



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America

October 2012

OMNI CEDO DOMUS

Vol 10 No 10

Email the Editor:
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From the Deputy Director

Retired firefighters fall into one of two categories; first, the retiree who vanishes from view never to be seen or heard from again. Understand perfectly; after 20, 30, or 40 years eating pickles I can see where a person would never want to see another pickle, especially if that last one had a bitter flavor.

The other category are those retirees who stay involved and interested in the job, either on a local level by spending time in and around the old fire station, or on a broader scale by teaching, lecturing or writing for trade journals or the such. I get this too and will likely fall into this category myself when I finally pull the plug.

Unfortunately, too many departments view these active retirees as nuisances and either treat them like senile great-grandparents or shun them altogether; I've heard of some instances where retirees are actually banned from the fire station.

These folks still have something to offer and are more than willing to share the wisdom of their experience.

This is where the cliché' "those who do not learn from the past are doomed..." would usually be inserted. I will not fall into that trap. I will say, however, those who do not embrace their retired members are overlooking an extremely valuable, and in most cases cost-free, resource.

These folks are walking talking depositories of corporate history that are willing to share their experiences. We should take full advantage of this offer while we can.

I've always held the opinion that a fire department should have a robust historical record and who better to maintain that record than someone who had a part in creating it? Need someone to say a few words at a ceremonial gathering or social event? The old Batt Chief likely has some wonderful stories that will inspire, motivate and amuse all of your guests. Looking for a nominee to the Navy F&ES Hall of Fame (over the age of 65)? Chances are one of your retired members has lists of people who worked and contributed to your department and Navy F&ES.

It's a good bet your retired members have experienced many of the same problems you are going through today and are more than willing to share their successes and failures with you. And, oh by the way, chances are also very good they are NOT interested in undermining your authority or retaining power. If they were, they would still be drawing full pay and allowances.

From the D² (Cont.)

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Combs Cartoon



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As the de-facto curator of the Navy F&ES Hall of Fame, it is my distinct pleasure and honor to deal with many Navy F&ES retirees. Some have drifted away from “the life” and enjoy the solitude and privacy they earned through many years of service. Others have busier schedules today than they ever had when on active duty. Some have passed on to the next life. I am always grateful to hear from them and always learn something I did not know, even if it is a 1,000 year old tall tale or lame joke (you know who you are).

It bothers me when I receive a newspaper clipping from a reader announcing the passing of a retired member only to learn the department he worked for not only is unaware of the passing, but more tragically, is unaware the guy ever worked there.

That kind of story just makes me sad.

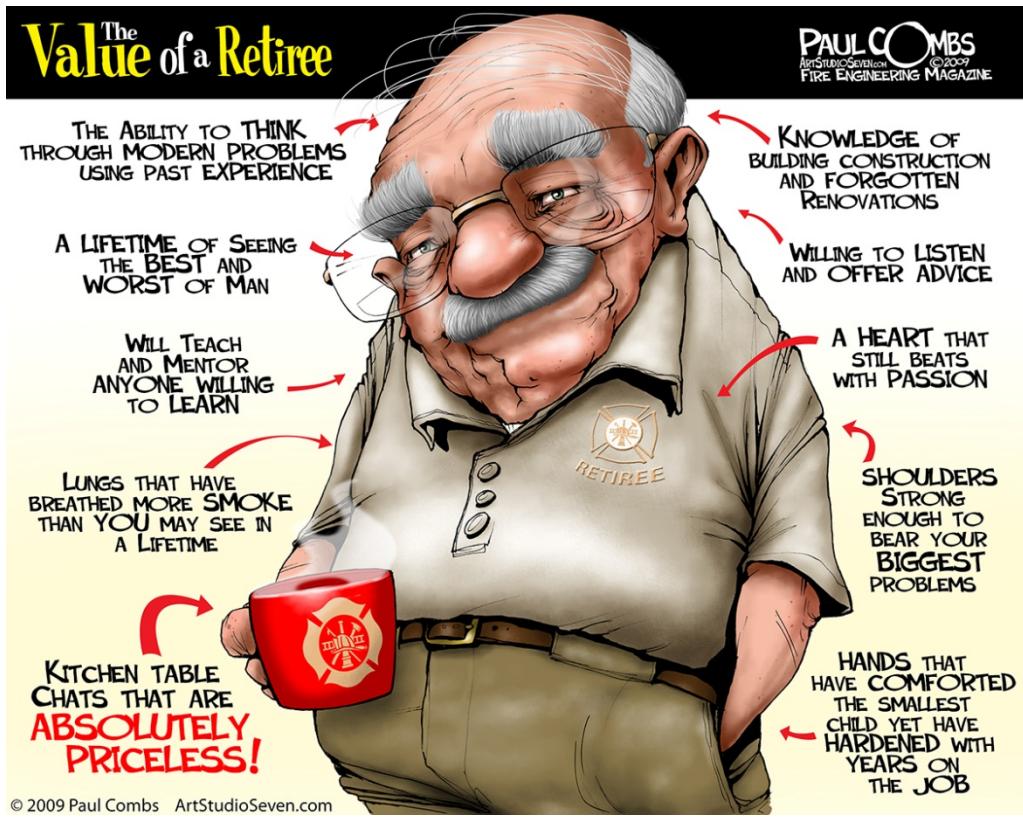
So make it a point to keep in touch with your retired members; if nothing else, send birthday cards or anniversary flowers from the gedunk fund. Keep addresses.

If a retired member shows up in the engine hall, welcome her as a long lost sister come home. Offer a brother a seat, a refreshing beverage, and an open ear. These folks were once where you are today but more important, they are also where you will be some day in the future.

God willing and the creek don't rise.

-Rick

Valuable Asset

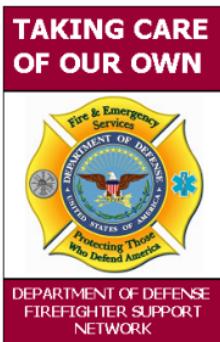


Last Alarms

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TCOoO Update



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Thank You!



Last Alarms

The USFA reported 63 deaths to date in 2012. The following line of duty deaths were reported since we published our last issue:

Justin Townsend

Age: 17
Dagsboro, DE

Larry Nielsen

Age: 60
Gilmore City, IA

John Grabowski

Age: 49
Riverview, MI

Rob Van Wormer

Age: 47
Morgan Hill, CA

2012 Totals

Heart: 36 (57%) Car: 12 (19%)

Heart: Indicates cardiac related death

Car: 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 15 DoD firefighters in the Taking Care of Own program.

	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
David Hamback	NAS JRB New Orleans, LA	Taffy.Ponvelle@navy.mil
Stella Shimabukuro	USAG Presidio of Monterey, CA	Scott.Hudock@us.army.mil
Dana Picard	Westover ARB, MA	Diane.Lessard@us.af.mil
Edward Rust	DES Richmond, VA	Clyde.Hipshire@dla.mil
Billie Edwards	March ARB, CA	Melinda.Miller.2@us.af.mil
Wilson Humphries	USAG Camp Parks, CA	Mark.A.Shippee.civ@mail.mil
Stephen Dock	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Brian Yohn	Cheatham Annex, VA	Marc.J.Smith@navy.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil
Chris Burke	Fort Wainwright, AK	David.Halbrooks@us.army.mil

A Message Passed On

Submitted by Don Warner, The Air Force Fire Chief

Thanks to everyone that donated leave to me during my illness, as well as those that prayed and wished me well. My family and I want to make sure that we send everyone a thank you, the donated leave made a tough time less stressful. I would also like to let everyone know that my treatment is going very well at this time. Thanks to everyone again for you all have done for me and my family.

