



What's Happening

Navy Fire and Emergency Services Newsletter

Protecting Those Who Defend America



July 2014

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Email the Editor:

RickY.Brockman@navy.mil

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They Died With Their Boots On

By Ronny J. Coleman

Somewhere back in the 1950's, there was a movie made about the United States Cavalry called *They Died with Their Boots On*. As an avid follower of Saturday morning serials and anything starring John Wayne or Randolph Scott I recall going to see that movie. Some of the older generation may remember it. It is unlikely however that anybody below the age of 50 will.

I don't remember the specific plot. However, I do recall in the end a whole bunch of cavalry guys got wiped out by the Indians. The reason it happened is they did a whole bunch of stupid things. In the movie all of those guys were heroes. Yes, they died with their boots on. But being dead is a very limited reward for recognition.

Recently, I got myself aligned with a system on the Internet that advises me of every line of duty death that occurs. And, it sure appears to be that firefighters are still dying with their boots on too. Not unlike the Cavalry soldiers of the last century they are sallying forth into battle sometimes poorly lead and sometimes drastically under estimating the situation. Now that I think about it the main theme of the movie that I referred to in the previous chapters was General George S. Custer. The fight was the Little Big Horn and Custer's Last Stand.

Can we really afford more last stands at the scene of fires? I have read all the literature I can get my hands on, on firefighter's safety. I have read as much line of duty death reports as I possibly can to understand the real reasons behind why we are killing firefighters. I have been to more than my fair share of firefighter funerals.

As I started working on this column I also thought about things that I have heard from some of my peers. Specifically one of them is Chief Charlie Rule. Chief Rule has devoted almost his entire career to asking tough questions. And one of the things I have heard him say from time to time is the fact that if we are going to be in a dangerous business we can't afford to be stupid.

Some of you may have seen the bulletin board art that has a picture of John Wayne wearing a Marine Corps uniform. On that plaque it says, "combat is dangerous" the next line says, "it's even more dangerous if you're stupid."

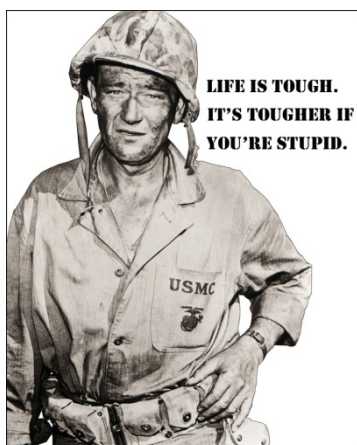


Supporting the Fleet, Fighter, and Family



Chief's Clipboard (Cont.)

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Now I do not wish to take the position that everybody who has died in the line of duty has done something stupid. But I would like to offer up a couple of thoughts about why we as the fire professionals are not following up on these line of duty deaths in an appropriate fashion to prevent more of them from occurring in the future.

I have developed an opinion that there are at least three major dimensions to the line of duty death phenomena. They are training and education, firefighter health and safety, and incident command.

Unfortunately, many fire departments do not spend any time at all teaching their people basic survival skills. And I am not talking about diving headfirst out of windows. I am talking about understanding fire behavior. I am talking about understanding basic building construction. I'm talking about understanding the role of an incident management system. The number one strategy reducing the amount of the loss of life from firefighters on the scene of fires is training. You will note I restricted this to fires and other emergencies. There are going to be other casualties we will talk about later but on the fireground the greatest defense against casualties are individuals that know what they are getting into and know their limitations.

That leads to the number two observation: Firefighter health and safety is a primary consideration and the reduction of many of the deaths. Everybody dies sooner or later. Some people expedite the process by not taking care of themselves physically and even emotionally. They allow their health to deteriorate and then expect it to perform like an Olympic athlete when they are under a highly stressful set of circumstances. What malarkey.

Yet, it has been my personal experiences that when you introduce the concept of physical fitness to many firemen they either shun it or belittle it. I have seen fire chiefs attempt to get physical training into their fire department and face major uphill battles because someone is afraid they will be held accountable. I have seen fire departments that have had recruits come out of their basic academy as finely tuned as any athlete walking on to a competitive professional sports field has. Yet six months later after an over indulgence of fire house cooking and apathy on the training ground that same individual could barely get out of his way.

Now I am of the opinion that we cannot keep all of our firefighters in top physical condition throughout their entire life. But, we should do everything in our power to at least prevent the gradual degradation that comes about from lack of physical exercise and the adoption of poor lifestyles.

That leads to the third component of fire ground safety: Strong incident management. Now everyone is going to tell me that they have already got strong incident command systems in place. I see this as a reality in much of the fire service. But I am not talking about the theory. I am talking about the application. Incident managers must place a strong priority on fire ground safety. It starts at the top it doesn't start at the bottom. And this includes telling people they can't do things even when they want to.

Chief's Clipboard (Cont.)

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Ronny J. Coleman

Dying with your boots on may have been an honor in the 1800's in the aftermath of the civil war. In a contemporary world dying with your boots on is just another indication that the system failed. It failed catastrophically. Professional fire officers need to stick to their guns on these three issues. Train your firefighters to the highest possible level of knowledge regarding fire behavior; demand that everybody that is going to be on the fire ground is in reasonably good physical condition; and then run the fire ground as if you expect every single firefighter to become a victim.

None of this removes our responsibilities as fire professionals to do what we can to combat fire. Society is not paying us to stand on the outside of buildings and lob water through windows on insignificant events. It is not our intention that the concept of two in and two out means that we stand around idle when life is threatened.

However, society doesn't expect us to be kamikaze pilots either. Going deep down in the bowels of an empty building that is partially under demolition or unduly risking the lives of firefighters for a building that is essentially already lost is not part of the bargain. A fire professional knows the difference between the two.

About the Author: Ronny J. Coleman is the former California State Fire Marshal, Past President of the IAFC and Chairman Emeritus of the Center for Public Safety Excellence. He has won numerous awards in his lifetime career devoted to writing about fire and life safety. You can read more of Chief Coleman's columns at <http://www.cafsti.org/tabletalk/>

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Combs Cartoon



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Those Cool Carcinogens



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Last Alarms

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TCOoO Update



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Last Alarms

The USFA reported 51 deaths to date in 2014. The following line of duty deaths were reported since we published our last issue:

Robert Thomas 🚒
Saline, LA

Gordon Ambelas
Brooklyn, NY

Robert Webster Sr. 🚒
Glencoe, KY

Daniel Groover ♥
Houston, TX

Richard Marchman ♥
Ward, CO

2014 Totals

♥ 36 (70%) 🚒 5 (10%)

♥ Indicates cardiac related death

🚒 Indicates vehicle accident related

Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation.
There are currently 29 DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Dana Picard	Westover ARB, MA	Diane.Lessard@us.af.mil
Billie Edwards	March ARB, CA	Melinda.Miller.2@us.af.mil
Wilson Humphries	USAG Camp Parks, CA	Alexis.A.Rivera8.civ@mail.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
Eric Schafer	Eglin AFB, FL	Kevin.Remedies@eglin.af.mil
Jeff Noel	Ft Campbell, KY	Charlotte.M.Epps.civ@mail.mil
Stephen Garman	Fort Detrick, MD	Katherine.M.Szamier-Bennett.civ@mail.mil
David Gill	NAS Fort Worth JRB	Allen.Almodovar@navy.mil
Melvin Wilson	NAS Fort Worth JRB	Allen.Almodovar@navy.mil
James Johnson, Jr.	NWS Indian Head, MD	Mike.Carroll@navy.mil
Phillip Booren	MCB Quantico, VA	Raymond.Loving@usmc.mil
Brandon Fines	Fort Belvoir, VA	Erika.M.Nieves.civ@mail.mil
Nathan Cerulli	DLA San Joaquin, CA	Dewey.Rose@dla.mil
Patrick Campbell	NAVBASE Ventura County, CA	Paula.Hays@navy.mil
Robert Morris	MCAGCC 29 Palms, CA	Darlene.Hull@usmc.mil
Derwin Jones	Pine Bluff Arsenal, AR	Paul.A.Jarrell2.civ@mail.mil
Reynard Black	NWS Yorktown, VA	Marc.J.Smith@navy.mil
Adam Jamieson	NCTMS Cutler, ME	Marc.J.Smith@navy.mil
Joel Klouzal	Norfolk Naval Shipyard, VA	Marc.J.Smith@navy.mil

