



What's Happening

Navy Fire and Emergency Services Newsletter

Protecting Those Who Defend America

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Back in the Day-U.S. Navy Fire Apparatus

By Tom W. Shand



“Built like a Mack Truck” was the slogan often used by fire departments to describe the rugged design of their Mack fire apparatus. During 1956 the federal government took delivery of 33 Mack B model pumpers with at least 15 of these being assigned to protect Naval installations. This contract was significant for Mack as this would be the first time since 1942 that the Navy

had chosen Mack to provide them with new apparatus. The B series chassis was the flagship model for Mack fire apparatus with over 900 units produced for municipal and government fire departments between 1954 and 1966.

The U.S. Navy pumpers were built to military specifications and were powered by Chrysler V-8 Hemi engines rated at 204 horsepower with a five speed non-synchronesh manual transmission. These pumpers were among the first Navy apparatus to be provided with enclosed body compartments rather than the traditional open running boards and were quite popular with the crews assigned to them. Mack designated these units as their model B475CF and was equipped with Hale two stage fire pump rated at 750 gpm with a 300 gallon water tank.

The pumpers were designed with an open cab with windshield wipers provided to clean both sides of the glass area to make runs during inclement weather a little more tolerable for the crew. They were devoid of any chrome or bright work with the exception of pressure gauges at the pump panel area. Built on a wheelbase of 168.5 inches these rigs were very maneuverable with an overall length of just 23.5 feet. All units were outfitted with a single top mounted booster reel and four pump panel mounted discharges for use with the 2.5 inch hose carried in the rear beds.

The Navy continued to prefer the open cab design for their structural apparatus and did not acquire closed cab units until the early 1960's. Fire Department's at that time believed that the open cab apparatus provided a better view of the fire ground when arriving for building size up and apparatus positioning. This theory worked very well for those located in a year round warm weather climate, but was not so great when you were riding on the back step during sub-freezing winter conditions.

Back in the Day (Cont.)

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Carrier Centennial



Facilities that operated these Mack pumpers included the Naval Air Station in Brooklyn, New York with serial number 73-01242, the Norfolk Naval Station with serial number 73-01215 and the Naval Air Propulsion Center in Trenton, New Jersey with number 73-01268. The engine at Trenton was modified by department members with a plywood hose box that was mounted above the fire pump and piped with an inline educator to support foam operations. This pumper served its entire career at this location as Engine 1 and was replaced during 1984 with a Duplex-Walters engine.

The Navy at this time was experimenting with different types of apparatus as they also took delivery of several American LaFrance 700 series pumpers and aerial ladders. While the Mack pumpers and other earlier units were the conventional engine ahead design the American LaFrance apparatus featured the cab ahead configuration. American LaFrance introduced this radical design where the engine was located behind the driver's position and provided for rear facing seats on either side of the engine enclosure in 1945.

Structural pumpers acquired by the Navy after 1956 reverted back to the use of commercial chassis using primarily GMC and International conventional cabs until 1965 when they took delivery of a large number of American LaFrance Pioneer model pumpers. In future articles we will attempt to look at some of the various makes and models of apparatus used to protect U.S. Naval installations "Back in the Day".

Photo from the collection of Tom Shand



Tom Shand is a forty year veteran of the fire service having started with the College Park Fire Department in 1970 while attending the University of Maryland. Tom has served with several fire departments over the years in Pennsylvania and New York and currently works for Emergency Vehicle Response in conjunction with FDNY Lt. Mike Wilbur. Emergency Vehicle Response provides training and technical consulting services to fire department in the areas of aerial ladder and engine company operations, EVOC training and fire apparatus specification development and fleet replacement programs.

Between 1985 and 2009 Tom worked in engineering and sales support positions with several fire apparatus manufacturer's and is a contributing editor to Firehouse Magazine where he writes a series of articles entitled "The Apparatus Architect". He also authors columns in Fire Apparatus Journal Magazine on apparatus rebuilding and military fire apparatus. He resides in Hamburg, New York with this wife Jackie.



Aircraft Carrier Celebrates 100 Years of Service



January 18, 1911, the U.S. Navy's Eugene Ely landed a Curtiss pusher aircraft on a specially built platform aboard the USS Pennsylvania.

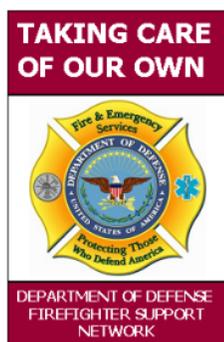
Thus, was born the concept of the aircraft carrier.

Last Alarms

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TCOoO Update



Timothy Daniel



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Last Alarms

The USFA reported 25 deaths in 2011. The following line of duty deaths were reported since we published our last issue:

Chris Stock ♥
Age: 49
Westport, KY

James Von Roden ♥
Age: 49
Lee, FL

Glen Allen
Age: 61
Los Angeles, CA

2011 Totals

♥ 16 (64%) ⇨ 2 (8%)

♥ 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 eight 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
Kurt McDonald	SUBASE New London, CT	Marc.J.Smith@navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Robin James	Navy Region Northwest	Carmen.Morris2@navy.mil
Timothy Culver	Navy Region Northwest	Carmen.Morris2@navy.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Jason Thompson	Niagara Falls ARS, NY	Marilyn.Ruszala@us.af.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

Cancer Claims Navy Fire Captain

By Robert Aliotta, Fire Chief, NAS JRB New Orleans



Timothy Mark Daniel a Fire Captain at the Naval Air Station Joint Reserve Base New Orleans, sadly passed away on Monday, February 7, 2011 at the young age of 44 after a brief but courageous battle with pancreatic cancer.

Tim was the type of firefighter who would always go out of his way to help others and was extremely knowledgeable. Only a few short weeks before his passing Tim was in my office in high spirits and seeking to come back to work, I was very hopeful. Tim will be sorely missed but not forgotten.

I would like to thank all of you who donated leave to Tim during his courageous battle with cancer, I know he appreciated it.

Donations Matter!

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Your Donations Are Making a Difference

Submitted by Donald Warner, The Air Force Fire Chief

Below is a thank you note from Erin Butler. Her husband is a wounded EOD warrior who was almost taken out by an IED. She needed leave to stay with her husband and care for their children. Many thanks to those who donated.

Dear All Our Generous Friends,



We are finally home from the hospital and settled in. We are getting use to a slower routine and things are going well. I had all the intention to send each and every one of you a personal email thanking you for your generosity but the list is huge. We are speechless there are no word to express how thankful we are. When I showed my husband the list he was amazed. Again, thank you!

