caused two wildfires; the Jawbone Fire and the larger Rim Fire in the Jawbone Canyon area 10 miles

west of Highway 14. By 1400, CLFFD was in route to assist, sending Captain Jeff Ratcliff, Captain Perry Steinhoff, Engineer Randy Telles and Firefighter Mark Vradenburg along with the type three brush engine. The crew was assigned to protecting structures being threatened by the Rim Fire in the Sand Canyon area of Tehachapi.

“They were part of the initial attack on the fire,” said Operations Chief Randy Study, CLFFD. “We have a volunteer list for wild-land and we go down that list and ask our guys who want to go. The guys on that list are our ex wild-land guys. They already have the training so it rolls over.”

Study explained that when another department becomes overwhelmed in a situation such as a wildfire, agencies often collaborate to get the situation under control. “We have mutual aid agreements between the Forest Service, BLM, Kern County, Cal Fire, Inyo County, and San Bernardino County,” he said. “We are available for any of those agencies. Basically you have Kern County and BLM running this fire, they are the overhead. But, there are a lot of different agencies participating. Their biggest concern was Sand Canyon and that is where our crew was assigned, there are a lot of houses [at risk].”

Fire crews battled the blaze for six days. Study noted that the first hours are the most intense, “The first incoming crews are pretty much committed until they can get a rotation going,” he said. “Our guys are there on the front lines and when they first got there, they were on initial attack for 28 hours on the tenth and eleventh before they rotated out. We have what we call immediate need, if BLM or Kern County calls all of our personnel roll and then we rotate our crews out to the volunteer list on the second day. They call them operational periods and those go until they get a break for rest. It can go for two hours or two days. All of the crews on the fire worked either 12 hour or 24 hour shifts. It is very tiring work, exhausting sometimes. You can go days without sleep.”

The dangers of this fire spreading were extreme as the terrain is difficult to traverse and full of dried brush and fallen oak trees, noted Study. “There are a lot of ground fuels.”

The Jawbone Complex Wildfire burned 12,462 acres.

## SA Matters!

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## The Impact of Stress on Situational Awareness

By Rich Gasaway, PhD.

This is the third in a collection of eight articles from Situational Awareness Matters! ([www.SAMatters.com](http://www.SAMatters.com)) focused on stress.

### Good stress

Stress. Who needs it? The fact is, we all need it! Welcome to part 3 of my series on first responder stress. In part 2 I discussed three kinds of bad stress: Acute stress, episodic acute stress and chronic stress.

Each of them triggered by different things. In some instances the impact is short-lived. In other instances, it can lead to catastrophic consequences including depression and suicide. But not all stress is bad. In fact, without stress, psychologists would argue we could not achieve peak performance or perhaps any level of performance. Let's examine the good stress in our lives - eustress. You may recall in a previous chapter I talked about the hormones and chemicals that are released during stress events.

Their impact on the body, including their contributions to strokes and coronary artery disease have been studied extensively. It should not come as a surprise then to learn the person who uncovered the concept of good stress was an endocrinologist - the very people who study the hormones that also cause the bad effects of stress. While evaluating the consequences of stress, like anxiety and depression, it was uncovered that humans also experience productive stress.

Eustress compels you into action and helps you be your best. As a personal example, I experience eustress before every conference keynote or seminar presentation I deliver, even though I've given in the range of 2,500 to audiences that have numbered in the thousands. I still get nervous energy whether I am talking to five hundred people or fifteen people.

And, while I know there are some who will never believe this, my stress, manifested as nervous energy, compels me to rehearse before every presentation - even on topics I have spoken on hundreds of times.

My rehearsals always include a run-through of the presentation slides, if I am using any (I often don't). Eustress compels you to be your best and do your best. It drives you toward achievement and success. Eustress can give you a definite competitive advantage. When you exercise, be it cardio or strength training, you are stressing your body. You are pushing yourself to excel. If not for the stress that drives achievement, you would never subject yourself to the rigors of a workout.

I remember when I played on the golf team in high school. While we had a pretty good team, one of the best in the region, the coach always made us believe the other team was going to be difficult (yet not impossible) to beat. He knew that if we went on to the course overconfident, our guards would be down and we would become complacent and lazy. In other words (and I don't think he'd have ever described it this way) our stress levels would not have been optimized for peak performance.

