



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America

July 2011

OMNI CEDO DOMUS

Vol 9 No 7

Email the Editor:

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From the Deputy Director

So, you've got a spanking new gold badge to decorate that sparkling white shirt you get to wear now. Congratulations on being promoted!! Looks like all those years of hard work, all those credentials, and all that experience finally paid off.

Good job Chief! Now get over yourself and get to work; that extra bugle is going to start getting real heavy, real fast.

Here are some sage words of advice for the newly promoted from a good friend of ours who uses the pseudonym Nozzlehead (you can find him in Fire Rescue Magazine each month). Quote;

You passed a test and were given your badge. Now you must EARN the respect of the majority. Some will grant you that authority without question, but others will want to challenge your position and decisions. When you're right, hold your position. When you're wrong, be honest and don't try to BS your way out of it. Firefighters can usually see right through the BS. It won't be easy to admit that you screwed up, but it will help people understand who you are. And while you're talking, stop and LISTEN. If you think you talk too much, you do. Listen to your firefighters, the senior and experienced officers and the chiefs. Really LISTEN!

Here are just a few more quickies for you:

Be early. No matter how early the day is supposed to begin, get there at least 15 minutes before the others. When you're early, you'll be prepared and you'll have a chance to catch your breath and get a plan together.

Don't go anywhere without a pen. You can't possibly remember everything so write it down.

Do the hard stuff first. If you start the shift by completing the stuff you don't want to do, you'll be motivated to get through it so you can get to the more enjoyable stuff. And participate in all this stuff. You're an officer—not a king!

Be fair. Remember, you won't be judged by how you treat people you like; you'll be judged by how you treat people you don't like. That should be fun, huh?

Stay in decent physical shape. You still go to fires, so physical fitness is important. Eat well and exercise.

Understand that there's a learning curve. It will take some time to get comfortable in the position. Don't be embarrassed to ask questions.

From the Deputy Director (Cont.)

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Just because you're a boss now doesn't mean you know everything. When you think you know what someone is saying, try to say, "I understand," instead of "I know." Act like you're actually interested. Better yet, be interested.

Be direct and honest. Tell people what you need from them. Give clear expectations so they understand what you need and want. Make sure they hear you, that they understand and that you're confident they can complete the task.

Remember that you and your members are in the public eye and everything is being recorded. Act like your mom is on one shoulder and your chief is on the other. As Bruno says, "Be nice!"

Do your job. One of the chiefs whom I respect most in the world reminds his officers and members about this regularly:

Trust me to be the chief, get the "chief stuff" done and know my job 100%.
Trust the assistant and deputy chiefs to get their stuff done and know their job 100%.
Trust the company officers to get their stuff done and know their jobs 100%.
And trust and ensure your firefighters get their stuff done and know their jobs 100%.

Hey Newly Promoted, can your department and community trust YOU to get your stuff done and to know your role and responsibilities 100%? If you can answer YES, try to be nice and not a jerk, you're on your way to success. Good luck and enjoy your new role! Unquote.

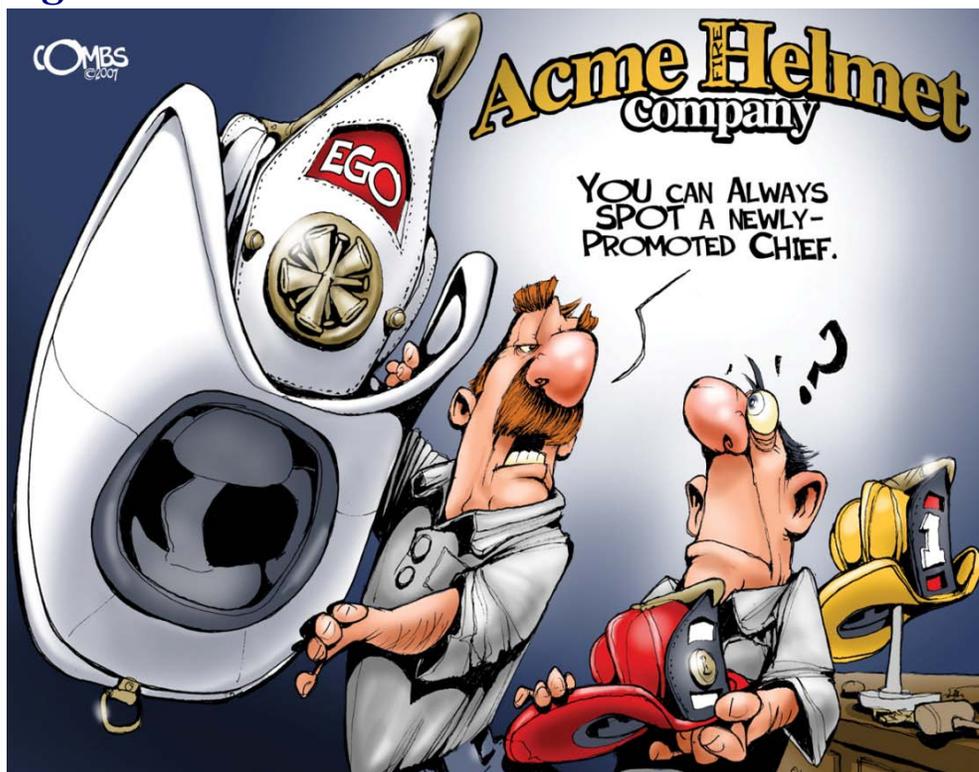
- Rick

Combs Cartoon



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Ego



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Last Alarms

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Last Alarms

The USFA reported 52 deaths in 2011. The following line of duty deaths were reported since we published our last issue:

Matt Hadaller ♥

Age: 47
Mossyrock, WA

Walter Hauser

Age: 62
Rochester, NY

Charles Sparks ♥

Age: 49
Columbia, KY

Caleb Hamm

Age: 23
Salt Lake City, UT

John Lackovic ♥

Age: 60
Valley Forge, PA

Travis Lee Miller ♥

Age: 31
Waterloo, IN

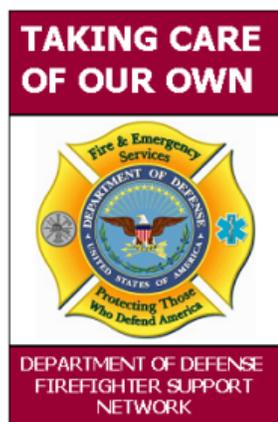
2011 Totals

♥ 29 (55%) ➡ 5 (9%)

♥ Indicates cardiac related death

➡ Indicates vehicle accident related

TCOoO Update



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Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. There are currently seven DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Jason Thompson	Niagara Falls ARS, NY	Marilyn.Ruszala@us.af.mil
Leslie Gonzalez	USMC, 29 Palms, CA	Kerron.Moore@usmc.mil
Richard Willis	Portsmouth Naval Shipyard, NH	Marc.J.Smith@navy.mil

We have reached out to those who have participated in this vital program as leave recipients to solicit testimonials about how the program met their expectations and helped them return to duty. If you are a participant and have not been asked to provide feedback, please send me your impressions and a few lines about how the program personally benefited you.

