



What's Happening

Navy Fire and Emergency Services Newsletter

Protecting Those Who Defend America

October 2011

OMNI CEDO DOMUS

Vol 9 No 9

Email the Editor:

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From the Deputy Director

The first time my name appeared in our local newspaper after a high school football game, our coach called me into his office and warned me “be careful not to believe those press clippings young man”. Turned out, that was my one and only press clipping, but the coach’s point stayed with me.

We will be highlighting some of your ten year observances of the attacks of September 11, 2001 in this issue so I will get the ball rolling with some of my personal observations.

We had just started our second day of the Executive Leadership class at the National Fire Academy and were enjoying our first break on the beautiful fall morning when one of our classmates called us back to the classroom to see the breaking news on TV. Aside from the sickening feeling in my stomach, my most vivid memory from that morning is of our instructor, Chuck, and the unbearable sorrow in his posture and expression. We all remember the emotions of that morning.

There but for the grace of God...

Everything changed that day, suddenly firefighters and police officers were hailed as heroes and people would stop and applaud as our trucks rolled down the streets. Fire houses become depositories for baked goods, cards, and flowers. The public could not stop offering their thanks.

The press clippings were many and (possibly excessively) acclamatory.

Unfortunately, too many of us started to believe those press clippings and came to expect unending gratitude; we became entitled.

Funny thing about heroes; you will never hear them lay claim to any entitlement. The world does not owe them a thing. Turns out, resting on laurels is a distinctively unheroic act. We would all do well to keep my old football coach’s advice in mind when we find ourselves being self-congratulatory.

One of the keynote speakers at the DoD F&ES Training Conference this year was relating a survival story from the World Trade Center on that infamous day and came to explain his emotions as he watched the FDNY firefighters climbing up the stairwell that everyone else was clambering down.

“They had to know what they were heading into”, he said tearfully, “how could they be so brave?”

From the Director (Cont.)

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This should have been a tear-jerking moment and I noticed many people wiping their eyes, so I was surprised to find myself not moved to tears, but swelling with pride and resisting the urge to shout out, “Because that’s what we do!”

Another overwhelming emotion I remember from that morning in September 2001 was a tremendous sense of empathy. I knew, as did every one of my classmates watching with me, that if I was on that call facing that situation under those circumstances, I would do the exact same things. I would have ordered my firefighters to their deaths and probably faced my own. And that made me sad and sick to my stomach.

What our keynote speaker did not understand is the fire service culture at work that day. Those firefighters were not thinking about gratitude, heroes, or dying that morning; as a matter of fact, all that crap was likely the LAST things on their mind.

The firefighters climbing the stairs, and the officers in the Command Posts below, and every firefighter responding to that scene were all consumed by a single purpose. They were going to save lives.

We can never forget.