Erin

Here is a little note from my husband to all of you.

Thank you so much for your leave donation. As you have heard I was seriously injured in Afghanistan while conducting counter-IED operations. Although my recovery goes well, I still require much help performing what were once simple everyday activities. The last few months have been very trying on my family but every day we are blown away by the generosity and caring of not only our family and friends but by those who didn't even know us. Due to your generous donation my wife has been able to stay home and help me with these obstacles and speed my rehabilitation. With this blessing I will hopefully one day return to duty. Once again thank you.

Bob

"New" Squirts



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Navy's Two Recently Refurbished Telesquirts



Fire Trucks Unlimited in Henderson, NV recently completed the refurbishing of two Navy E-One telesquirts under the Service Life Extension Program (SLEP). Both are bound for Djibouti.

National Fire Heritage Center

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MacHumor



Message from the President

Ronny J. Coleman

I am sure all of you have heard the expression that a journey of a thousand miles begins with a single step. It seems just like yesterday when a small group of interested parties met in Maryland to talk about the creation of a National Fire Heritage Center. Many of the ideas that were generated that day have now become reality. For example, we now exist as a non-profit corporation. We have now engaged in fund raising projects. We now have a foothold in a fire museum in Emmitsburg. We are now starting to receive communications from other museums and individuals with similar interests.

But much remains to be done. Those first few steps weren't easy to take but they have paled in comparison with the ones that we must take over the next four or five years. If we are to become a firmly established institution we have to significantly improve our funding base. We need to add to our membership and involve as many people as possible in the work activity of the organization. Our strategic plan is going to have to be revised in the next twelve months to incorporate more specific measures that need to be taken. Up to now, we have pretty much relied on the Board of Directors to move this organization along. Now, we need to expand to include the participation of our general membership.

I would like you to ask yourself one question as you read this newsletter. What could I do to help this organization grow over the next twelve months? Any idea that you might generate might fill in the one niche that we might need to overcome obstacles along the way.

At long last, the National Fire Heritage Center may actually have a chance to hold a meeting involving its membership. Up to now, we have spent most of our meetings just trying to get organized. We have never really had a general membership meeting. We are about to provide you with another "first" for the National Fire Heritage Center. Through the courtesy of Bill Kehoe, we have been able to acquire a room at the upcoming Caucus Dinner on April 7th. For those of you that plan on being in town on the 7th, we have the Cardoza Room at the Washington Hilton from 9am to noon. Please come by so we can have the opportunity to share with you the news about our organizational activities, our special initiatives, a couple of special recognition programs that we are following, and the new lease on the museum in Emmitsburg and a host of other activities.

Luck O' the Irish

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey!"

Miraculously, a parking place appeared. Paddy looked up again and said, "Never mind, I found one."

Pay Targeted?

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CBO Says “Cap Pay, Save Billions”

By Kellie Lunney, klunney@govexec.com

Reducing annual pay increases for federal civilian workers and military personnel would save the government billions of dollars during the next decade, according to the latest figures from the Congressional Budget Office in a report on trimming the burgeoning deficit.

CBO estimates the deficit will rise to \$7 trillion during the next 10 years if mandatory and discretionary spending is not reined in across government. Capping military pay increases and reducing the annual across-the-board adjustment for civilian raises are two available areas, among several others, for cuts, the March 2011 report said.

The nonpartisan CBO said if the government capped the basic pay increase for service members from 2012 to 2015 and set raises at a rate 0.5 percentage points below the increase in the employment cost index, it would save about \$6 billion between 2012 and 2016, and \$17 billion between 2012 and 2021. Since 2001, lawmakers have approved military pay raises for the average service member that exceeded the ECI by 0.5 percentage point.

President Obama's fiscal 2012 budget request proposes a 1.6 percent pay raise for military personnel and allocates an overall \$8.3 billion for education, housing and other quality of life programs for service members.

"Between 2001 and 2009, per capita spending on three major components of cash compensation for active military personnel rose by 37 percent in inflation-adjusted dollars," the report said, citing basic pay, and allowances for housing and subsistence, as the primary compensation categories. Overall, the Defense Department accounts for more than half of all annual discretionary funding, and any significant deficit reduction needs to take into account Defense appropriations, CBO said. Nearly 40 percent of all spending is discretionary, totaling more than \$1.3 trillion in 2010.

As for civilian compensation, CBO says the government could save about \$10 billion during five years and \$50 billion during 10 years by reducing by 0.5 percent the annual across-the-board pay raise expected under the 1990 Federal Employees Pay Comparability Act from 2013 to 2021. Obama has called for a federal civilian pay freeze in 2011 and 2012. Compensation costs for civilian personnel make up about 15 percent of federal discretionary spending, according to CBO.

But the report said the bigger savings would come from capping military pay. According to CBO's analysis, "median cash compensation for military personnel - including the tax-free cash allowances for food and housing -- exceeds the salaries of most civilians who have comparable education and work experience."

CBO acknowledged that reducing pay for service members and civilians could hinder recruitment and retention. "That effect might be more pronounced for federal agencies that require workers with advanced degrees and professional skills." To offset some of the pain associated with lowered base pay for service members in particular, CBO suggested expanding reenlistment bonuses.

Pay (Cont.)

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The report highlighted other areas for spending savings that would affect the health care benefits of Defense personnel, among them:

- An increase in cost-sharing in TRICARE for military retirees who are not yet eligible for Medicare;
- A limit on the TRICARE benefit for military retirees and their dependents (many enrollees who already have employer-sponsored insurance through a civilian job opt for enrollment in TRICARE Prime, which has the lowest out-of-pocket costs within the TRICARE system);
- An increase in cost-sharing for prescription drugs under TRICARE.

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Accreditation News



Rota, Two Others Accredited



NAVSTA Rota Battalion Chief Chris Hubmer and Fire Chief Tim Ybarra meet the CFAI Commission

NAVSTA Rota F&ES Department became the first DoD department in Europe to become accredited by the Commission on Fire Accreditation International.

NAVSTA Rota Fire Chief Tim Ybarra said “I am extremely proud of our member’s commitment to seeking a higher level of excellence. Becoming an accredited agency signifies the hard work, effectiveness and efficiency of our organization. Becoming the first accredited DoD agency outside the

United States is a great achievement.”