## SA (Cont.)

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He had to stress us with the will to win. Had he ever told us we were outmatched and were going to lose, but go out and have fun playing, our will to win would have been gone and we would have been in distress.

In emergency situations, eustress compels you into action and helps you rise to the occasion. The energy from eustress is channeled toward productive, worthwhile goals. Remember the grandma who lifted the car off someone? She was experiencing eustress. She had a goal and was driven to succeed to the point of almost super-human strength.

For the body and mind, however, stress is stress and it is indistinguishable. The same chemicals are released and do the same things to your body whether it's stress from a bad relationship, stress to perform well during a speech, or stress because one of your kids just ate the last bit of ice cream you were hoping to have for a bedtime snack.

Perhaps one of the simplest ways I know to bring meaning to the difference between good stress and bad stress is by tying stress to motivation. In my leadership classes we often end up discussing, with little surprise, motivation, which is not the subject of this article so I won't be going into detail. What I will share are two emotions that drive motivation and it is in the context of those emotions that I will differentiate distress from eustress.

### Fear and Desire

Fear is the great inhibitor. It binds your mind up and causes stress out of concern for consequences. Fear helps you see all the ways you cannot do something and all the potential harm that will result. Conversely, desire is the enabler. Desire frees your mind up and evokes a stress response that compels you toward success. Desire helps you see all the ways you can achieve your goals and all the potential good that will result. Both fear and desire create stress. The former distress and the latter eustress. But there's more.

### Control

The second component that differentiates distress from eustress is the degree of control you have over the situation. If you feel you are in control of what is happening and you can direct the actions that will lead to success (or at a minimum prevent failure), you are being driven by eustress.

If you feel as though you are not in control of what is happening and the actions contributing to your stress are under someone else's control and the other person (or the environment) can directly impact your failure, you are being inhibited by distress.

Finally, let's look at the worst possible scenario. The things that are causing you the greatest fear of failure or harm are being controlled by someone (or something) else. You are helpless, or so it may seem. People gripped by this type of distress often cannot see any way out of their situation even though there may be many ways out.

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Rich Gasaway, PhD.

### Incident scene stress

The stress experienced at an incident scene can be distress, eustress or a combination of the two. It boils down to whether you are being driven by desire - toward a successful outcome, fear - to prevent an undesirable outcome, and how much control you have over the situation.

Confident responders may feel they are in control of their situation and circumstances at an emergency but, deep down, they know there are way too many things that can go wrong that are outside their control. Thus, both stresses are in play.

### Administrative stress

First responder stress is not limited to energy scenes. There are plenty of stresses impacting you in day-to-day non-emergency operations also. The same rules apply.

If the stress is being triggered by a compelling goal for achievement and the successful outcome is something you desire and are passionate about AND you are in control of your work product and your destiny, you will be stoked by eustress.

Conversely, if your stress is caused by a constant fear of consequences and you're work is not rewarding and you are being controlled by a bad boss, you are going to experience distress.

Richard B. Gasaway is a scholar-practitioner on first responder safety. In addition to serving 30+ years as a public safety provider, he earned his Doctor of Philosophy degree while studying emergency incident situational awareness and decision making under stress. Dr. Gasaway is widely considered to be one of the nation's leading authorities on first responder situational awareness and decision making. His material has been featured and referenced in more than 350 books, book chapters, research projects, journal articles, podcasts, webinars and videos. His research and passion to improve first responder safety through improved situational awareness is unrivaled. Dr. Gasaway's safety programs have been presented to more than 23,600 public safety providers across North America, Europe and Asia.

Visit <http://www.samatters.com/> to read more, sign up for RSS Feeds and the SA Matters newsletter.

## The E in F&ES



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## A Few New Navy Ambulances





## Health & Fitness

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### *Seven Small Steps to Your Ideal Body Weight*

Maintaining a healthy weight can be a real battle for many people. Weight gain can occur so gradually that you don't even realize you're 20 pounds heavier until you see a photo of yourself. The kids are busy, your job is hectic, and you're worn out. You'd like to lose those 20 pounds but don't feel like you have the energy to do it. Simply put, life gets in the way.

If this sounds familiar, it's time to make some subtle changes to your daily life to make it easier to lose the extra weight and keep it off for good.