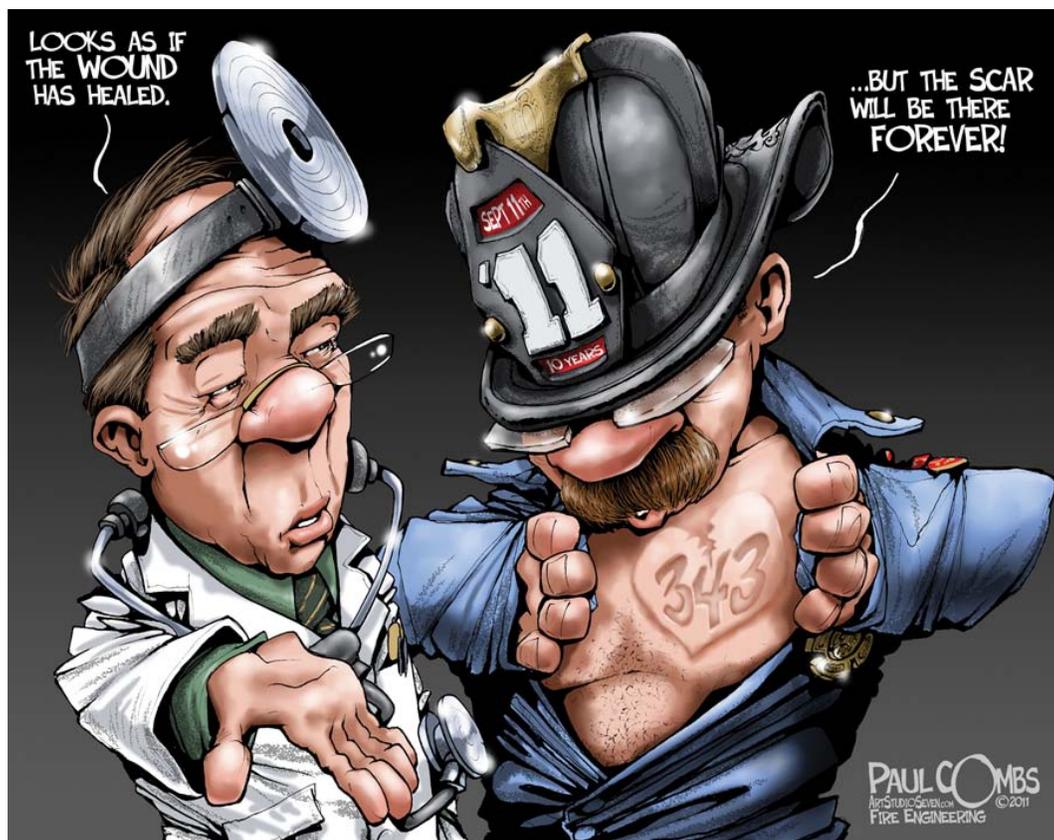
-Rick

Combs Cartoon



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Scars



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Last Alarms

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TCOoO Update



Newest Aerial



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Last Alarms

The USFA reported 75 deaths in 2011. The following line of duty deaths were reported since we published our last issue:

Vince Cruz ♥

Age: 41
Hagatna, GU

Andrew Boyt ♥

Age: 45
Cape May, NJ

2011 Totals

♥ 53 (70 %) ⇄ 9 (12%)

♥ 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 nine DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Jason Thompson	Niagara Falls ARS, NY	Marilyn.Ruszala@us.af.mil
Leslie Gonzalez	USMC, 29 Palms, CA	Kerron.Moore@usmc.mil
Richard Willis	Portsmouth Naval Shipyard, NH	Marc.J.Smith@navy.mil
Ernest Gilbert	Navy Region Northwest, WA	Carmen.Morris2@navy.mil
David Hamback	NAS JRB New Orleans, LA	Taffy.Ponvelle@navy.mil

Right Hand Steer Aerial Japan Bound



Navy Birthday

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Navy Trivia



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Happy Birthday, Shipmates

Admiral Jonathan Greenert, Chief of Naval Operations



On 13 October, the Navy celebrates 236 years of enduring traditions and missions that have preserved freedom of the seas and the American way of life. As we celebrate this birthday, we can reflect on more than two centuries of warfighting excellence while serving as a global force for good. The mettle and tenacity of that fledgling fighting force endures today in the men and women serving our Navy and nation.

Our 200 year heritage is still apparent today. As it was in 1775, our primary joint partner is the U.S.

Marine Corps, and our focus is “Warfighting first.” It is what our Navy does best, and it will continue to be our priority. Similarly, we have to “Operate forward” providing our nation with critical offshore options and bringing vital security and stability to maritime crossroads around the world. Finally, as history has so often taught us, we must “Be ready” to address any challenges, many of which will be unexpected.

Through all this, it is our Sailors’ fighting spirit that will continue to ensure our success.

Our long and illustrious history makes clear that we can overcome any obstacle, seize any opportunity, and ultimately prevail no matter how difficult the challenges we face. As a result of unwavering contributions of every member of our Navy team – our Sailors, our civilians, our reservists, our Navy veterans, and our families at home, we are the finest maritime force the world has ever seen.

As our birthday is celebrated around the globe, I know you will carry our proud legacy wherever you go. I cannot begin to tell you how honored and privileged I am to be your Chief of Naval Operations. Happy 236th Birthday to you and to your families.

Warfighting First. Operate Forward. Be Ready.



Cup of Joe

Josephus Daniels (18 May 1862 - 15 January 1948) was appointed Secretary of the Navy by President Woodrow Wilson in 1913. Among his reforms of the Navy were inaugurating the practice of making 100 Sailors from the Fleet eligible for entrance into the Naval Academy, the introduction of women into the service, and the abolishment of the officers' wine mess.

From that time on, the strongest drink aboard Navy ships could only be coffee.

Over the years, a cup of coffee became known as "a cup of Joe".

Corpus Christi Never Forgets

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Why We Build Memorials

By John Morris, Fire Chief, NAS Corpus Christi

Ten years have passed, and for many of us in the fire service the pain we felt that day is as raw as ever. At Naval Air Station Corpus Christi F&ES we have recently hired our youngest post-911 firefighter; and he is 23 years old--13 years young that day that changed the world. In less than ten years the fire service will hire its first recruit who was not yet alive on that day.