-Rick

No August Issue

As usual, we will not publish an August issue of *What's Happening* to allow us to concentrate on the upcoming Navy and DoD Fire Training Conference and Fire Rescue International in Atlanta. We will be back in your inbox at the end of September.

Military Fire Heritage Foundation

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Memorial Weekend 2011



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Three DoD F&ES Members Enshrined

By Mike Robertson, President, Military Firefighter Heritage Foundation



The Military Firefighter Heritage Foundation recently honored three DoD firefighters who died in the line of duty. Mr William Travis of Naval Air Station Norfolk who died on March 4th, 1981, Mr Robert Hoeflien of Naval Amphibious Base, Little Creek, who died on September 27th, 1988 and A1C Derek Kozorosky of Kadena AB Japan who died on February 11th, 2011. Mr Travis and Mr Hoeflien were not included when the DoD Fallen

Firefighters Memorial was dedicated in October 2006.

The names of the fallen were unveiled and a wreath was presented in their honor during the memorial service. TSgt Nelson Thomas of Kadena AB, Japan, Mr Ron Siarnicki, Executive Director of the National Fallen Firefighter Foundation and Col Thomas Geary, Commander 17th Training Wing spoke during the service. Mike Robertson, President of the Military Firefighter Heritage Foundation served as the Master of Ceremonies.

Over 200 attended the ceremony including students from the DoD Fire Academy, the Goodfellow AFB Fire Department, former DoD Fire Academy Instructors, Commanders from Chanute and Goodfellow AFB, and local visitors

National Fallen Firefighter Foundation Event

The 30th Annual National Fallen Firefighters Memorial Weekend will be held at the National Fire Academy in Emmitsburg on October 15-16, 2011. The National Fallen Firefighters Foundation (NFFF) and the Department of Homeland Security's U.S. Fire Administration will honor 72 firefighters who died in the line of duty in 2010.

Twenty-seven states experienced line-of-duty deaths in 2010. Deaths resulted from vehicle accidents, building collapses, natural disaster response, falling, drowning, heart attacks, and burns/smoke inhalation. Three multiple fatality incidents accounted for six deaths. One multiple fatality occurred during a flashover; one incident resulted from an apparatus accident, and one involved a building collapse. Illinois had the nation's greatest number of firefighter line-of-duty deaths in 2010 with 8, followed by New York and Pennsylvania with 7; and Kansas had 6.

"Firefighters are called upon to face danger on a daily basis," said Chairman of the NFFF Board of Directors, Chief Dennis Compton. "In October, a grateful Nation will honor their dedication and remember their sacrifice"

For more information about the National Fallen Firefighters Memorial Weekend visit Weekend.FireHero.org

Social Networks

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How to Use Twitter Without Getting Fired

By Carlos A. Soto, Government Computer News (GCN), May 24, 2011

The Secret Service apologized recently when one of its employees inadvertently sent out a disparaging Tweet about Fox News on the service's official Twitter account.

In a statement, the service said the employee "mistakenly believed they were on their personal account" when posting the tweet and said it would "reinforce" policies that would have prevented the mistake from occurring again.

Like many agencies, the Secret Service is a social media newcomer, having joined Twitter with its first official tweet on May 9. As more join its ranks, it's worth reviewing the basic features of Twitter so more employees don't mistakenly run afoul of their agency's social media rules and regulations.

The most common question I get asked is what is the difference between Twitter and Facebook? The simple answer is that Twitter is an active or dynamic version of Facebook's "News Feed."

Instead of having to login to Facebook to see what your friends are broadcasting, you can use Twitter to post, or tweet, "what's on your mind," and those following you can read it instantly on their phones or at www.twitter.com.

Another thing that makes Twitter different from Facebook is that it aggregates those broadcasts and categorizes them. So instead of random broadcasts as you see on the Facebook wall, you can choose to hear who is speaking about, say, entertainment, technology or politics. You can also see the most popular tweets, follow notable commentators, or your friends.

Like Facebook, Twitter is simple to set up. Just enter your full name, username, password and e-mail address from the sign-up page on twitter.com and you're done. After that, you just need to select who you want to follow.

Just make sure to check the box under account settings named Tweet Privacy that ensures that only those you approve receive your tweets. By not making your tweets available publicly, you can at least monitor who has access to your thoughts and statements.

But privacy settings notwithstanding, be conscious of what you post. For example, remember that if you broadcast to the general public that you aren't at home, that could tip off a thief that now would be a good time to break into your house. Likewise, even if your office worker or friend sees that you just tweeted something funny from work, your boss might not find it quite so funny that you're not working.

The setup isn't the only simple part of using Twitter. The main page is broken up into four simple sections: Your home, where you can post as well as read tweets you are following; your profile, which lets you edit or enter data about you and your settings; your messages (which is just that, internal e-mail messages between twitter accounts) and finally a section called "Who to follow."

Twitter (Cont.)

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The "who to follow" section lets you add or remove tweets from groups you are interested or no longer interested in, which, in combination with your home page, will make up about 90 percent of the time you spend with Twitter.

Twitter messages are limited by the program to 140 characters, including spaces, so they are short thoughts at best. So if you get into sending tweets, remember that hard and fast regulation, and don't worry much about standard rules of English. Your followers will know what to expect.