Just don't stress yourself by demanding immediate results. Instead of aiming for quick weight loss, plan on losing weight the same way you gained it – gradually and over a period of time. The pounds will come off!

Follow these seven easy steps, and you'll be losing weight before you know it.

#### **1. Visualize yourself at your ideal body weight.**

The first thing you need to do is evaluate the way you see yourself. Do you focus on your flaws or weaknesses instead of your strengths? Do you put little value on your ideas and feel like others are more capable? Do you like the person you see in the mirror?

If you have a poor body image, it's harder to picture yourself at your ideal weight. Visualization is a key component in both sports and life. Athletes use visualization techniques to help perfect their skills. You can use these same techniques in your everyday life.

Try to clearly imagine exactly how you look and how you feel at that weight. Do this every single day.

#### **2. Cut portion sizes.**

We tend to eat more food than we need. Try eating 25% less food at each meal and see how you feel. Chances are you won't even be hungry, and yet you'll be cutting a significant number of calories out of your daily diet.

#### **3. Eat real food.**

That means give up processed foods. If you can't pronounce an ingredient on the food label, don't eat it. Stick with lots of fresh fruits and vegetables, whole grains and lean proteins.

#### **4. Walk daily.**

Aim for a minimum of 30 minutes a day. Many companies are starting to encourage "walking meetings" where important decisions are made while on the move! You may discover that you're super-creative while you're walking and talking at the same time!

#### **Calculate Your BMI**

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

<http://www.nhlbisupport.com/bmi/>

## Health (Cont.)

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### 5. Keep track of your weight.

This doesn't mean getting on the scale every day. In fact, if getting on the scale is terrifying for you, don't do it very often; but you need a starting point so you can track your weight loss.

You may choose a tape measure or an old pair of jeans to measure your success. Once you start losing weight, you'll actually look forward to stepping on the scale or zipping up those jeans.

### 6. Discover a form of exercise that you love.

Whether it's kite-boarding, ballroom dancing or Zumba, get out and love what you're doing. If it requires you to move your body, it counts as exercise ... even if it doesn't feel like exercise.

### 7. Never diet again.

There are so many diets out there that make promises they can't deliver. Instead, they leave you unfulfilled and craving foods.

If you simply eat the right foods (and not too much), cut back on the amount of sugar you eat, walk every day, visualize yourself at your target weight and find ways to enjoy getting fit, your body will find its ideal weight and stay there.

So be patient and get moving. Those pounds will drop off as easily as they showed up.

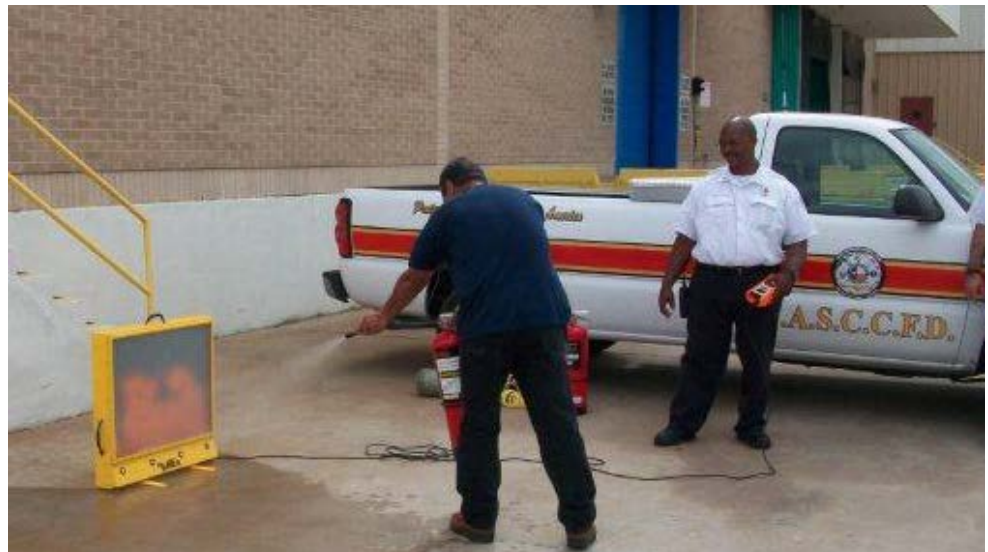
*Reprinted on August 6, 2012, courtesy of GlobalFit, which works with GEHA to offer our health members discounts on gym memberships at more than 10,000 fitness clubs nationwide. For more information, please visit [www.globalfit.com/geha](http://www.globalfit.com/geha).*