The Defense Logistics Agency Susquehanna activity was also accredited and the Air Force Academy was reaccredited for the second time. Here is how DoD stacks up today;

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Organization	Accredited	DoD Branch	Organization	Accredited	DoD Branch
Air Force Academy	3/31/2001	Air Force	DSC Richmond	3/10/2009	DLA
Langley AFB	3/30/2005	Air Force	CNRMA - Hampton Roads	3/10/2009	Navy
NWS Lakehurst ¹	3/2/2006	Navy	Vandenberg AFB	8/26/2009	Air Force
Pacific Missile Range Facility	8/22/2007	Navy	Fort Drum	8/26/2009	Army
Navy Region Northwest	3/31/2008	Navy	Charleston AFB	3/9/2010	Air Force
DLA San Joaquin County	8/13/2008	DLA	Navy Region Hawaii	3/9/2010	Navy
Hill AFB	3/10/2009	Air Force	MCLB Barstow	8/26/2010	Marines
Fort Lee	3/10/2009	Army	DESSP Susquehanna	3/8/2011	DLA
DSC Columbus	3/10/2009	DLA	NAVSTA Rota	3/8/2011	Navy

¹ Part of Joint Base McGuire/Dix/Lakehurst

DoD Branch	Registered	Applicant	Accredited	Total
Air Force	22	2	5	29
Army	3	2	2	7
DLA ²	0	0	4	4
Marine Corps	1	4	1	6
Navy	23	17	6	46
Other	2	0	0	2
Participating				94

² 100% of DLA F&ES Departments accredited

On the Job - Guam

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Collapse Training in Guam

By MCS 2 (AW) Jeremy Starr, U.S. Naval Forces, Marianas



Twenty firefighters from U.S. Naval Base Guam (NBG) Fire and Emergency Services (FES) participated in a Structural Collapse Rescue Training Course aboard NBG January 17-21.

The intensive five-day course, taught by a Virginia Beach, VA-based company, served as a way to instill the firefighters with the basic skills necessary to execute the rescue of

personnel trapped in collapsed buildings during major catastrophic events such as typhoons, earthquakes, fires or terrorist attacks.

"These are the same type of training and skills utilized by individuals from around the world who came to the aid of Haiti after their earthquake," said Steve D. Hagen, NBG FES operations chief.

The course consisted of two days of classroom training, followed by three days of hands-on experience. The firefighters learned search and rescue techniques for locating victims trapped inside and beneath collapsed debris, as well as procedures for safely removing and giving aid to those rescued.

Virginia Beach Fire Department captain and course instructor Jon Rigolo said he hopes to train international rescue units to be able to work together in the event of a major catastrophe.

"We have standardized the training for all mainland units, and we're working on standardizing all international units in case there is a large-scale event," he said. "If that happened on Guam, multiple off-island fire and emergency units could come in to help the local department by utilizing and understanding the same techniques, markings and different disciplines of operations."

In an empty building in South Tupalao housing, the firefighters ran through structural collapse scenarios under real-world conditions. They practiced breach and breaking procedures, utilizing drills, hammers and jackhammers to get through concrete and cinder block walls to search for victims.

The rescue workers also constructed emergency shoring from pieces of wood. The shoring can be used to hold up collapsing walls during an emergency, allowing the firefighters safer entry and less risk when removing victims.

The students agreed that the training was invaluable and will come in handy in the event of an emergency.

"The training was excellent," said Tony Borja, an 11-year NBG FES veteran. "It brought in new ideas, techniques and safety procedures to approach dangerous situations concerning a burning or falling-down house through a hands-on situation."

FLTCIP Open Season

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The Federal Long Term Care Insurance Program

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Federal Long Term Care Open Season

The Federal Long Term Care Insurance Program (FLTCIP) is conducting an Open Season this spring from April 4 through June 24, 2011. The FLTCIP is administered by Long Term Care Partners. It is underwritten by John Hancock Life & Health Insurance Company under a contract with the U.S. Office of Personnel Management.

What makes this opportunity so special?

During the FLTCIP Open Season, you can apply using the abbreviated underwriting application (you answer fewer health questions.) This is the first abbreviated underwriting opportunity for new applicants since 2002.

Eligibility

Abbreviated underwriting is available for actively at work Federal and U.S. Postal Service employees (civilian workforce members) and their spouses/same-sex domestic partners and active members of the uniformed services and their spouses who are not currently enrolled in the FLTCIP. Non-enrolled annuitants and other qualified relatives can apply for coverage at any time, but must complete a full underwriting application.

Important considerations

- Long term care is the care you need if you cannot perform activities of daily living (such as bathing or dressing) on your own.
- It is expensive and is generally not covered by health insurance, including FEHB or Medicare.
- The FLTCIP can help protect you from the high costs of this care
- FLTCIP insurance is comprehensive, covering care provided in a variety of settings, including at home, in an assisted living facility, in a nursing home, and in other settings.

Take action today

Visit www.LTCFEDS.com to see what long term care costs are in your area.

Have a Certified Long Term Care Insurance Consultant call you.

Apply now online using a full underwriting application or during our Open Season using the abbreviated application.

Note: Premiums are based on your age when we receive your application. If your birthday is between now and Open Season, you may wish to apply now with full underwriting to take advantage of the rates at your current age.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under this program.

For more information on the FLTCIP Open Season Visit www.LTCFEDS.com or call 1-800-LTC-FEDS (1-800-582-3337) TTY 1-800-843-3557

On the Job - Georgia

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Joint Hazardous Materials Training Drill

By Freddy Howell, Fire Chief, NSB Kings Bay, GA



It's 3 a.m. and the alarm sounds. It could be a railroad tank car leaking, an overturned tractor trailer tanker, a leak at an industry or even an illegal meth lab in a nearby residence. These are just some incidents involving hazardous materials that firefighters respond to on any given day, and these incidents can tax the resources of one department. That's why the St Mary's Fire Department hosted a

joint hazardous materials incident training drill that involved the Kingsland Fire Department, Camden County Fire Rescue and the NSB Kings Bay Fire Department.

To make sure all three shifts got the valued training, the exercise was held for three consecutive days starting March 7th through March 10th. The drill was held in a large parking lot between the local movie theaters and a neighboring strip mall. A leak simulator with flowing water was used to mimic a chlorine leak which provided a more realistic incident.

The training was extremely valuable to the shift officers since they would assume command and remain in charge throughout the incident. Although the chiefs were on scene, they were only there in an advisory function and to monitor the drill for the training value.

As each department arrived and the needed personnel and resources became available, the technicians suited up and went into the hot zone dike and diverted the runoff from a nearby storm drain then with a patch and plug kit stopped the leak. Once the leak was secure and the run off was contained, the technicians proceeded to the decon area. At the decon area the decon team instructed and assisted the technicians through the decontamination process.