Despite their similarities, Twitter and Facebook complement each other because one is about who you are, and the other is about what you like and what you're interested in. Together they represent a complete social media tool. You can even set up your Facebook page to send a tweet whenever it gets updated. If you do this, remember that your privacy settings at both sites need to be configured properly.

You don't want to put something controversial on your Facebook page and then broadcast that to the world on Twitter, or on your agency's Twitter feed, thinking that you are totally protected by the Facebook privacy settings.

Just make sure you have a proper understanding of what Twitter does, how it works and, more importantly, what you want out of it. Go ahead and experiment. If you keep the tips from this article in mind, government employees can get a lot of personal value out of both Twitter and Facebook sites with very little or no personal risk to themselves or their career.

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On the Job - Illinois



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Great Lakes Assistant Chief Recognized

By Mark Chaney, Regional Fire Chief, Navy Region Midwest



Assistant Chief Andrew Arndt was selected as the "Outstanding Trades and Crafts Employee" at the Chicago Federal Employee of the Year Awards luncheon. Assistant Chief Arndt was instrumental in bringing about the advanced life support program at Naval Station Great Lakes. The Federal Employee of the Year Awards Program has achieved a great deal of stature and is recognized as one of the most important forms of non-monetary recognition available to employees of the

United States Government. This program is also recognized as the most effective means of telling the public about the devoted Federal employees that dedicate their careers to improving the lives of citizens in the Chicagoland area.

Congratulations to Assistant Chief Arndt!

Retirement News

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GOVEXEC.COM

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Federal Retiree Benefits Could Face Cuts

By Emily Long elong@govexec.com

Federal annuities could be at risk, along with government pay and other benefits, as lawmakers comb the budget in search of potential savings.

Steve Strobridge, director of government relations at the Military Officers Association of America, said an overhaul of the military retirement system is "allegedly . . . one possible item on the list" of proposals being considered in the deficit reduction talks.

The changes, which are based on a 2009 report on military compensation, would shift service members to a civilian system under which full annuities wouldn't be paid until beneficiaries reach age 57 to 60. Defense's contributions would vary annually based on changing retention and skill requirements under the new system, and service members who stay in for 10 years would not lose contributions to their retirement funds.

Under the current system, military personnel are eligible for pension payments after 20 years of service. According to Strobridge, current service members and retirees would be exempt from the changes, which would affect only new personnel. The 20-year requirement keeps retention and readiness high, he said, noting that proposals to cut overall military retirement costs while implementing an expensive vesting strategy increase the burden on career service members.

"The whole concept of the military retirement system is to induce people to put up with extreme sacrifices for 20 to 30 years," Strobridge said. "You can't civilianize compensation without civilianizing service conditions, and we're certainly not going to do that."

Former Secretary of Defense Robert Gates told lawmakers that up to 80 percent of service members do not stay long enough to retire and receive no benefits, while the 20-year model incentivizes personnel to shorten their careers when the military needs them to stay.

Also up for debate is the government's method for calculating cost-of-living adjustments for Social Security recipients, which in turn could reduce COLAs paid to federal civilian and military retirees. COLAs are determined based on a formula that takes into account increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers, but some experts argue that a "chained CPI," which takes into account changes in purchasing habits as prices change, provides a clearer understanding of inflation.

According to Daniel Adcock, legislative director at the National Active and Retired Federal Employees Association, the proposal disproportionately affects older Americans who tend to have higher health care costs, particularly in the last few years when retirees haven't received cost-of-living adjustments. The change has been estimated to lower Social Security benefits by 3 percent over 10 years and likely would have a similar impact on federal civilian and military retiree COLAs, he said.

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Back in the Day

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Aerial Ladders

By Tom W. Shand



After the conclusion of World War II there were only a handful of Naval Fire Departments that operated aerial ladder trucks. Several departments were assigned American LaFrance JOX model midship ladders that were

acquired between 1942 and 1944 including the Naval Torpedo Station in Newport, Rhode Island, Naval Station Treasure Island in California and the Philadelphia Naval Yard. The JOX model was introduced by American LaFrance in 1938 and was the first cab forward design built for the fire service. The Lycoming V-12 engine was placed up front in between the driver and officers seats and with the flat front cab design these vehicles had a very distinctive appearance.

In December, 1945 American LaFrance announced their 700 series cab apparatus which placed the engine behind the driver's position with rear facing jump seats on either side of the engine box. For many years other apparatus builders scoffed at this design claiming that putting the driver and officer at the front of the apparatus would lead to more serious accidents and would never catch on with fire departments.

During 1952 the US Navy took delivery of their first 700 series unit with a model 7-75AJO 75 foot aerial ladder which was assigned to the Groton Submarine Base in Connecticut. This ladder truck was built on a 220 inch wheelbase with an overall length of 42 feet 5 inches. Unlike today's high horsepower apparatus this vehicle was powered by a V-12 engine rated at 215 horsepower with a four speed manual transmission. Most apparatus acquired during this period were built with open cabs to provide good visibility for the crew to perform an initial size up and make apparatus placement a little easier.

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The three section 75 foot ladder was constructed of Corten steel with two manual screw type jacks to provide stability for the aerial device. Ground ladders carried included one 45 foot and two 35 foot extension ladders with a total of 228 feet of ladders. While compartmentation was minimal by today's standards, life net compartments was provided under the turntable and over the years several locally built compartments were added to the apparatus.

Groton's ladder truck was assigned property number 74-00012 and served at the base until 1979 when it was replaced with a 100 foot Maxim rear mount ladder that was built on a Ward LaFrance chassis. The US Navy acquired several other 700 series American LaFrance 75 foot ladders between 1952 and 1956. After this period no other ladder trucks were acquired until 1964 when several American LaFrance tractor drawn ladders were acquired for the Naval Training Center at Great Lakes and for the Naval Shipyards at Norfolk and Philadelphia.

Photo by Glenn Vincent

On the Job - Hawaii

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New Navy ARFF Truck



Marine Corps Commander Visits Navy Fire



Federal Fire Department Firefighter Kealamaikahiki Loo discussing Hazmat Operation capabilities to Marine Corps Base Hawaii Commanding Officer Colonel Woods and Safety Director Bo Irvine.