## Public Ed



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## Fire Extinguisher Training at Corpus Christi



## Code of Ethics

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## Firefighter Code of Ethics

Today's fire service leaders face a variety of challenges managing budgets, personnel, and programs. Occasionally, ethical issues emerge for which there are no easy answers. To provide guidance to address these complex questions, the National Society of Executive Fire Officers (NSEFO) and Congressional Fire Services Institute jointly have released a firefighter code of ethics that can be adopted by local fire and emergency medical service organizations. The ethics statement is the result of almost two years of effort by the Board of Directors of NSEFO.

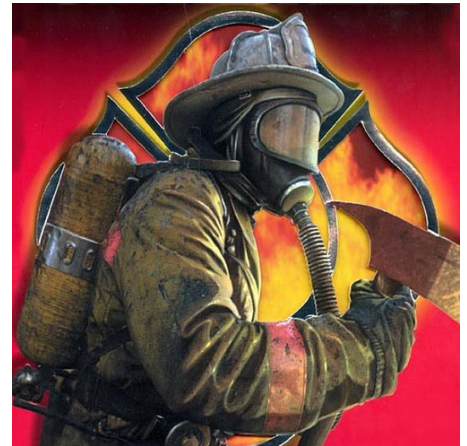
In acknowledgement of the importance of this first of its kind fire service ethics statement, the U.S. Fire Administration (USFA) has posted the statement throughout the National Fire Academy's (NFA) facilities and will now include the statement in all course materials distributed to NFA students.

To download a copy for the NSEFO statement for posting within fire department facilities and distribution, visit the USFA website at:

[www.usfa.fema.gov/fireservice/](http://www.usfa.fema.gov/fireservice/)

### A Revised Fire Service Ethics Statement

Developed in response to the publication of the Fire Service Reputation Management White Paper, the purpose of this National Firefighter Code of Ethics is to establish criteria that encourage fire service personnel to promote a culture of ethical integrity and high standards of professionalism in our field. The broad scope of this recommended Code of Ethics is intended to mitigate and negate situations that may result in embarrassment and waning of public support for what has historically been a highly respected profession.



Ethics comes from the Greek word ethos, meaning character. Character is not necessarily defined by how a person behaves when conditions are optimal and life is good. It is easy to take the high road when the path is paved and obstacles are few or non-existent. Character is also defined by decisions made under pressure, when no one is looking, when the road contains land mines, and the way is obscured. As members of the Fire Service, we share a responsibility to project an ethical character of professionalism, integrity, compassion, loyalty and honesty in all that we do, all of the time.

We need to accept this ethics challenge and be truly willing to maintain a culture that is consistent with the expectations outlined in this document. By doing so, we can create a legacy that validates and sustains the distinguished Fire Service institution, and at the same time ensure that we leave the Fire Service in better condition than when we arrived.

## Code of Ethics

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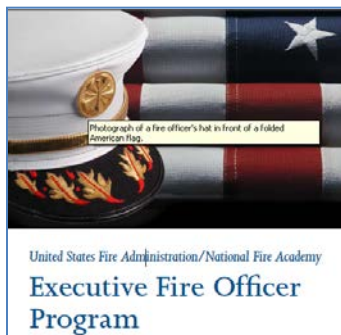
## Firefighter Code of Ethics

**I understand that I have the responsibility to conduct myself in a manner that reflects proper ethical behavior and integrity. In so doing, I will help foster a continuing positive public perception of the fire service. Therefore, I pledge the following...**