- Thomas Robinson & Family

Tom is recovering from Stage IV metastatic melanoma cancer that will require him to be off work for an undetermined amount of time for treatment and recovery. He retired medically in August 2012. The Taking Care of Our Own was started for just such situations. We can't do much to ease pain but we can do something to ease the anguish when providing for the family is in doubt. Thanks to all who donate leave.

On the Job - Cuba

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Fire Prevention Week in Cuba

By MCS2 (SW/AW) Justin Ailes, Naval Station Guantanamo Bay Public Affairs

Fire department officials at Naval Station (NS) Guantanamo Bay, Cuba, held Fire Prevention Week at numerous locations on base, 8-12 October 2012.

Fire Prevention Week is the longest running national safety education campaign. This year's theme is "Know 2 Ways Out" and is designed to promote fire safety in the home and workplace.

"Each year the National Fire Protection Association has a new theme based on national trends, such as common causes of fires and common causes of injuries and deaths," said NS Guantanamo Bay Fire Inspector Clifford Foley.

"Guantanamo Bay's Fire department scheduled events throughout the week presenting this year's theme and other fire safety topics. Going to these various locations allowed us to maximize our contact with a majority of the base population and spread the fire safety message."

During the week-long event, a drawing contest for all school-age children was held, with the winners receiving gift cards and gift packages donated by the Navy Exchange (NEX). "I would like to give recognition and extend our gratitude to the NEX for their support to make this contest possible," said Foley.

Throughout the week, an information booth was set up with fire safety info and novelty items at the NEX. The Fire department also introduced their latest robotic attraction, Pluggie the Robot Fire Hydrant at the NEX.

Student's ranging from pre-school to eighth grade were shown videos emphasizing the importance of having a home fire escape plan. The kids were also provided with informational demonstrations from base fire fighters.

"A firefighter was dressed to show kids how he looks when fighting fires," Foley said. "After the videos, we had open discussions explaining how to prevent fires.

Prior to the conclusion of the week's events, the fire prevention team set up an information booth and fire extinguisher trainer at the hospital and galley.

The fire department kicked-off the grand finale at the installation's downtown Lyceum with a one-mile family fun run. "There was free food and drinks, a bouncy-house for kids, a fire truck pull, fire brigade relay, fire extinguisher training, smoke house, and a fire safety booth with information and free novelty items," Foley said. "Firefighters demonstrated the dangers of using turkey fryers and having live Christmas trees in the home.

"We have a large population with many different backgrounds," said Foley. "With that said, not everyone has had fire prevention stressed as a daily living habit ... it is our job to educate the population to try and deter bad habits and encourage fire safety as a second nature. We also have to consider that this base has lots of old infrastructures, so having a progressive fire prevention attitude will help curtail fire mishaps."

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On the Job - Hawaii

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Pearl Harbor Rotary Club Heroes Luncheon

By Fire Inspector Angela Sanders



The Rotary Club of Pearl Harbor recognized 18 First Responders and military heroes on September 10, 2012 during their 12th Annual Heroes Luncheon. The luncheon was formed to honor and thank first responders, public servants and members of the Armed Forces. The heroes honored during these luncheons are

recognized for their commitment to serving others and their courage to take proper action during crucial moments.

The Rotary Club of Pearl Harbor was formed in 1950. The first Annual luncheon was later established in December 2001. Rotary is an organization of business professional leaders united worldwide, who provide humanitarian service, and encourage high ethical standards in all vocations. The Rotary Foundation provides scholarships, cultural, and student exchanges. Rotary is widely regarded as the world's largest private provider of international educational scholarships, community and international service. Today there are nearly 1.3 million members worldwide. Currently in Hawaii, there are 48 clubs with approximately 1,700 members.

On April 4, 2012, Medic 8 along with Engine 112 from Kaneohe Marine Corps Base Hawaii responded to a medical emergency of a 23 year old male in cardiac arrest. The team led a successful resuscitation effort which saved the man's life. For their efforts, Firefighter Paramedics Keahi Leith-Bowden, Channing Morita, Peter Gutierrez, Fire Captain EMT Allison Nihei, (pictured above L-R), Firefighter EMT Barron Choy, and Firefighter EMT Alan Jacobson received the prestigious Commander, Navy Installation Command, Fire and Emergency Services Life Saving Award, as well as the Zoll Medical Life Saving Award.

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Firefighter Paramedic Peter Gutierrez was one of the 18 heroes honored and was recognized on behalf of his team by the Rotary Club of Pearl Harbor during the 12th Annual Heroes Luncheon on September 10, 2012.

A hero is a man who is afraid to run away.
- English Proverb

On the Job - Texas

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Technical Rescue Training

By John Morris, Fire Chief, NAS Corpus Christi



Thirteen firefighters from NAS Corpus Christi, two from NAS Kingsville and four from the City of Corpus Christi recently completed an 80 hour training course on structural collapse rescue in accordance with NFPA 1006.

Though NASCC had successfully hosted core & confined space, vehicle and machinery, rope and trench rescue in an ongoing partnership with Bucks County Community College over the last five years, this class represented the greatest logistical challenge that we have had to overcome.

Preparation began several months prior to the kickoff, with Captain Thomas Tracy coordinating the delivery of literally tons of concrete material to the site, to include large diameter culvert pipes, slabs of concrete, rubble, a car, and two large pieces of concrete, one weighing over eight tons, and one over two tons. His expertise in the operation of heavy equipment allowed him to safely place all of the material to support multiple highly challenging and realistic training scenarios. Additionally Firefighter Ricardo Mercado applied his expertise in the concrete trades and formed and poured twelve 4'x4'x 6" concrete slabs that would be used for breaching and other skills.

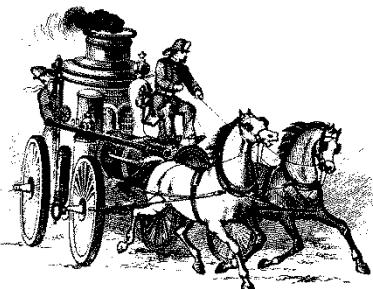
On the first two days of training NASCC Safety observed the operations, and had previously reviewed and approved our Safety Plan that was developed by Assistant Fire Chief Jerry Garza and Bob Grunmeier of Bucks County. Our partners in the Safety Office left the training ground confident that the plan was being executed as written, and that personnel safety would remain as the number one priority. Throughout the course personal learned new skills, and applied them in concert to more complex and challenging scenarios.

The training culminated in two scenarios, one of which involved extrication of a victim from a car that had been crushed underneath a 17,000 LB piece of structural concrete, this scenario required extensive shoring and creative entry into the vehicle. Another scenario required personnel to lift and shore into a debris pile to remove a victim. Crews also had to demonstrate shoring of a simulated unstable structure, and moved a two ton cube of concrete in an extremely challenging "obstacle course".