How do we as leaders ensure that our future firefighters understand why we are the way we are today? We have all been the recipient of sage advice from our predecessors, teaching us the hidden minutiae that may allow us to make the right decision with limited information in a myriad of ways from the Engineer

delivering water to the attack team, a Captain effectively leading the crew as they stretch that first line, or the Battalion Chief running the incident; to the critical delivery of prevention services and training that ultimately keep the line guys safe. It is this constant pass-down of information that occurs every day at every level within the department that also creates our culture. It seems that for many in our nation the horror that was seen that September day has already begun to fade, and that maybe some of those entrusted to remember the passing of our Brothers have begun to *Forget* what we promised to *Never Forget*.

The fire service has been under assault as the economy has continued to falter, and "our" collective political capital and public support is likely at its lowest level in many years; definitely at a low in comparison to September 12, 2001. How do we regain the support of the community? Think of that new recruit who did not experience that incredible upwelling of support and quite literally public adulation that most of us felt in those months after our world changed forever. How do we instill a sense of pride, a sense of duty, and a sense that the fire service is a higher calling, that is not *just* a job, but *the job*, if these new members are inundated by the negativity that has been the political discourse revolving around what for many has been a proud multi-generational tradition of public service.

Bobby Halton, Editor of Fire Engineering Magazine wrote a moving piece in the March 2011 issue of Fire Engineering titled "*A Decade in Time, Yesterday in Our Hearts*". In this article he wrote "*Having monuments and statues to help us remember is important, because it represents the values and principles that sustained the people in those heroic struggles to continue against insurmountable odds and sacrifice everything for which they knew to be the truth*".

Corpus Christi (Cont.)

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On September 11, 2009 we requested an artifact from the World Trade Center. There were numerous emails following the initial request to Mr. Christopher O. Ward, Executive Director of the Port Authority of New York and New Jersey, and then between myself and Arnaz Ali also of the New York and New Jersey Port Authority; and then on a crisp day in March 2011, a large box was delivered to the fire station. We knew it was heavy, and we knew it came from the WTC; what we did not yet know was the absolute power that it held. It was taken to Station Two, and it was carefully and reverently opened, unpacked and removed from the box it was shipped in. Fire Department Chaplain Otis Terrell provided the spiritual grounding that took those of us that were there for this first unveiling back to September 11, 2001; the pain and simple hurt as raw as it was all those years ago. Over the next several months we brainstormed on how we could honor these 343 heroes, as well as all that perished that day, and in the many years of war which have followed.



On September 9, 2011 we unveiled the NASCC F&ES tribute to 9/11 and the FDNY 343 following a solemn memorial service held at Fire Station One. I would like to think that we have done what we have set out to do. Bobby goes on to say *“As we take time this year to remember the incredible bravery, the noble sacrifices, and the unparalleled display of higher character of the heroes of 9/11, we should take stock of ourselves and reflect on the example they have left for us at such a dear price. They taught us that bravery came not from a sense of invulnerability and a lack of fear but just the opposite. We should remember that each and every one of them recognized the terrible danger involved in fighting a fire so well-developed and so high above the ground. They drew their strength and quieted their fears because they knew they were serving in a company of heroes.”*

This is the message that we must convey to our newest members, those not in the fire service in September 11, 2001, those too young to have felt its impact, and not too far down the road, those that had yet to be born on the day that set the stage for the new normal that we live and operate in today. It is also an important message for our heroes serving in the military as they will continue to pay a high price protecting our freedom in distant lands. It is our sincere hope that this memorial will help to convey this message long after we are gone, ensuring that we truly “Never Forget”.

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Hawaii Memorial

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Federal Fire Hawaii 9/11 Remembrance



On Tuesday September 6, 2011, Fire Inspectors from the Federal Fire Department Fire Prevention Division worked vigorously to complete their fence design located on the Federal Fire Department Headquarters off of Center Drive. The fence design is in remembrance of the attacks that took place 10-years ago this year on the world trade center in New York City.

This year will mark two significant anniversaries of two historical events that took place in American history. Sunday September 11th marked 10-years since the attacks that occurred on September 11, 2001 and this December will mark 70-years since the bombing of Pearl Harbor on December 7, 1941.