- Always conduct myself, on and off duty, in a manner that reflects positively on myself, my department and the fire service in general.
- Accept responsibility for my actions and for the consequences of my actions.
- Support the concept of fairness and the value of diverse thoughts and opinions.
- Avoid situations that would adversely affect the credibility or public perception of the fire service profession.
- Be truthful and honest at all times and report instances of cheating or other dishonest acts that compromise the integrity of the fire service.
- Conduct my personal affairs in a manner that does not improperly influence the performance of my duties, or bring discredit to my organization.
- Be respectful and conscious of each member's safety and welfare.
- Recognize that I serve in a position of public trust that requires stewardship in the honest and efficient use of publicly owned resources, including uniforms, facilities, vehicles and equipment and that these are protected from misuse and theft.
- Exercise professionalism, competence, respect and loyalty in the performance of my duties and use information, confidential or otherwise, gained by virtue of my position, only to benefit those I am entrusted to serve.
- Avoid financial investments, outside employment, outside business interests or activities that conflict with or are enhanced by my official position or have the potential to create the perception of impropriety.
- Never propose or accept personal rewards, special privileges, benefits, advancement, honors or gifts that may create a conflict of interest, or the appearance thereof.
- Never engage in activities involving alcohol or other substance use or abuse that can impair my mental state or the performance of my duties and compromise safety.
- Never discriminate on the basis of race, religion, color, creed, age, marital status, national origin, ancestry, gender, sexual preference, medical condition or handicap.
- Never harass, intimidate or threaten fellow members of the service or the public and stop or report the actions of other firefighters who engage in such behaviors.
- Responsibly use social networking, electronic communications, or other media technology opportunities in a manner that does not discredit, dishonor or embarrass my organization, the fire service and the public. I also understand that failure to resolve or report inappropriate use of this media equates to condoning this behavior.

## *EFO Criteria Changes*

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## *EFOP Entrance Criteria Are Changing*

By Ernest Mitchell, US Fire Administrator

The National Fire Academy (NFA) has a policy in place that only allows students with bachelor degrees from regionally accredited colleges and universities to be considered for the Executive Fire Officer Program (EFOP). The primary reason for the policy has been to assist in selecting students with a high probability of success in a demanding curriculum and to maintain high standards in the EFOP.



In recent years, increasing numbers of graduates from nationally accredited schools have applied for and been denied entrance consideration. That has led to interest by some in changing that policy. The request has been denied in the past—with a stated intent to review the situation further in the future. A few months ago, I began that review. The primary focus of the review was to compare regional and national accreditation and their respective relevance to an impact on quality of education.

### **The Situation**

The following is an excerpt from the Council on Higher Education (CHEA), who works closely with the American Council of Education (ACE), regarding accreditation (2009):

Accreditation has a complex relationship with government, especially in relation to funding higher education. It adds value to society through assuring quality, enabling government to make sound judgments about the use of public funds, aiding the private sector in decisions about financial support and easing transfer of credit.

Recognition in the United States is about scrutiny of the quality and effectiveness of accrediting organizations. Recognition processes are similar: self-evaluation based on standards, site visit and report, award of recognition status. Recognition adds value to society as a vital part of accreditation accountability or "accrediting the accreditors."

### **The Research**

Beginning with materials from CHEA and ACE, I surveyed the literature and carefully reviewed work in progress by the National Advisory Committee on Institutional Quality and Integrity (NACIQI).

In September 2010, the NACIQI received a broad charge to provide advice to the Secretary of Education on the reauthorization of the Higher Education Act. The NACIQI undertook an extended dialogue that included a focus on accreditation and issued a report in April 2012.

My research included speaking with postsecondary educators and meeting with senior officials in the Department of Education (ED). I found varied opinions and recommendations related to the NFA policy, but the consensus recommendation was to not deny the transfer of credit or admissions exclusively on the basis of the type of accreditation.

## *EFOP (Cont.)*

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I found that the ED was reviewing its listed accreditors and will do so periodically in the future. It's their intention to require and maintain quality in educational programs they support, through reliance upon working relationships with the experts—national and regional accrediting agencies.

In addition to information gained during discussions with ED officials, the U.S. Government Accountability Office (GAO) reported: "the accrediting agencies the GAO reviewed generally adhere to the principle that institutions should not accept or deny transfer credit exclusively on the basis of a sending institution's type of accreditation."

Based on numerous findings, I concluded that the NFA needed changes to the policy and process for student evaluation of acceptability into EFOP.

### **Actions Taken**

After the research and review process, I requested the NFA's board of visitors (BOV) to appoint a subcommittee to provide recommendations for revising the evaluation of EFOP applications.