The greatest take away from this training is personnel now have another set of tools in the proverbial tool box, and have exercised these skills with the City of Corpus Christi FD, our primary mutual aid partner. Another benefit in this particular course was that both agencies fully partnered in the training as specialized equipment from both departments was used. Future plans discussed by NASCC Fire Chief John Morris and CCFD Fire Chief Robert Rocha include additional joint training and collaboration to optimize these resources.

Driving Safety

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Maximum Speed!

Chief (Ret.) David A. Love Jr., VFIS Education and Training Specialist

In the era of horse drawn apparatus, emergency responders had to drive those horses fast because of the significant delay caused by the entire process of response. It took time to hook up the team, respond to the call at 10 or 11 miles per hour, dig a hole in the street, and chop a wooden water main to draft from. All of those tasks may have caused an undue delay. However, those days are gone and so should be our race horse mentality!

How many times do we have to be faced with the same news and the same obvious conclusion? Every day the headlines scream loud and clear:

- “Ambulance Overturns on a Rural Road”
- “Two Fire Trucks Collide at an Intersection”
- “Engine Overturns while Responding to Automatic Alarm”
- “Emergency Responder Strikes, Kills Citizen en route to Call”

Many of the alarms to which emergency service organizations (ESOs) respond are motor vehicle accidents. What are the lessons we have learned from thousands of such incidents?

- 1) Not wearing a seatbelt will greatly increase the rate and seriousness of injuries.
- 2) Intersections are very dangerous places.
- 3) Accidents caused by unsafe speed significantly increase the seriousness of injuries.
- 4) Excessive speed is frequently the cause, or at least an important factor, in most accidents.

Are we, as emergency responders, unable to learn lessons from the people we are charged to protect? It would seem so and that is unacceptable. We teach fire safety. Do we practice fire safety in our own homes? Many of us do. We teach driving safety in classes with emergency responders and the public and we may, in fact, practice safe driving in our own vehicles with our family seat belted in next to us.

Why then are we unwilling to have these lessons translate to our own emergency responses? Don't we claim to be brothers and sisters in the emergency services? What is our most valuable asset? We talk a good game but our actions do not reflect those words. When are we going to recognize the foolishness of our actions during emergency responses and change our behavior?

Driving too fast is a combination of exceeding the posted speed limit, exercising cautionary speeds, ignoring weather or road conditions, poor judgment, adrenalin, radio communications, talk in the cab, and a dozen other factors. It all boils down to the emergency vehicle operator!

The question we must ask is, “How fast is fast enough”? This is the age-old question for emergency responders and there is no easy answer. Most state laws allow us the privilege of exceeding the speed limit with the caveat that emergency service responders do not endanger life or property and that they show due regard for the safety of others.

Driver Safety (Cont.)

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However, do most calls turn out to be true emergencies, where someone's life or property is in danger? Will traveling in excess of the posted speed limit make a profound difference in the outcome?

How much time is really saved by speeding three miles down the road through intersections and snarled traffic at 70 miles per hour as opposed to the posted speed limit or at a cautionary speed?

How many emergency responders and the traveling public have we placed at risk?

The question has been asked at various training seminars, "Can't we be sued for not driving fast enough?" In today's legal climate, you can be sued for just about anything at any time. But how many times have you seen someone successfully sued for not responding fast enough? In contrast, how many serious accidents happen each year that kill and injure emergency responders and the public, that we are sworn to protect, by emergency vehicles that are driven in excess of cautionary speeds?

For decades, responding to and returning from the emergency scene has been one of the most dangerous times for emergency responders. So why are we reluctant to say that we need to place a limit on what we believe is an acceptable speed? Someone's life may be in danger! I suppose that could be the case, so the question we need to ask ourselves is, "Is it ok to place people's safety and lives in danger for what may or may not be someone's life in danger?"

So what do we need to do? We need to step back and realize that our total responsibility is to get our apparatus or ambulance from point A to point B safely, so we can perform the emergency task for which we were dispatched; not to get from point A to point B in the shortest amount of time. We are emergency responders, not race car drivers! Who is placed in danger when we exceed cautionary speeds? We are. If we don't make it to the emergency scene, who are we going to help, and who is it that we are going to injure or kill along the way?

I constantly hear that "the traveling public does crazy things when we approach them" or "they fail to yield the right of way" or "that they do unexpected things". If we know that up front, then we need to drive defensively and watch out for them. How many people drive through your first response area in a day? Who is it going to be easier to train, our drivers or the traveling public? Most people will do the right thing if we just give them enough warning and time to react to our warning signals! Wear your seatbelt, be extra vigilant in intersections, and reduce your speed. After all, we are in the business of saving lives and protecting property. Not destroying them!

How fast is fast enough? Perhaps if we stop using the word "Fast" when referring to emergency response and replace it with the word "Safe", then our racehorse mindset would change as well.

What is your Maximum Speed going to be? Is it worth the risk?

David A. Love Jr., the former Chief of the City of York, Department of Fire and Rescue Services, is an Education Specialist for VFIS. He is a thirty-five year veteran of the emergency services, and currently serves on the NFPA 1500 1001-1002 Committees.

Pay News

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Most Feds Get Extra Leave This Year

By Amanda Palleschi

Most federal employees will earn an extra pay period's worth of leave by the end of 2012, according to the Office of Personnel Management.

A new memo from Angela Bailey, OPM's associate director of employee services, instructs chief human capital officers to inform employees that most will accrue an additional four, six or eight hours of annual leave during the 2012 leave year, which began on Jan. 1, 2012, and ends on Jan. 12, 2013.

A leave year begins on the first day of the first full biweekly pay period in a calendar year and ends on the day immediately before the first day of the first full biweekly pay period in the following calendar year. Employees with three years but less than 15 years of service accrue 10 hours of annual leave in the last full biweekly pay period of the leave year, which ends Jan. 12, 2013, for most employees. This means leave year 2012 will have 27 pay periods. For some agencies, the first pay period in calendar year 2012 started Jan. 8, and the new guidance does not apply.

The maximum carryover ceiling -- the "use it or lose it" policy -- remains in effect, the memo stated. For most employees, the ceiling is 240 hours of accrued leave. It is 360 for those overseas, and 720 for Senior Executive Service members and senior level scientific and professional employees.

Bailey instructed agencies to advise affected employees that they will accrue additional hours in 2012 and must use any annual leave above those maximum ceiling hours before Jan. 12, 2013.



Agencies still may restore annual leave that was forfeited due to "an exigency of the public business or sickness of the employee only if the annual leave is scheduled in writing before the start of the third biweekly pay period prior to the end of the leave year," the memo stated.

Bailey's memo noted that most employees will still have 26 pay days in 2012. "Leave accrual is affected by the number of pay periods, not the number of pay days, in a calendar year," it said.

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No man needs a vacation so much as the man who has just had one.

-Elbert Hubbard

Navy Birthday

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Word Origins



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Happy 237th Birthday

Admiral Jonathan W. Greenert, Chief of Naval Operations



As we celebrate our naval heritage on our 237th birthday 13 October, we proudly reflect on more than two centuries of warfighting excellence as the world's preeminent maritime force.