On August 9, 2011 two New York City Battalion Chiefs- John LaBarbera and John Carroll visited Hawaii to promote the Annual Stephen Siller Foundation 5K run which will be held on September 11 on the Ford Island Bridge. During their stay they visited the Arizona Memorial along with personnel from the Federal Fire Department. They both emphasized the amazing similarities between the two tragedies. "My impressions and my feelings as I approached the Arizona Memorial were basically the same as when I approached the World Trade Center site" said John LaBarbera during an interview with a reporter from the Ho'okele newspaper.



Although the Fire Inspectors were very enthusiastic to complete the design and enjoy the final product, you could not help but hear the silent sighs and somber comments made between the Fire Inspectors on how quickly a decade has gone by and how one could still feel the loss in remembering those who gave the ultimate sacrifice. Through all the sighs, bruised fingers, and sunburns, everyone managed to pull together to complete an extremely large and fulfilling task.

Although the Fire Inspectors were very enthusiastic to complete the design and enjoy the final product, you could not help but hear the silent sighs and somber comments made between the Fire Inspectors on how quickly a decade has gone by and how one could still feel the loss in remembering those who gave

Wellness & Fitness *Eat Right at Work*

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The workplace can be a nutritional battlefield with doughnuts in the break room, co-workers' candy bowls, and afternoon birthday cake. More organizations are coming up with strategies – like healthy meeting guidelines – to help employees make better food choices.

Create a plan

Make a habit of meal-planning once a week – simply map out your breakfast, lunch, dinner, and snack ideas for each day. Then, make a shopping list and stock your fridge and cupboards. Download your worksite's cafeteria menu and decide when to buy lunch and when to brown-bag it. Freeze dinner leftovers for grab-and-go meals – and prepare snacks and lunches the night before. Planning ahead gives you more choices – and saves money.

Rise and dine

It's no secret that starting your day with a power breakfast is vital when it comes to all-day energy – and weight management. Skipping breakfast might seem to cut calories, but studies show it actually promotes weight gain and stifles brain function. Not hungry in the morning? Eat dinner earlier and cut back on bedtime snacking.

Choosing a variety of fruits, vegetables, lean proteins, low-fat or skim dairy products, and whole grains with your morning meal is your best bet for a high-energy day and reduced risk of cardiovascular disease. Including protein-rich foods like eggs, nuts, seeds, and dairy products staves off hunger more effectively than a mostly carbohydrate meal. Try these delicious, easy-to-fix ideas:

- Blueberry smoothie with low-fat yogurt
- Nut butter or sunflower seed butter on whole-grain toast with fruit
- Scrambled eggs with basil, oregano, tomatoes, bell peppers, whole-grain toast and orange juice
- Whole-grain hot cereal topped with a sliced banana, 2 tablespoons chopped walnuts or almonds, and skim milk
- Roll up a whole-wheat tortilla with Neufchatel cheese and strawberries

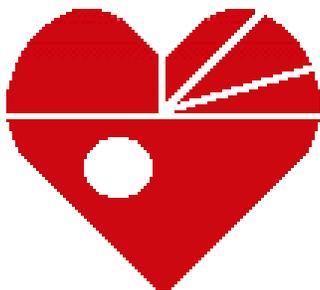
Sensible snacks

Skip the vending machines and stock your own scrumptious snacks for long-lasting vim and vigor. Pair complex carbohydrates with protein and a small amount of fat for sustainable energy – and control portions to avoid calorie overload:

- Whole wheat crackers and low-fat cheese
- Sliced bell peppers, baby carrots, whole-grain pita slices, and hummus
- Apple slices with 1 tablespoon peanut or sunflower seed butter
- ½ turkey sandwich on whole grain bread with low-fat cheese and mustard
- 1 ounce of almonds with a cup of mixed fruit

Wellness (Cont.)

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Lunchtime cuisine

Avoid fatty foods and highly processed fare, which can leave you feeling sluggish and wanting more after a meal. Instead, choose foods close to their natural state whenever possible – they're more satisfying, more nutritious, and more likely to sustain you through the afternoon. Check out these examples:

- Whole-grain pita stuffed with 1/3 cup homemade egg salad (made with reduced-fat mayo) and vegetables.
- Vegetable soups: mushroom-barley, chicken-vegetable, or potato- broccoli, for example. Pair a bowl of soup with a ½ sandwich and a cup of grapes or strawberries.
- Whole-wheat burrito with low-fat refried beans and/or lean ground beef and vegetables plus pair of mandarin oranges.
- Spinach, arugula, and romaine salad tossed with cherry tomatoes, onion, peppers, carrots, and 1 ounce of cubed low-fat mozzarella. Top with 2 tablespoons of light vinaigrette. Add a whole-grain dinner roll with deli turkey on the side.
- Find healthier restaurant choices with the Healthy Dining Finder.