Back in the Day

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Mack Fire Apparatus

Story by Tom Shand, Photos from the collection of Ted Heinbuch

Mack Trucks is one of the world's oldest producer of heavy trucks and began as a wagon building company in Brooklyn during 1905. While the early models of Mack built trucks



gained acceptance when the AC model was introduced in 1916 this design immediately became known as the "Bulldog" with over forty thousand trucks of all types being produced by Mack in this configuration. Thirteen different models of fire apparatus using the AC model chassis were developed including chemical wagons, hose cars, pumpers and tractor drawn ladders.

The AC Bulldog model was distinguished by the sloping front hood which protected the four cylinder engine rated at 74 horse power with a three speed transmission and the rear chain drive. Rotary gear fire pumps rated at 500 gpm were most common with little protection for the crew as the vehicles did not have any windshields with an open bench seat for the driver and officer.

During World War II Mack Trucks produced over thirty two thousand trucks to support the war effort for both the United States and the Allies. While the majority of these vehicles were NM 6X6, six ton cargo trucks a number of structural and specialized ARFF units were produced for all branches of the military. The U.S. Navy received several L model pumpers and quads during this period to protect various installations.

With the outbreak of World War II Mack moved its fire apparatus production from Allentown, Pennsylvania to Long Island City in New York. After the conclusion of the war the demand for fire apparatus skyrocketed as many communities had not received any new vehicles for several years. Mack fire truck production increased with a fourteen to eighteen month backlog for custom fire vehicles.

Mack L model fire apparatus were produced between 1940 and 1954 with approximately 1,453 rigs built. By far the most popular were the Type 85 and 95 models which boasted the Mack engineered and built Thermodyne engine rated at 225 horsepower with a five speed manual transmission and dual ignition.

Anyone who ever drove one of these Mack fire trucks can recall the distinctive roar of the Mack engine and given the proper training and some luck could easily shift the transmission without having to use the clutch. Despite competition from American LaFrance with their cab ahead 700 series apparatus Mack Fire Trucks dominated the market for many years due to the rugged design and construction of their vehicles.

Legislative News

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Open Burn Pit Registry



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Bill to Exempt Fed Firefighters from Tax Penalty

By Kellie Lunney



Bipartisan legislation introduced this week in the House would allow federal law enforcement officers and firefighters to access money in their Thrift Savings Plan accounts without penalty when they are eligible to retire.

The bill, H.R. 4634, would reform the tax code so that federal law enforcement officers and firefighters, who are eligible to retire earlier than many other federal employees, aren't subject to the 10% tax penalty on TSP retirement funds and other 401(k)-type plans tapped before the age of 59 and a half. Federal law enforcement employees and firefighters are eligible to retire after 20 years of service at age 50; that group also is subject to mandatory retirement at age 57 because of the physical demands and hazardous nature of their jobs. Border protection and customs officers would also be exempt from the tax penalty under the bill.

State and local public safety officers have been exempt from the 10% tax penalty since 2006; H.R. 4634 would extend that exemption to qualified federal public safety employees.

National president of the Federal Law Enforcement Officers Association, Jon Adler praised the lawmakers for introducing the bill. "This is about fairness," Adler said. "It is about bringing equity to the brave men and women who fill the ranks of the federal law enforcement agencies and who sacrifice themselves each and every day in carrying out their sworn duty to protect and serve our fellow citizens."

The organization lobbied for the introduction of the bill to amend the current law to include federal law enforcement officers and firefighters.

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Airborne Hazards and Open Burn Pit Registry

<https://www.federalregister.gov>

The Department of Veterans Affairs (VA) announces the establishment of the Airborne Hazards and Open Burn Pit Registry. The registry is voluntary and open to eligible Veterans and Service members who may have been exposed to airborne hazards by serving as members of the Armed Forces in one or more of the locations in the Southwest Asia theater of operations [as defined in 38 CFR 3.317(e)(2)], on or after August 2, 1990, or on or after September 11, 2001, to include Afghanistan or Djibouti. The registry will support efforts to ascertain and monitor the health effects in eligible Veterans and Service members who were possibly exposed to open burn pits, toxic airborne chemicals and fumes, and other airborne hazards such as particulate matter (PM). Eligible Veterans and Service members do not have to be enrolled for VA health care in order to participate in this registry.

Region Realigned

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Navy Region Midwest Realigns

By Gelacio Rodriguez, Regional Fire Chief, Navy Region Midwest

News item:

On 13 January 2014 Commander Navy Installation Command (CNIC) issued CNIC EXORD 14-4 disestablishing Navy Region Midwest and realigning installations, Navy Operating Support Center (NOSC), and supporting activities.

Naval Station Great Lakes and Naval Support Activity Crane will realign under Navy Region Mid-Atlantic. Naval Support Activity Midsouth will realign under Navy Region Southeast. NOSC throughout the Midwest will be realigned to Navy Region Northwest, Southeast, and Mid-Atlantic.

Disestablishment actions to be completed no later than 30 September 2014.

As Navy Region Midwest continues through the disestablishment and realignment process, the installation's fire and emergency services program remain hard at work and prepared to support today's Navy's mission. The support by CNIC N30 and his headquarter staff over the last decade have helped provide the installations in the Midwest with trained personnel and resources to meet the Navy's unique missions in the Heartland of the USA.

I would like to close this chapter in the Navy's Fire and Emergency Service history with moments captured at the installations from support to what will be known as the former region, Navy Region Midwest.

On behalf of Navy Region Midwest I say "God speed, stay safe, and train like your life depends on it so that you may safely return home to your families".



FPWG Corner



Fire Prevention Working Group News

By Mark Weil Chairman, Navy Fire Prevention Working Group mark.r.weil@navy.mil

If you haven't heard, the FPWG is closer to reaching a huge milestone with the soon to be released Navy Fire Code 1. The Navy Fire Code will be considered the quintessential tool for Navy fire inspectors. The NFPA Fire and Life Safety Inspection Manual notes the breadth of knowledge fire inspectors need is determined by the duties they perform. These duties can include the types of facilities they may inspect to the materials and operations housed within these facilities. In turn, the Navy Fire Code can provide that breadth of knowledge and is intended to be used as the primary reference source for effective fire inspections throughout the Navy.

The following are some of the present and past team members over the years that have contributed and developed the Navy Fire Code 1. As Chair Mark Weil and Vice Chair Janice Lozoya of FPWG we would like to personally thank you for your hard work and dedication to the Navy's Fire Safety program in Protecting Those Who Defend America.

James Scribner, Eric Wentworth, Charles McCoy, James Krause, John Taijeron, Jeffrey Fernaays, Roger Green, Ernie Rios, and the NFPA's Jim Dolan.