We had an extremely busy year answering our nation's calls to operate forward – and like those Sailors that came before us, we assured allies, projected power, and defended our nation's interests around the globe. This past year also signified a landmark year for our Navy as we commemorated the War of 1812. 200 years ago, on the Great Lakes, along the eastern seaboard, and waters of New Orleans, our legacy was forged and traditions were made.

We can never forget the Sailors who fought in 1812 and what we learned. They were brave and innovative Sailors with an amazing warfighting spirit. They made us what we are today, and their spirit and self-sacrifice live on in our bold, proficient and confident Sailors.

As we start this New Year together, I ask you to remember our tenets:

Warfighting First, Operate Forward, and Be Ready.

We must be ready to fight and win today, while building the ability to win tomorrow. We must provide offshore options to deter, influence, and win in an era of uncertainty. Finally, we must harness the teamwork, talent, and imagination of our diverse force to be ready to fight and responsibly employ our resources.

Happy 237th birthday shipmates! I could not be more proud of our Sailors, civilian work force, and families. I am grateful to be your shipmate and a part of the greatest Navy the world has ever known.



Geedunk

To most sailors the word geedunk means ice cream, candy, potato chips and other assorted snacks, or even the place where they can be purchased. No one, however, knows for certain where the term originated, but there are several plausible theories. In the 1920's a comic strip character named Harold Teen and his friends spent a great amount of time at Pop's candy store. The store's owner called it The Geedunk for reasons never explained. The Chinese word meaning a place of idleness sounds something like gee dung. Geedunk is the sound made by a vending machine when it dispenses a soft drink in a cup. It may be derived from the German word tunk meaning to dip or sop either in gravy or coffee. Dunking was a common practice in days when bread, not always obtained fresh, needed a bit of tunking to soften it. The ge is a German unaccented prefix for repetition. In time it may have changed from getunk to geedunk.

Wellness Issues

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Critical Incident Stress Management Class

By Christopher Connelly, NDW District Fire Chief/ Naval Air Station Patuxent River



Earlier this year members of Naval District Washington Fire & Emergency Services took steps to improve the wellness and fitness of the department. In a partnership with the Naval District

Washington Fire & Emergency Services IAFF Union Local F121 firefighters were enrolled in the IAFF/IAFC Fire Service Joint Labor Management Wellness/Fitness Initiatives and the IAFF/IAFC/ACE Peer Fitness Training Certification Program. This program was a two part process of certifying staff members to the ACE personal training qualifications, and by qualifying members to conduct Critical Incident Stress Management Debriefing.

In April the department was successful in qualifying 18 staff members to support and function as peer fitness trainers. This will support and benefit the longer term processes of employee retentions through proactive wellness and fitness monitoring.

This month, the department hosted part two of the program. Part two of the program is titled "Critical Incident Stress Management". This course is designed to support the staff after a traumatic incident that may have mental health effects. In the past public safety members often retained all the traumatic sights and sounds of an incident. It was considered part of the profession. Today, we want to recognize the effects of just such incidents and assist the staff with concepts and provide provisions for dealing with them.

Critical Incident Stress Management has many facets, but the concepts currently in place for public safety responders is to allot time for debriefing forums, and peer counseling sessions conducted by members within their profession who understand the magnitude of the job and the type of calls they encounter.

This course was an amazing opportunity for the Naval District Washington Fire & Emergency Services, Naval Air Station Patuxent River to stretch its wings and advertise this course to our local mutual aide providers. The Installation fire department plays a key role in supporting the immediate areas outside our fence line. Considering this, our peer group providers are mutual players under the umbrella of a Critical Incident Stress Management Debriefing.

Public Safety providers from, Naval Air Station Patuxent River, Charles County Police and EMS, Prince Georges County Fire Department, St. Mary's County Public Safety, and Calvert County were all in attendance for this opportunity.

This class will not only increase the wellness and fitness of our local providers, but will have far reaching impact to all in attendance.

SA Matters

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Hyper Vigilance

By Rich Gasaway, PhD.

This is the fourth in a collection of eight articles from Situational Awareness Matters! (www.SAMatters.com) focused on stress.

What in tarnation is hyper vigilance? Is it a good thing or a bad thing? Should you have or should you avoid it? What in tarnation is tarnation? So many questions, so little time. Let's jump in.

Hyper vigilance is a biological response to stress that causes your senses to go on high alert for danger. Like NORAD in a DEFCON 2 alert status in the movie War Games, your body goes on super alert status because it senses there is danger in the area. The hormones trigger biological changes that increase the acuity of your senses.

Stated another way, hyper vigilance can help your eyes see things that they might not have otherwise seen if you were not under stress. Likewise, hyper vigilance can help your ears hear things that they might not have otherwise heard if you were not under stress. And, for the sake of avoiding the annoyance of being repetitive, suffice it to say that all your senses are equally hyper aroused and on high alert. The stress of an emergency scene leads your brain to think there is danger in the area which makes your thinking (and in some cases your actions) primal.

Primal goal #1: Survive!

The goal of the body and brain in a stress-induced, hyper aroused state is simple. Survive. What is out there that can kill you? Can you kill it? Can you outrun it? Those are the questions your brain is grappling with and your alert senses will help it make that determination.

The human body is well-suited (based on genetic adaptation) to deal with these short-term stressors.

It was that kind of stress your cave-dwelling ancestors dealt with every day. Eat or be eaten. It was a pretty simple existence out there on the Serengeti. There were no worries about 401k plans, bad economies, looming mortgage payments or kids not doing well in school. The stresses of your daily lives are very different and in many ways (as I discussed in a previous chapter) far more chronic and cumulative. On the upside, you don't have to worry about a T-Rex eating your kids when they leave the house. So we've established it. Hyper vigilance is a good thing! Well, don't pop the Champaign corks yet. We're not done.

The downside of hyper vigilance

Your brain is a wonderment of science that is for certain. It can do things that no computer can duplicate. But it does have some limitations. One of those limitations is how much information it can take in, process, comprehend and recall at any one time. That question of just how much information that is intrigued the research community and in 1956 a cognitive psychologist at Princeton University named George Miller provided the shocking answer.

SA (*Cont.*)

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Rich Gasaway, PhD.

Seven. The average person can hold about seven pieces of information in working (short term) memory, give or take two (for those slightly above and slightly below average performers). Miller's studies have been robustly confirmed in numerous studies since. Coincidentally, it was the results of Miller's research that led to the original seven-digit telephone numbering system.

This is where hyper vigilance can turn ugly in a hurry. Because your senses are hyper aroused, they are taking in more information about your surroundings. If your surroundings are simple and basic (like fighting a saber-toothed tiger in the jungle of the East Savannah (as your cave-dwelling ancestors did), then you didn't have to worry about your brain getting overwhelmed with information.

But, put that brain on the fireground with dozens, maybe even hundreds of pieces of data coming at you and you are on the fast-track for overload. Some the data is in writing, some audible, most is visual and nearly all of it is changing rapidly. It is easy to get overwhelmed in a hurry.

Chief Gasaway's Advice

The solution to this problem was uncovered during the research conducted by cognitive psychologist Gary Klein, also known for his discovery of the Recognition-Primed Decision Making Process. Klein's research involved trying to understand the decision making processes used by fireground commanders. One of the questions to be answered was: How do you make sense of it all? How do you process and comprehend so many clues and cues?