Sweets for the sweet

It's OK to treat yourself to a little something sweet as long as you keep the portions – and calories – under control. In fact, a small periodic indulgence may help prevent binge-eating that often results from restrictive eating habits. Tricks and tips:

- Fill up on fiber while curbing your cravings with fruit and berries.
- Keep only single-serving portions of chocolate and other high-calorie treats at your work station.
- Steer clear of the vending machine, with its super-size candy bars and multiple-serving bags of candy.
- Make some homemade trail mix with dried cranberries or bananas, nuts or seeds, and pretzels.
- Savor it. Satisfy your taste buds with smaller amounts by eating slowly, fully experiencing the treat's appearance, scent, taste, and texture.

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

On the Job - Northwest

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VIP Visitor at Corpus Christi



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Wildland Firefighter Training

By Training Chief Paul Snider



Navy Region Northwest (NRNW) F&ES participated in prescribed burn training through the cooperation of the Joint Base Lewis-McChord (JBLM) Forestry Department in effort to enhance wildland fire response capabilities.

Last year NRNW F&ES trained and certified all personnel to Firefighter Type 2. This year 23 candidates completed the national Wildland Fire Training S-131 and S-133 courses and are currently engaged in

hands-on training and Firefighter Type 1 Task Book completion by participating in weekly prescribed burns at JBLM. Candidates gained valuable experience working and controlling fires in different fuels and weather conditions, as well as experience in different positions such as look out, weather or ignition crew.

Assistant Secretary of Navy Visits Firefighters



Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan Garcia took time during his visit to NAS Corpus Christi, July 13. Between visits to the Naval Health Clinic and an assembly with the Navy Chief Petty Officers, Garcia took time out to visit firefighters and thank them for being "some of the best in the Navy" following their selection as the CNRSE Medium Fire Department of the Year. ASN Garcia earned his "Wings of Gold" at NAS Corpus Christi and went on to serve in various assignments at NAS Corpus Christi. He left active duty in 2004 and served as the Commanding Officer of Reserve Training Squadron 28, also at Corpus Christi, until his selection as Assistant Secretary of the Navy (M&RA) in October 2009.

Back in the Day

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Mack Trucks in the Navy

Story and photo by Tom W. Shand



The Mack Truck Company supplied a number of vehicles to the branches of the U.S. military during World War II. Between 1940 and 1941 Mack factories produced at least seven L-model closed cab pumpers to protect U.S. Navy facilities including the Navy Yard in Charleston, South Carolina. The L-model Mack chassis was one of the most rugged vehicles ever produced with over 31,000 commercial trucks produced between 1940 and 1956. The fire service version of this chassis was utilized to build 1453 apparatus in different configurations including pumpers, aerial ladders and rescue squad units.

The L model pumper featured large, massive front fenders with a long nose conventional hood which was normally adorned with a chrome radiator shell and front bumper. Wartime restrictions on the use of raw materials were evident with many apparatus lacking any chrome or polished bright work of any type upon delivery.

The most famous of the L model apparatus line was the Type 95 chassis which was powered by a Mack built 707 cubic inch Thermodyne model engine producing 225 horsepower. When matched with the Mack produced five speed manual transmission these pumpers could pump for hours and produced a very distinctive sound when responding to alarms. U.S. Navy pumpers built during this era were equipped with a Hale two stage fire pump rated at 1000 gpm with a 200 gallon water tank. Compartmentation was kept to a minimum with a single narrow compartment provided just behind the fire pump on each side of the apparatus.

One unique delivery was placed into service on March 9, 1942 at the Portsmouth Naval Shipyard in Kittery Point, Maine. The City of Manchester, New Hampshire at the time was home to a Mack factory branch dealership and as a result operated a number of Mack apparatus in the Fire Department's fleet. The department had placed an order for a new Type 85 pumper in late 1941 and anticipated delivery during the following spring. As a result of the outbreak of World War II several pieces of fire apparatus that were slated for delivery to municipal fire departments were redirected to provide protection to various military installations.

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Serial number 95LS-1014 was assigned to the Portsmouth Naval Shipyard and carried U.S. Navy property number 73-00267. This open cab pumper was equipped with a 1000 gpm pump and 150 gallon water tank. The windshield and open door configuration provided little comfort for the crew during harsh weather conditions and carried wooden ground ladders together with several Baker cellar pipes for use in heavy fire conditions. This pumper assigned as Engine 1 served the department for many years together with a Stewart and Seagrave model pumpers.

