



What's Happening

Navy Fire and Emergency Services Newsletter

Protecting Those Who Defend America

April 2013

OMNI CEDO DOMUS

Vol 11 No 4

Email the Editor:

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Guest Editorial

A Fire Chief's Advice On How to Be a Great Firefighter



1. *The fire service is a dangerous profession.* Every year, on average 100 firefighters die and another 80,000 are injured. To stay safe, study and learn about your emergency work and its hazards. Knowledge of your job enhances safety.
2. *Heart attacks are the number-one killer of firefighters.* Remain in good physical and mental condition. A lifelong commitment to exercise and good living can save your life and make you a better firefighter.
3. *The military, police and fire service – we are all in dangerous professions where members risk their lives.* But fire fighting is different. We have the best of the death professions. For example, in the military to be a good soldier you may have to shoot people. In law enforcement, to be a good police officer you may have to arrest people. In the fire service, to be a good firefighter we have to save lives. After your career is over, your memories will be good ones.
4. *The job makes the man or woman; the man or woman does not make the job.* What does this mean? It means look at your supervisor or chief. You will most likely assume some of the personality traits of that person during work. We rarely change the job. The job changes us. When you set your sights on a position or rank, look closely at the person who has that job because you may become like him or her.
5. *Support your boss.* The top job is the toughest assignment in your department. If you get an opportunity to work with the chief, take it. You will see close-up the pressures and stresses of the position. So, if later you achieve the position, you will know what to expect.
6. *Work for labor-management cooperation.* You may have to work with a union official without compromising your management responsibilities. This is tough to do but it's the only way. If you become involved in an explosive labor-management situation, remember after the crisis is over we all have to work together again.
7. *Balance your work in the fire service and your family.* After you accomplish all your life goals and ambitions at work, you will then understand, like I did, you could not have accomplished it without their love and support.

Guest Editorial (Cont.)

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8. *A firefighter is a social worker with muscles.* The fire service is physical social work. You help people by stretching hose lines and raising ladders.

9. *The fire service does more than fight fires.* We now are an all-purpose emergency service – fires, medical emergencies, auto extrication, drowning, hazmat, rope rescue, confined space collapse rescue, floods, and tornadoes. We do it all.

10. *Specialize and teach.* Learn one of the emergency service specialties very well. Become an expert in the subject, and then teach it to a new firefighter. As a friend of mine told me, "We all have an obligation to leave this fire service 'better' than it was when we joined

Good luck, stay safe and God bless you.

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Deputy Chief Dunn (Ret., Fire Department of New York) is the author of a number of textbooks, including the new [Strategy of Firefighting](#) (Fire Engineering, 2007), [Collapse of Burning Buildings](#) (Fire Engineering, 1988), [Safety and Survival on the Fireground](#) (Fire Engineering, 1992), and [Command and Control of Fires and Emergencies](#) (Fire Engineering, 1999). For more information: [Email](#) Deputy Chief Dunn (Ret., FDNY) - Visit [VincentDunn.com](#) - Call: 1-800-231-3388

When I asked Chief Dunn if we could reprint this piece he did not hesitate to grant permission and added;

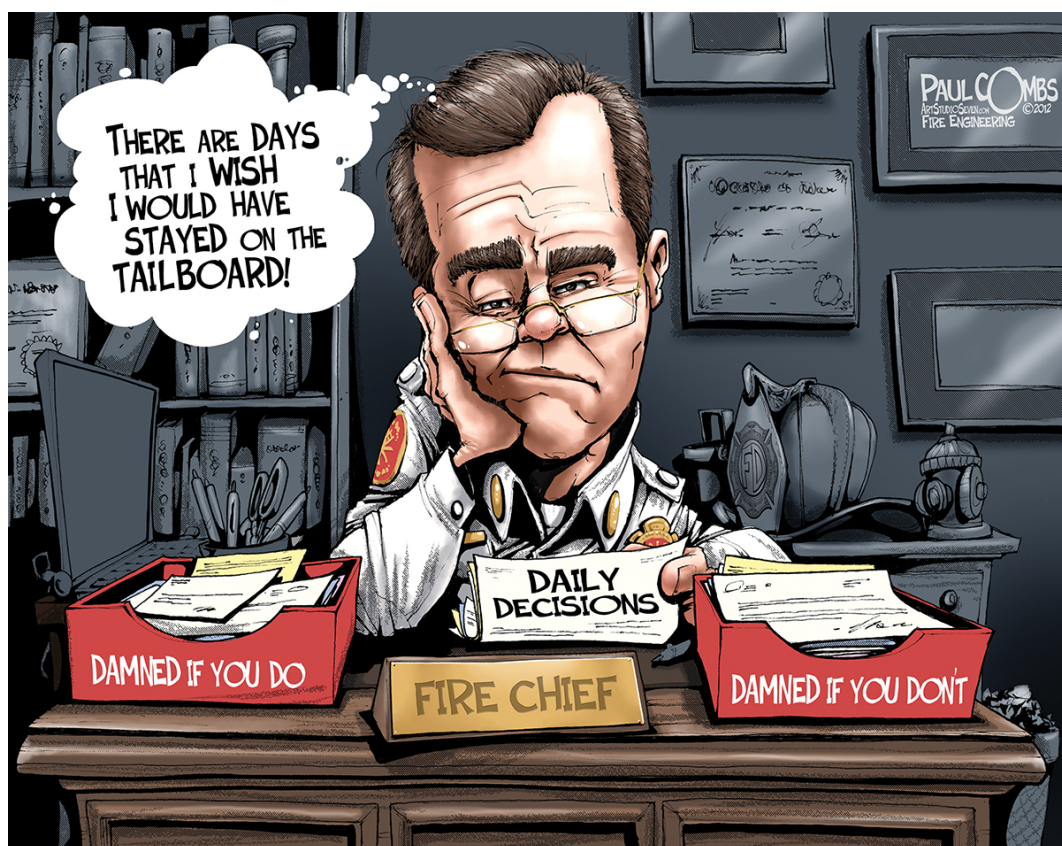
"I was in the Navy on a minority cruise (17 to 21 years of age) 1952 to 1956; served on the USS Lioba refrigeration transport and US Navy Base, harbor patrol, in Guantanamo Cuba. The Navy saved my life and started me on a productive life."

Combs Cartoon



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Damned If You Do...



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Last Alarms

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TCOoO Update



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Last Alarms

The USFA reported 19 deaths to date in 2013. The following line of duty deaths were reported since we published our last issue:

Jeffrey Scheuerer 🚒

Age: 35
Trenton, NJ

Michael Goodwin

Age: 53
Philadelphia, PA

Harold Hollingsworth 🚒

Age: 47
Buckner, MO

John Janos ♥

Age: 57
Binghamton, NY

James Clark ♥

Age: 56
Bedford, NH

Lawrence Stone 🚒

Age: 37
West Union, IL

2013 Totals

♥ 10 (52%) 🚒 4 (21%)

♥ Indicates cardiac related death

🚒 Indicates vehicle accident related

As we go to print, the United States Fire Administration has yet to report the line of duty deaths that occurred the evening of 17 April 2013 in West, TX. Our best information on this tragic incident is that five volunteer firefighters, four EMS responders, and one off-duty Dallas, TX Fire Captain perished in the explosion.