The answer was a stunner and entirely unexpected. The expert-level fireground commanders said they don't try to process and comprehend all the information. In fact, there is just a small number of critical pieces of information essential for making a good decision. Commanders noted if they tried to comprehend it all, it would be impossible. So what should be on the short list for critical information to capture and process? Obviously the answer would vary for each type of emergency you deal with.

The take-away lesson is: Stress causes hyper vigilance which increases your acuity. In a complex, fast-paced environment, that can accelerate cognitive overload. Less information, so long as it's the right information, is your best ally. There are a couple more caveats about the information.

The more complex the information, the more likely you are to be overwhelmed. The more detailed the information is, the more likely you are to be confused. And the more unfamiliar the information is, the more time you will need because you have to learn what the information means.

Richard B. Gasaway is a scholar-practitioner on first responder safety. In addition to serving 30+ years as a public safety provider, he earned his Doctor of Philosophy degree while studying emergency incident situational awareness and decision making under stress. 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. His research and passion to improve first responder safety through improved situational awareness is unrivaled. Dr. Gasaway's safety programs have been presented to more than 23,600 public safety providers across North America, Europe and Asia.

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Back in the Day

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Tom Shand

FNN ARFF Vehicles

By Tom Shand



During World War II much research was conducted by various branches of the military to improve the current “State of the Art” with respect to aircraft fire fighting. During the summer of 1943 Mack Trucks tested the first vehicle built with a high pressure fog fire pump rated at 600 PSI and was equipped with two roof turrets to dispense water and foam with a 1000 gallon water tank.

The technology at that time was to combine a high pressure fog delivery system with CO₂ on various size commercial chassis for use at airfields.

Around 1945 the U.S. Navy developed specifications for a new style of aircraft fire fighting vehicle known as model FNN-5. The number of units built by the Fire Appliance Company and Maxim Motors of Middleboro, Massachusetts are unknown, however this style of vehicle with its pump and roll capabilities became the basis for future aircraft fire apparatus designs.

The model FNN-5 was based upon an International model M5-6, 6 x 6 chassis powered by a six cylinder gasoline engine developing 111 horsepower with a five speed manual transmission. The open cab was partially protected by a canvas top and hinged windshield. The bodywork was very streamlined with flares over the rear tandem axles and radius at the rear body.



The fire fighting package consisted of a 500 gpm pump driven by a Chrysler engine with an 800 gallon water tank and 80 gallon foam tank. The fire pump could be controlled from the left side panel as well as inside of the cab. A manually operated roof turret was platform mounted above the cab and controlled by foot pedals. This turret had a fog/foam nozzle rated at 225 gpm with two side mounted foam nozzles each providing 80 gpm.

In addition six underbody nozzles rated at 20 gpm protected the vehicle when operating in hazardous conditions. Two 100 foot long hand lines were provided on the body each rated at 70 gpm. USN number 129610 was built by Maxim Motors and shows the enclosed fire pump panel and streamlined body which were both unique for units built during that era.

Serial number 71-00038 is shown in the photo working at training fires conducted at the Quantico Marine Corps Base. A close up of this image shows that the canvas top had been removed from the vehicle which certainly must have made for some interesting moments for the driver.

Appreciation is given to Ted Heinbuch who provided information and photos for use in this article.

On the Job - Ventura

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NBVC Firefighter Recognized By Community

Story and photos by Andrea Howry, The Lighthouse



Two firefighters from Naval Base Ventura County (NBVC) were recently named “Firefighter of the Year” by local community organizations.

The Kiwanis Club of Ventura gave its award to Capt. Michael Bond, a firefighter and emergency medical technician at NBVC since 2009. The Carefree Living Association of Hueneme Bay, a senior living complex just outside the gates of NBVC Port Hueneme, gave its award to Engineer Michael Lane. A firefighter and emergency medical technician at NBVC since 2007, he was assigned to Port Hueneme Fire Station 73 in 2011

and helped fight a structure fire in Hueneme Bay shortly after his move.

Both firefighters attended local high schools. Bond graduated from Santa Paula High School and the Oxnard College Regional Fire Academy. Lane graduated from Thousand Oaks High School, joined the Air Force and attended basic fire school at Goodfellow Air Force Base in Texas.

At NBVC, Bond is the program manager for the Mobile Aircraft Firefighter Trainer and the department’s driver/operator programs. During a recent program compliance assessment, his programs were described as “best seen to date.”

Fire Chief John Adkins described Bond as “our go-to captain.”

“When an issue needs to be taken care of quickly, Mike is the guy that gets it done,” he said.

Lane was also praised for his hard work, leadership skills and volunteerism. But it was his skills shown in the Hueneme Bay fire that the Carefree Living Association emphasized and that Adkins stressed.

“There is no doubt that Engineer Lane’s quick actions and pivotal leadership played a key role in saving the adjacent properties,” Adkins told the association.

Hueneme Bay has 761 homes and was built in 1964.



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FPW Corpus Christi

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FPW Southwest



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NAS Corpus Christi Fire Prevention Week



Once again, the members of NAS Corpus Christi F&ES made a great impression on the community that they serve. We are fortunate to have a number of key partnerships in the community that allows us to reach out and spread the word to the children of our military and civilian community who attend off base schools that would otherwise not receive a targeted fire prevention message.

This year we reached nearly two thousand children and adults, and still have a few events on the horizon that will allow us to further spread the overall "Public Fire and Injury Prevention Education" message beyond the traditional dates of Fire Prevention Week. Our outreach efforts included events at the Flour Bluff Elementary School, On-Base PPV Housing, the Early Childhood Development Center affiliated with Texas A&M Corpus Christi, the Navy Exchange, Dawson Elementary School, Seashore Learning Center, New Hope Baptist Academy, the Ingleside Fire Expo, and the George Evans Elementary School where personnel supported a "Red Ribbon Week" event.



Navy Region Southwest Fire Prevention Week



Sparky and the Fire Prevention Offices went full force and found creative ways in promoting FPW 2012 "Have Two Ways Out! NAS Fallon fire personnel and Sparky handed out fire safety packets to youths returning home from school. NAWC China

Lake hosted fire safety booths, conducted fire extinguisher training and fire station tours reaching out to over 300 people. Naval Base Ventura County hosted a free pancake breakfast, ARFF trainer and extinguisher demonstrations to over 200 visitors. Metro San Diego hosted information booths and fire safety house tours to over 570 people. NAS Lemoore Fire Chief and Inspectors served lunch at the galley and hosted a fire station open house. NSW Seal Beach provided fire safety information, fire engine tours and extinguisher demonstrations reaching 6,000 people during the USS Sampson public visit. NAF El Centro conducted fire extinguisher training, fire drills and conducted courtesy home fire inspections to Navy housing units. The education continued throughout the month of October for installation CDCs. After it's all said and done NRSW reached over 7,000 people with valuable fire safety messages.

Fire Prevention

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Effective Public Education

By Meri-K Appy

Over the past 30 years and more, I've witnessed great progress in the fire and life-safety arena; fire departments and other safety advocates have helped reduce the toll fire exacts on our society. But this fight is far from over.