On 8 July 2011 Colonel Jeffrey Woods, Marine Corps Base Hawaii Commanding Officer, visited the Navy Region Hawaii Federal Fire Department Headquarters to tour the facility. Colonel Woods was briefed on the fire & emergency services mission and emergency response capabilities of the fire department and how the fire department supports Marine Corps Base Hawaii. He witnessed firefighters demonstrating several emergency operations to include: confined space rescue,

hazardous materials operations, airfield rescue firefighting, water safety rescue, and mass decontamination.

Colonel Woods also visited the Regional Dispatch Center (RDC) on Pearl Harbor and Fire Station 8 Kaneohe to tour the fire station and meet the firefighters. The Colonel remarked, "I'd like to thank Regional Fire Chief Glenn de Laura and his people for a fantastic briefing and demonstration of their capabilities. This was very educational for me to see, from an Installation Commander's perspective, what services, capabilities and capacities Fed Fire brings to the table not only on a daily basis, but for crisis response, as well. I now have a deeper understanding of requirements and how we can help each other. I'd also like to take this opportunity to thank all of the Federal Firefighters for their dedication and service. I realize that a lot of time and effort went into the demonstration today, and it was very much appreciated."

The Navy Region Hawaii Federal Fire Department continues to keep a high level of competency, we strive to keep our community safe and protect life and property.

For more information, contact Fire Inspector Angela Sanders at 471-3303x617, angela.sanders1@navy.mil

Low Profile E-One



On the Job - Pendleton

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On the Job - Texas



Camp Pendleton Hosts Wild Land Fire Training

Story and photo by Chelsea Sektan, Camp Pendleton Patch



Camp Pendleton played host to its 30th annual Wild Land Fire Training during Thursday. The program is intended to train over 50 fire fighting agencies from the southern California area in battling wild land blazes.

"We're training folks who know what to do and folks who have never fought a fire before," said Nathan Judy, a U.S. Department

of Agriculture Forest Service Fire Prevention Specialist.

Dozens of fires were lit and extinguished throughout the training program by both veterans and new firefighters. The weather conditions helped keep the fires under control, but also allowed the fire to stay lit long enough to train the men and women. "With everything else that has happened in the nation, it's good to get them trained up," said Judy.

Camp Pendleton hosts the event annually because they have a unique training ground for this type of event, and it is important to train the units in fighting aggressive fires before the season begins.

"It's good training... you get to do a little bit of everything, and it's good to work with other agencies", said Graham Koonce, a forest service worker. The training will continue throughout the week.

Re-printed with the permission of the Camp Pendleton Patch. For additional photos, please refer to <http://camppendleton.patch.com/articles/camp-pendleton-hosts-wild-land-fire-training>

Public Education Outreach at NAS Corpus Christi

By John Morris, Fire Chief, NAS Corpus Christi



Public Safety education outreach by members of NASCC F&ES is not limited to Fire Prevention Week; nor are they limited to within the fenceline activities. On June 16th and 17th, 2011 Naval Air Station Corpus Christi Fire and Emergency Services participated in the Cub Scout Day Camp at Texas A&M

Corpus Christi University. The camp involved over 400 Cub Scouts with the opportunity of hands-on experience with various firefighting equipment and a state of the art interactive, special effects Fire and Severe Weather Safety education house to top off the two day scouting event.

LODD Lowest in 10 Years

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NFPA Reports Lowest Number of LODDs in 34 Years

Report shows drop in average number of deaths, but deaths from cardiac arrest remain steady

According to the NFPA, the number of on-duty firefighter deaths is the lowest since 1977. The NFPA released its annual Firefighter Fatality Report at the NFPA Conference & Expo, which shows that a total of 72 on-duty firefighter deaths occurred in the United States in 2010. This is a sharp drop from the 105 on-duty deaths in 2008 and 82 in 2009—it's the lowest annual total since the NFPA began conducting this annual study in 1977.



“We are very pleased to see that the number of on-duty firefighter deaths is at an historic low and continues to decline each year,” said James Shannon the president & CEO of the NFPA. “We strongly believe that the advances in training, equipment and fire codes are a major factor in reducing the deaths of these brave men and women that make up the ranks of volunteer and career firefighters.”

This is the fifth time in the past 10 years that the number of deaths has been below 100. While the number of total deaths has dropped sharply, the number of cardiac-related deaths has not; this number has been remarkably stable over the past six years.

The report found that the areas in which the deaths declined was diverse. Last year saw the lowest number of fireground deaths ever at 21 and the second lowest number of deaths while responding to or returning from alarms at 18 deaths.

Deaths related to training activities and deaths while engaged in other nonemergency duties about matched the average numbers from the previous 10 years (11 and 18 deaths, respectively).

Other key findings were highlighted in the report:

- There were nine deaths in crashes of road vehicles in 2010, as well as in 2009, which is the lowest since 1983.
- There were 44 volunteer firefighter deaths in 2010, which continues a downward trend.
- The ages of all U.S. firefighters who died ranged from 20 to 86 with a median age of 52.5 years.

Each year, the NFPA collects data on all firefighter fatalities in the U.S. that result from injuries or illnesses that occurred while the victims were on-duty. According to this data-collection process, the term on-duty refers to being at the scene of an alarm, whether a fire or nonfire incident; while responding to or returning from an alarm; while participating in other fire department duties.

On the Job - Kitsap

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National Night Out



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Technical Rescue Northwest Style



Navy Region Northwest Fire and Emergency Services, an active member of the Kitsap County's Urban Search and Rescue Team recently responded to assist with the rescue of an 18 year old man who had fallen down an embankment.

Once the emergency personnel reached the river, they had to descend about 150 feet to reach the victim who had fallen and suffered a

bleeding, open fracture to his lower leg. A consolidated team of fire fighters from NRNW F&ES, Central Kitsap Fire & Rescue and Bainbridge Island Fire Department developed the haul system, cut down trees and brush with chain saws, and assembled a high line to get the individual across a 15 foot creek and to a waiting medic unit. The rescue operation took over two hours.

USFA Supports National Night Out

The U.S. Fire Administration (USFA) is pleased to announce our new partnership with the National Association of Town Watch (NATW), which administers National Night Out (NNO). USFA is working with NATW to enhance NNO events and activities by reaching out to fire and emergency medical service (EMS) personnel across the country. The goal is to promote fire and life safety prevention and education initiatives for families and communities while partnering with law enforcement.