Taking Care of Our Own

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

There are currently 21 DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.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	Alexis.A.Rivera8.civ@mail.mil
Stephen Dock	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil
Chris Burke	Fort Wainwright, AK	David.Halbrooks@us.army.mil
Christopher Matthews	Portsmouth NSY, NH	Marc.J.Smith@navy.mil
Annie Sands	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Mark Davis	JB Langley-Ft Eustis, VA	Dale.E.Hankins.civ@mail.mil
Michael McClure	Niagara Falls, NY	Peter.Stein@us.af.mil
Russell Reynolds	Niagara Falls, NY	Peter.Stein@us.af.mil
Richard Jefferson	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Thomas Trost	Wright Patterson AFB, OH	David.Warner@wpafb.af.mil
Tyson Bushnell	Navy Region Northwest, WA	Carmen.Morris2@navy.mil
Brian O'Neill	Joint Base McGuire-Dix-Lakehurst, NJ	Paul.Presley.1@us.af.mil
Eric Schafer	Eglin AFB, FL	Kevin.Remedies@eglin.af.mil
Mark Luther	NAVSTA Newport, RI	Marc.J.Smith@navy.mil

From CNIC

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More Furlough News



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VADM French Encourages Patience

By VADM William French, Commander Navy Installations Command

Team CNIC,

I want to provide you with an update on recent federal budget developments, particularly as they may affect the furlough of some of our civilian employees.

With the passage of H.R. 933, efforts are underway within DoD and each Service to evaluate the need for civilian furloughs. As you may know, DoD recently delayed the decision on whether or not to furlough workers until early May. To me, this delay is an indicator that decision-makers understand the significance of furloughs and that the furlough decision is being made in a deliberate and thoughtful manner.

Although it is difficult, I encourage all of us to be patient as the process continues.

DoD also recently announced that a furlough, if implemented, would consist of 14 days/112 hours instead of the originally planned 22 days/176 hrs. If a decision is made to furlough civilian employees, the required advance notice will be met. Our CNIC HROs are prepared to answer any specific questions you may have on the furlough process.

Lastly, I would like to emphasize that our civilian workforce is incredibly talented and dedicated, and I recognize that a potential furlough may create significant financial hardship for you and your families.

Thank you again for all you do to support our Fleet, Fighter and Family!



Navy Furloughs Would Hit 94% of Workforce

The Navy is telling its civilian employees that it will try to keep the number of furlough days “as low as feasible” but unpaid days off still are expected and when they happen, more than nine-tenths of workers will be affected.

The Navy noted the recent announcement by the Defense Department reducing the number of expected furlough days department-wide from 22 to 14. That was due to enactment of a budget measure providing increased funding in parts of the defense budget paying for current operations.

“Despite [Department of the Navy] efforts to address current and projected budget reductions, fiscal challenges will likely require administrative furloughs of approximately 94 percent of the Navy’s more than 200,000 civilian employees,” it says.

In reducing the projected number of days, DoD also said it expects its furloughs to begin in late June rather than in late April as originally planned.

Hawaii Earns Awards

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2012 Navy Large Fire Department of the Year

By Fire Inspector Angela Sanders



RDML Frank Ponds recognizes Retired Chief Glenn DeLaura, Regional Fire Chief Fletcher Dahman for Navy F&ES awards

On March 11, 2013, the Federal Fire Department, Navy Region Hawaii received amazing news, they were selected as the calendar year 2012 Navy Large Fire Department of the Year. Regional Fire Chief Glenn DeLaura, who retired in December 2012 with 38 years of dedicated service, was also chosen as the Navy Fire Chief of the Year for 2012.

Navy Region Hawaii Federal Fire Department and Regional Fire Chief Glenn DeLaura

earned the same awards in 2007. In addition, Federal Fire Department Hawaii was also chosen as the 2007 Navy Fire Prevention Program of the Year.

"Whenever a leader is given an opportunity to surround themselves with loyal, trustworthy, hardworking individuals from all areas of the workforce, only then will a highly successful team be developed to build a vision that supports the goals and objectives of the Navy. The Fire Chief's award, although considered a single award, it is truly one that I share with the individuals that were part of my team." said DeLaura.

Rear Admiral Frank Ponds, Commander Navy Region Hawaii, presented Regional Fire Chief Fletcher Dahman and retired Chief DeLaura a certificate of achievement in recognition of the prestigious awards during the 2013 Federal Fire Department Joint Firefighter Recruit Academy graduation ceremony on March 22, 2013.

RDML Ponds commented "As the fire protection and emergency services provider for all Navy, Air Force, Army, Marine Corps and Coast Guard installations on Oahu, Fed Fire has contributed immeasurably to the safety of over 185,000 personnel... - Protecting Those Who Defend America!"

The Admiral continued, "As a team, Fed Fire accomplished a great deal in FY12. Additionally, you directed multi-agency, multi-day wildfire responses protecting department of defense property, weapons magazines, civilian homes and property, and state forest preserved land. Your continued focus, dedication and collaboration with other federal, state and county agencies towards prevention and preparation in over 450 fire drills and 20 mass-casualty and disaster response exercises has been unparalleled and vital to our continued success. Congratulations again and keep pressing forward".

We are what we repeatedly do. Excellence, then, is not an act, but a habit.
-Aristotle

On the Job – Corpus Christi

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Pazzo Marzo Texas Style

By John Morris, Fire Chief NAS Corpus Christi



This March brings back memories of Pazzo Marzo, or Crazy March in Italy. That reference is to significant weather changes; and in our case this was an uptick in “significant incidents”. Our firefighters generally respond to 100+ calls in any given month, to include three to five off-station auto aid calls, of which one to three might be end up being “working” incidents, where the guys really put to practice the ongoing training that they receive. Usually a look back at a given month will include some relatively significant responses, with most fires occurring off base, due in great part to the work of the very busy and proactive personnel in the Fire Prevention Division.

This month resulted in two very significant off station fire responses, with B-shift catching them both. One involved a well involved single family dwelling with NASCC F&ES Engine 1 and Chief 2 arriving second due; with the first due unit reporting “possible shots fired/standby” raising the intensity of this incident exponentially. It was later determined that there was ammunition in the house that had cooked off. Personnel were assigned along with the third due unit to primary search, and ultimately located two victims, both of which were deceased. Local law enforcement categorized this as a murder/suicide.

