



Email the Editor:

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From the Deputy Director



In the winter of 1952 a combat company in Korea came under heavy enemy machine gun fire. At some point during the battle one soldier decided he had had enough and charged the machine gun nest, killing the Chinese soldiers manning the gun and saving the lives of his company. He was awarded the Bronze Star and was heralded as a hero in his hometown newspaper. Whenever you can get my father to talk about that day (which he very rarely does) he shakes off any talk about being a hero.

"I just did what had to be done." He says.

Funny thing about this hero business, the real heroes almost never recognize their own heroism, and invariably deny any special levels of bravery. Talk to the firefighters who responded to the WTC and Pentagon and you'll hear the same mantra;

"I am no hero, I just did my job; the firefighters who died in those towers are the heroes."

Those are the good ones. Unfortunately, there are also some who believe their own press clippings. They are heroes in their own minds and believe they deserve special treatment for all the heroic deeds they do.

Imagine a Fire Chief who tells you, 'I can take extended lunch breaks in my government vehicle; I've been serving for 25 years...' Or a firefighter who tells the police officer, 'I'm a firefighter; you can't give me a ticket...' Or the driver who tells his crew "nobody tells me to wear a seat belt when I'm driving MY truck..." And then there's the Captain who tells his crew "that text messaging rule doesn't apply to firefighters..." (All actual quotes)

Well Skippy, as a Fire Chief, you set the example for everyone working for you; if you think you deserve special treatment that allows you to break the rules you have reached your level of incompetence (see Dr. Laurence J. Peter and Raymond Hull).

As for the Wit twins (Captain Dim and his brother Nit), they need to understand that is not THIER fire truck, it is the Navy's fire truck and we ALLOW them to command and drive it as long as they follow our rules. And our rules include wearing seat belts and not texting while driving.

From the Deputy (Cont.)

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I hate to be so caustic but there can be no mistake when it comes to integrity and safety, too much is at stake.

Let's concentrate on the new text messaging rule first and how that rule impacts firefighters driving Navy fire trucks.

Your single duty while the truck is in motion is to be in 100% control of that vehicle 100% of the time – no exceptions – ever. We insist you wear a seat belt, do not move the truck if everyone in it is not wearing seat belts, and stop at all red traffic signals and stop signs before entering an intersection. There is no reason in heaven or on earth for you to be distracted by a cell phone, computer keyboard, or anything but the controls of your vehicle. You have others riding along who can do all of that other stuff. If not, that other stuff can wait. You make sure everyone gets where you're going and gets back to the station when the call ends. That is your most important priority.

Chief, you need to make sure (a) you have the proper rules in place, (b) all of your people clearly understand them, (c) they are consistently enforced in EVERY case where they are broken, and (d) you follow them as naturally as you sit at your desk. There are no longevity awards excusing you from following the rules and, oh by the way, nobody owes you anything. Somebody once said that integrity is doing the right thing when nobody is watching. Very sage advice except, as a Chief Fire Officer in the Navy, EVERYBODY IS WATCHING ALL THE TIME!!!

Firefighting is the perfect Yin and Yang. It is the most rewarding and frustrating profession I can imagine. The things we are asked to do are exhilarating and terrifying, fulfilling and disheartening, heart warming and heart wrenching. If you think you deserve more, it is time for you to change professions. (I hear the Vikings will be looking for a QB soon).

Pretend you are being watched by your grandmother all the time. Always follow the rules, even the ones you don't agree with (there is a process to change them). Always strive to make sure you and your crew survives to serve another shift.

I am sure not every firefighter who has died in the line of duty was a model employee; not all of them followed the rules and some may not have even been very nice people. But they made the ultimate sacrifice at the altar of public service and are all heroes. They deserve special treatment. The public owes them unending gratitude and respect. The profession (that's us) owes them a legacy of honor, integrity, and survival.

The Phoenix Fire Department mission statement is often criticized as being too simplistic but I think it pretty much hits the nail on the head;

Prevent harm
Survive
Be nice

Stay safe and bring everyone home at the end of your shift,

-Rick

Last Alarms

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2009 Totals

♥ 43 (55%) ⇨ 11 (14%)

♥ Indicates cardiac related death

⇨ Indicates vehicle accident related death

Taking Care of Our Own Update



Giuseppe Storto



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Last Alarms

To date, 78 deaths have been reported for 2009. The following line of duty deaths were reported since we published our last issue:

Patrick Joyce

Age: 39
Yonkers, NY

John Thurman ♥

Age: 52
Clinton, MS

Carl Nordwall ♥

Age: 56
Norfolk, VA

Roy Westover Jr. ♥

Age: 41
Westover, PA

Gary Street ♥

Age: 60
Sparta, GA

Phil Whitney ♥

Age: 72
Springville, UT

Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. You can obtain more details on our web page at:

http://www.cni.navy.mil/Organization/Public_Safety.htm#fire

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

Name	Location	Point of Contact
Aaron Hunter	Fort Leonard Wood, MO	Jeff.Sheeley@us.army.mil
Ralph Huston	DSC Richmond, VA	Clyde.Hipshire@dla.mil
Scott Murray	NAES Lakehurst, NJ	Marc.J.Smith@navy.mil
Richard Willis	NSY Portsmouth, NH	Marc.J.Smith@navy.mil
Anthony Gerich	NAS Key West	Richard.Hadlock@navy.mil
Darick Fisher	Norfolk Naval Shipyard, VA	Marc.J.Smith@navy.mil
Christopher Capps	Fort Sill, OK	Ronald.D.Pyle@us.army.mil

Cancer Claims NSA Naples Firefighter



Firefighter Giuseppe Storto was born in Naples, Italy on August 11, 1963. He began his 25-year career with the NSA Naples Fire & Emergency Services on June 3, 1984 after a brief employment with the Public Works Department. Firefighter Storto's passion for the fire service was clear from the beginning. He spent each shift working to improve the Fire Department and how others viewed the department

and its mission. His enthusiasm and good nature were a source of strength for his fellow firefighters and supervisors.

Giuseppe was a vibrant member of his community, participating in local soccer tournaments and helping the Fire Department soccer team to win many events. He was a beloved and loving family man to his wife, and their two children.

On October 21, 2009, 'Peppe' died from cancer.