When replaced by the more modern B model rectangular fender design chassis in 1956 some 351 L model apparatus had been produced by Mack Trucks with a portion of these well built units proudly serving at U. S. Naval installations across the county.

More Fitness



What Is "Functional Fitness" Exercise?

By Karen Collins, MS, RD, CDN

The goal of functional fitness exercise is to develop strength and balance needed to carry out everyday tasks of living; approaches to reach it vary.

Moderate walking and other basic aerobic activity is not enough to keep people from gradually losing muscle and balance, particularly in middle age and beyond or after illness or surgery. This makes it harder to get up from a chair, carry groceries or luggage, reach for high and low cabinets, or turn to look over your shoulder when you back up a car.

A study sponsored by the American Council on Exercise (ACE) compared active adults ages 58 to 78 who began a functional fitness program to those who continued in a traditional program. In just four weeks, those in the functional fitness program improved shoulder flexibility by 43 percent and also significantly increased lower body and upper body strength as well as endurance, agility and balance. The key was that with proper supervision, participants started with exercises involving the basic reaches and bends of daily life, and then added weights or modifications to the exercises to keep them at a moderate level of intensity as the exercises became easier.

Recently, some functional fitness programs added performing strength-training exercises on an unstable surface. This can involve equipment such as wobble boards, rollers, stability balls and balance disks. This approach enhances balance skills and uses different muscles, but research is less clear about who benefits most from this approach, because in some cases, muscles gain less strength than when exercising on a stable surface.

They may not be called "functional fitness" programs, but you can find individual or group programs to meet this goal at many types of local fitness centers. Talk to your physician or a certified trainer to clarify what approach will best address your current health and goals.

Reprinted on October 17, 2011, courtesy of the American Institute for Cancer Research. For more information, please visit www.aicr.org.

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SECDEF – Cuts Coming

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Panetta Says Difficult Pentagon Cuts Are Coming

CHINFO News Clips



Defense Secretary Leon Panetta said the Pentagon will have to cut outlays on personnel, benefits and equipment as it makes the "difficult choices" required to reduce security spending by \$450 billion over the next decade.

Panetta, in what was billed as his first policy address, said the Pentagon wanted to make the spending reductions based on "strategy rather than expediency" and he appealed for lawmakers to support the effort. "Congress must be a responsible partner ... in supporting a strong defense strategy that may not always include their favorite base or their weapons system," he said, a request likely to go unheeded by lawmakers looking to protect jobs in their districts.

Panetta's remarks, to the Woodrow Wilson International Center think tank, were the most detailed so far elaborating his views about what the Pentagon will have to do to meet the spending reductions called for in the debt reduction agreement approved by Congress and President Barack Obama in August. That deal requires \$350 billion in cuts over 10 years in comparison to a Congressional Budget Office baseline of projected national security spending. The cuts represent more than \$450 billion when measured against the Pentagon's own baseline projections.

The cutbacks come at a difficult time for the Pentagon. While U.S. forces are due to leave Iraq by the end of the year, the United States and its NATO allies are still involved in a decade-long war in Afghanistan and are only slowly beginning to transfer security responsibility to local forces.

The Pentagon is under pressure to modernize many of its major systems, from aerial refueling tankers to aircraft carriers, and must be prepared to deal with challenges from Iran and North Korea, which are developing nuclear programs, and China, whose military ability is expanding rapidly.

Panetta said the largest area being examined for Pentagon spending cuts was force modernization, new weapons systems and maintenance. Every contract, he said, would be examined for savings that would not undermine "readiness or our ability to perform essential missions."

"These cuts will need to be carefully targeted ... to ensure that we maintain a robust industrial base and to protect the new military capabilities we need in order to sustain military strength," he said. "But we will need to consider accepting reduced levels of modernization in some areas, carefully informed by strategy and rigorous analysis"

Panetta said the Pentagon would attempt to find \$60 billion in reductions by streamlining, cutting overhead and eliminating waste and duplication. That figure comes on top of the \$150 billion in efficiency savings announced previously by former Secretary of Defense Robert Gates.

SECDEF (Cont.)

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He said the Defense Department also would have to deal with rising military personnel costs, which have grown more than 80 percent in the past decade while the level of military employment has risen only 5 percent. Panetta did not elaborate on what actions might be taken, but he noted the government had implemented a two-year freeze in civilian pay and said "we must at the same time look at what reforms we can make in military pay as well."