National Night Out is Tuesday, August 2, 2011 and it is projected to reach 37 million people in 15,000 communities in all 50 states, U.S. territories, Canada, and military bases throughout the U.S. and around the world. Fire departments and EMS can help expand community partnerships by participating in NNO events and activities to share fire and life safety prevention information.

For more information on NNO, visit www.nationalnightout.org or contact your local law enforcement agency and learn how your fire department or EMS can get involved. If your local fire department does not participate in NNO, please encourage department personnel to become actively involved this year. This is a great way to partner with our colleagues to get important fire safety information into our communities.

If you have questions about this initiative, but not about registration, please e-mail USFA Fire Program Specialist Maria Acker at maria.acker@dhs.gov.

Ambulances Targeted

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Thieves Target North Texas Ambulances

By Rebecca Lopez, WFAA, Dallas-Fort Worth, TX, July 21, 2011



Criminals are now preying on paramedics. News 8 has learned thieves have been breaking into ambulances right outside the doors of North Texas emergency rooms.

Seconds matter for paramedics. They have to act quickly to save lives, which is hard to do if someone has stolen critical equipment or medications from their ambulance.

"If you call us about your child, you call us about your grandmothers, we want to be prepared, and it does us absolutely no good for us to turn around and something to be missing," said Lewisville Fire Chief Richard Lasky.

Someone is walking right up to emergency rooms where ambulances are parked and taking what they can.

"One person jumps out and goes into the back of the medic and removes items from the back of the ambulance," said Capt Kevin Deaver. "Generally, it takes less than 30 seconds."

The Coppell Fire Department lost a defibrillator that cost \$35,000. The Lewisville Fire Department had a bag full of medicines stolen and now at least five fire departments are reporting ambulance break-ins in the last few days,

"What we are hoping is someone will see something," Lasky said. "The Homeland Security deal, if you see something, say something."

Investigators say whoever the criminals are, they are casing the hospitals.

"It's obvious they are sitting up on the hospital probably and waiting for the ambulance to pull up and go inside and then hit the ambulance," Deaver said.

Investigators believe the burglars are trying to sell the stolen items on the black market. Warnings have been sent to area fire departments telling paramedics to use caution and be on the look-out.

They say the burglars in the Lewisville and Coppell cases are driving a light colored or silver Jeep Cherokee. In the next day or so, the Lewisville Police Department hopes to release video of the suspects.

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Every rascal is not a thief, but every thief is a rascal.

- Aristotle

Wellness & Fitness Corner

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Get the Facts About Reverse Mortgages

As people live longer, many face the reality that their retirement savings may not be enough to sustain their expenses through their lifetime. In the past several years, reverse mortgages have gained popularity as a way for older homeowners to tap into their home equity to meet their financial needs. Reverse mortgages can give some homeowners who are 62 years of age or older, a source of income based on the home equity they have accrued over the years.

The amount of money available from a reverse mortgage depends on the specific loan plan selected. Payment options include:

- A one-time lump sum;
- Equal monthly payments over a fixed period of time;
- A line of credit that allows the homeowner to decide how much cash he or she receives and when to receive it.

Factors that determine the loan amount also include the age of the homeowner, interest rates, the value of the home and any closing costs required on the loan.

Because the homeowner no longer makes a monthly payment, the reverse mortgage loan balance continues to rise as funds are paid from the loan and interest accrues on the existing balance. If not monitored, this can cause the loan balance to catch up to the home's equity rather quickly.

Therefore, it is important to keep careful records of how much money is being used.

For example, according to AARP – based on a home valued at \$200,000 – reverse mortgage loan advances of \$1,000 per month, with an interest rate of 0.5 percent per month, will reduce a homeowners' equity from \$195,602 to \$131,349 over a 10-year period. This does not include the amount paid for loan closing costs, mortgage insurance premiums, fees or closing costs when the home is sold.

Reverse mortgage loans must be repaid in full, which includes all interest and any additional charges, when the last living borrower dies, sells the home or moves to another location.

At first glance, a reverse mortgage may seem like a great opportunity for getting something back after years of making mortgage payments. However, as with most financial products there are different types of reverse mortgages; each having advantages and disadvantages that should be examined before a homeowner decides to take out such a loan. For this reason, reverse mortgage applicants are required to receive loan counseling to make sure they understand the loan terms and don't put themselves in the position of losing their retirement nest egg.

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Wellness & Fitness (Cont.)

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A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies. A classic eight-year study of 13,000 people conducted at the Institute for Aerobics Research under the direction of Dr. Steven Blair found that those who walked the equivalent of 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.



A regular walking program can help:

- Reduce blood cholesterol,
- Lower blood pressure,
- Increase cardiovascular endurance,
- Boost bone strength, and
- Burn calories and keep weight down.

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. It is a good idea to layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are your best option.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable, as well as more effective.

Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep the following in mind:

- *Walk short distances* – Begin with a five-minute stroll and gradually increase your distance.
- *Forget about speed* – Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- *Swing your arms naturally* – Breathe deeply. If you can't catch your breath, slow down or avoid hills.
- *Be sure that you can talk while walking* – If you can't converse, you are walking too fast.

Wellness & Fitness (Cont.)

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Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 30 minutes a day, but there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean three 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!

Fit Facts are taken from ACE FitnessMatters® magazine. Want more information like this delivered directly to your home? ACE FitnessMatters, a bimonthly magazine, is the source for the most accurate, up-to-date fitness information you need to live a healthy, active life. Subscribe to ACE FitnessMatters online at <http://www.acefitness.org/fitnessmatters> or call 1-800-825-3636.

Summer Humor



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Letter From Camp

Dear Mom,

Our Scoutmaster told us all to write to our parents in case you saw the flood on TV and worried. We are okay. Only one of our tents and two sleeping bags got washed away, but none of us drowned because we were all up on the mountain looking for Bryson when it happened.

Oh yes, please call Bryson's mother and tell her that he's doing fine. He can't write because of the cast. I got to ride on one of the search and rescue jeeps. It was awesome! We never would have found him in the dark if it hadn't been for all of the lightning.

The Scoutmaster got mad at Bryson for going on a hike alone without telling anyone. Bryson said he did tell him, but it was during the fire so he probably didn't hear him. Did you know that if you put a gas can on a fire, the gas can will blow up? Mason is going to look pretty strange until his hair grows back.