H1N1 Guidance

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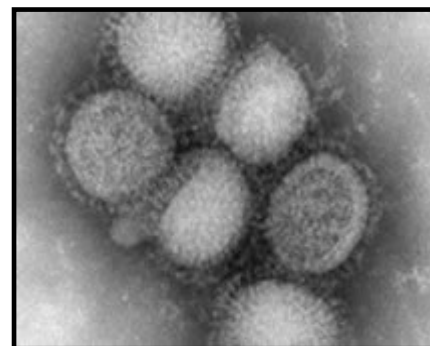


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Seasonal Influenza and H1N1 Preparedness

By Timothy Pitman, EMS Program Manager, CNIC Fire & Emergency Services

Most articles in the newspaper today or in the news talk on radio and television discuss the potential threat H1N1 poses to our population in the upcoming influenza season. Often times the reports and articles do not talk about first responders and some of the potential impacts to the emergency response providers. In an effort to keep you informed, we want to approach the subject from a different angle and ask the question, “What can you do to reduce the impact from seasonal influenza and potential H1N1 threat to your mission and workforce?”



Seasonal influenza, or the ‘flu’ for short, is always going to be around; it is a part of our environment and will affect our society every year. Each year, we prepare ourselves to contend with the flu by getting vaccines, educating ourselves on what we need to do to minimize exposure, and what measures we should take to prevent cross contamination in hopes of reducing the impact of the flu on ourselves, our mission and the workforce. These measures are not new, but they help to reinforce a practice of prevention and to slow down or eliminate the possibility of spread through proactive, preventive steps.

The same can be applied to the potential threat from H1N1. The Center for Disease control (CDC) states that, the “2009 H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.” In June 2009, the World Health Organization (WHO) declared that an H1N1 flu pandemic was underway.

Human infections with the H1N1 virus continue in the United States. The H1N1 virus is contagious and is spread from human to human in the same way as the seasonal flu. As many of us know, flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object that has the flu viruses on it and then touches their mouth or nose. According to the CDC, most people who became ill so far this year have recovered without the need for medical treatment.

The symptoms of H1N1 flu virus include cough, fever, sore throat, runny or stuffed up nose, headache, body aches, chills and fatigue. Quite a few people who became infected with this virus also reported diarrhea and vomiting. According to the CDC, in some cases, severe illnesses and death occurred because of illness associated with the H1N1 virus.

H1N1 **(Continued)**

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Understanding what H1N1 is, and how it may affect the population you serve, will help in developing and implementing measures in order to sustain and protect the Navy F&ES mission and your workforce. Working directly with your BUMED medical directors and clinic staff, Installation fire departments should address and accomplish the following measures in preparing for the seasonal flu and H1N1 threat:

- F&ES providers are strongly encouraged to receive the seasonal influenza vaccinations as soon as possible. Keep in mind that you must allow at least 21-days between influenza vaccinations (seasonal and H1N1). The seasonal influenza vaccine is available now; the H1N1 vaccine should be available by middle to end October 2009.
- Review the recently released memorandum, Ser N3-33485, Navy FES Guidance for N95 Respirators, signed on 07 August 2009 to ensure you are familiar with N-95 respirator guidance.
- Develop and be prepared to implement local F&ES contingency plans, consistent with Installation Emergency Management and BUMED plans, for a widespread influenza outbreak in your area.
- Consider planning to include what your operational capabilities and limitations will be if you lose up to 40% of your workforce during a high-impact pandemic environment.
- As a part of contingency planning, discuss and plan for conditions affecting transport to definitive care during widespread influenza outbreaks.
- Understand when and how anti-viral medications will be used post-exposure to H1N1, and not as a prophylaxis treatment and the impact to your workforce.
- Continue to monitor CDC recommendations regarding infection control procedures and the use of personal protective equipment (PPE); communicate and coordinate requirements with your BUMED POCs if your department expects or anticipates a higher use rate for PPE by F&ES providers.

Preparing for seasonal flu and H1N1 contingencies is only part of the equation. You also need to be prepared and take personal measures to protect yourself, and if you have a family, to take necessary steps to protect your family. These simple measures include:

- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze and after contact with a suspected or confirmed patient with H1N1, alcohol-based hand cleaners are effective if soap and water is not readily available.
- Avoid touching your eyes, nose or mouth; germs transfer very easily that way.
- Avoid close contact with people who appear to be sick; when it is unavoidable because of your duties, react appropriately to limit exposure to a confirmed patient.

H1N1 ***(Continued)***

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If you show any symptoms of flu-like illness (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue), remember the following:

- Stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.
- Remain home and reduce contact with others as much as possible; this can be a difficult choice but it is to protect you and your co-workers.
- Each of you should build a plan of action should you or any portion of your workforce, become sick with the flu.
- Test your ability to do limited work from home for non-operational personnel, make sure coworkers know how to access important information needed to carry on your job if you are out.

Hopefully the information provided here can be used in an effort to keep you and your organizations informed about the upcoming seasonal influenza and H1N1 threats, and the preparations you can take today reduce or prevent the impact of the flu on yourselves, the mission and the workforce.

USFA Says...



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F&ES Providers Urged to Get H1N1 Vaccination

With the first deliveries of the H1N1 vaccine already underway, the Federal Emergency Management Agency (FEMA), as part of its mission to support first responders, joins the United States Fire Administration (USFA) in recommending that firefighters who provide emergency medical services (EMS) and EMS workers receive the H1N1 vaccination as soon as it becomes available in their local jurisdiction.

“Given that firefighters and EMS personnel who provide direct patient care are eligible for early vaccination, their first responder agencies should be contacting their local doctors’ offices, clinics, local health department or other agencies to make arrangements now for their workforces to be vaccinated as soon as supplies of the H1N1 vaccine are received in their jurisdictions,” said U.S. Fire Administrator Kelvin J. Cochran.

“Being vaccinated for both seasonal influenza and the H1N1 influenza represents an important way to assure the well being of our first responder workforces, their families, and most importantly the patients to whom they provide emergency medical care. It also enhances their agencies’ ability to continue to provide critical services to their communities during periods when they may encounter an increased demand for emergency medical care resulting from the H1N1 virus,” Cochran said.

First responders and agencies seeking additional information on the H1N1 influenza are encouraged to visit these Web sites:

www.flu.gov

www.usfa.dhs.gov

www.cdc.gov/h1n1flu

www.cdc.gov/h1n1flu/guidance_ems.htm

Tri Data Responds

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Research Mischaracterized

Dear Sirs:

You recently included in *What's Happening* an article from *Fire Chief* by Sara Pyle that addressed firefighter cancer presumption. Below is our response to *Fire Chief* concerning that article.