After the drill was completed the firefighters cleaned up and repacked the hazardous materials equipment that had been used. Once this was complete, a debrief was held with everyone who participated to discuss the pros and cons of the drill.

One of the major accomplishments of the drill was seeing the different departments come together and sharing resources to mitigate the situation. The area fire departments discussed holding similar drills in each jurisdiction in the coming months to continue training together and become better prepared.

With the economy down, it is good to see area fire departments working together and sharing resources. This is the wave of the future and the only way we can be successful in mitigated incidents that tax our resources. Perhaps Henry Ford said it best: "Coming together is a beginning. Keeping together is progress. Working together is success."

Firefighter Wellness

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Hey Cap, What's Fer Supper?

Quick Italian Chicken with Roasted Peppers

The wonderfully rich scent of roasted peppers, combined with tomatoes and garlic, make this recipe aromatic, tasty and healthy. This recipe is quick and easy to prepare, makes great leftovers and ensures a healthy measure of nutrition to power you through your busy schedule.

2 red bell peppers (or use roasted jarred peppers)	1/4 cup fresh Italian parsley, chopped medium (regular parsley may be substituted)
2 green bell peppers (or use roasted jarred yellow peppers)	Salt and freshly ground pepper to taste
2 teaspoons olive oil, more if roasting fresh peppers	1 cup low-sodium chicken broth
4 cloves garlic, chopped	3/4 to 1 pound boneless, skinless chicken breasts
1/4 teaspoon red pepper flakes, or to taste	1/4 cup slivered almonds (optional)
1 onion, chopped medium	
16-ounce can no salt added diced tomatoes, undrained	
1 tablespoon dried Italian seasoning	

Preheat oven to 450 degrees.

If roasting peppers, remove stems and seeds, cut lengthwise into eight pieces and brush pepper pieces with olive oil on both sides. Arrange on cooking sheet or baking dish, pressing down to ensure they are relatively flat and being careful to place them without overlapping. Bake peppers for about 12 minutes. Use tongs and turn them over and bake an additional 12 minutes or until they start to char. (Note: monitor carefully since time will vary depending on how close to the heating element they are.) Set them aside uncovered.

Heat olive oil over medium-low heat in large skillet. Sauté garlic and red pepper flakes for about 1 minute. Add onion and continue cooking until translucent and tender, about 4 minutes. Stir in tomatoes, Italian seasoning, parsley, salt and pepper, and broth.

Add chicken breasts to skillet. Increase heat to medium and simmer, uncovered for 10 minutes. Turn chicken breasts and continue simmering for an additional 10 minutes or until sauce is reduced by about half and chicken is cooked through. (Meat thermometer should read 170 degrees when inserted to center of breasts.) Add roasted peppers to heat through, about 3 to 4 minutes.

Serve, ladling remaining sauce over chicken and garnish with almonds.

Makes 4 servings.

Nutritional values per serving:

Calories: 217	Total fat: 4.5 g
Saturated fat: 1 g	Carbohydrate: 15 g
Protein: 30 g	Dietary fiber: 4 g
Sodium: 109 mg	

On the Job - Mayport

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Art Humor



High Angle Training

Station Chief Thomas Callaway, First Coast F&ES, Mayport Division



To prepare firefighters for the upcoming DoD Rescue Technician course, the First Coast Fire & Emergency Services, Mayport Division conducted rope rescue training. Captain Eric Boggess, a graduate of the Rescue Technician course, prepared a rappelling class taking firefighters from 50 to 100 feet from the ladder tower. This training gave the firefighters a taste of the training they can expect at Goodfellow AFB.

Working as a team, the class started with equipment familiarization, use and donning before the firefighters learned the proper way to check each other prior to ascending the ladder. Finally, they tied off and stepped out of the rescue bucket and descended the rope to the ground.

Confined Space Rescue Training



First Coast Fire & Emergency Services, Mayport Division
Firefighters recently simulated a confined space rescue situation aboard a ship. Accessing the top of the mobile structural fire trainer using the ladder tower, firefighters practiced several simultaneous rescue scenarios. Ladder crews practiced setting up and addressing the difficulties around the pier and to a ship deck. The rescuers practiced setting up the rescue bucket to receive a stokes basket and lower the victim to the ground. The entry personnel practiced working out of the bucket and performing a vertical entry to the victim.

The crews used the tripod with a 4-1 advantage system to move the rescuers and victim.

Art Supply

I used to work in an art supply store. We sold artists' canvas by the yard, and you could get it in either of two widths: 36 inches or 48 inches.

Customer: "Can you please cut some canvas for me?"

Me: "Certainly, what width?"

Customer: (confused and slightly annoyed) "Scissors?"

Health Issue

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pH and Firefighters: The Delicate Balance

By Dr. Jeffrey Lindsey

The maintenance of normal acid-base balance is one of the bodies most important homeostatic functions. (Martini, Bartholomew, Bledsoe 2008)



In 1983, I remember attending my initial paramedic class. We had a lesson dedicated to acid-base balance. It centered on the importance of homeostasis as it relates to our pH. Twenty-seven years later that lesson means more than ever before. The lesson centered on the need to ensure the delicate balance of pH maintains between the range of 7.35 and 7.45. If it is too low or too high, the body subjects itself to disease and in some cases death.

pH and Firefighters

The rate of cancer in firefighters seems to be increasing dramatically. After attending the Florida Firefighter Health & Safety conference in December, it is more evident than ever that we need to pay attention to the risks we encounter. According to a number of the presentations, the rate of cancer deaths among firefighters has surpassed the rate of cardiac deaths exponentially. This number may even be conservative as not every state reports.

There are prevention measures we can take to reduce the rate of cancer. We will look at some of these in later columns. This column is going to focus on homeostasis. If you have a normal acid-base balance — homeostasis — then your body will be able to defend itself against not only cancer but also other diseases.

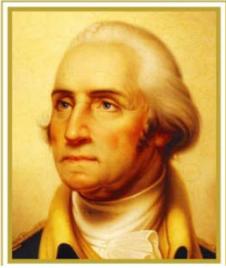
First you need to establish your pH level in your body. Go to your local health food store and purchase a pH-testing strip kit. These typically come in a roll. There are two ways you can test your pH using the strips, one is by testing your saliva, and the other is your urine. Your saliva is not as reliable as your urine. Regardless, the best time to test your pH level is in the morning after you awake.

If you test your saliva, be sure you have not eaten within two hours or had anything to drink. Wash your mouth with your own saliva, swallow and repeat. Making sure you have saliva in your mouth, place the strip on your tongue and compare the results against the color guide that comes with your strips.