We will be home on Saturday, as long as the Scoutmaster gets the truck fixed. It wasn't his fault about the wreck. He said the brakes were working when we left. He said that with a car that old you to have to expect something to break down; that's probably why he can't get insurance on it. We think it's a sweet truck. He doesn't care if we get it dirty, and if it's hot we can take turns riding in the bed. It gets pretty hot with ten people in a pickup.

Don't worry about anything. We are fine.

Love, Billy

Federal EMS?

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Now Is the Time: A Federal Agency for EMS

In February of this year, just before the EMS Today conference, President Obama's staff asked leaders in the fire and EMS community to provide comments on whether or not there should be a lead federal agency for EMS. If so, who should this agency be and what should this lead agency do and not do? And if there shouldn't be a lead, why or what alternatives exist?

Since EMS is strewn throughout the federal government in the Departments of Transportation, Health and Human Services, and Homeland Security, this question has resulted in a number of different solutions from a variety of agencies.

When we look at how things work now, EMS continues to be a challenge: Whom do we ask when there are concerns about cardiac save rates? Whom do we ask about how new EMS technology should be implemented?

Where do we go to seek grant funding to support EMS? Where do we go to seek clarifications on legislation that may affect EMS? Who is collecting statistics and putting these numbers to use? Who is providing this information to our elected officials and the public?

From the fire service perspective, these types of questions are directed to the U.S. Fire Administration. From NFIRS data to questions about residential sprinklers to issues of fire safety, all of these can be addressed by the U.S. fire administrator.

The problem on the EMS side is that there is no U.S. EMS administrator who can do the same thing. At least not yet.

There are many arguments about where EMS should be and the executive board of the EMS Section examined each of these arguments, along with all the questions this topic can generate. While people still ask why EMS remains in the Department of Transportation, opinions vary much more widely when the question is asked if it should be located in Health and Human Services or Homeland Security.

Health and Human Service seems to be more policy oriented, while Homeland Security is more response oriented. How would Medicare and Medicaid reimbursements be handled if DHS were the lead agency? Would this lead agency establish training and certification requirements? What about protocols?

And the questions go on and on.

If there were only a couple of players in EMS, this might be an easy question to answer. However, when you look at how many different organizations have their fingers on the puzzle pieces, you'll quickly find there are just as many solutions as there are organizations.

Here's a test. Can you identify this small sampling of organizations with a vested interest in EMS just by their acronyms?

IAFC, IAFF, NVFC (those were easy)

CoAEMSP, NASEMSO, NHTSA, NREMT (a little harder)

NEMSMA, IAEMSC, NAEMT, ACEP, CDC, NAEMSP, NAEMSE, AAA, AHA, CAAS, CPSE and NAED.

EMS Agency (Cont.)

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Don't forget NIOSH, OSHA, NFPA, NDMS and NIH.

Do you see where this is going? Because there are more that could be added to this list.

As providers, we need to have a unified position. That's why the executive board of the EMS Section held meetings with the executive boards of the International Association of EMS Chiefs (IAEMSC) and the National EMS Management Association (NEMSMA) at EMS Today. The goal was to see where we could work together with these two organizations to move EMS forward and potentially partner up on this issue. While we do have differences between us, I don't believe we're that far apart, and I believe that these meetings went very well.

As the executive board of the EMS Section, we provided the IAFC board of directors with our opinions and beliefs on how President Obama's question should be answered.

We do believe that a lead federal agency would benefit EMS greatly, regardless of whether you're fire-based, third-service, private, hospital-based or volunteer. There are just way too many pros as opposed to cons to let this chance slip by.

After we decided there should be a lead federal agency, we felt the Department of Homeland Security would be the appropriate home. DHS has a duty to reduce the loss of life and property and to protect the nation. We share the same mission to protect the lives of those entrusted to our care, our patients, in their times of need.

As the position statement submitted by the IAFC states, "During a national emergency, whether from a natural disaster or a terrorist attack, effective EMS response will be a primary expectation of Americans. We strongly believe that prehospital emergency medical service response is primarily a public safety function, focused on service to the community and the nation, not profit."

A number of points are further explained in this position statement, which can be found on the EMS Section's website.

If we—all EMS organizations—can put our differences aside and remember that providing the best patient care possible is our ultimate goal, we can work together to provide a solution to the president. Somewhere along the way, feelings will get hurt, including ours in the fire service, but we have not had an opportunity like this present itself in a very long time.

Since the question has been asked and the door has been opened, we need to take maximum advantage of this opportunity to elevate EMS to where it belongs: to the same level and playing field as the fire service and law enforcement. Now is the time!

Norris Croom III, EFO, CMO, is the deputy chief of operations for the Castle Rock (Colo.) Fire and Rescue Department. He's been a member of the EMS Section since 1998 and currently serves as the section's director at large.

You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.

-Shirley Chisholm

Chin Straps

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Ten Years After: Helping Firefighters Pay Respects

Steve Cohen, President Lighthouse Uniform Company



Often referred to as this generation's Pearl Harbor, the terrorist attacks on September 11, 2001 claimed the lives of thousands of innocents in the World Trade Center Towers, at the Pentagon and in a field in Pennsylvania. It also claimed the innocence of a nation.

Many of the victims never saw it coming. Some demonstrated bravery and courage in the face of the enemy and 343 of our finest charged into the inferno 'so others might live'.

This coming September 11th marks the Ten Year Anniversary of 9-11, the most momentous loss in American Fire Service history. Departments across the country are making plans to commemorate the event. Some have big plans; some have smaller ones and many don't have the money to do anything.

The New York State Association of Fire Chiefs suggests it is every firefighter's duty to remember and honor the 'brothers and sisters' lost that day and points out several ways to do it in their Association magazine 'Size Up'. Their very powerful 'call to action' can be found at

<http://www.nxtbook.com/nxtbooks/naylor/NFCQ0211/#/12>.

One way departments can 'memorialize' Sept. 11th referred to as "incredibly tangible" by the NYS AFC is through the adoption of the 9-11 Commemorative Chin Strap™, a unique, visual, permanent reminder of what happened that day. It is, however, very possible in today's economic climate, your local FD cannot afford the \$12.95 cost of the 9-11 Chin Strap... but maybe you can help.