“TriData released a report in April 2009 to assess the current status of firefighter cancer presumption laws in all 50 states and review the available scientific literature evaluating firefighters and cancer risk. Your August issue carried an article in *Fire Chief* by Sara Pyle. We were not given the opportunity to comment on the assertions made in the article, and many are not correct. For one, TriData did not state that there is no link between firefighters and cancer risk. We stated that there were indeed some associations seen among specific cancers and firefighters. Different cancer studies, however, have found different strengths of association for those risks.

Our primary research question was to determine what the current status was of cancer presumption laws in all 50 states. TriData found that cancer presumption legislation varied greatly throughout the states and that the cancers addressed in the legislation did not align with the available science.

We did not do our own epidemiological study as to the significance of cancer risk and firefighters. We were collecting information on what was currently available. We were not offering any new scientific results to the fire service and other interested parties.

The value of our report, which was highlighted in Sara Pyle's article in *Fire Chief*, lies within the in-depth explanation of the issues related to cancer presumption and our recommendations to the fire service to emphasize prevention, protection, and a standardized method of evaluating cancer risk among firefighters through a national cancer registry. Our report provided guidelines for future collaborations and prevention efforts.

We urge everyone concerned about cancer and firefighters to read the actual report, instead of articles and press releases about it. We presented, with a clear criteria of inclusion, the scientific findings of published study authors. We reported on the current status of cancer presumption laws in all 50 states. Our report led to the same conclusions stated at the end of the *Fire Chief* article, that more research is needed to further investigate the hazards of firefighting, the fire service should encourage firefighters to continue their vigilance when it comes to health and safety, and that more information is needed to understand the many aspects of firefighting and firefighter health.

Sincerely,

Harold Cohen, Ph.D., FACHE, NREMT-P,
Sweta Dharia, MPH,
Patricia Frazier, and
Clara Kim, MPH, study authors

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Records and Incident Reporting System Update

By Tom Ruffini and Mike Pritchard

As reported previously in the *What's Happening* newsletter, USMC Fire and Emergency Services has been in pursuit of an enterprise system to fulfill our records management and incident reporting needs. For the past twelve months we have engaged with stakeholders, records management and reports requirements specialists from HQMC AR Division, and with our local and regional contracting offices, in order to develop an effective project scope and to get our needs advertised to industry.

In August, a solicitation was released by RCO Quantico that included six mandatory requirements of the enterprise records management and reporting system (ERMRS), including: the ability for the system to meet all DoD information assurance (IA) requirements; be web-based; be on the NFIRS 5.0 active vendors list; be NEMESIS GOLD compliant; for the vendor to be able to provide sufficient technical support and maintenance, as well as training. Several vendors responded to the solicitation and just prior to the DoD fire conference a source selection panel was convened.

Source selection involved extensive analysis of each bidder's ability to meet the requirements of USMC F&ES, as outlined in the solicitation. We are pleased to announce that the USMC F&ES ERMRS will be provided by Reporting Systems, Inc. of Bellingham, Washington. You may better recognize this company as Emergency Reporting (ER).



**EMERGENCY
REPORTING™**

ER, as the enterprise system, will provide the Marine Corps with a comprehensive approach to emergency services records management and incident reporting, compliant with all applicable governing laws, rules and regulations. The system will enhance our program management capability, at all levels of command, by allowing for automated data access (with permissions) at the local, regional, major command and headquarters elements – a new capability for the Marines.

Aside from saving money in annual subscription costs, formerly used to maintain multiple records management programs USMC-wide, this project also meets the enterprise architecture and IT portfolio management goals of the Department of the Navy. We are reducing the portfolio size by eliminating multiple software applications, and now requiring only one, entirely web-based system for all to use. We will centrally fund and manage the certification requirements for this system, further reducing cost and time burdens that used to lie with the installation fire departments.

Congratulations to ER! We will do our best to keep you updated on our progress with ERMRS implementation over the next several months.

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'Speak My Name Correctly' Leh-june, Luh-jern?

By Molly K. Dewitt, the Jacksonville Daily News
Submitted by Robin Lewis, Fire Chief, MCB Camp Lejeune



The correct way to pronounce "Lejeune" is a subject of controversy. But, Patrick Brent, a former Marine and friend of Lt. Gen. John A. Lejeune's family, said there is no question - the proper way to pronounce it is "Luh-jern." Lejeune served as the 13th Commandant of the Marine Corps and is known for being the first Marine to lead an Army division and for developing the Marine Corps amphibious warfare doctrine.

"There's a lot of things that don't matter; corps, colonel, these are frivolous comparisons. But General Lejeune is very easily considered to be

the greatest leatherneck of all time," he said. " .. There is no other pronunciation. It is incontrovertibly the way the name is pronounced and respected."

At an event aboard Camp Lejeune Friday, Brent explained to members of the media the proper pronunciation of Lejeune and urged them to help get the word out - to not only the civilian population but to Marines as well. "It's an uphill battle because when people have been saying something so wrong for so long it's hard to change," Brent said. "We're going to stand tall. I want you to pass the word. Each and every Marine here, pass the word."

The Lejeune family, who are natives of Baton Rouge, La., prefer the French-Creole pronunciation and Brent said they "cringe" when they hear it pronounced otherwise.

"At all times, General Lejeune and his whole family, for the last couple of hundred years have said Luh-jern," he said. "To honor the man we should pronounce his name appropriately."

Last year, attempts were made to integrate the proper pronunciation of the Lejeune name back into the Marine Corps community aboard Camp Lejeune with several posters and billboards outlining the correct way to say it. One such sign read: "Welcome home ... to the most disciplined and aggressive fighting force the world has ever known! And Marines ... say and speak my name correctly: Luh-JERN. Semper Fi!" The signs were eventually removed, and there has been no further visible effort aboard the base to address the issue.

"Somewhere along the line everybody changes the general's name," Brent said. "When I was in the Marine Corps it was always said correctly and what happened is the last generation has let it lapse."

First Lt. Joy Crabaugh, public affairs officer for the training and education command at Quantico that sets criteria for recruit depots, said there is no formal period of instruction for recruits as to how to pronounce the Lejeune name.

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Crabaugh said it's more likely that the correct pronunciation is taught through the mentorship that happens between Marines.