If you test urine, do it first thing in the morning with the first urination. It is simple, urinate on the strip and compare the strip with the guide on the kit. Your pH should read somewhere between 7.35 and 7.45. This is very similar to testing the chemicals in a swimming pool. I have found that most individuals have pH below the 7.35 reading, which means they are not in homeostasis and subjected to disease.

pH Levels (Cont.)

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THE GEORGE
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WASHINGTON D C

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Maintaining Homeostasis

Now that you know what your pH is, how do you correct it if it is not within the normal range? There are a variety of things that influence your pH levels. Everything you put into your body creates the pH level within your body.

Sticking with our swimming pool analogy, if the pH of the pool is out of range, a variety of fungus and algae's that are not to be there grow. It becomes more difficult to get the delicate balance of water back to the level to maintain a crystal-clear pool. We need to focus on what we eat.

First and foremost, regardless of what we do, we need to try to eat as purely as possible. That means that none of the food we eat should be processed. Eating organically is the best we can do in this area. This will at least reduce the number of chemicals entering our body.

Remember that every chemical we put in, the body has to work with to overcome. It is no different from the swimming pool scenario where the balance of the pH is critical to the clarity of the water.

Second, we need to understand which foods are alkaline and which are acid. There are a number of food charts available that denote the pH of foods. You can search the Internet for pH and food and you will get a number of references. Simply put, any raw vegetable is alkaline, and all meats are acidic.

Now, I am not saying give up eating meat and eat all raw vegetables, although there are some benefits to this pending your health state, but I am saying the portions of our vegetables should be much greater than our meat portion. Eating properly is the fundamental basis for restoring our body's pH to homeostasis.

Summary

Eating properly is the foundation to maintaining your body's pH. Cancer is running rampant in the fire service and you need to take action to give your body the best defense mechanism you can to fend off any attacks by cancer or other diseases that capitalize on a body that is out of homeostasis. As a firefighter, rehab is an ongoing process. Part of the process is what you eat. Be cognizant of what you are putting into your mouth. If you are interested in more information, send me an email jtindsey1@aol.com.

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Dr. Lindsey is an Assistant Professor in Emergency Health Services at George Washington University. He retired from the fire service as the Fire Chief for Estero Fire Rescue. Additionally, he serves as the education coordinator for 24-7 EMS and author for Brady Publishing.

He is an experienced leader, educator, lecturer, author, and consultant in emergency services. Dr. Lindsey earned his doctorate and master's degree in Curriculum and Instruction from USF. He holds a bachelor's degree in Fire and Safety Engineering from the University of Cincinnati, and an associate in paramedicine from Harrisburg Area Community College.

Dr. Lindsey has more than twenty-nine years of diverse experience in the emergency services industry. He is an associate member of the Prehospital Research Forum. He serves as an Advisory Council member for the National EMS Advisory Council and the State of Florida EMS, and a representative to the Fire and Emergency Services Higher Education EMS degree committee.

On the Job – Fort Worth

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EMS Alerts



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Nearly Overturned Grader

Eugene R. Homuth III EMT-P/DSHS Instructor, NAS Fort Worth F&ES



On February 21, 2011, NAS Fort Worth Fire crews responded to a call for what was dispatched as a head injury on taxiway Foxtrot. NAS Engine 2 and Medic 1 responded to the medical emergency.

Upon the arrival of the Engine and ambulance, Firefighter Paramedic Douglas Wooden and Firefighter EMT Brent Blackmon realized that they would

need additional assistance when they found the slow to respond 56 year old operator of the asphalt grader lying in an unknown fluid.

Additional Fire Department resources were called out to assist in the stabilization of the asphalt grader while the patient was being removed. Other construction workers on the scene said that the fluid on the ground was water. Assistant Chief Samson De Sessa was the incident commander.

Witnesses stated the grader operator was moving the boom and encountered some difficulty. Another worker had disconnected a hydraulic hose in order to move the boom manually when the entire grader lost hydraulic power nearly tipping over, throwing the operator approximately 16 feet to the ground landing on his head.

NAS Fort Worth F&ESD ambulance personnel rapidly transported the patient to a local trauma receiving facility where the he was listed in stable condition.

FDA Recall Notices

This is a notification of FDA Class I recalls involving:

- FDA Class I recall involving American Regent Dexamethasone Sodium Phosphate Injection, Single and Multi Dose Vials because some of the vials may contain visible particulates.
- FDA Class I recall involving American Regent Bacteriostatic Sodium Chloride Injection, USP, 0.9%, 30 mL, Multiple Dose Vials, NDC # 0517-0648-25 because some of the vials may contain visible particulates.
- FDA Class I recall involving American Regent Dexamethasone Sodium Phosphate Injection, Single and Multi Dose Vials because some of the vials may contain visible particulates.

If your department is affected by the recalls, please have your EMS Manager contact your BUMED medical logistics office supplying the product for turn-in/exchange instructions.

On the Job - Texas

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Useless Knowledge



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Texas Fire Chiefs Honor NAS Corpus Christi

By John Morris, Fire Chief, NAS Corpus Christi



NASCC F&ES was awarded the Texas Fire Chiefs Association 2010 Valor Award for life saving actions associated with the June 2, 2010 severe weather event. This is the first time a DoD Fire Department has won this prestigious award.

Though this award by definition singled out specific personnel who responded to, and operated at that entrapment scene; it is important to note that all other members of the on-duty staff, including two personnel from the Fire Prevention Division responded to thirteen calls in the wake of the storm; including an auto-aid structure fire, roof damage, damaged sprinkler systems, numerous minor injuries, and the usual "weather-related" alarm activations. Also a key element was our highly effective automatic and mutual aid agreement with the City of Corpus Christi that allowed Assistant Chief Jason Krause and Captain Danny McElroy to manage a truly interoperable unified command structure that orchestrated the actions of the numerous responders that NASCC Emergency Management dispatchers vectored to the multiple scenes.

The award serves to validate nearly constant advanced training and preparation by the entire department; which ensured a level of capability and preparedness necessary to have brought order to that scene of chaos. If all of these elements had not been in place that night's outcome could have easily turned tragic.

In the photo L to R: NASCC Fire Chief John Morris, Fire Captain Jeff Hammond, Engineer Jonathan Relkin, Texas Fire Chief's Association President Dean Van Nest, Lieutenant Jeff Frawley and NASCC Commanding Officer Randy Pierson. Though not pictured, Lieutenant Shaun Lemon, Firefighter Michael Torres, Lieutenant Art Garza and Engineer Jeremy Massey were also members of this team.

What Song is This From?