The subcommittee submitted recommendations for consideration by the full BOV. The board approved the recommendations; upon receipt of the final document, I will discuss the proposal with staff from ED and USFA before finalizing a revised policy.

When finalized, the academic portion of EFOP entrance evaluation will transition from categorical, degree-based criteria to one that includes a degree, but is transcript based, as is the case with many postgraduate programs. Academics clearly stated that accreditation type alone doesn't guarantee a quality education.

Yes, there will be a change in the EFOP academic evaluation criteria and it will allow degrees awarded from all institutions accredited by an accrediting agency recognized by the ED. EFOP review will include additional academic requirements, maintaining and perhaps elevating the standard of quality EFOP requires.

If you're interested in EFOP, I strongly recommend you research the accrediting agencies of schools you attend and determine their standing with the ED.

Ernest Mitchell is the U.S. fire administrator, appointed and confirmed in late 2011. He was IAFC President 2003-2004, and he retired as fire chief in Pasadena, Calif., in 2004.



## *Dollars & Sense*

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## *Protect Your Biggest Investment*

Earlier this year, countless homeowners and apartment residents dealt with devastating losses following severe spring storms, tornadoes and forest fires. Although no one can predict when or where a disaster might occur, it's possible to alleviate some of the stress that can come from determining the value of your lost possessions. It starts with having an itemized inventory of your belongings.

Creating an inventory of your possessions may seem like an overwhelming task, especially when you consider everything you own. Think of the time involved as an investment in your financial wellbeing. A thorough list of your household contents and other valuables can:

- Help you determine if you have adequate insurance to cover your home and property;
- Make it easier to settle an insurance claim more quickly following a loss; and
- Simplify your ability to verify your exact losses on your tax return.

According to information provided by the Insurance Information Institute (<http://www.iii.org/>), there are several ways to keep track of personal possessions and assets. Some homeowners keep a running written list in a notebook, while others use photographs with written descriptions of individual rooms and furnishings.

A video recording is another effective, and easy, way to create an accurate description of your property and possessions. A video camera allows you to move from room to room and capture everything, including items located in drawers and closets. This is especially helpful if you have a large number of knickknacks, tools and collectables. As you record, you can verbally describe specific contents; including the price you paid or the value of select items. It's also a good idea to keep receipts and appraisals of expensive items in a safe place in case you have to verify their cost or value.

It's important to note that more expensive items such as jewelry, valuable collections, furs and unusual items may need separate insurance. Check with your insurance agent if you have any questions about adequate coverage.

To make a home inventory project even easier, there are free, online software programs such as Know Your Stuff<sup>®</sup> (<https://www.knowyourstuff.org>) offered by the Insurance Information Institute. Even if you choose to compile your home inventory electronically and store the information on a disk, it's a good idea to have a printed copy.

Whether on disk or paper, keep your records in a fireproof container that also protects its contents from water. Most insurance and security experts suggest a safe place outside of your home – with a friend, family member or in a safe deposit box.

Reprinted courtesy of Yes, You Can. For more information, please visit [yesyoucanonline.info](http://yesyoucanonline.info).

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## Healthy Recipe

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## Spring Stir Fry With Chicken

Classic stir-fry is a fun, fast and easy way to produce delicious dishes. It also can be a healthy cooking method, because the food cooks quickly in a small amount of fat. The spicy pungency of ginger, the aroma of garlic and onions and the crunch of cabbage and bell peppers combine for a colorful, elegant dish. Serve over wild or brown rice with a cup of simple tofu soup and you have a tasty meal that satisfies.

1 tablespoon peanut oil	1 large onion, chopped
5 cloves garlic, minced	1 cup chopped cabbage
1 teaspoon grated fresh ginger	1 medium each, red and green bell peppers, chopped
1/4 teaspoon ground ginger	2 tablespoons reduced-sodium soy sauce
6 spring onions, chopped, including the green stems	1-1/2 teaspoons sugar, optional
Salt to taste	1 tablespoon cornstarch
1 pound chicken, boneless and skinless, cut into about 1/2-inch strips	1/2 cup water
	3 cups of cooked rice (wild or brown rice work well)

Heat oil over medium-high heat in wok or large skillet. When oil is almost smoking, add garlic, ginger, ground ginger, spring onions and salt to taste. Stir-fry about 2 minutes. Add chicken. Stir fry an additional 3 to 4 minutes.