"I think it's one of those things that's passed that way vice formal periods of instruction at recruit depots," she said. However, 2nd Lt. Brian Villiard, media officer for Marine Corps Base Quantico said during his time at basic school in Quantico he received a class on the history of the Lejeune family name and the proper way to say the name. "We did get taught why it's pronounced 'Luh-jern' instead of 'Leh-june,'" he said.

Maj. Carl Redding, public affairs officer for Headquarters Marine Corps, said the current Commandant, Gen. James Conway, will pronounce the name any way the family would like him to. "He understands the history itself of Camp Lejeune and he's willing to essentially follow the family's wishes," he said. "If historical data reflects that you pronounce it 'Luh-jern,' then the commandant supports that."

Camp Lejeune's base commander, Col. Richard Flatau, was not available for comment but a public affairs representative said that Flatau and others pronounce the name properly.

Brent said while he realized it is a difficult task to get people to properly pronounce the Lejeune name, he has hope. "We all have a hard time changing something we've been doing for a number of years, but we'll get there," Brent said. "Marines are respectful and honorable. The least we can do is get his name right."

Live Fire Training at MCLB Albany

By Cale Colby

Submitted by Jack Colby, Fire Chief, MCLB Albany

The Sylvester Fire Department recently visited MCLB Albany to conduct live fire training. Undergoing these real-world training scenarios is a requirement to earn the Fire Fighter 1 and 2 certifications offered as part of Moultrie Technical College's Fire Science program.

From 7:00 Friday evening until 2:00 Saturday morning, five members of the Sylvester Fire Department practiced putting out fires and rescuing victims from within the base's training facility. The Sylvester crew was accompanied by firefighters from Turner County and the communities of Tifton, Moultrie, and Funston, who are all studying Fire Science at Moultrie Tech.

According to Moultrie Tech Instructor Robert McLean, "This training helps them with real-world techniques. It lets them see fire. We teach them how to control what they will see in a structure fire."

McLean and Sylvester Fire Chief Jody Yarbrough alternated running incident command from within the burning building. This required the chief and the instructor to man a hose line near the source of the fire while monitoring and instructing the students. According to Instructor McLean, these firefighters learn various attack methods, as well as interior search and rescue techniques.

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One evolution of the training teaches the firefighters proper ways to apply water. Spraying the fire incorrectly could result in firefighters and other victims within the burning house to be injured.

The training facility on the base is a simple building with two downstairs rooms, and one room upstairs. Attached to the back of the building is a smaller burn room where the fires are started and maintained. Teams of four firefighters would enter the smoke filled building and crawl through to the burn room. Once at the fire, the firefighters would apply water to the ceiling, then directly onto the fire.

Temperatures within the burn house regularly reach 1000 to 1200 degrees. At this temperature, an event termed "roll over" occurs where the fire will begin rolling across the ceiling. By spraying the ceiling first, the students are pushing back the fire before knocking it down at the source. This also teaches them exactly what they can expect to see in an uncontrolled structure fire.

Wooden pallets are stacked in the burn room and set ablaze. Within minutes, the interior of the building is billowing smoke and glowing red. To withstand the extreme temperature fluctuation caused by the fire regularly being built up and sprayed with water, the burn room is made from the same tile used on space shuttles. MCLB Albany Fire Chief Jack Colby states, "That stuff takes the heat better than anything we've seen before." After the intense heat caused the ceiling and walls within the facility to deteriorate, the burn room was added to the back of the burn house to provide a space to build these intense fires.

Instructor McLean intends to hold his next live fire exercise in Moultrie on October 26. The training will deal with pressurized container fire control. McLean will use a LP gas tank to shoot a flame up 50 feet into the air. The Sylvester Fire Department plans to hold the same exercise again with Worth County Fire Rescue in November. McLean encourages the public to come and watch these exercises simply for the spectacle.

Say What?



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Unusual Name

Since I was a new patient, I had to fill out an information form for the doctor's files. The nurse reading it over noticed my unusual name. "How do you pronounce it?" she asked.

"Na-le-Y-ko," I said, proud of my Ukrainian heritage.

"That sounds real nice," she said, smiling. "Yes, it is melodious," I agreed.

"So," she asked sweetly, "what part of Melodia is your family from?"

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Sprinkler Valve Lock Boxes Installed

Submitted by Thomas Thompson, Fire Chief, MCLB Barstow, F&ES Division

What good does a fire sprinkler do to protect the homes and lives of our service members and their families when they are secured at the riser valve? That is a question that arose this past spring, as the Marine Corps Logistics Base (MCLB) Barstow Fire Prevention Branch found 8 of 12 multi-family home's fire sprinkler valves secured during annual housing inspections.



In the winter and spring of 2006/2007, the Fire Prevention Branch and NAVFAC San Diego Fire Protection Engineers worked with the contractor, who was building 74 new units aboard the Base. The Fire Prevention Branch wanted to get fire sprinkler systems into all homes, and were successful in getting 48 homes protected by meeting the UFC 3-600-1

requirements for multi-family residents. In the spring of 2008, Branch personnel performed a final acceptance walk-through of all of the homes which, in turn, was made the baseline for future annual housing inspections. When personnel left the units that had fire sprinkler systems, all of the systems were in full working order with the valves in the open position.

During the annual housing inspections this spring, the Fire Prevention staff found 8 of the 12 fire sprinkler valves secured. It was unknown who was responsible or why the valves were secured. What worried personnel most was that 67% of residential fire sprinkler systems were secured for up to a year. These systems were supposed to protect property valued at 8 million dollars. This did not including the loss of the personal property, nor the possible injury or loss of life of our families. It is quite possible that the aggressive Fire Prevention Program is the reason why there were not any fires last year in any homes on the Base. With regards to fires, MCLB Barstow has been very fortunate for the past 10 years.

Terry Jenkins, the Assistant Fire Chief of Fire Prevention, knew he had to take action to make certain the fire sprinkler valves would not be secured again without the Fire and Emergency Services' knowledge. Chief Jenkins immediately looked at possible ways to secure the valve using just a lock, or lock and chain. Everything that was examined revealed that someone could easily bypass these devices, thus allowing the valves to be improperly secured. Chief Jenkins then started looking for devices on the market that allowed the valves to be locked in the open position at all times unless secured by Fire personnel. He found many devices that allowed for valves to be locked closed, but none fit the need to keep them open.