He said the issue of military pay was "an area of extreme challenge" because the Pentagon needed to be able to attract service members to the all-volunteer force and "keep faith with the men and women who have put their lives on the line to defend this country."

"The 1 percent of the country that has served in uniform, and their families, have borne the heavy costs of war for 10 years," Panetta said. "They cannot be expected to bear the full costs of fiscal austerity as well." He indicated size of the military's ground forces would have to undergo "limited reductions" after the wars end in Iraq and Afghanistan but said he wanted to "maintain a sufficient force to confront the potential of having to fight in more than one area."

Maintaining the readiness of the National Guard, a state-based militia, and the different military reserves would be critical if the size of the active-duty force was reduced, Panetta said.

Only on Guam!

Stowaway Piglet

By John Thompson, Fire Chief Andersen AFB, Joint base Marianas



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During high speed B-2 engine runs on Sunday, an Air Force Security Police Officer witnesses something black fly/roll out of the back of the B-2. He radios the B-2 test pilot to shut down the engine run until they can determine the origin of the black substance?!

Once the engines were throttled back, a baby pig was able to stumble to her feet and run across taxiway bravo and into hanger 2 where she was apprehended by Andersen SFS troops.

Seems she was hiding in the grass between taxiway bravo and runway 06L when the engine runs began, once full power was applied she was

blown some 150' behind the aircraft and witnesses saw something black behind the plane and fearing it was smoke or something they shut the engine runs down.

Only on Guam!

Guest Editorial

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Chief Bobby Halton

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Austerity Will Not Defeat US; Nothing Can

By Bobby Halton

The fire service is soon going to come to grips with a new word: austerity, the responsibility to complete the mission with the absolute minimum funding possible. We have been watching closely how our brothers and sisters in the United Kingdom (UK) have managed with their austerity budgets during the past year. The UK has been struggling with declining revenues for several years and, finally, austerity has been imposed. An ill thought out early response to the budget cuts was to cry out, "We will tell them what we will not do anymore." That was a bad idea. What was needed and is succeeding is focused principled leadership.

Leadership is about creating new frameworks to keep our organizations serving honorably and effectively. As we prepare for what is potentially coming to our budget processes, we must continually remind ourselves of the reasons we exist. We must remain dedicated to the mission while creating new frameworks to manage our responses. Arguably, the most dangerous institutional shortcoming for public safety organizations in response to budget reductions and austerity measures is risk averse policies and procedures. Several recent events make it apparent that we're starting to see some of our fire service organizations become increasingly risk averse.

The writer Kurt Vonnegut Jr. once said, "The fire truck is the most stirring symbol of man's humanity to his fellow man."

Mr. Vonnegut's comment encapsulates belief that our bravery is derived from the underlying assumption that we are willing to risk our lives to protect our fellow citizens' lives. When a public safety organization's leadership becomes risk averse, the organization begins to create policies, rules, and procedures that attempt to eliminate all risk on the fireground and at other emergencies. Institutional language would call it a "zero defect policy"—in other words, if there's any possibility that someone could be injured or killed, then that activity is prohibited.

The problem with these policies is that they prevent those at the scene from making the decision whether or not to act. These risk averse policies deny the people on the scene the opportunity to assess the situation and base their decisions on what is going on in the moment. Every emergency is unique in many ways: the behavior of the people involved; the specific qualities of the fire environment at the time; and the skills, resources, and talents the responders bring to the event.

We in the fire service have for many years been guided by the National Fire Protection Association 1500, *Standard on Fire Department Occupational Safety and Health Program*, which states, ".... We will risk our lives a lot ... to save SAVABLE lives" This language implies that there is an understanding that a certain element of risk is acceptable in emergency situations where lives can be saved. In developing organizational policies and procedures, it is critical that we allow those who are on the scene to assess the risk and act according to their best judgment. Policies and procedures must be flexible enough so those on scene can be innovative and creative.

Austerity (Cont.)

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Fire Engineering®

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If the policies and procedures take away that most precious tool, choice, then the only option for those on scene is to do nothing.

Very few professions are as skilled at or experienced with being adaptive and innovative while working on complex dynamic problems as the fire service. When formulating his naturalistic decision making theories, Dr. Gary Klein identified the fire service among the first agencies whose members make decisions while under tremendous pressure.