As a fire service leader, you know the U.S. still has one of the worst fire-loss records of the industrialized world. Beyond the tragic fire deaths and injuries, these losses include devastating social, environmental and economic impacts. The number of deaths is in the thousands, the number of injuries in the tens of thousands and the economic losses in the billions of dollars.

To battle those statistics, let's focus on the positive this Fire Safety Month, when the spotlight shines on prevention and education as a primary solution to the problem of unwanted fire.

One very bright spot in the national fire-prevention scene is [Vision 20/20](#), a project of the Institution of Fire Engineers U.S. Branch. With federal Fire Prevention and Safety Grant funding and a cooperative agreement with the U.S. Department of Homeland Security, Vision 20/20 is harnessing the steadfast support of hundreds of grassroots fire-safety advocates across the country.

Vision 20/20 has been working since 2007 to develop a comprehensive national strategy for fire prevention, helping to unite fire-prevention efforts and focus them strategically in a collective and sustained way to positively impact the fire problem in the United States.

Effective public education is a top priority within the Vision 20/20 strategic plan. It's at the heart of two of the five core strategies: Prevention Marketing and Prevention Culture.

Prevention Marketing

This strategy supports a mass-marketing approach, where exciting work has led to the selection of an overarching theme for a national fire-safety education and social marketing campaign. Through input from the field and formal social-marketing analysis conducted by Salter Mitchell, the theme *Fire Is Everyone's Fight* was selected and successfully field-tested with key target audiences. It serves as the unifying slogan for an ambitious initiative the United States Fire Administration is leading with growing support from the fire service and others.

We want *Fire Is Everyone's Fight* to become a common tagline for all fire-safety advocates, supplementing existing efforts and presenting the public with a common fire-prevention message at local, state and national levels. Under this umbrella approach, this campaign will emphasize working smoke alarms and kitchen fire safety while remaining flexible enough for communities to adapt to address local fire-safety issues.

Already, *Fire Is Everyone's Fight* has been embraced by leading organizations. At its meeting after the Congressional Fire Services Institute (CFSI) dinner in April, the CFSI National Advisory Committee passed a unanimous resolution of support for the theme and for USFA's leadership role in executing the initiative.

Prevention (Cont.)

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Following the official announcement by U.S. Fire Administrator Ernie Mitchell at Fire Rescue International, the board of the IAFC's Fire and Life Safety Section passed a similar resolution—and we've only begun to announce the campaign.

In the months ahead, USFA's public-education team will reach out to individual fire organizations and others to learn what established fire-safety education efforts are already working well to increase use of working smoke alarms and reduce the incidence of cooking fires. USFA will identify gaps and resource needs and will support ongoing collaboration among all interested parties.

By signing on to participate, local fire departments, organizations and individuals will receive approved access to the *Fire Is Everyone's Fight* tagline and graphic to include in their prevention efforts. Contact Teresa Neal or go to the [*Fire Is Everyone's Fight* campaign's webpage](#) for more information.

Prevention Culture

In Strategy 3, public education is customized to protect those at highest risk of a home fire. This strategy helps fire departments implement the evidence-based Community Risk Reduction (CRR) principles that have proven effective in other countries, including the United Kingdom. In recent years, Vision 20/20 demonstration projects have replicated an effective model in which fire service personnel and local partners visit homes to install smoke alarms and provide safety education to those in greatest need.

Homes remain our primary prevention target. Research shows that 81% of all fire deaths and 76% of all fire injuries occur in homes, resulting in an estimated 2,560 deaths, 13,275 injuries and \$6.6 billion in property loss (USFA). A 2007 Home Safety Council report by the Johns Hopkins University's Center for Injury Research and Policy identified people with low literacy, those living in poverty and English-language learners as being at especially high fire-death risk.

Sadly, these groups are often missed by traditional fire-prevention programs. Vision 20/20's CRR demonstration sites document that about 51% of the high-risk homes visited had *no working smoke alarm*—not a single one. This finding is crucial, since in the U.S., 38% of home fire deaths are in homes with no working smoke alarms; 24% are in homes where smoke alarms were present but didn't work (NFPA).



Clearly, our message is not getting through to everyone. Social-marketing research shows there are only three ways communication can lead to behavior change. The message must

- Reveal a new benefit of the behavior to the audience,
- Help the audience better appreciate a benefit they already knew of, or
- Reduce a barrier to the behavior (if the audience already wanted to do it).

Prevention (Cont.)

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Vision 20/20 has just embarked on a new round of testing with Salter Mitchell to determine what fire-safety messages pack the most potential to get people to install, test or maintain fire alarms or to prevent kitchen fires. Results will be analyzed and shared with the fire and life safety field and with USFA to guide *Fire Is Everyone's Fight*.

So despite the tough economy, there's good news to inspire our public-education efforts. Adversity is leading to smarter investment in prevention and resource sharing based on what really works.

Fire *is* everyone's fight, and there are new tools, methods and collaborative attitude to help us win it.

Meri-K Appy is president of Appy and Associates, LLC and a Specialty Representative for Education to the IAFC's Fire and Life Safety Section board.

Exercise in San Diego



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Citadel Rumble 2012

By MCS1 (SW/AW) Justin L. Webb, Naval Base San Diego Public Affairs



response to an all hazards scenario.

Naval Base San Diego (NBSD) successfully completed three days of annual disaster preparedness drills during Citadel Rumble 2012 (CR-12) from Aug. 7-9.

CR-12 is a fully integrated response and recovery exercise designed to evaluate Navy shore-based commands and installation emergency preparedness in

This year's training evolution was a collaboration across all NBSD departments. Department heads and other essential team members held planning meetings to ensure successful execution of the drills.

"The events were modeled after real world casualties," said NBSD Training Officer Dave Kenneweg. "In the event of a real life scenario the base would get overwhelmed by not just displaced military, but also civilians. Our goal was to set up scenarios that would train our personnel how to effectively respond to casualties and to provide mass shelter for displaced individuals."

Over the course of CR-12 there was a simulated 6.9 magnitude earthquake, a building collapse and riot which ultimately lead to six hypothetical human casualties including one fatality.

"I am so pleased by the combined effort of the NBSD staff. I am totally confident that if a natural disaster was to occur in the area, our personnel would be ready to meet the challenge head on. I also want to ensure that our Sailors, civilian employees, retirees and family members understand in the event of a tragedy we will open our gates to help in any way possible," said NBSD Commanding Officer Capt. Winton Smith.

Near Miss Saved

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Near-Miss Program to Stay Online

The IAFC has announced a short-term plan to self-fund keeping the National Fire Fighter Near-Miss Reporting System servers up and running so that the fire and emergency service community doesn't lose access to this life-saving resource when government funds expire on Friday. The move, supported by funding from the IAFC; its Safety, Health and Survival Section; and its EMS Section, will allow the program to remain operational through the end of October.

"We've been very pleased that a number of private funders have come forward to express interest in preserving this program," said Mark Light, IAFC CEO and executive director. "We've been actively exploring alternatives to grant funding for many years with little opportunity to move the concept forward, so it's a pleasant surprise to see folks interested in stepping up now."

While no firm funding commitments have been made at this time and few have the resources to fund the program in its entirety, the IAFC is currently working with a number of stakeholders and interested parties to develop some long-term funding options. Chief Hank Clemmensen, IAFC president and chairman of the board, announced his intention to develop a task force to assist in the effort.