The second, a rare request for an ARFF unit for a multi-million dollar loss second alarm fire at an RV and boat storage yard. At this incident which was outside city limits in a rural area, limited water supply was a major factor as units relay pumped over 3,000 feet of 5-inch supply line, which was insufficient to combat this rapidly developing fire involving multiple high value recreational vehicles in a covered open storage configuration. The IC was aware of the Navy ARFF capability at Naval Air Station Corpus Christi, 14 miles from the scene, and initially called the NASCC Fire Chief to inquire if we could respond, which we could and did. Once ARFF 60 and Chief Two arrived on scene they conferred with command and immediately initiated a mobile pump attack on the fire, expending three full tanks of water and utilizing all on-board AFFF. Control time was noted to be approximately fifteen minutes following their arrival; and was credited with saving six RV’s valued at well over \$2 MIL. A text received later in the day read “Thanks Chief for the help, your guys saved the day”...good stuff to hear!

At each of these incidents personnel worked side by side with crews from multiple jurisdictions, within a well refined unified command structure that has developed over the last several years. The experience both our responding crews and our Ops Chiefs gain on these incidents is invaluable as it hones skills and key relationships that will be the key to a successful outcome involving a major incident onboard Naval Air Station Corpus Christi. Also beneficial is that Navy F&ES, and by extension the U.S. Navy were highly visible as they provided service to the local community.

On the Job – Camp Pendleton

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New Vehicles



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Camp Pendleton Personnel Receive Life Save Award



On November 24, 2012, Division Chief Kenneth Jacques of Camp Pendleton Fire & Emergency Services was en route from Station 8 to Station 7 when he was stopped by a vehicle whose occupant advised him of a motorcycle crash just adjacent to

installation property. He arrived to find a motorcyclist under a vehicle after striking it at a high rate of speed. Camp Pendleton Engine 2718 and Medic Ambulance 2797 responded and a helicopter was requested.

The patient was unconscious and had suffered multiple traumatic injuries in the crash. Treatment was initiated and he was quickly removed from under the vehicle. A decision was made to transport the patient by ground versus air in order to save time. The patient, later determined to be an active-duty Marine was transported to a trauma center, where he remained for three weeks before being transferred to VA facility to continue his recovery. A letter received from the family advised that the patient was alert, walking, talking, and playing video games with his brother. The family considered this nothing short of amazing and attributed his survival and recovery in part to the rapid treatment he received from F&ES personnel.

After reviewing the incident, it was determined that the incident met the criteria for a Life Save Award. Personnel receiving the Life Save Award were Division Chief Kenneth Jacques, Lieutenant Jeff Moore, Firefighters Rusty Duke, Bayne Ullrich, and Jason Swift, and Firefighter Paramedics Mike Flora and Morgan Bayles.

Navy's Rebuilt HazMat Vehicles Ready to Roll



Rebuilt HazMat vehicles on display at Fire Trucks Unlimited facility in Henderson, NV

On the Job - Northwest

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Navy Region Northwest Firefighters 'Have a Heart'

By Tony Popp, NAS Whidbey Island Public Affairs



Over 350 Oak Harbor High School freshmen learned the new way of performing cardiopulmonary resuscitation (CPR) with the help of Navy Region Northwest Fire & Emergency Services Battalion 3 at a "Have a Heart" CPR Assembly March 14.

"This has never been done before," said Molly Butler, school literacy coach, to one of three assemblies of freshmen. "You'll have the power to make a difference in the world."

Rob May, Whidbey General Hospital Emergency Medical Services (EMS), organized the event for the school. He, himself, is an Oak Harbor High School graduate, and not only called upon NAS Whidbey Island's federal firefighters and his EMS staff, but

those from Oak Harbor Fire Department, North Whidbey Fire & Rescue, South Whidbey EMS and even a fire department rep from King County.

According to Rae Wood, Assistant Oak Harbor High School principal, the unique CPR assembly came about as a recommendation from a staff member while sophomores through seniors take their annual March state testing.

"Our freshmen are still in school (modified schedule) during the first two hours of testing, so we put together activities," said Wood. "The last two days we did a Battle of the Books and Planning Ahead Assembly."

May shared anecdotal stories to make the lesson relevant and meaningful for students. After showing two brief videos, he divided the students in two groups for a shout competition to emphasize the new CPR method of "pushing hard" and "pushing fast" and no more mouth-to-mouth resuscitation. The "Push Hard" team was louder than their "Push Fast" competitors.

The students then took to the gym floor to pair up and practice the new CPR technique on CPR manikins with assistance from the firefighters and EMS personnel.

"Most people are afraid of doing CPR because of the unknown," said Navy federal firefighter Todd Bassett. "Having this knowledge takes that fear away."

Students Breck Von Borstel and Brandon Philip practiced together. "It's great for us to learn how to do it," said Philip. Jinai Guzman and Jessica Aguilar found the training fun and a little hard pushing on the CPR manikin.

"I have two people in my home with heart disease," said Aguilar. "If something should happen, I know what I need to do – check and see if surrounding area is safe, check for breathing, call 9-1-1 and start CPR."

Phishing Alert

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DTS Used as Phish Bait

There is a very active Phishing Scam directed at the users of the DTS System. The scam consists of the DTS user receiving an email asking them to log into DTS at the link "www.defensetravel.osd.com" to sign their authorization immediately or their travel reservations are subject to cancellation. Note that the furnished link reflects a dot-com (.com) website address while the correct DTS website uses only a dot-mil (.mil) website address. The web-site accepts the user's CAC log-in information – which may ultimately comprise their digital certificates.

If you receive any "DTS" email, use a link from your Bookmarks or manually enter the link into your browser to go to DTS. If you must use the link provided in the email, verify that it is a dot-mil (.mil) by RIGHT clicking on the link, select "Copy Link" from the pop-up menu, and then paste into your browser and verify the link is .mil.

Geriatric Humor



Can You Hear Me Now??

A couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair.

'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'



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Back in the Day

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Tom Shand

Early Four Wheel Drive Pumpers

By Tom W. Shand, Photo by Shaun P. Ryan



Beginning around 1952, the U.S. Navy began to replace some of the military chassis apparatus that had four-wheel drive capability with both custom and commercial chassis vehicles in order to provide off-road and rough terrain access. Among the first group of these units were fourteen 500 gpm pumpers built by the FWD Corporation of Clintonville, WI during 1953 and 1954. These rugged conventional cab pumpers were capable of going anywhere, including being able to ascend a forty five percent grade.

While these units served primary as structural pumper's smaller commercial chassis versions were produced by several manufacturers including General, Hesse and Progress Body Company. During 1955, a number of International R-180 four-wheel drive units were built by General and were equipped with a 500 gpm fire pump with a 600 gallon water tank. Booster reels were mounted ahead of the rear axle in place of body compartments on each side of the vehicle with several of these pumpers assigned to the Harpswell Fuel Depot in Brunswick, ME and Naval Powder Factory in Indian Head, MD.