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In addition, he did not know what type of lock to use without giving fire personnel additional keys to carry around in their vehicles. The lock problem was solved by Fire Inspector Gabriel Hammett, who through his research found that Knox Padlocks could be purchased. These locks would use the same key as the Knox Boxes that exist on buildings on the base that have fire protection systems. The cost per lock was approximately \$86.

The next key point was trying to find someone who could take the design and produce a working copy. Luckily, there was a local business that had a sheet metal shop. Mr. Rob DeWhittie and Mr. Gilbert Chong have over 32 years of experience between them working with sheet metal. The design was presented to them, where Mr. DeWhittie made a couple of recommendations and provided a price quote. They were able to fabricate the lock boxes to the exact requirements and needs. The cost for each box was \$54. The boxes fit like a glove over the fire sprinkler valve assemblies.

Fire Inspector Michelle Bledsoe suggested that there was a need to have precise labeling placed on the boxes so the residents and knew the boxes belonged to the Fire Department. She enlisted the assistance of Cheryle Magorno from the base's graphic office, who designed and produced the labeling for the boxes.



Inspector Bledsoe, along with Inspector Joann Williams, applied the labeling to all 12 boxes. With the assistance of Ms. Marlo Koceski from the base housing office, all of the lock boxes were placed onto the fire sprinkler valves within a one-hour time period. For the tenants who were home, it was explained to them what the boxes were for with regards to the fire sprinkler systems and their safety.

So, with innovative thinking, simple designing, and major assistances from a local business, MCLB Barstow F&ES was able to provide the necessary protection to ensure residential fire sprinkler systems will be fully operational if there is ever a fire in one of the protected homes. It could be said that an investment of approximately \$150 per lock box for property worth of over \$1 million and the priceless cost of human life is a pretty good return by anyone's book.

If you have any questions, feel free to contact Terry Jenkins at terry.jenkins@usmc.mil.

Any activity becomes creative when the doer cares about doing it right, or doing it better.

- John Updike

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PIFR Hosts “Flashover” Training

Lance Cpl. Russell Midori - Staff Writer

Submitted by Dwight Charleston, Fire Chief, Parris Island Fire/Rescue



Parris Island Fire/Rescue (PIFR) hosted two weeks of realistic training for its firefighters, as well as the members of Burton, Beaufort and Port Royal departments, culminating today.

At the fire-training site on Page Field, instructors from the PIFR burned more than 20 fires that would help them to

better understand how to read and interpret fire and smoke in a flashover situation. A flashover occurs when the ceiling, walls and furniture in a room cannot absorb any more heat from a fire and superheated gasses cause them all to combust at once, said Capt. Ralph Stanley of the PIFR. By recreating the conditions of such an inferno, trainees witnessed the characteristics of the different phases of fire.

“This teaches them how the fire will react in the incipient stage, the free burning stage and the smoldering stage,” said Stanley, of Beaufort, S.C. “Usually by the time we arrive on a scene, it’s already free burning. But this training shows the firefighters what exactly the smoke is doing and how it’s layering through each stage.”

The Depot is the only place in the county with a flashover simulator, which is a heat-resistant building about the size of a tractor-trailer. The confined space is adorned inside with combustible and replaceable masonite slabs, and heats to about 1200 degrees when a fire barrel is ignited inside of it. Teams crawled into the building in full bunker gear with boots, gloves, flash hoods, self-contained breathing apparatuses and masks. They stayed low during each half-hour burn and studied the layering of the smoke, learning how to react to each phase of fire. Trainees opened the door to the simulator, adding oxygen to the mix of superheated gasses. This induced flashovers the firefighters could witness first-hand as they learned ways to suppress them.

“I had never gone through that type of burn before,” said Stacy Strong a firefighter-paramedic with PIFR. “I’ve been in burn buildings, but it was basically a search and rescue kind of thing. “Here, we didn’t have any workload. We were just sitting there, watching the fire and learning its chemistry,” explained Strong, a veteran Marine and former drill instructor from Indianapolis. Strong gained an appreciation for techniques that protect firefighters from flashovers, saying she came out of the simulator with a greater knowledge of temperature checks, penciling and aggressive cooling – the three skills a firefighter needs in such conditions.

USMC News (Cont.)

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Corps Humor



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They performed temperature checks by streaming the nozzle at the ceiling above the fire.

“You’re hoping water droplets rain back down on you – that’s good,” Strong said. “If they turn to steam, we know we’ve got superheated gasses in there, and you run the risk of a flashover.”

Each trainee had a chance to handle the nozzle to practice methods of suppressing the fire.

“I learned you probably want to avoid using a fog stream,” Strong explained. Indiscriminately spraying water over a fire pushes the smoke straight down to the firefighters, and eliminates any visibility.

“We use penciling instead,” she said. “We shoot a small stream of water to break through the smoke without upsetting the thermal layering in the room.” When the fire is too intense and too close, they learn to use a fog stream as a last resort, added Jack Dean, the assistant chief of training. “We call it aggressive cooling,” said Dean. “It’s really a protective measure to get the fire off of us.”

A flashover is one of the most hazardous conditions for firefighters. One mistake can put the whole team in greater danger, so each member of the team must know how to react.

“Communication can be limited by conditions, so everyone has to have the same idea of what to do,” Dean said. “That’s why we want to do all this kind of training alongside other departments – in case we ever have to help each other out.”

The PIFR has mutual aide agreements with local firehouses to assist each other with major fires. “Training together puts us all on the same page so if we go out and work with them, we know how they do business, and if they work with us they have a general idea of how we do business,” Dean said. He added that he is happy to share use of the department’s simulator to help train and build camaraderie with firefighters from all over.

“This is just the beginning,” he said. “Eventually we’re going to reach out to every department in the county.”



Wiggins

Short and baby-faced, my buddy Wiggins had trouble being taken seriously in the Marine Corps. A mustache, he assumed, would fix that.

He was wrong.

"Wiggins!" bellowed our drill instructor after spotting the growth during inspection. "What's so special about your nose that it's got to be underlined?"

On the Job - Virginia

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Mass Casualty Drill at NAS Oceana

By MCS2 Kristan Robertson, NAS Oceana Public Affairs



In advance of the 2009 Naval Air Station (NAS) Oceana Air Show, a simulated mass casualty drill was conducted to test the coordinated efforts of base fire and rescue with the city of Virginia Beach emergency services.

With an estimated 220,000 visitors expected and about 18 performers at the Oct. 17-18 air show, safety is an imperative element to planning and executing.