While Light hopes to see the process move quickly, he emphasized the need to also move thoughtfully. "This is not unlike responding to an incident scene; we need to get beyond the emotions and the chaotic environment and focus on a quick and successful resolution," continued Light. "We need to be sure we're not grasping at straws; we need to be sure we're making sound decisions that will sustain the integrity—not just the longevity—of the program."

The IAFC funding will mitigate some of the urgency, so any future funding options can be thoroughly considered.

New Brush Truck



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New Brush Truck for NSF Indian Head



FPW EURAFSWA

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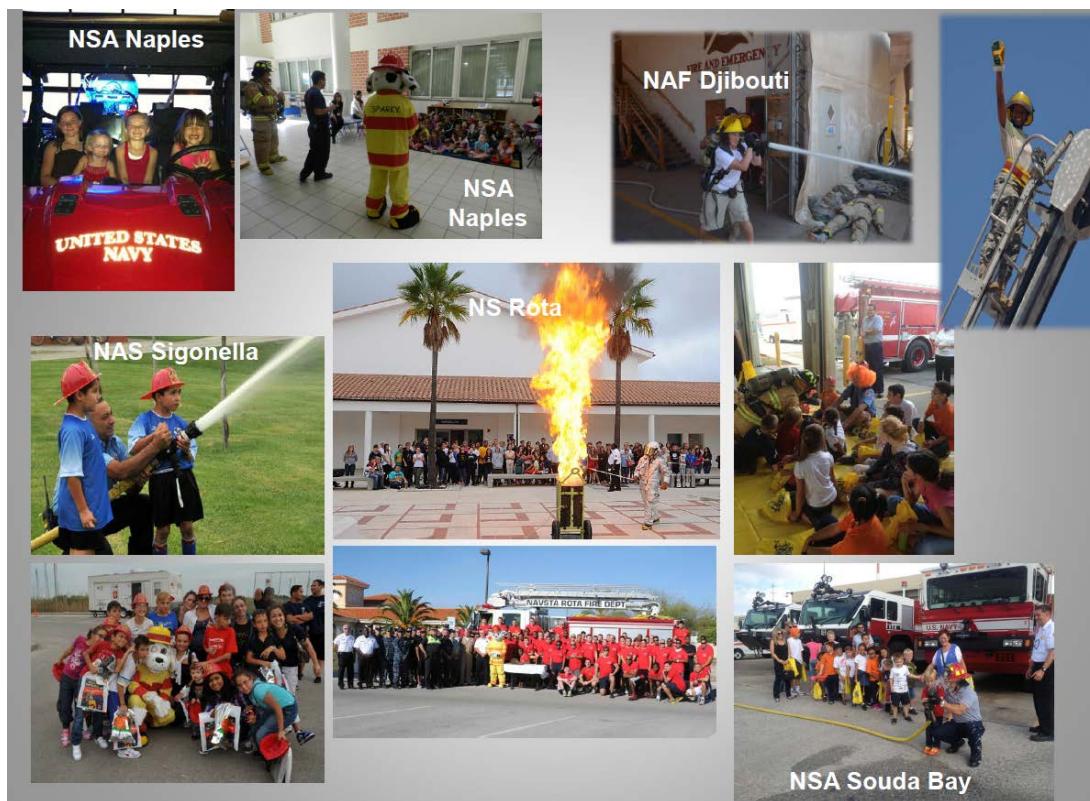


Firefighter Wellness



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Navy Region Europe, Africa, Southwest Asia



What Will You Do to Stop Diabetes?

Nearly three years ago, the American Diabetes Association launched the Stop Diabetes® movement, a public awareness campaign designed to inspire millions to join the fight and spread the word about the seriousness of diabetes.

This movement now has a refreshed site, <http://stopdiabetes.com>.

Visit the new site and learn how you can “[Take the Pledge](#)” to Stop Diabetes. When you pledge, you’ll be added to the map and be able to see what others have pledged to do in your community to grow the movement. Together, our efforts support research, advocacy and community outreach, and tell the world that we are taking a stand against this devastating disease.

Do you know that there are several “Ways to Act” to support the cause? Learn about the 5 ways to act on the new site, and help build the momentum needed to put an end to diabetes once and for all.

In addition, we’re excited to announce that we have new celebrity Stop Diabetes Ambassadors featured on the site! Find out more about who they are and what they’re doing to raise awareness.

Share the site with your friends and family so they, too, can take the pledge and show everyone where they stand in the fight.

We can’t do this without you. Together we CAN Stop Diabetes!

Feel Good Story

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A Mother's Devotion



During an early morning response to a house fire in Santa Rose de Temuco, Chile, firefighters witnessed the unbelievable. A mother dog risked her life to save her puppies from the fire surrounding the burning house, which started because of a car bomb.

The mother dog, Amanda, raced back and forth, putting her 10 day old puppies in the safest place she could find -- a firetruck!

She didn't stop racing back into the fire until all of her puppies were safely away from the fire. The firemen on scene could not believe their eyes. Most people have never seen a dog this smart or this brave!

After rescuing all of her pups from the blaze, Amanda sat down next to them, protecting them with her body. Onlookers called an emergency veterinary service and she and her pups were rushed to the hospital. Aside from one puppy being treated for serious burns, the entire family are alive and well - thanks to their brave mother!



Legal Humor



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Jury Deliberation

A defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse. In the defense's closing statement the lawyer, knowing that his client would probably be convicted, resorted to a trick: "Ladies and gentlemen of the jury, I have a surprise for you all," the lawyer said as he looked at his watch. "Within one minute, the person presumed dead in this case will walk into this courtroom."

He looked toward the courtroom door. The jurors, somewhat stunned, all looked on eagerly. A minute passed. Nothing happened.

Finally the lawyer said, "Actually, I made up the previous statement. But you all looked on with anticipation. I therefore put it to you that there is reasonable doubt in this case as to whether anyone was killed and insist that you return a verdict of not guilty."

The jury, clearly confused, retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty. "But how?" inquired the lawyer. "You must have had some doubt; I saw all of you stare at the door." The jury foreman replied: "Oh, we did look, but your client didn't."

Opinion

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Brotherhood is a Verb

By Samson J. De Sessa, Assistant Fire Chief, NAS Fort Worth JRB

Allow me a quick moment to preface this article with some directions. As you read the following you will likely fall into one of three categories: the people that “get it”, the people that don’t care and the people that will inevitably make fun of it all. You may read this article and think, “Yeah, this totally makes sense”, or read it and say “Blah, blah, blah”, or you will read it and immediately start blaming others for “the way things are around here” and commence with tearing it apart. I would encourage you to read and think about what YOU can do to improve the Brotherhood in your department. Stow the pointing fingers for a few minutes and Keyboard Pundits, try to accept the challenge with a positive outlook for once, you may just achieve a positive outcome.