Not all of the apparatus produced met the established testing requirements of the U.S. Navy and were not produced after the prototype vehicles were tested at the Aberdeen Proving Grounds in MD. American LaFrance built a 6x6-foam pumper based upon their 700 series cab forward chassis with Ward LaFrance constructing a box shaped four door 750 gpm engine with the pump panel on the right hand side of the vehicle. Neither one of these prototype designs were adopted by the Navy or civilian fire departments.

The Hesse Body Company of Leavenworth, KS had produced several versions of fire apparatus bodies for the military during World War II. During the early 1960's they built a number of brush-structural pumpers for the Navy using an International Loadstar chassis with a Coleman four-wheel drive conversion. These units were powered by an International gas engine rated at 196 horsepower and built on a 167 inch wheelbase. The Darley fire pump was rated at 500 gpm and carried a 600 gallon water tank. Costing \$12,432 dollars these pumpers were assigned to bases needing off road capabilities including Pearl Harbor, Vieques, Puerto Rico and Norfolk Naval Base. The Pearl Harbor pumper with property number 73-01719 was placed into service during 1963.

Later versions of these pumpers were built by Progress Industries with a single booster reel mounted over the fire pump and body compartments provided on each side of the apparatus. Several of these units had large brush bars installed to protect the front of the vehicle during off road operations. Originally delivered in a red livery these brush pumpers were later repainted in safety yellow to match other apparatus that were being acquired beginning in the early 1970's.

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On the Job - Okinawa

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Correction

Okinawa's Premier Surf/Water Rescue Team

By Assistant Chief James Hartman, MCIPAC Fire & Emergency Services Japan



Okinawa's premiere surf/water rescue team is ready to assist personnel in trouble. Okinawa is a tropical island in the western Pacific Ocean and enjoys water activities all-year round. US military, DoD civilians, US contractors and their families enjoy all types of available

water activities such as boating, swimming, diving, and snorkeling.

Marine Corp Installation Pacific Fire & Emergency Services Japan (MCIPAC FESJ) is determined to stay ahead of the waves of water rescue emergencies. MCIPAC FESJ has solicited the assistance of Ocean Rescue Systems International (ORSI) to provide a variety of surf water rescue, boat-based rescue, and tactical training. For 20 years, the ORSI team has developed a reputation for being the premier instructors of ocean water rescue and is utilized by the U.S. Coast Guard and the U.S. Air Force Pararescue teams. The ORSI team was the best candidate for the task of equipping our first responders with the skills set needed to enhance their abilities to handle water rescue incidents.

MCIPAC FESJ hosted the two-week course comprised of Public Rescue Swimmer and Rescue Boat Operations courses. MCIPAC FESJ, U.S. Air Force Marina personnel, and U.S. Army Tori Station F&ES all took part in this endeavor to better prepare for surf water rescues. Instructors from ORSI based the lessons on National Fire Protection Association (NFPA) Standards 1006 *Technical Rescuer* and 1670 *Technical Search and Rescue Incidents*.

Students faced challenges based on real world scenarios such as open ocean rescues, rocky shorelines and watercraft rescues. By adhering to the NFPA Standards and implementing the techniques embedded by ORSI instructions, Fire & Emergency Services Japan have established a solid skills foundation for first responders guarding the shorelines and waters of Okinawa.

Students completing the course were certified Public Rescue Swimmers (Rescue Swimmer Technician) and Rescue Boat Operators and received certificates from the Maine Maritime Academy. MCIPAC FESJ strategically positioned surf/rescue watercraft throughout the island and is prepared to respond to water rescue incidents anywhere on Okinawa.

The article *Joint Training at Its Best* on page 8 of last month's issue was written by Assistant Chief of Training Gilberto Medina and not Deputy Chief Derrick Walley as credited. I like vanilla with a little hot fudge Chief!

Fire Chief Ethics

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How to Avoid Fire Chiefs' Ethical Dilemmas

By Denis Onieal



"No One Is Ever Late For A Public Execution" is the title of a chapter in Chris Matthews' book, *Life's a Campaign*. In it, he observes how government officials behave poorly and self-destruct publicly. The fall from grace is sudden and precipitous; the personal costs are overwhelming — public embarrassment, loss of employment, the impact on the family and friends, and sometimes jail. The interesting part is how much the rest of us enjoy watching it happen — that "public execution." To many, the pleasure of watching the mighty fall is the modern day corollary to the gladiators in the Roman Coliseum.

In his book *How the Mighty Fall*, Jim Collins describes individuals, particularly very successful individuals (who will eventually fall), who begin to believe that they are talented rather than just lucky. They start believing that they're above average or that the rules don't apply to them. They spend a lot of time reading their own press clippings, and eventually begin to believe them. They have the rules figured out and know how to get around them. They're already on the entrance ramp to the six-lane, express highway to destruction. At the same time, they're fracturing relationships, ignoring friends who are telling them the truth, and listening only to those who tell them what they want to hear, the sycophants. Those sycophants are pall-bearers.

Fire officers are not immune to this phenomenon. There are news reports every day about the lapses in ethics — principal among them are inappropriate relationships, illegal financial transactions, misuse of government property for personal benefit, and over-stepping their legitimate authority. No fire officer ever starts out by saying to himself, "Today, I'm going to commit a crime." It's more insidious than that. It's that slight step over the edge of propriety which later becomes the new normal. It's the self-assurance that expands into hubris or the feeling of entitlement for all the hard work you do. And you fall.

We all believe we hold the highest ethical standards, but that first step over the edge isn't always that noticeable. It never starts with the big stuff; it's always the small and unnoticed. You use your official car for a personal errand or you use the city gas credit card to fill up your personal vehicle, which you sometimes use for work so you feel justified. You didn't have all the receipts for your last official trip, and you weren't reimbursed. On the next trip you amend a receipt or two to make up the difference. You know that one vendor has a superior product and service, and you write the specification to get the product or dealer you want. You take \$100 from the cash account with the promise to repay it. It's all small stuff.

To the unethical, there's no amount of warning or prediction of doom that will make you change. You probably didn't read this far. To the 100% ethical, there's no need to read this far. It's easy; you never have to make a decision between what is right and "a little wrong."

So the audience for this treatise is the 99%, those who are almost always ethical, who believe they are 100% ethical.

Ethics (Cont.)

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Take a look at your everyday behavior, particularly around the areas of relationships, finances and the use of department equipment — from cars to phones to power saws. Ask yourself, “How is what I’m doing right now going to look on the front page of the newspaper tomorrow?” Remember, when faced with an ethical dilemma, the 100 percenters don’t have to make a decision, they know the answer; the 99 percenters have to make a decision every time. It’s much easier to be 100%.