"The drill is an important feature of air show preparation as it allows first responders from Oceana and the City of Virginia Beach to work in close coordination, testing critical lines of communication," said NAS Oceana Air Show Director Rich Erie.

This particular drill simulated two incidents that occurred on the flight line with a gas attack and improvised explosive device explosion. Members from Fleet Readiness Center Mid-Atlantic (FRCMA) Site Oceana acted as victims with wounds ranging from irritation to broken and protruding bones, eye injuries and lacerations to fatal injuries.

"I'm ecstatic to be a part of this training," said Aviation Support Technician 3rd Class Corey Hawk from FRCMA Site Oceana. "Anything can happen and it's better to be prepared to take care of certain situations beforehand."

Navy Region Mid-Atlantic Fire & Rescue, Virginia Beach Fire Department, Virginia Beach Police Department, Virginia Beach Volunteer Rescue Squad, including Kempsville Volunteer Rescue Squad, responded to 73 victims to simulate treatment and transport to Sentara Virginia Beach General Hospital and Sentara Princess Anne.

During the actual air show, everything is already staged with fire and rescue services in place. The drill is more difficult because of the number of people on base who are not normally on base trying to simulate thousands of people without losing control of the crowd, according to Jack Ritz, base safety and installation training team member.

"This training ensures the procedures and abilities are in place for our incident communications to properly combat and mitigate the effect of the incident," said John Heistand, installation training officer. "All the while, ensuring public safety will be maintained during the time spent on board Oceana for the air show."

Heistand noted the overall integration went excellent and lessons learned will be put in to place to incorporate better practices.

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**Navy
 Quartermaster**



Fire Prevention Week on the Puget Sound

From Navy Public Affairs Support Element West Det. Northwest



Inspector Chris Foley and Sparky demonstrate Stop, Drop, and Roll

Navy Region Northwest fire and emergency services visited Navy bases around the region to promote fire safety and awareness for Fire Prevention Week.

Fire stations at Naval Base Kitsap (NBK), NBK Bangor, Naval Station Everett, and Naval Air Station Whidbey Island set up displays, where service members and DoD civilians learned tips about fire safety.

"There are brochures on fire safety, coloring books for the kids, and kitchen fire safety packets with pot holders and lid removers and cooking safely in the kitchen," said Erlend Friderickson, the fire protection inspector for Puget Sound Naval Shipyard. "There is also a burn pan where you can practice putting out a

fire with a fire extinguisher. A lot of people actually don't know how to handle a fire extinguisher."

Sparky the Fire Dog also traveled the northwest region, visiting child development centers and youth centers to teach children the importance of fire safety. He taught children what they should do if they find flammable objects, such as lighters and matches; to stop, drop, and roll should their clothing catch fire, and to move low in a smoke filled room.

"I think it's a lot of fun for the children and it's a great opportunity for them to get to know the fire department and feel comfortable with them in case there's ever an emergency in their house," said Melissa Haley, youth activities coordinator at the NAS Whidbey Island Youth Center. "The children are much better prepared if an emergency does come up."

Fire Prevention Week 2009 is a National Fire Protection Association (NFPA) activity which focused on burn awareness and prevention according to the NFPA Web site. The theme for 2009 was "Stay fire smart! Don't get burned."



2, 4, 6, 8...

Few people outside the military know what a Navy Quartermaster does, so during my aircraft carrier's Family Day, I demonstrated a procedure called semaphore. I grabbed my flags and signaled an imaginary boat. When finished, I pointed to a little girl in front and asked, "Now do you know what I do?"

"Yes," she answered. "You're a cheerleader."

A Pioneer's Story

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Ronny J. Coleman

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Does the Name Sam Spear Ring a Bell?

By Ronny J. Coleman

Sam Spear is dead. He's been dead a long time. And the funny thing was, I didn't even know it. I still wouldn't know it if I didn't happen to be one of those persons who simply cannot drive by a fire station without going in and looking around. That is how I found out that Sam was no longer with us. But I will bet that there are a whole bunch of other people who didn't know that Sam was dead either.

And that is a shame; because from what I can find out, Sam was someone who I think that I would have liked. In fact, I bet fire service professionals would have liked him too. The proof was there for review in his epitaph.

I found Sam by accident. I was conducting an inspection at fire stations for a planning effort when I came upon a letter on the wall of a fire station in Northern California. The letter was framed and titled: *A Memoriam Samuel Joseph Spear — 1879 - 1925*.

The letter on the wall started off with: "The brave little champion of the fire of San Francisco went to his death last 4th of July, in the waters of the lagoon at Brighton Beach, San Mateo County. He died as he lived, heroically, in an attempt to save his two drowning boys. The children were rescued by others while their father perished beneath the waves. He is gone. But behind him he leaves an enduring monument — not a fine stone or marble, but a moment of his greatest endeavor."

I was expecting the next couple of words to be about his family or something about his heroics on a fire. Instead I found, "the two platoon system." Right. At one time the fire service only had one platoon. You worked everyday. Time off was measured in terms of hours and minutes.

The letter's writer went on to say, "It is not too much to say that were it not for Sam Spear the two platoon system might still be a vague vision devoutly to be wished for rather than to be part and parcel of the department regulations. Thus he led the fireman out variable house of bondage into the promise land of decent hours and better conditions. As Chairman of the Campaign Committee, he led the vain fight of the two platoon system in 1912. Undaunted by defeat, he made plans for another battle to achieve the goal."

Wow! This guy was some kind of hero, wasn't he? He stood up for principle. And he didn't do it just to get accolades from those he served, the citizenry. He took a stand for those he served with, his fellow firefighters.

The writer went on, describing Sam Spear as a person who "bravely he met the attacks on the two platoon system made by property owners, merchants and professional men. Calmly he talked to them, turned the logic of his arguments on them and converted them to his side. He won the battle by winning their respect, by forcing them to admit that the firemen were men as well as public servants. Despite almost insurmountable difficulties, the measure carried in 1916."

Sam Spear (Cont.)

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That says to me that Sam Spear was someone who understood what it meant to have courage under pressure. And he passed that test with flying colors. The letter writer continued to eulogize Sam, showing just what type of character this man possessed.

“In the pay raise granted in 1918 and the last year, Chief Spear was in the forefront of both fights. His time and talents were placed freely at the command of his comrades. His sincerity of approach, his forceful manner and distinctive argumentative style won the people of the fireman's causes as they had in the two platoon campaigns.”