Must admit I was a little surprised there were six of you who knew Linkin Park was not a new car model and correctly guessed Refugee as last month's song. Or maybe you're just really good with Google? And yes, that song is in my iPod and gets played quite often. So does this, let's see if you can guess without Google;

"There is no time left to look at a star above us" (English translation)

Like I said, eclectic.

I See You...

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In Today's World, Someone is Always Watching

By Ronny J. Coleman



There are no secrets anymore. Today's communications technology has ensured that. I am referring to two specific things. The first is the ubiquitous ability to capture images of events as they occur and the second is the equally pervasive impact of social media to transmit those images to anyone in the world within microseconds. The possibility that something a person does can be captured and distributed on the Internet no longer is a remotely

possible event.

There are several reasons for this. The first is the presence of cellular phones that can capture images, including video. The second is the presence of surveillance cameras that are so widely distributed today as to be omnipresent. And then there's social media, which offers a portal to the outside world for any image captured by these devices.

The problem is that many people disseminate such images without any sense of the impact they might have on the reputation of our profession and the privacy of those we serve. Fire departments must recognize this situation in two different ways. The first is to pay attention to what you are doing when scenarios exist that could be embarrassing to the fire service. I am not just talking about hijinks in the firehouse. Rather, I am talking about the fact that a fire department's image can be scrutinized for legal reasons, and this technology can be used for that purpose.

For instance, I recently reviewed surveillance video that involved a fire apparatus that ran a red light and caused a collision. The video provides the lawyer in this case with a great deal of detail that in the past would have to be reconstructed from eyewitness accounts. When images are on video, however, the facts are less ambiguous and certainly subject to greater forensic scrutiny than what we have seen in the past.

The second reason is based on a scenario that recently was discussed fairly widely on fire-service blogs. It involved the distribution of photos taken by an emergency-service worker that were embarrassing to the victim of the incident and the family of that person. These two scenarios illustrate issues that should be of concern to every chief officer.

I would be willing to bet that scenarios are playing out right now that parallel the first example. Further, I would bet on the fact that someone out there is taking pictures, or texting information, that could backfire on some department somewhere tonight.

Such situations will continue to occur, because the technology that makes them possible isn't going to go away. So, what are you going to do about it?

I See You (Cont.)

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I would suggest that every organization spend some staff time discussing the following items:

- The legal and public-relations exposure to the department when the actions of personnel are captured by security cameras. You are on candid camera more than you possibly know — on fires, on medical assists, even going to the grocery store.
- The exposure to the department when third-party observers record department activities at the scene of operations. Those people may not be calling their mothers and friends.
- The definition of appropriate and inappropriate behavior at the scene of emergencies.
- How to protect the privacy of individuals who are under medical control or are being handled by fire-suppression personnel.

One should recognize that there is a positive side of this story, too. Imagine how capturing a dramatic rescue on video would enhance a department's reputation in the community that it serves. Imagine, too, how such video could be used after the fact as a training tool. That has happened already. Catching a department doing what is right certainly could be positive. But such "attaboys" can be negated in a hurry with just a few "uh ohs." Do what you can to create the former and minimize the latter.

Fire Chief. Reprinted by permission of Penton Media, Inc. Copyright 2007. All rights reserved.

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.

Never Forget



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NAS Corpus Christi Receives 9-11 Artifact



NASCC F&ES submitted a request through the New York/New Jersey Port Authority for a 911 World Trade Center Artifact. That artifact was received on 7 March 2011, and an impromptu ceremony was held with all on-duty personnel. The structural steel artifact will be displayed at NASCC F&ES Station One; though will not be officially unveiled until September 11th, 2011.

Pictured left, NASCC F&ES Chaplain Otis Terrell reads a prayer; in memory, and in honor of those who lost their life on that day, and in the years since in military action in Iraq and Afghanistan.

On the Job - Florida

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NAS Jacksonville Multi-Agency Drill

By Clark Pierce, JAX Air News Editor

The City of Jacksonville's Emergency Operations Center, Naval Air Station Jacksonville (NAS JAX), CSX Transportation, Amtrak and other agencies participated in Operation Railcar, a multi-agency emergency response exercise, March 3.

The exercise scenario simulated a chemical tanker truck being struck by an Amtrak passenger train at a railroad crossing. The resulting derailment caused a chemical leak and mass injuries.

"This full-scale operation is an excellent opportunity for local, state and federal responders to interact and implement our emergency response plans," said Marty Senterfitt, Duval County emergency management chief. "In today's exercise, communication is the key because each agency comes in with its own command structure. What I like to see is how well the different uniforms mix together and engage in face-to-face communications. When all the incident commanders meet on site, you end up with a unified command structure, and that increases the opportunity for things to go right."

NAS JAX Commanding Officer Capt. Jeffrey Maclay observed the exercise.

"This is a great opportunity for different agencies to unify their tactics, techniques and procedures in order to work together for the most effective outcome," said Maclay. "Even though the incident takes place on private property near NAS JAX, we have a firefighting assistance agreement with the City of Jacksonville to dispatch the NAS JAX Fire and Emergency Services assets whenever they are the closest responders to an incident in proximity to the base. From what I observed, our local, state and federal responders are well ahead of the curve when it comes to providing a unified emergency response."

The exercise took place at a lumber store across from NAS Jacksonville's southernmost boundary. The exercise was designed not to impact normal business operations and the store remained open during the exercise.

NAS JAX Fire Chief Don Martin kept a close look at how his incident command team communicated with other responders as they arrived on the scene.

"Because of our close proximity to the accident site, Jacksonville 9-1-1 routed the call to our regional dispatch center, which in turn dispatched our hazardous materials team and other assets," said Martin.

"Operation Railcar enables NAS JAX fire and emergency services personnel to train with outside agencies. Since we were the first set of eyes on the scene, our job was to assess the situation, identify the chemical leaking from the tank truck, and pass that information along to our brothers and sisters in the Jacksonville Fire and Rescue Department."

NAS JAX (Cont.)

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"Operation Railcar is a great opportunity to build our communications bridges with other agencies beyond our fence line," Martin said. "Interoperability is always the key to establishing effective communications and operating as one."

Also taking part in the exercise were Soldiers and Airmen of Georgia National Guard Joint Task Force (JTF) 781, one of the state's Chemical, Biological, Radiological, Nuclear and Explosive (CBRNE) Enhanced Response Force Package (CERFP) units.

"Our units are able to respond to incidents outside Georgia under the terms of an emergency mutual aid compact with Florida CERFP," said Maj. Michael Collins, JTF-81 commanding officer. "Upon arriving on site, our command and control team coordinates with the on-scene commander to determine how to most effectively employ our unit. Today's drill allows us to reinforce our ongoing training to strengthen ties with other organizations, both military and civilian."