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Professional Growth

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Training, Certifications, and Designations

By Donald Striejewski, Fire Chief Fort Drum, NY; CPC Commissioner (DoD Rep)

Years ago there were no certifications or designations for fire service personnel. There was classroom and hands on training.

It used to be once you were trained on a subject area you were good to go, and you became the expert. A lot of us remember where we utilized manuals for our training through the “old red books” International Fire Service Training Association manuals. As time evolved the increase of firefighter accidents, injuries, deaths and investigations drove a need for better training. Knowledge, skills and abilities became the measure. Various agencies became more and more involved; the Occupational Safety and Health Administration, Joint Council of National Fire Service Organizations, National Fire Protection Association, International Association of Fire Chiefs and the International Association of Fire Fighters joined together to improve the way we perform in protecting our communities and members.

In 1971, the Joint Council of National Fire Service Organizations created the National Professional Qualifications Board to facilitate the development of nationally applicable performance standards for fire service personnel. On 14 December 1972, the Board established four technical committees to develop those standards using the National Fire Protection Association standards-making system. The initial committees addressed the following areas; fire fighter, fire officer, fire service instructor, fire inspector and investigator. Training became mandatory in many organizations.

Certification was a bad word in the earlier years. Some felt “I’ve been doing the business for the past 20 years why do I need certifications?” Webster’s dictionary definition certifications as; the act of making something official: the act of certifying something, the official approval to do something professionally or legally.

Forty three years later and we have evolved to much high standards. We are not just a service any longer; we are a business that utilizes a high standard of professional development for our members. Organization leaders of today want to provide their personnel with the best equipment and training available. Fire service personnel of today are encouraged to have associate, bachelor, master’s and doctoral college degrees; they embrace training and certifications.

In 1993 the Under Secretary of Defense for Acquisition, Technology and Logistics charged the Air Force to administer and maintain the DoD Fire and Emergency Services Certification Program for all DoD components. Currently the DoD F&ES work force is comprised of 8,538 personnel in 397 departments worldwide. By May 2013 the DoD F&ES Firefighter Certification Program issued over 570,000 certificates to more than 160,000 firefighters and federal emergency responders.

In 1996 the Commission on Fire Accreditation International (CFAI) was created with the mission of promoting the continuous quality improvement of F&ES agencies by providing training and career resource information.

Growth (Cont.)

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In 2001, the CFAI evolved into the Center for Public Safety Excellence (CPSE) comprised of two commissions: the CFAI and the Commission on Professional Credentialing (CPC).

The CPC is responsible for setting and maintaining professional designation standards and making decisions concerning individual designation, organization operation and special programs and activities.

What is designation? According to Webster's dictionary, designation is the act of officially choosing someone or something to do or be something; a name or title that identifies someone or something; the act of indicating or identifying; appointment to or selection for an office, post, or service; a distinguishing name, sign, or title.

In 1998 the Navy was charged with facilitating all DoD fire departments to achieve and maintain CFAI accreditation. While this program is not mandated, it serves as a tool to assess and help DoD fire departments become better, stronger, and more powerful F&ES agencies. As of May 2014 there are 36 accredited DoD F&ES agencies out of 191 eligible agencies.

Even though professional credentialing is not mandated by DoD F&ES, the program provides a professional road map for anyone wishing to move up through their agency. Each designation has a list of technical competencies used to evaluate applicants as to their knowledge, skills, abilities (KSAs), and experiences, and are tailored to the designation they are seeking.

DoD - Number of Departments

USAF	180
Army	120
Navy	65
USMC	25
<u>DLA</u>	<u>7</u>
Total	397

GS-0081 Workforce

From the latest OSD Strategic Human Capital Plan

Department of Army	2,707
Department of Air Force	2,486
Department of Navy	3,185
<u>DoD Agencies (4th Estate)</u>	<u>160</u>
Total DoD F&ES Workforce	8,538

Today the Department of Defense Fire and Emergency Services as a whole is leading the way in professional development. Fire and Emergency Services professionals, fire fighters and fire officers are actively seeking higher education, training and now designations. As of 8 July 2014, 38 DoD Chief Fire Officer's, 10 Fire Officer's, 4 Fire Marshal's, 4 Chief Training Officer's and 2 Chief Emergency Medical Service Officer's all have been designated.

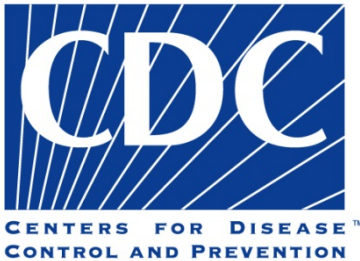
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In 2013 the CPSE and the CPC began the "Pass the Baton" campaign. This ongoing campaign helps raise the standards of excellence in every department. The Pass the Baton campaign reaches out to the next generation of leaders in the fire and rescue service and encourages continuous improvement on the personal and professional levels. As a credentialed officer, you are in a unique position to inspire and encourage fellow officers in your own department as well as others to pursue professional growth and career development. I challenge all DoD fire professionals to take on this campaign and lead your organizations into the next generation.

Donald N. Striejewski, CFO, FM, IAAI-FIT, MIFireE, is a 39 year veteran of the fire service, currently is the Fire Chief for the Department of Army, Fort Drum Fire and Emergency Services Division home of the 10th Mountain Division. He currently serves as the representative for DoD F&ES on the Commission on Professional Credentialing.

Obesity Study

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Firefighters Don't Get Weight Advice

By Kristina Fiore, Staff Writer, MedPage Today

There's good news and bad news for two groups that the CDC keeps tabs on regarding obesity. First, the good news: fewer kids in New York City public schools are severely obese, a figure that has declined over the last 5 years. But heavy firefighters aren't getting advice about losing weight from their doctors, even though they're known to be a group at substantial risk of obesity-related comorbidities such as cardiovascular disease.

Both studies were published in the July issue of the CDC's journal *Preventing Chronic Disease*.

Data shows that firefighters have high rates of obesity, and cardiovascular events are the leading cause of line-of-duty deaths. Rena Sue Day, PhD, of the University of Texas Health Science Center at Houston, and colleagues looked at data from a national sample of male firefighters in 2011-2012 in which men self-reported whether they received weight advice from their physicians. Most of these men (93%) had visited their doctor in the last year -- but the majority (69%) said their doctors didn't give them any advice about diet or weight loss. When looking specifically at obese firefighters, fewer than half said their doctors told them to shed some pounds. Only 12% of those who were overweight were given similar advice, the researchers reported. They found that having a higher body mass index (BMI) and more obesity-related comorbidities increased the likelihood that doctors would broach the subject and tell their patients to lose weight.

Age also seemed to play a role, they reported. Younger firefighters -- particularly those who were less obese -- were less likely to be counseled than older firefighters. But those who were more obese were still more likely to get advice regardless of age. "The results of this study suggest that receipt of healthcare provider advice to lose weight depends on the joint effects of age and BMI," they wrote. Although comorbidities were predictive of receiving weight loss advice, only 30% of firefighters with an obesity-related comorbidity were advised to lose weight, the researchers said. This "marks a missed opportunity for prevention of obesity-related comorbidities in the fire service," they wrote. "Young overweight and obese firefighters are not receiving adequate weight counseling."

Since reducing overweight and obesity in this group could lead to an improvement in overall firefighter health and public safety, they concluded, clinicians "should appropriately advise firefighters on weight loss and maintenance according to national guidelines."