Sam didn't stop with getting the two-platoon system. He didn't stop with getting the guys a raise. Sam continued to fight for the basic rights of those he served with. According to the eulogy, “He realized that the civil service system could be perpetuated and good working conditions obtained only by the formation of a central fireman's organization. Accordingly, with others, he founded the David Scannell plug and served as its first president.”

But what kind of guy was Samuel Joseph Spear? He was born in San Francisco in 1879. He was only 46 years old when he met an untimely death. Before he died, he demonstrated how to succeed. Sam joined the department in 1903, and passed the first fireman's sole service examination as number one in his class. In seven years, Spear was made a lieutenant. Four years later, he again earned the top score on the captain's exam. He headed the civil service list for battalion chief in 1917. And when he died, he was first on the list to be appointed second assistant chief engineer.

He was a guy who, if magically brought back to life today, would be fiercely competitive for the next exam. He probably would be just as committed today as he was back then. He was no armchair firefighter — he was engaged.

Again, the letter writer reminded the reader that Spear was a man of action. “Justly has he been called a hero. In 1909 he saved several of his comrades from death in the burning whole of the steamer Contra Costa. Five years ago he swam half a block off Meiggs to rescue a drowning man. At this hour, a gold medal lies in the office of the fire commissioner inscribed with his name for the rescue of a woman at a Golden Gate Ave. blaze — alas, it can never be presented.”

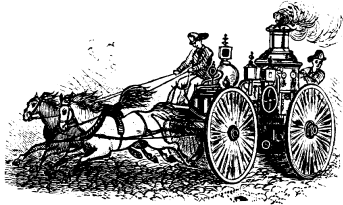
If you think we invented the idea of getting an education to be a fire officer, think again. Spear pursued the four-year night courses at St. Ignacio College and graduated with a bachelor's degree of law when he was 45 years old. If he had been able to live to enjoy his retirement from the department he planned to engage on the practice of his profession.



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Sam Spear (Cont.)

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Charles Boden, the author of the eulogy, stated that, “There is no eulogy for Sam Spear. He needs none. In a simple narrative of the deeds of a man who lived a brilliant life of love and service and died even a more normal death. To his crushed wife and children and sorrowing relatives the fireman offered heartfelt sympathy.”

That sort of sounds like the phrase we keep hearing repeated over and over again: “Our thoughts and prayers are with you tonight...”

Boden also predicted that the San Francisco's firefighters would not forget Sam Spear. Boden called him the “prophet of the new day” in the department; apostle of the square deal, and wished that his sincere friend and his memory would be ever green. But you know what? I don't think that happened.

We did forget. All of those who enjoy the platoon system owe a debt of gratitude to Sam Spear.

Those who have a decent wage as a firefighter owe a debt of gratitude to all of the Sam Spear of the world. But more importantly, we all owe it to the service to remember that each generation makes a contribution and that no one generation owns the image of the fire service.

We really talk a lot about tradition and then forget to remember those that fabricated it for us. We talk a lot about courage, but then think that the only acts of courage are those that are exhibited on the fireground.

I am sorry that I didn't know who Sam Spear was till I read that letter. I did know about the creator of the Kelly day, which preceded the two-platoon system. But I didn't know about Sam. I have offered up this tale of recollection as reminder that it's not all about us; it's all about all of us — the past, the present and the future.

I hope that there are young firefighters out there who could learn something about integrity from a man who died almost eight decades ago. I would hope that there are young fire chiefs out there who can say that they care as much about taking care of their personnel as a man who only made about \$100 a month. Sam Spear might have sacrificed his life along time ago, but he is a role model for our industry today.

With more than 40 years in the fire service, Ronny J. Coleman has served as fire chief in Fullerton and San Clemente, Calif., and was the fire marshal of the State of California from 1992 to 1999. He is a certified fire chief and a master instructor in the California Fire Service Training and Education System. A Fellow of the Institution of Fire Engineers, he has an associate's degree in fire science, a bachelor's degree in political science and a master's degree in vocational education.

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San Francisco Engine Company 23 circa 1915

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Firehouse Trivia

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Where Did the Term 'Kelly Day' Originate?

Reprinted from August-September 2004 issue of *What's Happening*



Firefighters' wages remained the most important issue of the early 1920's. A first class firefighter only received \$2,200 a year in 1922 under the new 84-hour system. During the years between 1922 and 1927 a petition from Chicago Local No. 2 to the Chicago City Council urging the City to grant a salary increase to the members of the fire department was routinely denied. Death pension benefits for widows and disability benefits for firefighters were also nonexistent in Chicago.

Part of the reversal of conditions was the election of a firefighter's son, Edward J. Kelly, to the Mayoral seat in 1933. In 1936, Mayor Kelly gave Chicago firefighters a day off for every seven on duty, beginning a new terminology that Illinois firefighters still use for additional days off - a "Kelly" Day. Chicago firefighters were so fond of Kelly; they named him an "Honorary Fire Chief" in July 1934.

Combs Cartoon



Superhero



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Legislative Report

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Congress Moves To Repeal NSPS

By Alyssa Rosenberg arosenberg@govexec.com

Congress has dealt a lethal blow to the Defense Department's controversial pay-for-performance system.

The conference committee working on the fiscal 2010 Defense authorization bill on Wednesday released a report of the final legislation that repeals the law authorizing the National Security Personnel System, and mandates the return of all NSPS employees to their previous pay system by Jan. 1, 2012. The House and Senate are expected to approve the conference agreement.

"I am pleased my fellow Armed Services conferees agreed that it is time to end this short-sighted policy, which threatens the rights and protections of the DoD civilian workforce," said Sen. Daniel Akaka, D-Hawaii. "Employees throughout the federal government, especially those charged with defending the nation, deserve a fair personnel system. I believe this agreement will more appropriately protect DoD employee rights while giving DoD the additional performance management and hiring flexibility it needs."

The report also gives the Defense secretary the ability to propose new personnel flexibilities, but would subject those to congressional approval.

Under the agreement, the Defense secretary would have to begin returning the 200,000 Defense employees covered by NSPS to their previous pay system within six months of the law's enactment. The conference report said "no employee shall suffer any loss of or decrease in pay" when they revert to the previous personnel system.

The Federal Managers Association had been concerned that highly-rated employees who received significant pay increases under NSPS would be financially penalized when they returned to the General Schedule or another personnel system, said FMA President Darryl Perkinson.