Add chopped onion and cabbage and cook, stirring occasionally, for about 5 minutes. Add peppers and cook for 2 minutes.

Mix soy sauce, sugar and cornstarch into water; add to wok or skillet. Cook uncovered until sauce thickens. Serve over hot rice.

Makes 4 servings (one serving = 1-1/2 cup).

Nutritional values per serving:

Calories: 276	Total fat: 7 g
Saturated fat: 1.5 g	Carbohydrate: 38 g
Protein: 16 g	Dietary fiber: 5 g
Sodium: 349 mg	

Reprinted courtesy of the American Institute for Cancer Research. For more information, please visit [www.aicr.org](http://www.aicr.org).

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## Funny, That



## Sick Dog

When our client's dog lapped up anti-freeze, the veterinarian I work for ordered a unique treatment: an IV drip mixing fluids with vodka. "Go buy the cheapest bottle you can find," he told me.

I was uneasy buying cheap booze so early in the day, and I felt compelled to explain. "Believe it or not," I said, "this is for a sick dog."

As I was leaving, the next customer plunked down two bottles of muscatel and announced, "These are for my cats."



**ESAMS Update**

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**ESAMS Corner**

By Clarence Settle, ESAMS Fire Technical Support

**August 2012 Statistics**

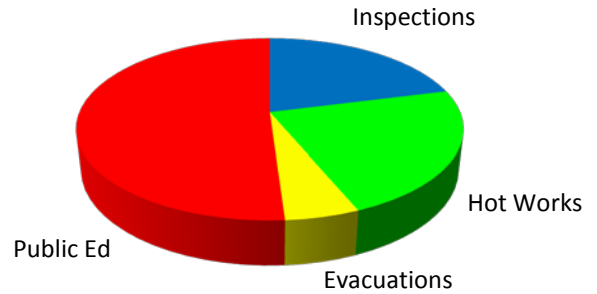
Total Incidents – 7,000  
 Fires – 153  
 Rescue & EMS – 2,127  
 Hazardous – 1,671  
 Service Call – 639  
 Good Intent – 454  
 False Alarm – 1,936

**Operations**



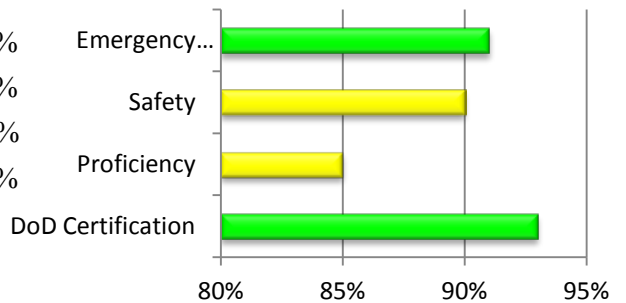
**Prevention**

Fire Inspections Completed – 2,514  
 Hot Work Permits Issued – 2,715  
 Building Evacuation Drills – 627  
 Public Education Contacts – 6,104



**Training**

Emergency Management - 91%  
 Safety Training – 90%  
 Proficiency, Skills, & Practice – 85%  
 DoD Certification – 93%



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**F&ES On Duty Mishaps Report**

Mishaps Reported – 25  
 Total Lost Work Days – 147

## ***F&ES POCs***

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## ***News Distribution***

## ***Job Links***

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## ***Navy Fire & Emergency Services (N30)***

Commander, Navy Installations Command

716 Sicard Street, SE, Suite 1000

Washington Navy Yard, DC 20374-5140

<https://cnicgateway.cnic.navy.mil/HQ/N3/N30/default.aspx>

DSN 288

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Adam Farb, 202-685-0712, [adam.farb@navy.mil](mailto:adam.farb@navy.mil)

To receive this newsletter automatically, e-mail [ricky.brockman@navy.mil](mailto:ricky.brockman@navy.mil) to be added to the ***What's Happening*** distribution list.

Interested in becoming a DoD firefighter? Visit <http://www.usajobs.opm.gov>



**FIRE PREVENTION WEEK**  
**HAVE 2 WAYS OUT**  
**WWW.FPW.ORG OCTOBER 7-13**