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If you would like to find out more or would like to be involved in insuring firefighters in your community can stand, salute and pay their respects wearing a 9-11 Commemorative Chin Strap, go to

www.lighthouseuniform.com/commemorative or call 1-800-426-5225 (Seattle time). Ask for Steve.

It is incumbent upon those who are able, to insure every Fire Department and every Firefighter so inclined, has the opportunity to honor their 'brothers and sisters' who gave the 'last full measure of devotion'.

Very seldom does such a profound opportunity to make a 'statement of solidarity' come around. Help make sure 'your department' doesn't miss it.

Near Miss ROTW

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Heat Related Precautions

With most of the country gripped in a weather pattern ranging from desert like conditions to jungle like heat and humidity combinations, firefighters and other emergency service workers are finding themselves taxed at even small to moderate incidents. Add short staffing to the equation and the perfect formula for a near miss is realized.

The morning of my shift the weather conditions were as follows: temperature 101 degrees, heat index 110, humidity 80%+, clear, sunny and dry and no rain in the past 12-24 hrs...my engine company... is only staffed by a driver and officer...was dispatched for a working structure fire in a subdivision. Homes in this subdivision are approximately 1800 - 2200 square foot wood frame construction built within the past 15 years.

Upon arrival to the scene we found a 2000 square foot home with 25% involvement with exposures on the two sides. I hand-jacked 400 feet of five inch LDH to the hydrant then proceeded to charge two 1.75" crosslays. There was one engine (staffed with 2), one truck (staffed with 2), and one heavy rescue (staffed with 3). I assisted with pulling a 2.5" pre-connect portable masterstream to the rear of the building where the fire was located. My pump was taken over by the next arriving apparatus and I was reassigned to interior operations. I performed interior operations for approximately 12 minutes and went to rehab with the rest of my crew. I was in rehab for about 10 minutes before I began to feel chest palpitations, weakness and dizziness. According to medical crews on scene, I was also lethargic, disoriented and hypotensive (BP 80 palp). I had hydrated prior to and on shift and while in rehab. At this point, I do not know the actual events that happened as this is all second hand accounts from people on the scene..."

"Hydrate, hydrate, hydrate" is the chant of the season. But with heat indices exceeding 100 for days on end, hydration is only one preventive step in averting heat exhaustion. Once you have read the entire account of Near Miss Report 10-880 at <http://www.firefighternearmiss.com/googlemini2/h10-0000880.html>, and the related reports, consider the following:

1. What steps has your department taken to deal with the high heat situation?
2. What is the optimum fluid intake formula for firefighters during high heat situations? What about non-high heat situations?
3. Have you taken any personal steps to reduce your susceptibility to heat exhaustion?
4. How quickly can an advanced rehab area (cooling tent or other climate controlled environment, abundance of electrolyte fluids and water, misting fans, vital sign assessment, EMS stand-by, etc.) be established at your incident scenes?
5. One method of reducing heat related illness at the incident scene is to shorten work cycles, lengthen rehab cycles, and call for additional manpower. How quickly can your incident management system get second alarm and third alarm response packages, including additional EMS units, on scene to relieve crews and monitor crew wellness?

ROTW (Cont.)

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Fall will eventually arrive and we will welcome the relief. During these "dog days" we have to be alert for complacency with regard to hydration, core body temperature, blood pressure and the signs and symptoms of heat related emergencies. What starts out as mild heat exhaustion spirals rapidly into deadly heat stroke if personnel are not constantly rotated on shorter work cycles (5-10 minutes) extended rehabilitation periods. Even fit firefighters fall victim to the insidious effects of dangerously high heat and humidity. Fire departments and officers would do well to closely monitor local weather conditions, the workload and physical condition of the troops. Modified duties, plenty of fluids and extended time in air conditioning are the keys to avoiding a heat related episode like the one experienced by the reporter.

New Ambulances *Navy Rolling Out New Ambulances*



Naval Surface Warfare Center Dahlgren's new ambulance left of the unit it is replacing.



Naval Air Station Joint Reserve Base Fort Worth's two new ambulances.

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Act - Don't React ***Don't Let the Future Happen to You — Plan for it***

By Ronny J. Coleman

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Chief Ronny J. Coleman

In the world of social calendars, there is a wide range of events we may be asked to attend. At one end is the black-tie affair; at the other is the backyard barbecue. The former requires decorum and the right kind of attire, while at the latter just about anything goes. At which party are you most comfortable? Is it possible to enjoy them both?

What got me thinking about this dichotomy was a discussion I participated in recently about the current use or avoidance of strategic planning as an element of decision-making in an organization. One perspective suggests that strategic planning is absolutely the most important task one can pursue. This perspective assumes that when it's done, and done correctly, things get better. The other end of the debate says it is just too much work for such an ambiguous outcome. Believers in this perspective would rather be more informal and adjust as they go. In their opinion, strategic planning takes so long that by the time it's finished, it is already obsolete.

But is there a third perspective that lurks in the gap between departments that believe they have to plan and those that can't or won't plan? I believe that somewhere between the black-tie affair and the backyard barbecue, you need to develop a perspective that focuses on your future, but is not so overwhelming that it is avoided at all costs. It is this third perspective that I want to discuss in this column.



If you choose an extremely sophisticated approach that takes multiple years to complete, the party is over before the guests go home. On the other hand, if your approach is marked by little enthusiasm and a lack of rigor, the guests may just stay home and watch TV. I believe that somewhere in between there is a place where a satisfying process can exist. The degree of planning will depend in large measure on whether you believe your department is on track, or totally lost in the weeds.

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My observation about departments that plan well is that for them planning is an organic part of the organization. The department plans its work and works its plan. Planning is not an event, but a lifestyle for such departments. Plans appear, are executed and evolve within an organizational structure that is neither too loose nor too rigid. Those departments that don't plan well generally respond only to external influences and seem to bounce aimlessly from crisis to crisis.

Those who wish to make organized planning a bigger part of the department's culture should start by asking the following questions: Where are we today and where do we want to be in the future? While it is essential to question what you are doing today, it is imperative to focus on the future, because it is difficult to change when your focus is solely on the present, especially if it is burdened by the past.