The conference report also stated that until NSPS employees are returned to their earlier pay systems, they are entitled to 100 percent of pay raises granted to General Schedule workers in other departments.

Defense Secretary Robert Gates announced on Sept. 25 that all Defense employees who received ratings above "unacceptable" would receive the full raise given to General Schedule employees. Previously, employees had been entitled to at least 60 percent of that raise, but the Defense secretary had the authority to allocate 40 percent of the raise to pay pools to be distributed as performance increases and bonuses.

Federal employee unions strongly praised the conferees for choosing to repeal the authorizing legislation behind NSPS, a more aggressive action than those proposed in the House and Senate Defense authorization bills. The House version of the provision would have rolled back NSPS within one year, unless the Defense secretary argued for its reform and Congress passed legislation to preserve the system.

NSPS (Cont.)

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The Senate provision would have eliminated NSPS within the same period of time, but allowed the Defense Secretary to establish a new pay-for-performance system that was "fair, credible and transparent."

House Oversight and Government Reform Committee Chairman Rep. Edolphus Towns, D-N.Y., said that the decision to repeal NSPS was a necessary first step toward the "reconstruction" of the Pentagon's personnel system, recommended by the Defense Business Board's review panel, which issued its [final report](#) in August.

While the conference report does not give the Defense secretary authority to establish a new pay system unilaterally, it does direct him to make substantial changes to performance management within the department. The report directs the secretary to work with the head of the Office of Personnel Management to create a "fair, credible and transparent performance appraisal system" for employees; a "fair, credible and transparent system for linking employee bonuses and other performance based actions to performance appraisals of employees;" and a system to provide employees with "performance assistance plans" that would give them access to on-the-job training and mentoring. And the report gives the Defense secretary the authority to create a "Department of Defense Civilian Workforce Incentive Fund." Money appropriated for the fund could be used to award performance, hiring and retention bonuses to Defense employees.

The agreement opens the door to the creation of additional personnel flexibilities other than the changes outlined in the conference report, but says the Pentagon chief must work with the OPM director to develop a plan for those changes and justification for how they would avoid the pitfalls of NSPS identified in the Defense Business Board review panel's report. Congress would have to approve those changes.

"NSPS has been on the wrong track since its inception, and I am glad to see the conference committee take a strong stand against this failed system," said William Dougan, president of the National Federation of Federal Employees. Dougan cautioned that the conference report still had to pass, but said Wednesday had been "a very good day for the federal workforce."

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We've all heard that we have to learn from our mistakes, but I think it's more important to learn from successes. If you learn only from your mistakes, you are inclined to learn only errors.

-Norman Vincent Peale

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Friendship Dinner

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CNFJ Hosts 12th Annual Friendship Dinner

The Commander U.S. Naval Forces Japan Regional Fire Department kicked off a robust Fire Prevention Month campaign hosting their 12th Annual Fire Department Friendship Dinner. This year's event was attended by 141 senior Fire & Emergency Services officials throughout Japan. Regional Fire Chief Russ Tarver stated, "This event has become a cherished tradition for my fire department and presents a unique opportunity for us to network with our host-nation counterparts and re-affirm our commitment to mutually support one another".



Regional Fire Chief Russ Tarver (right to left) presents Commander U.S. Naval Forces Japan RADM Richard Wren with *Japanese Matoi* (Fire Department Flag). Included in the picture (left to right) CNFJ N3 Capt. Robert Wylly and CNIC F&ES Deputy Director Rick Brockman

Senior officers and government officials attending this year's event included CNFJ Regional Commander RADM Richard Wren, Japan's Federal Disaster Management (FEMA) Director General Takei, Yokosuka City Mayor Yoshida, and CNIC F&ES Deputy Director Rick Brockman.

On the Job – Gulf Coast



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Gulf Coast F&ES Welcomes New Training Aircraft



(U.S. Navy photo by Jay Cope/Released)

ARFF trucks from NAS Whiting Field spray a bridge of water over two T-6B training aircraft to celebrate their arrival. The aircraft will be used to replace the venerable T-34C Turbo Mentor plane in flight training for student pilots.

Accreditation News

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Single Point of Failure

By Rick Brockman, DoD Fire Department Accreditation Manager

Suppose there was a special computer in your department that was only used to enter payroll information. Now suppose getting the data from that computer was the only way you and your people get paid each month. The payroll computer is unlocked each payday with a single key kept in a secure location. Let's pretend that the Fire Chief decided the best way to guarantee the security of the payroll computer was to keep the key in a secret location known only to the Fire Chief. Finally, let's suppose the Fire Chief has a terrible accident on the way to work one payday morning and is killed.

As Ralphie said, "Oh fuuuudge".

This is what we call a single point of failure; the single key holder disappears and the entire system dies.

Unfortunately, these single points of failure (SPF) are not as uncommon as one would think. One area we find more inclined to establish SPF than most is the fire department accreditation program.

Seems there are quite a few Accreditation Managers out there who hold the entire program hostage to their physical well being and attendance at work. Heaven forbid anything happen to these lone rangers because the whole program will lock up if it does. Through no fault of their own, they are a single point of failure. We've actually had a couple of fire departments lose accredited status due to a SPF. One person disappeared and critical deadlines were missed because nobody else was aware the clock was even ticking.

Not acceptable and completely avoidable.

Succession planning is more than a management buzz word; it is a no kidding, fact of life necessity in the accreditation program. Accreditation is a long, labor intensive process that is based on the premise of continuous improvement; that means it never stops. While Accreditation Managers have a shelf life (they get sick, retire, move on) the accreditation process rolls along at a steady pace, so it is important that we provide for continuous oversight.

Chiefs, take a good look at your accreditation program (as well as all of your other programs) and see if you have any single points of failure. Assign a second in command (and a third and fourth alternate) who can unlock the lock if the first in command disappears. It is only fair to all the people who put in their blood, sweat, and tears to attain accredited status.

DoD Accreditation Workshop

February 9 -11, 2010 SUBASE New London, CT

For more information:

Contact: Assistant Chief Michael Pope

Phone: 757-462-7212

Email: michael.t.pope@navy.mil

Register for this event: [February 2010- CFAI Workshop Series - Navy Region Mid-Atlantic](#)

Navy F&ES POCs

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Job Links

Interested in becoming a DoD firefighter? Follow these links;

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Breast Cancer Awareness Month