CERFP personnel help remove victims from a contaminated environment, perform mass casualty decontamination, and provide treatment as necessary to stabilize patients for evacuation.

The Naval Hospital Jacksonville (NH JAX) Decontamination Response Team received six mock victims from the train derailment. Injuries ranged from respiratory complications and mental impairment, to lacerations and other injuries typical of this type of disaster. Based on the condition of each patient, they were transported to appropriate diagnostic, medical and surgical care units.

"Naval Hospital Jacksonville successfully collaborated with federal, state and local agencies on our local response and support in a mass casualty situation," said NH JAX Commanding Officer Capt. Lynn Welling. "It's all about being prepared, knowing your role and how to collaborate seamlessly in disaster situations. Ultimately, it's about saving lives."

"As the Navy's command authority and primary stakeholder for shore installation training requirements, CNIC developed the Shore Response Training Plan, requiring defense support of civil authority training at the operational and tactical levels," said Randy Morgan, Commander Navy Installations Command (CNIC) director of training and readiness.

Morgan said Duval County's Operation Railcar exercise helps NAS JAX to meet the annual requirement (DoD Instruction 6055.17) to exercise and validate their installation emergency management program.

"Participation in Operation Railcar by leaders representing each of the emergency response functions on the installation and appropriate state, local, private-sector organization partners, improves interagency coordination and communication, highlights capability gaps and identifies areas for improvement," said Morgan. "The end-state will be increased readiness that enables seamless response and recovery to real-world events."

Health Issues

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Cancer Prevention

www.firefighternearmiss.com

Cancer. Few words in the English language evoke a more gut reaction. Modern medicine is performing miracles in the fight to stave off the number two killer of American adults, but a diagnosis of cancer is still a devastating pronouncement for anyone to hear. The exact cause of the various cancers is often very difficult to pinpoint, since the disease may not appear for many years, even decades after the initial exposure. However, we do know that firefighters are especially prone to contracting cancer due to on-the-job exposures. While the service is embarking on stronger efforts to reduce the exposures, there is still a long way to go to further reduce and eventually eliminate this disease. Report 09-1144 tells one story and makes a pointed observation.

"I was diagnosed with cancer. Through aggressive surgical intervention I am able to report this as a near-miss. Early diagnosis and detection through a routine department physical was the key to this near-miss. Exposure to carcinogens during a nineteen year career contributed (in my opinion) to the event. PPE and SCBA are essential in protection from exposure."

There are many excellent resources available to learn more about cancer and to assist those who battle the terrible disease. The IAFC and the IAFF have worked together to stress the importance of a comprehensive fitness and wellness program. Their websites offer many useful resources listed under their Health and Safety sections. Another excellent organization is the Firefighter Cancer Support Network. This organization's website provides educational resources, puts cancer victims in touch with others who have dealt with the difficult struggle and provides other support during diagnosis, treatment and recovery.

In the end, there are several steps you can take to reduce your risk of contracting cancer. The answers can be found in the questions below. Once you have read the entire account of 09-1144 and the related reports, consider the following:

- Does your department provide annual physical exams? Are screenings such as colonoscopies, chest x-rays, prostate exams, and mammograms performed at recommended intervals? When was your last physical exam?
- Does your department have (and enforce) a no smoking policy?



Cancer (Cont.)

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- How are hazardous exposures to your personnel documented and tracked? Have you been keeping a log of hazardous exposures that have occurred over the course of your career?
- Is your firefighting PPE cleaned on a regular basis? Is the cleaning done in house, or are the garments sent to a certified outside vendor? Is this cleaning documented and logged for the department? Does your department allow contaminated PPE to be worn in the station/ living quarters?
- What further steps can be taken to reduce the cancer risk in your department? Discuss your answers with your colleagues.

Websites mentioned in this article

Report 09-1144: <http://www.firefighternearmiss.com/googlemini2/h09-0001144.html>

IAFC: <http://www.iafc.org>

IAFF: <http://www.iaff.org>

FCSN: <http://www.firefightercancersupport.org/index.cfm?section=1>

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Injury Report



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USFA Releases Firefighter Injury Report

The U.S. Fire Administration (USFA) issued a special report examining the details of firefighter injuries sustained on the fireground or while responding to or returning from a fire incident. The report, *Fire-Related Firefighter Injuries Reported to NFIRS*, was developed by USFA's National Fire Data Center and is further evidence of FEMA's effort to reduce the number of firefighter injuries through an increased awareness and understanding of their causes and how they might be prevented.

The report is part of the Topical Fire Report Series and is based on 2006 to 2008 data from the National Fire Incident Reporting System (NFIRS).

According to the report:

- An estimated 81,070 firefighter injuries occur annually in the United States.
- 49 percent of firefighter injuries occur on the fireground and 6 percent occur while responding to or returning from a fire incident.
- Overexertion/strain is the leading cause of fire-related firefighter injuries at 25 percent.
- 38 percent of all fire-related firefighter injuries result in lost work time.
- The majority of fire-related firefighter injuries (87 percent) occur in structure fires.
- On average, structure fires have more injuries per fire than nonstructure fires.
- Firefighter injury fires are more prevalent in July (10 percent) and peak between the hours of 2 and 5 p.m.

Budget Concerns

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Push Back at the Lash Out

By Janet Wilmoth (janet@firechief.com)



An officer from the Las Vegas area told me something I never thought I would hear: Residents have been throwing eggs and spitting at fire trucks. The civil unrest is rooted in money — reduced budgets led to layoffs that led to inadequate staffing.

In nearby Clark County, NV, residents lodged complaints about firefighters collecting money for the Muscular Dystrophy Association. The county commissioner subsequently found that firefighters were on duty during the three days of fund-raising and were collecting overtime and call-back pay. The taxpayers wondered, among other things, why the firefighters weren't collecting for a local charity?

Such instances are fanning the flames and creating unhealthy attitudes toward the fire service across the country. Residents not only are pushing back and refusing to approve referendums for fire departments, but they are criticizing any perceived preferential treatment given to fire departments.

The unrest isn't about you; it's about big shiny, chrome-dazzling fire trucks, now even more obvious with broad swaths of reflective tape. It is about newspaper reports concerning firefighters' six-figure salaries and large pensions for working only 10 days a month. It is about the side jobs that many firefighters work while so many others can't find even one job.

Wait, maybe it is about you.