The news is better for New York City's youngest, who are seeing significant declines in the rate of severe obesity. Sophia Day, PhD, of the New York City Department of Health and Mental Hygiene and colleagues, looked at data from almost 950,000 children ages 5 to 14 enrolled in New York City public schools in the school years ending 2007 and 2011. During that time, severe obesity declined 9.5% -- from 6.3% to 5.7%, they reported. They also found that severe obesity fell in every subgroup, with the greatest effects seen among white students and wealthy students.

Obesity (Cont.)

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On the Job – Great Lakes



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Rates of regular obesity also fell, by 5.5% -- from 21.9% to 20.7% -- during that time, a trend that has paralleled national obesity rates among children. An earlier rise in childhood obesity in the U.S. has started to level off, the researchers said -- but rates of severe obesity in New York had not been well-studied, which is why they chose that data point as the focus of their study.

"Although obesity is beginning to plateau among U.S. children, severe childhood obesity overall is increasing nationally, but not in New York City, as our study showed, where severe obesity is decreasing along with or faster than obesity," they wrote. Day and colleagues argued that severe obesity should be tracked just as closely as overall obesity given its implications for poor health outcomes.

The report can be viewed at;

http://www.cdc.gov/pcd/issues/2014/14_0091.htm

Fire Ops 101 – Naval Station Great Lakes



On 30 May 2014 Naval Station Great Lakes F&ES hosted the Naval Station Installation Commanding Officer, Captain William Bulis and Executive Officer, Michael Thibodeau for a daylong event of fire and emergency services training. The purpose for the hands-on training is to demonstrate the physical and mental demands to firefighters protecting shore installations.

The idea to host the CO and XO was a collaborative effort during a Labor Management forum in 2012. "Fire Ops 101" as it is referred to locally, is the

second training event provided to the Installation CO and XO in the past two years after a change of command has occurred.

The daylong event started with respiratory fit testing and PPE gear issue, along with training on their safe use. The CO and XO were also provided classroom instruction on basic firefighting and rescue techniques prior to the hands-on training.

"Fire Ops 101" hands-on training included live fire training evolutions, auto extrication, landing of life flight helicopter, and EMS patient care. The Class "A" fire trainer and METI Trauma training mannequin were procured by CNIC F&ES Headquarters. A post-brief of lessons learned was conducted at the end of the day.

Captain Bulis stated "this experience has definitely provided me a greater appreciation and understanding of what installation Skippers receive from their F&ES workforce".

SA Matters!

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Ten Explanations for Unsafe Actions

By Rich Gasaway, PhD.

I recently had a situational awareness conversation with a firefighter who shared the details of an incident that made him both proud and disappointed. His company officer decided to do an exterior attack at a residential dwelling fire because the conditions had deteriorated to the point where an interior attack would not be warranted. This decision was made even though neighbors were reporting there might be someone inside. Based on what I was told, the officer made the right call. At it turns out, no one was inside and if they were the conditions were not compatible with life. This made the firefighter proud. But what happened next left him terribly disappointed.

Apparently, the officer on the second-in engine did not share the same assessment of the conditions and had his crew pull a line and initiated an interior attack. That crew made no progress on putting the fire out or conducting anything close to an effective search. Within thirty seconds of entry they were “bailing out” of the house. The bailout crew commented about how quickly conditions deteriorated around them. These comments left the defensive crew absolutely stunned. The exterior crew saw the conditions as being untenable well before the aggressive crew even entered the structure.

The firefighter I interviewed described the interior crew as “hot dogs” who are always pushing the envelope of safety to the very limits and this time had a consequence as two members on the hot dog crew got burned... needlessly. So why did they enter an environment they should not have been in to begin with? Here are ten possible explanations to ponder:

1. The officer on the interior crew suffers from low self-esteem and felt he had to justify his value to the organization and his fellow crew members by being overly aggressive.
2. The officer on the interior crew has an over inflated ego and is of the mindset that “real” firefighters “always” conduct interior attacks, regardless of conditions.
3. The officer on the interior crew arrived with a predisposed action in his mind (aggressive offensive). With that mindset, not amount of clues or cues indicating that’s a poor action choice is going to change his mind.
4. The officer on the interior crew suffered tunnel vision and did not complete a size-up that included the development of strong situational awareness.
5. The other members on the interior crew were too afraid of the officer to speak up, even if they felt an aggressive interior attack was not appropriate.
6. The other members on the interior crew did not know how to speak up to express their concerns to a superior officer.
7. The officer on the interior crew has developed a habit of “always” conducting an aggressive interior attack. Habits are hard to break.

SA Matters (Cont.)

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Chief Rich Gasaway, PhD

8. The officer on the interior crew suffers from the “duty to die” syndrome and believes that it his “sworn duty” to be in those conditions and if he dies while doing his job, that is a noble way to die.
9. The officer on the interior crew has fought many interior fires that he believes were as bad as this one, or worse, and it always turned out ok (no injuries).
10. The officer on the defensive crew – who was the first arriving officer and designated incident commander – did not stand up to the rogue officer and forbid the interior attack. He stood by and let it happen. He lacked a strong command presence.

There you have it. Ten possible explanations for unsafe actions that resulted in two senseless firefighter injuries.

SOLUTION

When you have an event similar to the one described above it is important to learn from the event. Oftentimes nothing is said. Sometimes the aggressive interior crew is lauded for their heroic actions. That results in positive reinforcement for undesirable behaviors. Sometimes the crew who chooses to be defensive may be admonished for not being aggressive enough. That results in negative reinforcement of desired behaviors. (I’ll write a separate article about behavior reinforcement soon.)

While these are ten possible explanations, without being at the scene or knowing any of the players the members of the department who were there, it is virtually impossible for me to know for sure why this happened. But the tough questions need to be asked and the core issue for unsafe behaviors needs to be addressed.

NOTE: The sad part of this story is the officer who made the decision to conduct an aggressive interior attack was not among the injured firefighters.

DISCUSSION QUESTIONS

1. Have you ever been in a situation where your officer made a decision to be aggressive offensive under conditions that were untenable? How did you handle it?
2. Why do you think it made sense to the interior officer to conduct aggressive interior operations under such deteriorating conditions?
3. What are your thoughts about the strength of the situational awareness of the two officers? Why was there such a difference?
4. What can you do to reduce the possibility that you’ll ever be in this situation?

Richard B. Gasaway is a scholar-practitioner with a passion for improving workplace safety. In addition to serving 33 years on the front lines as a firefighter, EMT-Paramedic and fire chief, he earned his Doctor of Philosophy degree while studying how individuals, teams and organizations develop and maintain situational awareness and make decisions in high stress, high consequence, time compressed environments. Dr. Gasaway is widely considered to be one of the nation’s leading authorities on first responder situational awareness and decision making. His material has been featured and referenced in more than 350 books, book chapters, research projects, journal articles, podcasts, webinars and videos. Dr. Gasaway’s leadership and safety programs have been presented to more than 35,000 first responders, emergency managers, medical providers, military personnel, aviation employees, industrial workers and business leaders throughout North America, Europe, Asia and Australia.

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On the Job - Bridgeport

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MWTC Bridgeport Stands up ALS Program

By Kevin Sullivan, Fire Chief

Mountain Warfare Training Center (MCMWTC) Bridgeport Fire & Emergency Services (F&ES) reached an important milestone with the implementation of Advanced Life Support (ALS) into their existing Emergency Medical Services program. With this upgrade, all Marine Corps CONUS Installations with Marine Corps F&ES Departments now have the capability of providing ALS care. Four Paramedics were hired in January 2014 and were certified by the Inland County Emergency Medical Agency (ICEMA) and the State of California. The program itself was recognized by ICEMA and will be functioning under their protocols and medical direction.