Denis Onieal is the superintendent of the National Fire Academy.
Fire Chief. Reprinted by permission of Penton Media, Inc. Copyright 2013. All rights reserved.

TSP News



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TSP Reconsiders Automatic Enrollment

By Kellie Lunney

The board that administers the Thrift Savings Plan is contemplating changes to the automatic enrollment program.

Some officials have expressed interest in having new hires contribute a percentage of their basic pay to one of the TSP’s five lifecycle funds instead of the government securities fund. The TSP launched a program in August 2010 that automatically signs up all new civilian hires to allocate 3% of their basic pay to the G fund, unless they choose to end their contributions or change the amount. Participants also receive a 3% match and a 1% contribution from their agencies, unless they opt out of automatic enrollment.

The G fund is the most stable investment of the TSP’s options, while the L funds are a mix of the TSP’s G, F, C, S and I offerings, and are crafted to help yield higher returns through diversity. The L funds, composed of the L Income, L2020, L2030, L2040 and L2050, are designed to move investors to less risky portfolios as they near retirement.

Automatic enrollment has increased TSP participation, but new government hires under the age of 29 have too much money invested in the G fund -- likely a result of automatic enrollment’s default option, said Renee Wilder, director of Office of Enterprise Planning at the Federal Retirement Thrift Investment Board during the group’s monthly meeting in Washington. The board just completed an analysis of TSP participant behavior and demographics. Gregory Long, the TSP’s executive director, said the agency wants to look at whether 3 % is the right amount for automatic enrollment.

The TSP board has a meeting in April with ETAC at which they will discuss the idea, among other TSP policy and management matters.

TSP participation rates overall are high, according to the board’s analysis. The participation rate among Federal Employees Retirement System enrollees in February was 86.9% and 40.2% among service members. Wilder said younger TSP enrollees are less engaged than older participants, and the board plans to work on ramping up its outreach to the under-30 crowd.

By the end of 2012, the TSP had about 4.6 million enrollees with \$330 billion invested among its 10 fund options.

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Time Management

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Peter Bregman

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The Biggest Myth in Time Management

By Peter Bregman

Brad* is as hard a worker as anyone I know. He's not just busy, he's keenly focused on getting the right things done. And it pays off — he is the largest single revenue generator at his well-known professional services firm.

A few days before Thanksgiving, Brad flew from Boston to Los Angeles with his family. He was going to work for the first few days and then relax with his family. During the flight, he decided not to use the plane's internet access, choosing to talk and play with his children instead. A five-hour digital vacation.

When they landed, Brad turned on his BlackBerry and discovered that a crisis had developed while he was in the air and he had close to 500 email messages waiting for him.

So much for a digital vacation.

The truth is, we can't ever really get away from it. There is no escaping the nonstop surge of email, text, voicemail, Twitter, Facebook, LinkedIn — and that's just the technology-based stream. How can we ever catch up?

We can't.

The idea that we can get it all done is the biggest myth in time management. There's no way Brad can meaningfully go through all his email and there's no way any of us are going to accomplish everything we want to get done.

Face it: You're a limited resource.

Each day only has 24 hours and we can't sustainably work through all of them. On the one hand, that's depressing. On the other hand, acknowledging it can be tremendously empowering. Once we admit that we aren't going to get it all done, we're in a much better position to make explicit choices about what we are going to do. Instead of letting things haphazardly fall through the cracks, we can intentionally push the unimportant things aside and focus our energy on the things that matter most.

There are two main challenges in doing the right things: identifying "the right things" and "doing" them.

Most of us manage our time reactively, making choices based on the needs that land on our desks. To determine the "right things," we need to make deliberate choices that will move us toward the outcomes we most want. Which, of course, also means that we need to make deliberate choices about what not to do. The world will take what it can from us. It's never been more important to be strategic about what we choose to give it.

In terms of the second challenge — "doing" or following through — we need tools and rituals. We need an environment that makes it more likely that we will do the things that matter most and less likely that we will waste our time with meaningless, unproductive diversions. We need to know how to prioritize properly, delegate deliberately, tabulate to-do lists, and mitigate multi-tasking.

Time (Cont.)

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But which tools work best? Which rituals will help us follow through? If you spend all your time discovering and using all the advice you get from me and others, it could become a distraction to the work itself. Here's a process to help you avoid turning time management into another excuse to procrastinate on your most important priorities.

Think for a moment about the time-management problems you face. Do you leave the office with a nagging feeling that you worked all day but didn't get your most important work done? Do you feel like you aren't taking advantage of your talents and passions? Are you distracted by little things?

Avoiding big hairy projects? Do you interrupt yourself with email and other distractions? Try taking this three-minute quiz to discover where you are distracting yourself the most.

<http://peterbregman.com/18minutes/quiz/>



Once you've identified your biggest time-management challenges, choose a single one to tackle. Maybe you're not clear on your "right things." Maybe you use the wrong rituals. Maybe you strive for perfection. Pick the challenge that most often gets in your way. Then choose one time-management tactic to solve that challenge — just one of the many good suggestions you've encountered here and elsewhere.

If that tactic works, repeat the process with another challenge. If it doesn't, try a new tactic. Continue to approach things this way, one at a time, so you can be sure what works for you and what doesn't.

Brad, overwhelmed by his hundreds of emails, put his BlackBerry away and did nothing until he arrived in his hotel room. Then, using his laptop, he triaged his now more than 500 emails based on what he knew were his most important priorities, answering the ones he needed to and deleting the majority of them. Within an hour, he was done. He shut his laptop, left his BlackBerry in his room (gasp!), and enjoyed a fun, chaos-filled dinner with his family, which, at that time, was precisely the right thing for him to do.

*Names and some details have been changed

Reprinted by permission. Peter Bregman <<http://www.peterbregman.com/>> is the CEO of Bregman Partners, Inc., a global management consulting firm which advises CEOs and their leadership teams. He speaks, writes, and consults about how to lead and how to live. He is the author, most recently, of *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done* winner of the Gold Medal from the Axiom Business Book awards, named the best business book of the year on NPR, and selected by Publisher's Weekly and the New York Post as a top 10 business book of the year.

He is also the author of *Point B: A Short Guide to Leading a Big Change* and co-author of five other books. Featured on PBS, ABC and CNN, Peter is a regular contributor to Harvard Business Review, Fast Company, Forbes, National Public Radio (NPR), Psychology Today, and CNN as well as a weekly commentator on Fox Business News.

Peter can be reached at www.peterbregman.com <<http://www.peterbregman.com/>>

Time is the coin of your life.

It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

- Carl Sandburg

SA Matters!

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Nine Dangerous Mindsets Part 1: The Starter

By Rich Gasaway

One of the human factors influencing situational awareness is the mindset of the first responder. Mindset is based on beliefs, biases and self-perception. Mindset may also be influenced by organizational culture and peer pressure.