When I searched “firefighter layoffs” on the Web, I found thousands of stories of small and large departments suffering from budget cuts. I also found stories about pay reductions designed to save jobs and, ultimately, to keep firefighters safe. Citizens may worry about longer response times, but company officers worry about doing more with less staffing.

Also fueling this controversy is what one fire chief calls “equity immigrants” — urbanites who sell their million-dollar homes, downsize to rural America and expect the same emergency services. Do they realize they are leaving 5-minute response times for 12-minute (or more) response times? Do they realize they are leaving advanced life support for perhaps a basic life support ambulance service in less-than-suburban areas? No, they don't — and won't until they have a problem.

Many residents aren't used to being billed for fire and emergency services. They instinctively believe that their tax dollars should cover a call to 911, full response to a fire or rescue incident, and medical transport. These same residents cause an uproar when a fire department starts billing for response — but what alternative is there in this tough economy? People are willing to pay more for 10 ounces of coffee than a gallon of gasoline, so why do they still expect emergency services to be free?

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Budgets (Cont.)

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Whether the U.S. is in a recession or depression depends on the messenger, but the fire department's role has changed from primarily putting out fires to an all-emergency response agency that works the majority of the time in conjunction with police. Both professions demand higher levels of training and professionalism in response to increased risks and hazards.

A city manager in Florida described to me the priorities of his citizens: turn on the tap and get water, have the toilet flush, have the electricity work and receive immediate response when they call 911. So what can a municipality cut from its budget? The city manager — a former fire chief — is particularly hesitant to cut the fire department budget.

Fire chiefs deal with all types of emergencies and disasters on a moment's notice, but the severity of the current budget disaster has caught most by surprise. Many of the chiefs I spoke with now don't expect relief until 2013.

Perhaps it is time to start reaching out to the community and spelling out the facts: Trained staff costs money. Something needs to change — too bad public education often is the first thing cut.

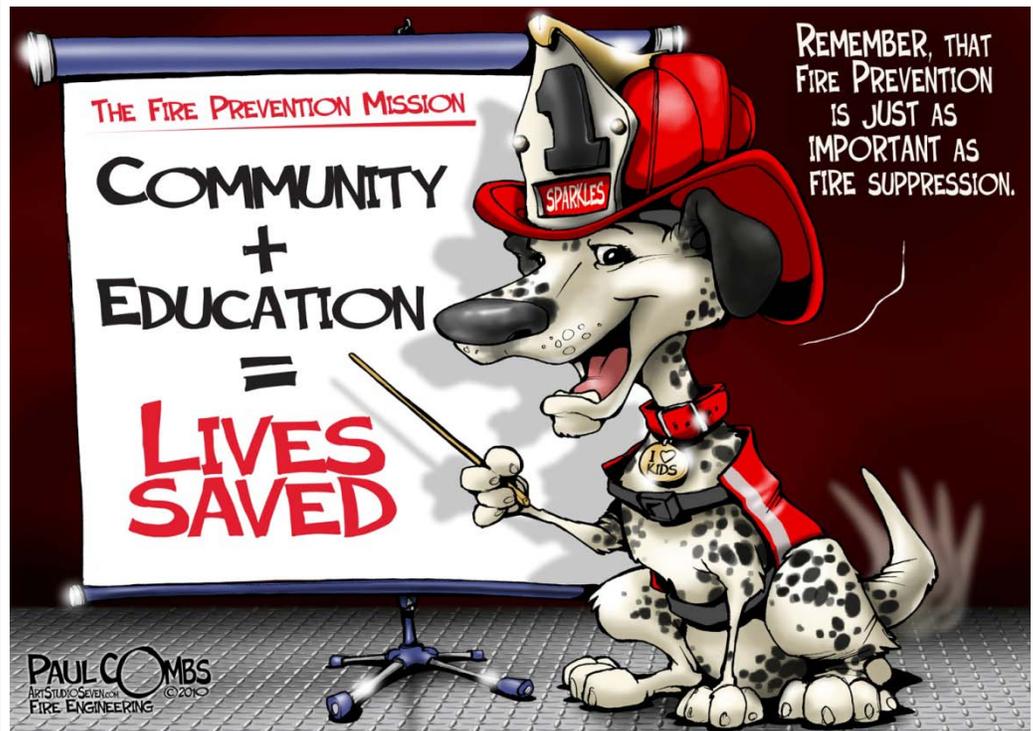
Fire Chief. Reprinted by permission of Penton Media, Inc. Copyright 2007. All rights reserved.

Combs Cartoon

Prevention Is Important Too



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An ounce of prevention is worth a pound of cure.

-Henry de Bracton, De Legibus, 1240

ESAMS (Cont.)

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ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

February 2011 Statistics

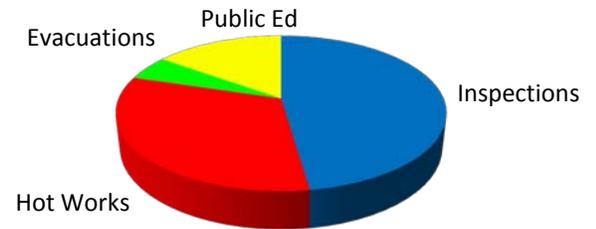
Operations

Total Incidents – 5,793
 Fires – 147
 Rescue & EMS – 1,672
 Hazardous – 1,815
 Service Call – 626
 Good Intent – 388
 False Alarm – 1,104



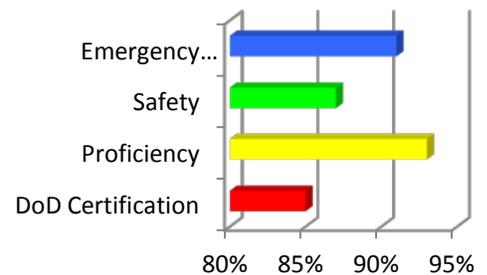
Prevention

Fire Inspections Completed – 4,059
 Hot Work Permits Issued – 2,729
 Building Evacuation Drills – 443
 Public Education Contacts – 1,282



Training

DoD Certification – 85%
 Proficiency, Skills, & Practice – 93%
 Safety Training – 87%
 Emergency Management - 91%



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F&ES On Duty Mishaps Report

Mishaps Reported – 21
 Total Lost Work Days – 60

Navy F&ES POCs

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News Distribution

Job Links

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Navy Fire & Emergency Services (N30)

Commander, Navy Installations Command
716 Sicard Street, SE, Suite 1000
Washington Navy Yard, DC 20374-5140

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

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Matt Garbow, 202-685-0712, matt.garbow.ctr@navy.mil

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

Interested in becoming a DoD firefighter? 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/>