The process of becoming an ALS program took several years to accomplish. First, the need for the program had to be demonstrated. Despite a low call volume, the high-risk training and remote location of the installation places many Marines and other service members at risk for serious injury in which ALS was required. As a result, a request was made by Colonel John Carroll, Commanding Officer of MWTC Bridgeport to Marine Corps Installations Command to upgrade the program to the ALS level. Funding for the additional equipment that was required was provided by MCICOM through a centrally managed program.

In response to the department adding an advanced level of service, Kevin Sullivan, Fire Chief of MWTC Bridgeport stated, "I am very pleased to see that the ALS program is now fully up and running at MCMWTC. Knowing that the Marines and all individuals at MCMWTC now have a higher echelon of care makes the last few years of work advocating for this program totally worth it. The members of this fire station are dedicated to supporting the functions of this base and to provide the best medical care possible and the ALS program is now an instrumental part in that mission."

Navy CEAP



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Civilian Employee Assistance Program (CEAP):

The Department of Navy has developed a consolidated Civilian Employee Assistance Program (CEAP) that offers free services to all DON civilian employees and their families.

DON CEAP provides counseling and referral services to help employees handle work and personal issues as well as providing financial and legal consultations.

DON CEAP also provides managerial training, health and wellness guidance, and assistance with family issues including adoption, child/elder care and parenting.

To learn the full range of benefits offered, plan on participating in a short DCO that will outline the program. Feel free to use the CEAP services, they are free, confidential and you can call them 24/7 CONUS or OCONUS! Call 1-844-DONCEAP or visit <http://donceap.foh.hhs.gov/>.

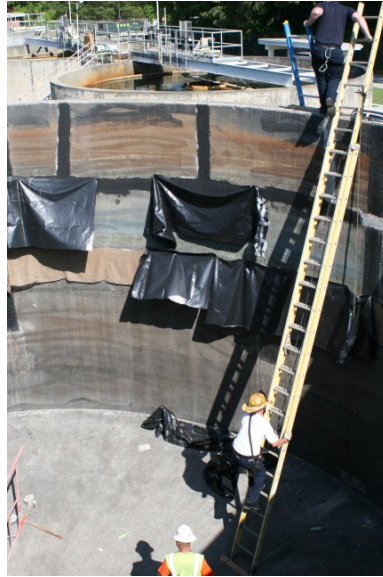
On the Job – Cherry Point

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MCAS Cherry Point F&ES Technical Rescue



At 8:35 p.m. on 13 May 2014, MCAS Cherry Point Fire and Emergency Services received a call to the waste treatment facility aboard the air station. The call initially sounded as any routine medical run to a male with a possible broken leg who fell approximately 10 feet from scaffolding.

The initial response of Engine 3, Medic 2, as well as the Assistant Chief of Operations and Assistant Chief of Emergency Medical Services arrived on scene within two and half minutes from dispatch. Upon arrival, personnel were directed to an above ground holding tank that was undergoing maintenance and were informed that the patient was inside the tank. The response was then upgraded to a Technical Rescue Emergency, which added the Fire Chief,

Ladder 1, Rescue 1, Engine 2 and Medic 1 to the scene.

After quickly assessing and deeming the scene safe, the initial entry team entered the tank to discover there were actually two victims who had fallen approximately 12 – 15 feet when the scaffolding they were working from collapsed and tipped over. One of the patients, upon evaluation by Department Paramedics was deemed to be requiring aero-medical transport to the area Level 1 Trauma Center due to extent of injuries and still being slightly entangled in the fallen scaffolding. The second patient received minor injuries, still required transport for further evaluation and treatment.

With no easy way to get the patients out, MCAS Cherry Point emergency personnel quickly devised a plan for retrieving them. Department personnel established a rope rescue system utilizing the aerial ladder as an anchor to remove the patients. With medical services personnel remaining in the tank treating the patients, the basket was lowered into position. Personnel in the tank packaged and removed the higher priority patient from the tank and had him ready for transport to a waiting medevac within 36 minutes from the initial arrival on scene. Personnel then retrieved the second patient from the tank and had him loaded in a transport EMS unit within 53 minutes from arrival.

The level one trauma patient was transported to the flight line tower by ambulance and was then airlifted via helicopter to the Vidant Medical Center in Greenville, N.C. for treatment. The second patient, with minor injuries, was transported via ambulance by CPFES personnel to Carolina East Medical Center in New Bern, N.C. and was later released.

The Department has been conducting specialized rescue training over the past several years to ensure their personnel are at a constant state of readiness to mitigate any situation in which they are requested to respond. The ongoing training and development was apparent on this emergency with how quickly and safely the department performed these specialized skills.

Leadership

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13 Ways Fire Chiefs Can Kill Their Careers

By Dennis Rubin

As the most recent International Conference for Fire & Rescue Executives grew near, then Boston Fire Commissioner Roderick Fraser asked me to develop a seminar presentation that discussed career-ending behaviors.

At first, I was not interested in targeting negative leadership behaviors. The commissioner wanted a presentation that would help fire executives realize the damage that poor personal behavior and choices could have on a career and reputation. Fraser was very convincing and the topic seemed to need more study.

To develop this material, I interviewed about a dozen chiefs who had been senior chief officers for five years or longer — Chiefs Alan Brunacini and Bruce Varner were among the high-caliber participants. I asked each to name three career-crushing traits, those sure to get someone into major trouble.

To add balanced I sought out about two dozen highly regarded folks in fields outside the fire and rescue service. Some were political leaders, medical professionals, airline pilots, private business owners and other public-sector officials.

When I compiled the data and looked for trends and patterns, the two groups' lists of traits mirrored one another. The process was not very scientific, but it yielded some intriguing results as to leadership mistakes and omissions.

And from these data points emerged a list of 13 career crushers.

Crusher 1: Revenge

This crusher seems obvious; however, it is one of the most violated rules of leadership. Further, it is one of the most broken rules of the entire 13 career crushers.

I've observed this time and again; the news media is rife with reports to back that claim. Worse, many leaders are blind to their use of revenge.

There is often a correlation between having significant legitimate power to direct someone's efforts in the workplace and inflicting revenge on that same subordinate. Many bosses think they can get away with revenge behaviors because they are in a ranking position and no one will notice or care.

Some bosses are truly delusional, thinking they never will be discovered.

Never lose sight of the fact that someone is always watching. In fact, on average, Americans have their image captured on closed-circuit television 22 times per day. The corrupt boss will get caught, or at a minimum every subordinate members will eventually figure out the miscarriage of justice.

The same subordinates will withdraw their support of the violating superior. Perhaps starting the process of the embarrassing and a disruptive vote of no confidence directed at the revengeful boss.

Leadership (Cont.)

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Sliding scale of justice

Revenge can come in the form of the superior using the disciplinary process to add an extra burden (as punishment) to those that she or he simply doesn't like. Perhaps the chief was promoted over a long-time nemesis or was at the same rank as the disliked person until the last promotion.

If this situation is case, the potential is there for personal revenge using the department's disciplinary system like an invisible club over the head of the disliked member.

The interesting part about this type of inept behavior is that a comparison of previous punishments by the same superior will tell the tale in full. As an example, the chief gives a friend and supporter a lenient penalty compared to a stiffer penalty for the same infraction to a person that he does not like.

Once a supervisor has a reputation for selectively enforcing the rules and uses a sliding scale of justice to benefit family, friends and other supporter, serious trouble is brewing. If the chief will not be fair to the membership, an internal uprising is immanent.

I have seen the uproar of concern by the department's membership many times. Only a chief who has an equally poor boss (the mayor or the city manager who supports this behavior) can temporarily survive those situations.