Which words come to mind when you hear the term “Brotherhood”? I often hear “tradition”, “pride”, “honor”, “family”, “loyalty”, “friendship”, “solidarity”, “trust”, “respect”, “teamwork”, “heritage”, “camaraderie” and similar colloquialisms. Brotherhood has been defined as the feeling of kinship with and closeness to a group of people or all people. Some say “The Brotherhood” is the fire service as a whole, some say it is the union membership, still others claim it represents paid sworn-firefighters. Is it a willingness to lie for each other to keep from getting in trouble? I have had the privilege to visit many fire houses over my 21 year career and I have been afforded the opportunity to see houses that seem to get Brotherhood and others that don’t even have a clue. I have been to industrial, municipal, volunteer, federal and even foreign fire brigades. I found myself attempting to determine “Why?” Why are some departments so rich in Brotherhood and some just don’t seem to care?

Over time I found that the answer lies within the caliber of people. We enjoy the benefits of Brotherhood, but many people have a hard time associating it with terms like “individual responsibility”, “personal accountability”, “servanthood”, “stewardship” and “ethics”. What do these expressions have to do with Brotherhood? Brotherhood does not just happen by accident. Being a part of this Brotherhood means more than getting 10% off on your gas station coffee just because of the cool uniform. Many Brothers and Sisters are more concerned about what they can get from the Fire Service versus what they can give. People are taunted for “Going the extra mile”. Why is “Going above and beyond” not always a popular concept? Chief Alan Brunacini brought customer service principles to the fire service industry in the 90’s. Why did you join the service if not to help people?

Chief Rick Lasky says that Brotherhood, “defines a value system that we need to abide by. One where brothers stand by each other, stand up for each other, stand up for the fire service and stand up for our family. It does not however mean that you take advantage of each other and play on the whole brotherhood thing for personal gains especially when you are wrong. Being a brother means I will do everything I can for you, but it also means that you as my brother would never ask me to do something that would risk my own family’s financial security.” I would like to submit to you that as public servants we are called to stand up for the communities we serve as well. You may remember the adage “Do no harm”.

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Brotherhood (Cont.)

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To really understand the Brotherhood, one must realize that it is something much bigger than you. You belong to something elite, something special, yet something fragile. Everytime one of us forgets that we represent something greater than ourselves, problems accrue. When our people get caught doing something less-than-honorable, it shrouds the entire Brotherhood. It doesn't matter if a city firefighter gets busted for arson, a volunteer chief gets caught misappropriating funds, a county medic gets caught stealing drugs it all reflects poorly on the sum of us. It chisels away from the Brotherhood. Conversely, in the few years following September 11th 2001, Brotherhood was something you could almost breathe. It was obvious. It was every fire department in every community. FDNY displayed Brotherhood for each other, for their community and for the world. They put others before themselves because they knew it was bigger than them and we all benefitted. They earned the confidence of the public trust. In summation, the impacts of our actions affect all of us in the future, whether positive or negative.

Most of us joined a department that already had a certain degree of Brotherhood. It was handed down and entrusted to us, but that does not automatically mean that the next generation will inherit Brotherhood from us. Being in The Brotherhood is similar to being in a family. Families are bonded by blood, but that does not necessarily make them good families. Strong, thriving families are forged by hard work, communication, fun and loyalty to one another. Our family is no different. Brotherhood is a family by choice.

Brotherhood is a verb, an action word. You have to make Brotherhood. It takes work. It takes commitment to imperfect people. It takes forgiveness for things that happened years ago. It also takes seeing others as more important than you. Pride is a great feeling in the context of Brotherhood. Selfish pride is the antithesis of Brotherhood. That sort of pride is self-centered and it strips Brotherhood from the individual and often from others around them. Stop pointing your finger at everyone else and start accepting your role in both the problem and the solution.

So, how do we do it? How do we build Brotherhood? Be engaged, take action and get involved. Be there for each other, it's that easy. Invest in each other. Build each other up instead of tearing each other down. Its fun to laugh at someone else's expense, but honestly, how often are we saying, "good job"? If we say we are willing to lay down our lives for each other in a fire, why don't we reflect that in the firehouse? Why must you berate a fellow firefighter behind his back for forgetting to take out the trash and bring conflict into the firehouse over similar petty issues? Those attitudes will transfer to the fire scene. Let the little things go. Ask yourself, "Will this matter to me in 5 years?" If not, let it go. Put in the work, it is worth it. Besides, we owe it to those who have gone before us and to the next generation to cement a legacy with a solid foundation of Brotherhood. They will inherit tomorrow what we put into it today.

Remember, your Fire Service heritage is the very fabric from which The Brotherhood is cut. Are you being a good steward of our Brotherhood? Would you be proud to have your son or daughter work for your department? If the answer is "No", then start making changes now. Whether you are a Firefighter or Fire Chief the answer to authentic Brotherhood is in you.

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ESAMS

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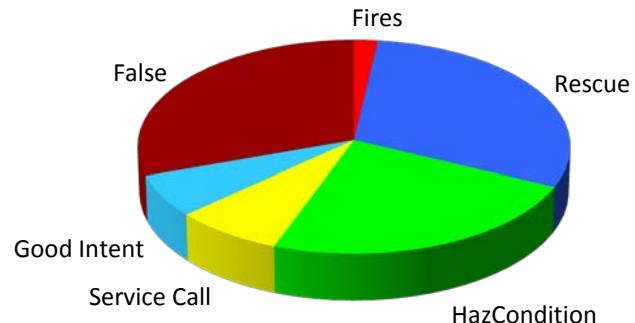
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

September 2012 Statistics

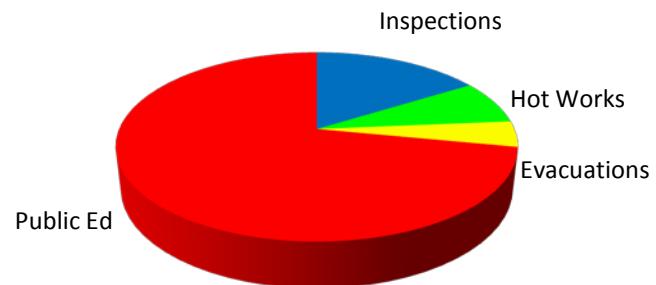
Operations

Total Incidents – 6,543
Fires – 123
Rescue & EMS – 1,963
Hazardous – 1,539
Service Call – 501
Good Intent – 413
False Alarm – 1,974



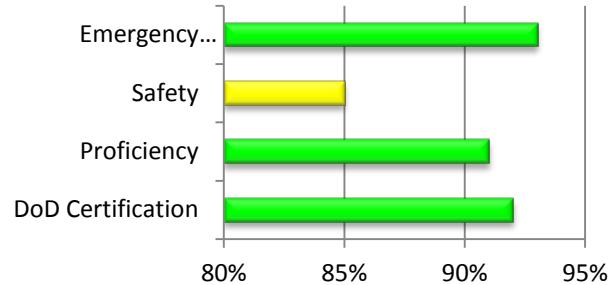
Prevention

Fire Inspections Completed – 2,325
Hot Work Permits Issued – 1,078
Building Evacuation Drills – 634
Public Education Contacts – 10,354



Training

Emergency Management - 93%
Safety Training – 85%
Proficiency, Skills, & Practice – 91%
DoD Certification – 92%



F&ES On Duty Mishaps Report

Mishaps Reported – 27
Total Lost Work Days – 29

Navy F&ES POCs

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

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



CHANGE YOUR CLOCKS / CHANGE YOUR BATTERIES

Daylight Savings Time Ends November 4th