Planning (Cont.)

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So, here's your invitation to the next party. It's not going to be at the Ritz, and it's not going to be in your backyard. It is being held in the arena of public opinion and it may determine where your department is next year or the years after that. Get started by answering the following questions:

- Does your fire agency have any kind of planning process in place?
- Does it result in a planning document or merely incremental activities?
- If you do have a formal process, is it kept up to date or does it sit on the shelf?
- If you do not have a planning process, why not?
- If you are responsible for the fate of your department in the budgeting process, what do you use to substitute for the planning process in justifying your existence?

I won't ask you to send me an RSVP that you have adopted planning as an organized process. But I will predict that if you are going to survive you had better have some kind of event that creates a direction for your department to go in — or the future is going to get less and less bright.

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.

USFA News



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National Preparedness Month 2011

This year USFA is encouraging fire and Emergency Medical Services (EMS) departments across the country to join with us and the Federal Emergency Management Agency (FEMA) in raising the awareness and preparedness of citizens in protecting themselves, their residences and places of employment from all hazards and risks due to national, regional or local disasters.

As the first wave of response to every emergency and disaster whether natural or manmade, the United States fire and EMS can make a real difference in educating citizens in strategies that will mitigate the impact from all hazards and risks. Firefighters and EMS personnel have the opportunity through National Preparedness Month <http://links.govdelivery.com> activities to send an important message. We are an all hazard service with proactive solutions to save lives!

Each year, FEMA designates the month of September as National Preparedness Month to raise awareness about the importance of being prepared for disasters of any kind. The support for National Preparedness Month has grown on a national, state, and local level since its inception. The recent disasters across the United States and around the world have inspired the public to take action. With your help, we hope to make this our most successful and coordinated effort to date.

The theme for this year's National Preparedness Month ~ A Time to Remember. A Time to Prepare. - is intended to help encourage activities that will:

- Honor our career and volunteer fire and EMS providers
- Encourage community service
- Reaffirm that preparedness is a shared responsibility

Prepare (Cont.)

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National Preparedness Month Activities

There are many ways to get involved with National Preparedness Month, particularly as an opportunity to fulfill your local outreach goals. Some examples include:

- Host a preparedness open house that doubles as a volunteer sign-up to assist you in Fire Prevention Week activities
- Reach out to youth and their families by planning a visit to a local school or day care to discuss emergency and evacuation plans, and distribute information to staff, family members, and children about the importance of preparedness, mitigation, and fire safety
- Consider using a press release or social media effort to announce the launch of Teen CERT (Community Emergency Response Team) or a new partnership with a local youth program that will integrate preparedness
- Reach out to older adults by planning a visit to your local senior center to discuss emergency and evacuation plans
- Host or take part in a 9/11 service day activity with an emphasis on preparedness (Visit www.911dayofservice.org for more information)
- Host a CERT day where community members can assemble emergency kits and learn about CERT or other volunteer programs. More information can be found at www.citizencorps.gov/cert
- Work with your CERT program manager to coordinate a small business outreach effort with CERT volunteers
- Promote a day in your community to sign up for future preparedness events such as the ShakeOut Earthquake Drill (www.ShakeOut.org for more information)

It's Not My Job



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Contractor of the Year Candidates Are...



ESAMS Corner

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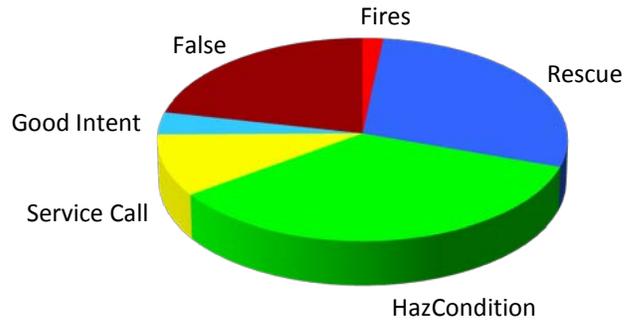
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

June 2011 Statistics

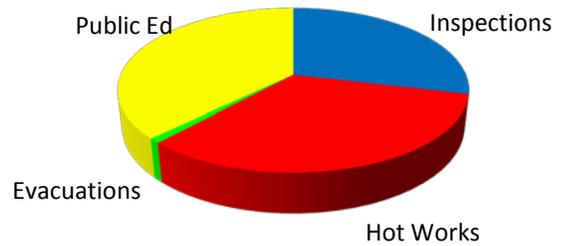
Operations

Total Incidents – 5,868
 Fires – 101
 Rescue & EMS – 1,670
 Hazardous – 2,027
 Service Call – 575
 Good Intent – 209
 False Alarm – 1,261



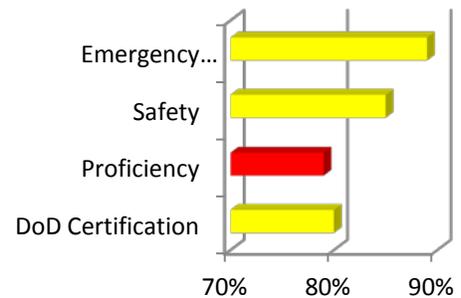
Prevention

Fire Inspections Completed – 3,760
 Hot Work Permits Issued – 4,328
 Building Evacuation Drills – 120
 Public Education Contacts – 4,875



Training

Emergency Management – 89%
 Safety Training – 85%
 Proficiency – 79%
 DoD Certification – 80%



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F&ES On Duty Mishaps Report

Mishaps Reported – 20
 Total Lost Work Days – 209

Navy 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://g2.cnrc.navy.mil/communities/service/html/communityview?communityUuid=2640240b-f9e3-4273-af9d-c20c128629e2>
DSN 288

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News Distribution

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

Job Links

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Interested in becoming a DoD firefighter? Follow these links;

OPM: <http://www.usajobs.opm.gov>
Army: <http://www.cpol.army.mil>
Navy: <http://www.donhr.navy.mil>
Marines: <http://www.usmc.mil/>
Air Force: <https://ww2.afpc.randolph.af.mil/resweb/>

Global Forum For Leadership

FRI 2011

FIRE-RESCUE INTERNATIONAL

AUGUST 23 - 27, 2011 • EXHIBITS: AUGUST 26 - 27, 2011

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