Location, location, location

Another reoccurring revenge behavior is using work assignments. Some of the telltale traits of this action by the chief, are that a person leaves an assignment that they have enjoyed without notice or request.

Generally, this type of transfer is to a location that the oppressed person is not interested in being assigned. The harmed member may be attached to the firehouse that is a significant farther distance from home — "take that extra 50-mile commute per day," says the bad chief.

I once learned of an officer who was moved nine times in eight months. Once this person had enough time to synchronize the newly assigned work schedule with the spouse, the chief would re-assign the person somewhere else. With a house full of young children, this was tremendously disruptive and the supervisor was aware of the issue that he was intentionally causing.

One extreme case that happened during my watch involved a station captain (company commander) forging a transfer request for a lieutenant (shift commander) during the lieutenant's vacation. The captain sent a transfer request to the deputy fire chief (shift command) that the deputy honored and the lieutenant moved to another firehouse.

The intriguing part of this story is that the captain thought he would get away with this action. When the lieutenant questioned why he was moved during his vacation and the lie was exposed — the lieutenant was returned to his original assignment. The captain received the standard (from the uniform table of penalties) punishment for forging an official city document.

Leadership (Cont.)

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Dennis Rubin

Classic bullying

In today's society no one likes or supports a bully. One person using his position to inflicting harm using revenge is bullying in its classical (and classless) form. If the boss's boss is onboard with this ridiculous behavior, the charade may go on for a while.

Stay focused on your career and always remember that anything you do will be discovered in detail in time. Only take actions against others that are warranted and use a well-refined discipline system that removes as much subjectivity from the process.

I worked at one place where the members were obligated to hold trial boards with a four-person panel (jury) of the accused member's peers. This removed the fire chief and the top brass from the process.

The fire chief had two choices once the panel issued a ruling: accept the recommendation or lower the punishment. City code prohibited the chief from increasing the penalty. The trial board process did remove the ability to infect revenge by a higher-ranking member.

The struggle will always be to be fair and to remove relationships out of the mix of discipline. Treat people like you want to be treated and that includes accountability for their actions and inactions. Be leery of supervisors who proclaim they would rather be feared than respected.

Dennis L. Rubin is the principal partner in the fire protection-consulting firm D.L. Rubin & Associates. The firm provides training, course development and independent review of policy and procedures for all types of fire and rescue agencies. In his more than 35 years in the fire service, Chief Rubin has served as a company officer, command level officer, and fire chief in several major cities including Dothan, Ala., Norfolk, Va., and Atlanta. Chief Rubin holds a bachelor's of science degree in fire administration, an associate's in applied science degree in fire science management, and graduated from the National Fire Academy's Executive Fire Officers Program. Rubin has taught at several universities and colleges as well as at the National Fire Academy. He frequently speaks and lectures at local, state, national and international events. You can follow him on Twitter at @ChiefRubin and contact him at Dennis.Rubin@FireRescue1.com.

13 Career Crushers

- **Revenge**
- **Discrimination, harassment and hazing**
- **Inattention to detail**
- **Troubled personal life**
- **Actions not aligned with department goals and values**
- **Declining health**
- **Ignoring technology**
- **Illegal activity**
- **Irreconcilable differences with the boss**
- **Lying**
- **Political suicide**
- **Political ambition**
- **Incompetence**

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

- John Quincy Adams

On the Job – Camp Pendleton

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Pendleton Firefighters Raise \$\$ for Victims

From: <http://www.iaff.org/Comm/SpotLight/14Stories/061914CampPendleton.htm>

After the Cocos and Poinsetta wildfires in California burned 2,500 acres, 41 homes and 18 apartment units in Escondido, San Marcos and Carlsbad in May, Camp Pendleton Professional Fire Fighters Local F-85 members organized a fundraiser for the victims at Stone Brewing World Bistro and Gardens. The event raised \$18,779 and two freight trucks full of donated furniture and household supplies.

“Our members saw firsthand the devastating effect the May fires had on the citizens and wanted to do something to help,” says Local F-85 Secretary Ron Pickett. “And we wanted to do it as quickly as possible.”

F-85 set June 12 as the fundraiser date. Stone Brewing World Bistro and Gardens agreed to donate half all the proceeds for that day, provide two freight trucks to haul donated furniture and household items and create a special Pale Ale called “Rising Phoenix” for the occasion. F-85 also organized a silent auction.

Camp Pendleton fire fighters set up the 2014 San Diego Wildfires Fund for the monetary donations, but needed extra help to assist on the day of the fundraiser. Local F-85 members reached out to the San Diego County Council of Firefighters, a conglomeration of all of San Diego County’s fire agencies, including IAFF members, who agreed to help.

The members of Local F-85 plan to present the check and the donated items to the Community Recovery Team, an organization that will distribute to the affected citizens based on degree of need.

Clinic Humor



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Wonderful Doctor

A lady had been exposed to strep and needed to visit the doctor's office just to have her throat swabbed for a culture. She sat in the waiting room for quite some time with her legs crossed, reading a magazine while other patients came and went.

Suddenly her turn was called, but when she stood up to go in, she discovered her leg was "asleep".

Not wanting to keep the nurse waiting, she limped and staggered toward the inner office door. She noticed one elderly lady nudging another who sat beside her, as the two of them sympathetically watched her painful progress.

Two minutes later, her procedure completed and her leg back to normal, she walked easily back into the waiting room. As she strode past the two elderly ladies, she overheard one whisper triumphantly to the other, "See, Myrtle, I TOLD you he was a wonderful doctor!"



On the Job - Okinawa

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Facility Response Team Training, Okinawa

By Frank Jones, Assistant Chief



Mr. Bill Tageson from Navy Occupational Safety and Health (NAVOSH) made a visit to White Beach, Okinawa recently to provide the annual Facility Response Team training for the Marine Corps Installation Pacific (MCIPAC), Marine Corps Base Butler (MCBB) Fire & Emergency Services. The agency's water rescue program takes part in managing the spill response for water and marine related spills in their area of responsibility. The program has been being brought up to speed and put online by the fire department over the last year and is developing nicely.

One of Camp S.D. Butler's boats was sent to White Beach for the training. The boat was used in conjunction with the assets at White Beach such as their skimmer and boom resources. The training consisted of conducting various response configurations using the skimmer to perform containment and recovery. The MCIPAC's Boat #1 assisted, using (J) leg boom configurations. Boat #1 conducted the towing efforts and White Beach's skimmer was used to recover the product. Shoreline protection operations at White Beach were also conducted to build the skills required to provide protection for the beaches and shorelines in the areas from contamination due to spills.

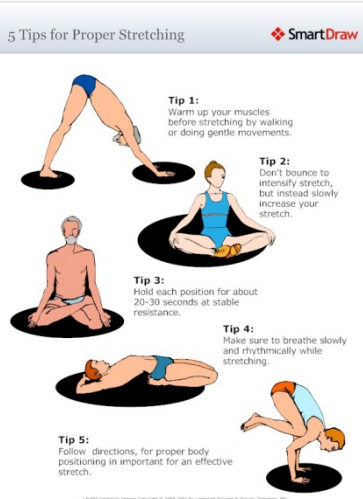
Local MLC firefighters from Camp S.D. Butler participated in the class. Fire Captain Dai Sunagawa, Driver Engineer Tomohiko Yamashiro, Yoshikazu Arakaki, and Shoichiro Nagamine, along with Firefighters Jun Chinen, Shigetsune Nakandakari, Haruhiko Miyaguni, and Hirokazu Murayoshi were all involved and did an outstanding job in the course, adding to the abilities of the Fire Department to protect life and property.