In this series I am going to explore nine potentially dangerous mindsets and share how they can impact emergency scene safety.

Mindsets

The human brain has the potential for many mindsets and you can have multiple mindsets depending on the situation you find yourself in. For example, some first responders I know would never allow their kids to ride in their family vehicle unrestrained yet the same responders do not wear seat belts while riding in an emergency vehicles during a response. Clearly, those are two different, and in this case, conflicting, mindsets held by the same responders.

Dangerous Mindsets

The potentially dangerous mindsets I will be writing about in this series include:

The starter (a.k.a., the new member)

The subordinate (a.k.a., the loyal follower)

The specialist (a.k.a., the expert or 'know-it-all')

The superior (a.k.a., the BOSS!)

The stubborn (a.k.a., the defiant)

The silent (a.k.a., the shy one)

The superman/Superwoman (a.k.a., the unstoppable)

The slacker (a.k.a., the complacent)

The synergist (a.k.a., the like-minded)

Let's begin at... the beginning... with the mindset of the newly hired first responder.

The Starter

Everyone of us should be able to relate to this mindset. We've all been there, albeit some more recently than others. Being the new responder can be a scary ordeal. I recall how intimidated I was just learning how to properly don my turnout gear. In fact, when I first joined I didn't know what I didn't know.

The term sometimes given to that is level of 'expertise' is unconscious incompetence. That was me in 1979 and that was you in whatever year you were new.

I recall not only being scared about the things that could hurt and kill me, but I was also afraid – perhaps intimidated is the better word – of my more experienced comrades. I'd listen attentively to their stories of past emergencies and their heroic actions and I was in awe. Would I ever be that good?

Mindsets (Cont.)

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Could I ever become that good? I sure felt like I didn't want to disappoint them. So I kept my mouth shut and did what I was told.

Scared into silence

Looking back, I recall that while remaining silent and doing what I was told, I did some pretty dumb things. I did things that were inconsistent with the training I had received. I did unsafe things as I was being told "Kid, you learned it one way in the academy. Now we're going to show you how it's done in the street." I was too afraid to speak up.

There was too much risk in speaking up. I was sure the input of a lowly plebe about a safety concern would cause me to, at best, be laughed at and, perhaps worse, be put into exile. I'd resigned myself to the fact that I'd do what I was told and hope it didn't kill me. Looking back, I think it was luck that saved me on more than a few occasions.

A coward among us

I didn't know how to speak up. I felt that some of the things I was being told to do were not safe but I didn't know how to tell anyone about my concern. I felt alone, like I was the only one who felt this way, like I was the only one scared. I didn't want to be the coward among these brave heroes.

I would lay awake at night, rehearsing how I would tell my officer that I thought his decision to do this or that was not a good one. I was never able to reconcile a good outcome. For every approach I concocted, I saw a bad result. It's ironic. In my desire to avoid being a coward, I had become one.

The day it all changed

I can remember the day it all changed as if it were yesterday. I was having a discussion with an officer from my department over a root beer float at the local malt shop (ok... you can call 'B.S.' on that one) and he said something that floored me. He said: "The one thing that keeps me up at night is the fear that I would be screwing something up on a fireground and no one would tell me about it." I was stunned into silence.

It was like the weight of the world had been lifted off my shoulders. It opened the door for a great conversation and I shared with him what kept me awake at night was how to speak up when things are not going well. After all, I was the new guy – the rookie. Then, he said the second most shocking thing: "You have just completed a six-month fire training program. When I started there was no training program. I learned on the job. I've never had the training you've had. You know things I don't know. You can see things I can't see. You can help me be a better officer if you'll share what you know."

CPR in progress

By this point in the conversation I'm sure I'd stopped breathing. My heart may have even stopped beating. At a minimum, I know I was having a run of V-Tach. I wanted to hug him, right then and right there. But, since we were in the 'malt shop' I decided against it. Over the course of the following weeks and months I continued to ask questions of this officer about how to approach people when I have a

Mindsets (Cont.)

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Rich Gasaway, PhD.

concern.

It was a neat time in my development and I learned one of the most important lessons I'd ever need as an officer: Teach my followers how to speak up when they are concerned and let them know I will appreciate them telling me.



Chief Gasaway's Advice

As with much of the advice I dispense in my articles and in my classes, sometimes the solutions are simple, but not easy. If you are the starter, it's simply a matter of discussing, in a respectful way, your concerns. Approach it from the perspective that 'everyone goes home' is the goal. Use a parable or, for that matter, share the story I wrote about here to help open up the dialog. Your safety is too important to risk the consequences of not speaking up.

If you're an officer or in a position of influence over others, initiate the discussion. Be the one to open the dialog about how to speak up and make sure your followers know you genuinely appreciate them helping you by sharing their concerns for safety. I don't care how much training you have, how much experience you have or how good you think you are. There is ALWAYS the possibility for you to make a poor judgment based on flawed situational awareness. You'll appreciate having followers who are there to help you avoid tragic consequences.

About the author

Dr. Gasaway is a fire service professional with 33 years experience, including 22 years as a chief officer and incident commander. He is considered to be one of the nation's leading authorities on public safety decision making and situational awareness in high-stress, high consequence environments. His programs are noted for providing strong content that are immediately usable by first responders.

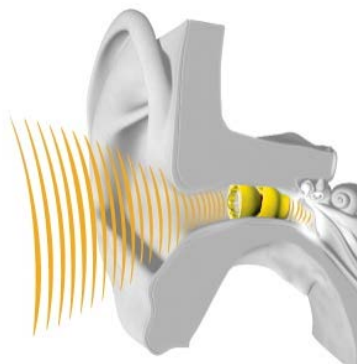
If there is anything I can do to help improve your situational awareness or decision making under stress, please contact me at: Rich@RichGasaway.com

Please consider visiting my websites. They contain a lot of free, high quality, information. And, hey, who doesn't like free stuff, right?

Disability Humor *A New Hearing Aid*



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Two veterans were in a deep discussion about disability benefits. "My separation physical took two days but they found a couple of ruptured disks and high frequency hearing loss; I get 35% disability now."

His shipmate replied, "They said I had severe hearing loss too but I didn't get ANY disability."

He continued, "As a matter of fact, I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."

Wellness Corner

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Relaxation Techniques for Health: An Introduction



Introduction

Relaxation techniques include a number of practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to consciously produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of calm and well-being.

Relaxation techniques (also called relaxation response techniques) may be used by some to release tension and to counteract the ill effects of stress. Relaxation techniques are also used to induce sleep, reduce pain, and calm emotions. This fact sheet provides basic information about relaxation techniques, summarizes scientific research on effectiveness and safety, and suggests sources for additional information.