NAVFAC Engineering and Expeditionary Warfare Center (NAVFAC EXWC) Oil Spill Response Program (OSRP) have played and continue to be a big part of the overall program and training. Fire & Emergency Services would like to thank the members of NAVFAC OSRP Dan Bojorquez, Program Manager, Randall Richter, FRT Training, and Bill Tageson, the instructor who came out and instructed the class.

Health & Wellness

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Protect Your Tendons

You've probably heard of such sports injuries as tennis elbow or jumper's knee. These are just two examples of tendinitis, a painful condition caused by overusing and straining the joints in your body.

Tendons are the tough but flexible bands of tissue that connect muscle to bones. You have about 4,000 tendons throughout your body. Tendons make it possible for you to bend your knee, rotate your shoulder, and grasp with your hand.

Tendinitis is inflammation of a tendon. (When you see "itis" at the end of a medical word, it means inflammation.) In tendinitis, the tendon gets inflamed and can rub against bone, making movement painful.

Tendinitis is usually caused by repeated motion, stress, or injury to certain muscles or joints. A sports or job-related injury is a common way to get tendinitis, but the condition can happen to anyone. Your risk for tendinitis also increases with age. "Tendons lose health as we get older and become less able to handle the load," says Dr. Evan Flatow, an orthopedist at Mount Sinai Roosevelt Hospital in New York.

Any activity that requires repetitive wrist turning or hand gripping, jumping or bending, pulling, pushing, or lifting can irritate the tendons. Some of the most common places to get the condition are in the shoulders, elbows, hands, wrists, knees, and ankles. Gardeners, carpenters, musicians, and other people whose work regularly places stress around the same tendons are at increased risk for developing tendinitis.

If treated early, tendinitis is usually a short-term condition. But it can come back if the tendon is aggravated over and over again. If tendinitis keeps affecting the same area over time, the tendon can weaken and tear or break.

If you have pain or swelling—and especially if you can't move a joint at all—contact a primary care doctor or an orthopedist. They can perform tests to pinpoint the exact areas of inflammation. You may also get an MRI scan or X-ray to check for a tear in the tendon or rule out other conditions, such as arthritis.

The first step in treating tendinitis is to reduce pain and swelling. Be sure to rest the swollen tendon so it can heal. "We have to break the cycle of inflammation to allow therapy to work," Flatow says. A doctor may prescribe medicines that relieve inflammation (such as aspirin or ibuprofen), give steroid injections, or give you a splint or brace. Then gentle exercises can help strengthen the tendon.

If a tendon becomes torn, surgery might be needed to repair the damage. NIH-funded researchers such as Flatow are working to develop new ways to repair and regenerate tendons without surgery.

Regular physical activity helps keep muscles, bones, and tendons strong, and can lower your risk of injury and tendinitis. But be careful not to overdo it so you don't injure yourself.

Wellness (Cont.)

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“Keep joints limber,” Flatow advises. “Warm up and stretch before physical activity to prevent sudden injury.” Take care of your tendons so they can keep you painlessly bending and flexing your muscles long into old age.

Preventing Tendinitis

- Exercise regularly to strengthen muscles around the joints.
- Begin new activities or exercise routines slowly and gradually increase the intensity.
- Position your body properly when doing daily tasks.
- Take frequent breaks from repetitive exercises and motions.
- Stop activities that cause pain.
- Use padding, gloves, or grip tape to cushion joints while using tools and sports equipment.

Reprinted courtesy of NIH News in Health. For more information, please visit newsinhealth.nih.gov.

Healthy Eating



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Pasta Salad with Tomatoes

8 oz. whole-wheat fusilli, farfalle or other small pasta shape, cooked according to directions

1/4cup balsamic vinegar (red or white)

4 Tbsp. finely chopped fresh basil, divided

1 tsp. turbinado sugar, optional

Salt and freshly ground black pepper to taste

1/8 tsp. crushed red pepper (or to taste)

3 Tbsp. extra virgin olive oil, divided

4 cloves garlic, minced and divided

1 medium green bell pepper, finely chopped

4 plum or Roma tomatoes, coarsely chopped

1 slice whole-wheat bread (multigrain may be substituted)

1. In bowl, cover and chill pasta.
2. In large mixing bowl, combine vinegar, 2 tablespoons basil, sugar, salt, pepper, red pepper, 2 tablespoons oil and half of minced garlic. Whisk to combine well. Add pasta, bell pepper and tomatoes and toss gently until well coated.
3. In food processor or blender, place bread and pulse a few times to produce coarse crumbs. In a medium skillet, heat remaining oil over medium-high heat. Stir in breadcrumbs and garlic. Sauté about 1½ - 2 minutes until browned and crisp. Remove from heat and let cool.
4. Top pasta with garlic crumbs and remaining basil. Serve.

Makes 8 servings.

Nutritional values per serving: 180 calories, 6 g total fat (1 g saturated fat), 27 g carbohydrate, 5 g protein, 4 g dietary fiber, 25 mg sodium.

Reprinted courtesy of the American Institute for Cancer Research. For more information, please visit aicr.org.

TSP News

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TSP Continues Growing in June

By Kellie Lunney

June was a strong month for the Thrift Savings Plan, with all the funds in the black, according to the latest statistics from the Federal Retirement Thrift Investment Board.

The S Fund, invested in small and midsize companies and tracking the Dow Jones Wilshire 4500 Index, rose 4.45% in June, after rebounding in May from a two-month stay in the red. The fund has grown 26.95% in the last 12 months. The C Fund, invested in common stocks, also had a decent June, increasing 2.07% and gaining 24.71% since June 2013. The C Fund grew 2.35% in May.

TSP's international (I) fund continued its upward climb, increasing 0.99% last month. The fund has picked up 23.97% since June 2013.

The fixed income (F) and government securities (G) funds experienced modest growth, inching up 0.14% and 0.19%, respectively. The F Fund has increased 5% during the last 12 months, while the G Fund has gained 2.3% over that time.

The lifecycle (L) funds -- designed to move investors to less risky portfolios as they near retirement -- all yielded positive returns in June, as they have the past few months. The L Income Fund for TSP participants who already have started withdrawing money gained 0.58% last month. L 2020 increased 1.19% in June; L 2030 gained 1.52%; L 2040 was up 1.77%; and L 2050 saw a 1.96% boost.

Over the last 12 months, L Income is up 6.74%; L 2020, 13.99%; L 2030, 17.3%; L 2040, 19.7%; and L 2050, 22.03%.