Key Points

- Relaxation techniques may be an effective part of an overall treatment plan for anxiety, depression, and some types of pain. Some research also suggests that these techniques may help with other conditions, such as ringing in the ears and overactive bladder. However, their ability to improve conditions such as high blood pressure and asthma is unclear.
- Relaxation techniques are generally safe.
- Do not use relaxation techniques to replace scientifically proven treatments or to postpone seeing a health care provider about a medical problem.
- Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

About Relaxation Techniques

Relaxation is more than a state of mind; it physically changes the way your body functions. When your body is relaxed breathing slows, blood pressure and oxygen consumption decrease, and some people report an increased sense of well-being. This is called the "relaxation response." Being able to produce the relaxation response using relaxation techniques may counteract the effects of long-term stress, which may contribute to or worsen a range of health problems including depression, digestive disorders, headaches, high blood pressure, and insomnia.

Relaxation techniques often combine breathing and focused attention to calm the mind and the body. Most methods require only brief instruction from a book or experienced practitioner before they can be done without assistance. These techniques may be most effective when practiced regularly and combined with good nutrition, regular exercise, and a strong social support system.

Relax (Cont.)

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The relaxation response techniques covered in this fact sheet include:

- Autogenic training. When using this method, you focus on the physical sensation of your own breathing or heartbeat and picture your body as warm, heavy, and/or relaxed.
- Biofeedback. Biofeedback-assisted relaxation uses electronic devices to teach you how to consciously produce the relaxation response.
- Deep breathing or breathing exercises. To relax using this method, you consciously slow your breathing and focus on taking regular and deep breaths.
- Guided imagery. For this technique, you focus on pleasant images to replace negative or stressful feelings and relax. Guided imagery may be directed by you or a practitioner through storytelling or descriptions designed to suggest mental images (also called visualization).
- Progressive relaxation. (also called Jacobson's progressive relaxation or progressive muscle relaxation). For this relaxation method, you focus on tightening and relaxing each muscle group. Progressive relaxation is often combined with guided imagery and breathing exercises.
- Self-Hypnosis. In self-hypnosis you produce the relaxation response with a phrase or nonverbal cue (called a "suggestion").



How Relaxation Techniques May Work

To understand how consciously producing the relaxation response may affect your health, it is helpful to understand how your body responds to the opposite of relaxation—stress.

When you're under stress, your body releases hormones that produce the "fight-or-flight response." Heart rate and breathing rate go up and blood vessels narrow (restricting the flow of blood). This response allows energy to flow to parts of your body that need to take action, for example the muscles and the heart. However useful this response may be in the short term, there is evidence that when your body remains in a stress state for a long time, emotional or physical damage can occur. Long-term or chronic stress (lasting months or years) may reduce your body's ability to fight off illness and lead to or worsen certain health conditions. Chronic stress may play a role in developing high blood pressure, headaches, and stomach ache. Stress may worsen certain conditions, such as asthma. Stress also has been linked to depression, anxiety, and other mental illnesses.

In contrast to the stress response, the relaxation response slows the heart rate, lowers blood pressure, and decreases oxygen consumption and levels of stress hormones. Because relaxation is the opposite of stress, the theory is that voluntarily creating the relaxation response through regular use of relaxation techniques could counteract the negative effects of stress.

Relax (Cont.)

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Side Effects and Risks

- Relaxation techniques are generally considered safe for healthy people. There have been rare reports that certain relaxation techniques might cause or worsen symptoms in people with epilepsy or certain psychiatric conditions, or with a history of abuse or trauma. People with heart disease should talk to their health care provider before doing progressive muscle relaxation.
- Relaxation techniques are often used as part of a treatment plan and not as the only approach for potentially serious health conditions

If You Are Thinking About Using Relaxation Techniques for Health

- Do not use relaxation techniques to replace conventional care or to postpone seeing a health care provider about a medical problem.
- Ask about the training and experience of the practitioner or instructor you are considering for any complementary health approach.
- Look for published research studies on relaxation for the health condition in which you are interested. Remember that some claims for using relaxation therapies may exceed the available scientific evidence.
- Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

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CNIC HQ Staff Moves



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EMS Program Manager Moving On



Eric Chaney, CNIC F&ES EMS Program Manager, accepted a position as an Emergency Manager at the Department of Homeland Security beginning April 21, 2013.

Eric spent the last 27 years working in emergency medical services at organizational, local, state, and federal levels. He began his service as a volunteer provider in western Maryland where he attained paramedic certification. He holds a Masters in Business Administration from Mount Saint Mary's University.

Eric joined the CNIC HQ F&ES staff in November 2006 as a contract analyst and was selected as an EMS Systems Specialist in July 2010.

Eric was the linchpin to the CNIC F&ES-based EMS program, having been intimately involved in every detail from inception to implementation. He was a plank holder for the CNIC Life Saving Award program and was instrumental in the complete revision of OPNAVINST 11320.23.

Eric truly leaves some big shoes to fill and we will miss his sweaters. Best of luck at DHS Eric!

Joint Recruit Academy

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Hawaii Joint Firefighter Recruit Academy

By Fire Inspector Angela Sanders



The Federal Fire Department Joint Firefighter Recruit Academy- Class of 2013, held their graduation ceremony on Friday March 22, 2013, at the Honolulu International Airport in the Inter-Island Terminal Conference Center. This monumental event was attended by the Honorable Governor Neil Abercrombie and Rear Admiral Frank Ponds, Commander, Navy Region, Hawaii.

This unique recruit class was comprised of 39 exceptional firefighter recruits. Nineteen of the recruits are employed by the Federal Fire Department, Commander, Navy Region, Hawaii and will be assigned to fire stations located throughout various military bases on Oahu. Sixteen firefighter recruits are employed by Hawaii State Department of Transportation, Airports Division, and will be assigned to the Honolulu International Airport; Kalaeloa Airport; Lihue Airport; Hilo International Airport; and Kona International Airport. Four recruits will be assigned to the Pacific Missile Range Facility (PMRF) Fire Department on the Island of Kauai.

The Joint Firefighter Recruit Academy was a 22-week long training program and was held at the Federal Fire Department Headquarters. Instructors were brought in from both Federal and State Departments to insure compliance and to offer an array of knowledge. The recruits were required to complete various disciplines to meet the National Fire Protection Association (NFPA) 1001 Standard for Firefighter Professional Qualifications. The curriculum covered rigorous training with certifications in Firefighter I and II which covers basic entry-level training in the fire service, National Registry Emergency Medical Technician-Basic (EMT-B), Hazardous Material Awareness and Operations levels, Airport Firefighter, Firefighter Survival and Rapid Intervention Training.

Navy Region Hawaii Training Chief Chris Rapoza along with Battalion Training Chiefs Blaze Duarte, Shawn Howe, Jason Hanagami, TSgt Donald Jones, and TSgt Matthew Walls spent long hours preparing for this large class and were directly involved with the recruits from the first day of training. Chief Chris Rapoza stated "The recruit class began as a mixture of diversified young men and women. The challenge was to bring all of them together to work as a unit and to trust each other when put through challenging situations.