Month	L Income	L 2020	L 2030	L 2040	L 2050	G Fund	F Fund	C Fund	S Fund	I Fund
2013										
Jul	1.21%	2.95%	3.72%	4.29%	4.83%	0.18%	0.13%	5.10%	6.88%	5.29%
Aug	(0.39%)	(1.22%)	(1.60%)	(1.87%)	(2.11%)	0.18%	(0.48%)	(2.89%)	(2.76%)	(1.31%)
Sep	1.12%	2.71%	3.40%	3.90%	4.42%	0.19%	0.99%	3.14%	5.89%	7.41%
Oct	1.01%	2.23%	2.75%	3.11%	3.47%	0.19%	0.89%	4.60%	2.94%	3.38%
Nov	0.58%	1.24%	1.54%	1.74%	1.93%	0.18%	(0.35%)	3.05%	2.49%	0.75%
Dec	0.58%	1.25%	1.56%	1.77%	1.98%	0.19%	(0.56%)	2.54%	2.94%	1.51%
2014										
Jan	(0.42%)	(1.57%)	(2.04%)	(2.35%)	(2.71%)	0.21%	1.58%	(3.45%)	(1.91%)	(4.03%)
Feb	1.15%	2.73%	3.44%	3.94%	4.44%	0.18%	0.62%	4.58%	5.43%	5.58%
Mar	0.19%	0.17%	0.14%	0.12%	0.09%	0.19%	(0.15%)	0.85%	(0.69%)	(0.57%)
Apr	0.31%	0.39%	0.37%	0.32%	0.32%	0.20%	0.90%	0.75%	(2.47%)	1.51%
May	0.64%	1.20%	1.46%	1.63%	1.78%	0.20%	1.21%	2.35%	1.52%	1.72%
Jun	0.58%	1.19%	1.52%	1.77%	1.96%	0.19%	0.14%	2.07%	4.45%	0.99%
YTD	2.46%	4.14%	4.91%	5.43%	5.89%	1.17%	4.37%	7.18%	6.21%	5.06%
Last 12 mo	6.74%	13.99%	17.30%	19.70%	22.03%	2.30%	5.00%	24.71%	26.95%	23.97%

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EMS Strategies

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An Ounce of Prevention

It never ceases to amaze me how intelligent and forward-thinking our forefathers were. Benjamin Franklin is credited with the quote, “An ounce of prevention is worth a pound of cure.” This from a man who was, among many things, an author, politician, postmaster, scientist, inventor, diplomat and firefighter. He understood that the city of Philadelphia would be much better off if it had an organized fire department and could educate the citizens about the importance of fire prevention.

In EMS, we have worked hard to implement prevention programs for our communities, such as bystander CPR and first aid, child car-seat inspections and installations, drowning prevention, bicycle-helmet giveaways, trip-and-fall programs for our senior citizens and even vaccinations. We understand what Ben was trying to convey, and in looking at the hazards in our communities, we choose programs we believe will have the greatest impact in preventing injuries and illness.

While community paramedicine, advanced practice paramedic and mobile integrated healthcare are all buzzwords right now, in reality, most of us have been involved in these endeavors for many years. How many times have you followed up on a patient after they returned home just to make sure they were okay and didn’t need anything? Have you gone out and shoveled snow for seniors in your community or maybe built a wheelchair ramp for a resident to make it easier to get in and out of the house?

A neighboring department of mine would go out on a daily basis, check on certain residents just to see if they needed anything. If they didn’t, then the crew would just spend some time visiting with the resident. There are two messages here to catch. The first is that we can do a lot for our communities and our residents, based on specific, local hazards and risks, to improve overall safety and potentially reduce the number of injuries and illnesses.

After all, it’s not uncommon to hear that fire departments have put themselves out of the business of fighting fire due to prevention programs. So why shouldn’t it be the same for EMS? We have started, as evidenced by the programs outlined above, but we need to continue to work at it. The second message is that proactive programs and actions by your members can pay great dividends to your organization. We’re constantly being barraged by media reports of mismanagement, inexcusable actions and poor customer service by fire and EMS agencies.

However, organizations that take time to reach out to their citizens are doing exactly what Ben said. They’re spending just a small amount of time in the present in order to prevent future problems. You can also bet that those citizens—who by the way are also voters—will remember that the next time they go to the polls to vote for an increase for the fire or EMS agency.

They, too, understand that an ounce of prevention is worth a pound of cure.

Norris W. Croom III, EFO, CEM SO, 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 and international director and as the vice chair and EMS representative on the CPSE Commission on Professional Credentialing.

DoD Activity

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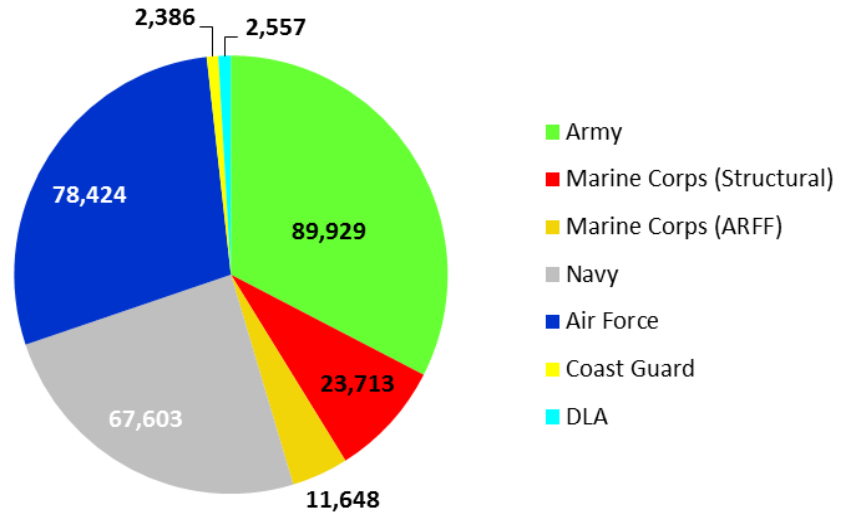


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Calendar Year 2013 DoD NFIRS Data

Taken from NFIRS 1 January 2013 through 31 December 2013

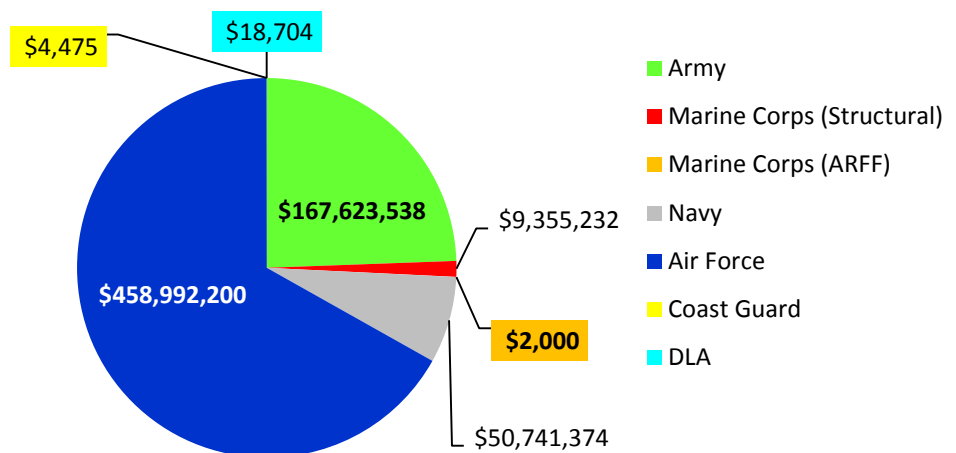
DoD Fire & Emergency Services Activity CY 2013 Total Calls All Components: 276,260



NFIRS 5.0

USFA

CY 2013 Fire Dollar Loss Total DoD Loss \$686,737,523



F&ES POCs

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Commander, Navy Installations Command

716 Sicard Street, SE, Suite 305

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DSN 288

Carl Glover, 202-433-4775, carl.glover@navy.mil

Ricky Brockman, 202-433-4781, ricky.brockman@navy.mil

Gene Rausch, 202-433-4753, gene.rausch@navy.mil

ABHCS Leonard Starr, 202-685-0651, leonard.starr@navy.mil

Lewis Moore, 202-433-7743, lewis.moore@navy.mil

Chris Handley, 202-433-7744, christopher.handley@navy.mil

Adam Farb, 202-685-0712, adam.farb@navy.mil

Dr. Michael Melia, 202-384-9815, michael.melia@med.navy.mil

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

101 Critical Days of Summer