Academy (Cont.)

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Their motto: “One Team, One Fight.” They were trained to have understanding, compassion and respect for themselves as well as others’. Rapoza continued to say “Our lead Instructors instill in each recruit, dedication, commitment, honor, pride and self discipline to represent themselves and their departments in a professional manner, 24 hours a day on and off duty”.

Regional Fire Chief Fletcher Dahman shared his thoughts about this recruit class, “This joint training recruit class has been a true success story. The ability of the instructors to mold personnel from many different backgrounds into a cohesive team of future firefighters is evident from their day to day interactions and final skills testing. Chief Dahman continued “Budget constraints and limited departmental openings in all three agencies were big factors in creating this combined class. Cooperation and communication between the multiple training locations and training staffs enabled the recruits to participate in a maximum number of firefighting evolutions”.

The recruits had a special opportunity to showcase their skills to the media on Wednesday March 20, 2013. The Federal Fire Department collaborated with State Crash to set up a media training day at the Joint Base Pearl Harbor Hickam, Federal Fire Department Live-Fire Training Center. This media day was the final test for these recruits. It gave them an opportunity to demonstrate the skills learned during the Academy. Local media attending this event included: KITV, KHON, Honolulu Star Advertiser, Department of Transportation Public Information Officer, Navy Public Affairs, and Navy Public Affairs Support Element Division.

The 39 firefighter recruits have learned a great deal during these past 22-weeks. The Training Chiefs, as well as the Instructors, have molded these recruits to become impressive upcoming firefighters. This unique, first ever joint recruit class has been deemed a success and is a huge accomplishment. These individuals have created a milestone and set the bar for future joint ventures.

IAFC Scholarship



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Federal - Military Scholarship Available

Each year the Federal Military Section of the International Association of Fire Chiefs funds a scholarship for a minimum of \$1000 specifically for those serving in Federal Military Fire Departments.

Additionally, the International Association of Fire Chiefs Foundation offers many other scholarships available to those seeking higher education in the fire sciences.

Deadline for submission is June 1.

Visit <http://www.iafcf.org/Scholarship.htm>

For details or please contact Gary Brouse, IAFC Federal Military Section Liaison at gbrouse@iafc.org with any questions.



Social Media

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Billy Goldfeder

Bad Behaviors on Social Media Betray Public Trust

By Billy Goldfeder

Millions of people woke up Easter morning to find this headline in their newspapers and RSS feeds: *EMS Workers Post Gory, Private Photos Of Patients Online.*

It's dumb for any firefighter, EMT or paramedic to post anything work-related anywhere on the Internet that has any chance of being perceived negatively by anyone. We work for public. If you can live without posting, do it. If you can't, call your EAP.

It's dumber still to be a firefighter, EMT or paramedic and post any incident photos without your department's clear authorization.

One image showed a heavy-set woman in a wheelchair with the words "Wide Load" running over it. Such images highlight the problems of prejudice — the preconceived judgment or opinion or an adverse opinion or leaning formed without just grounds or before sufficient knowledge and understanding.

Everyone has some small level of prejudice — it's human nature. But if we apply to "serve the public," I hope that background and psych tests might determine who is best suited to serving the public with the least amount of prejudice and who is best suited for doing something else. If you dislike or hate being around people who will need your help, it just doesn't make much sense to do so. And if you think that your attitude toward "them" won't impact your ability to serve, you're fooling yourself.

Assuming that you made it through the testing process, you now are serving in a profession trusted more than any other. And we are expected to define trust continuously, taking care of "them" as you would your own mother as opposed to taking a few photos of their really bad day —and then sharing them.

This job can bend us, but that's not an excuse or "free pass" to fail trust. People need us on their worst days and sometimes just on their bad days. If you are filled with anger or rage, talk to someone — don't post it. Post nothing that even remotely could be perceived negatively by anyone. Know your Department's SOPs, and relevant state and federal laws. And when you go thru your next HIPAA review, actually pay attention.

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Egotism is the anesthetic that dulls the pain of stupidity.
- Frank Leahy

ESAMS Summary

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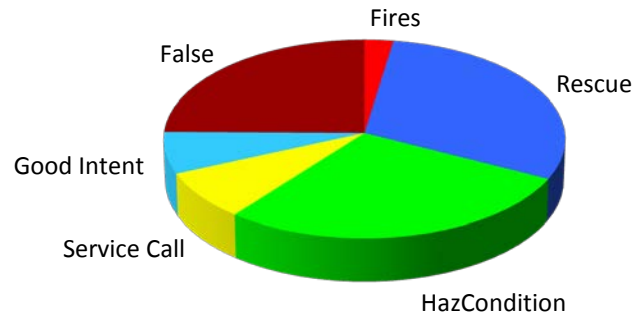
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

March 2013 Statistics

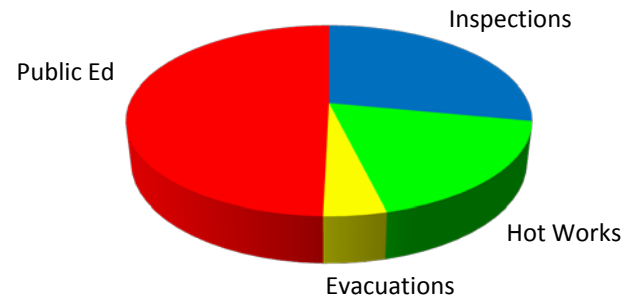
Operations

Total Incidents – 6,002
Fires – 147
Rescue & EMS – 1,795
Hazardous – 1,676
Service Call – 468
Good Intent – 405
False Alarm – 1,484



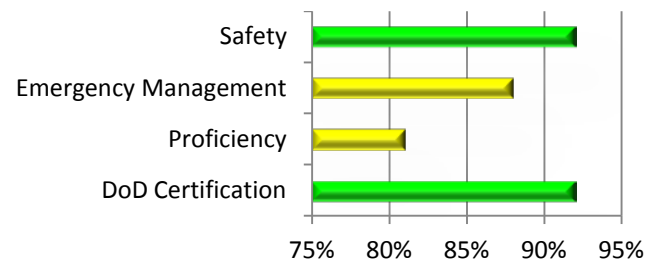
Prevention

Fire Inspections Completed – 3,440
Hot Work Permits Issued – 2,228
Building Evacuation Drills – 515
Public Education Contacts – 6,089



Training

Safety Training – 92%
Emergency Management - 88%
Proficiency, Skills, & Practice – 81%
DoD Certification – 92%



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F&ES On Duty Mishaps Report

Mishaps Reported – 26
Total Lost Work Days – 67

F&ES POCs

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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>

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News Distribution

Job Links

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

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