Another common symptom of risk aversion is the belief that by having a tremendous amount of resources at the event somehow will make the event less risky. In risk averse organizations, we see policies that stipulate that a mandatory numbers of firefighters must be on scene to do this or that task. Larger numbers do not always equate with safety. Having sufficient personnel is critical to doing things effectively and safely, but there is a point of diminishing returns. In fact, safety is ensured by having specific tasks done to reduce or eliminate potentially dynamic fire behavior, such as vertical ventilation or combining certain tactical procedures to ensure the survivability of those involved in the event. Those tasks and tactics are not necessarily dependent on specific numbers; rather, they are dependent on specific activities. Which tasks and tactics are performed and in what sequence are determined by evaluating the situation on the scene using pattern recognition gained from prior experience or in context training. Well trained firefighters who understand their tools intimately and who strive continuously to understand fire behavior in conjunction with building construction and human behavior are in the best position to make good decisions. Today's leadership must encourage greater understanding of our capabilities and greater understanding of our limitations in structural firefighting.

A well trained and well equipped firefighter can innovate and improvise, when necessary, creating pathways to success that may have never been explored before while someone was writing a policy or procedure. It is having this knowledge available to oneself while engaged in the actual art of firefighting that makes professional firefighters successful.

Writing good policies and procedures that avoid being risk averse are easy for organizations with firefighters who are well trained and well disciplined. Organizations that have a high level of in context training and whose members all participate in maintaining an environment of continuous improvement have a much lower probability of becoming risk averse.

The best defense organizations can have against falling prey to becoming overly risk averse is to recognize that firefighting is inherently dangerous. These organizations prepare constantly and recognize that dedicated firefighters are committed to never letting anyone get injured on the fireground. The organizations that resist becoming risk averse are those that understand the words of the Greek warrior, historian, and philosopher Thucydides more than 2,000 years ago: "The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and, yet notwithstanding, go out and meet it."

Nowhere did he mention the budget.

FEHB News

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Feds' Health Premiums to Rise 3.5 Percent

By Emily Long elong@govexec.com

The average amount federal employees pay for their health insurance plans will rise 3.5% in 2012, the Office of Personnel Management announced Tuesday.

The total average premium increase for nonpostal plans in the Federal Employees Health Benefits Program will be 3.8%, or \$15.33. Of that, government contributions will rise 4%, or \$11.08 per pay period, while participants will pay 3.5% more, or \$4.25 more per pay period.

The average nonpostal employee will see premiums rise by \$2.33 per pay period, a jump of 3% for individual coverage, and by \$6.18, or 3.7% for family coverage. For U.S. Postal Service workers, premiums will cost an extra \$5.68 per pay period for individual coverage and \$11.85 more per pay period for family plans -- amounting to an increase of 10.5% and 9.9%, respectively.

Individual participants in the Blue Cross Blue Shield Standard Option, the government's largest plan covering 44% of all enrollees, will see a slight premium decrease of 0.9%, or \$1.76 less per pay period. Premiums for family plans will drop 0.4%, or \$1.56.

The upcoming increase for the typical employee is less than the average 7.2% rise participants experienced in 2011, which officials attributed partly to added features such as tobacco cessation incentives, preventive screenings at no cost to enrollees and extended coverage to adult children age 26 or younger. Nearly 280,000 young adult beneficiaries have joined FEHBP as a result.

According to OPM, there will be no major changes to benefits offered through FEHBP in 2012. The agency asked providers to continue to focus on obesity prevention and efficient delivery networks as well as lower-cost pharmacy options. Numerous proposals have been put forth to allow OPM to streamline pharmacy benefit purchasing by negotiating directly on behalf of plan participants, but no regulations have been enacted.

Nine plans will offer affinity coverage for same-sex domestic partners of federal workers, officials said. While these options won't be part of FEHBP and could provide more limited benefits, domestic partners will be able to enroll on their own and pay all premium costs.

According to OPM, the smaller premium hike is due to lower utilization and costs over the last year rather than changes in the way the agency manages the program or benefits offered to enrollees. This is the lowest increase since 2008, when premiums rose 2.1%.

FEHBP participants can choose from 206 plan options. No new plans have been added, but six will no longer be available after Dec. 31. Open season, will begin Nov. 14 and run through Dec. 12.

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Memoriam

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Lingering Bells and Deafening Silence

Janet Wilmoth



A few weeks ago, I attended a memorial service for two Marine Corps helicopter pilots who were killed in a training exercise at Camp Pendleton. I never had been to a military memorial service before, and I was struck by the depth of its symbolism and tradition — much like the fire service.

The upcoming National Fallen Firefighters Foundation's Annual Memorial Weekend started me thinking about some of the parallels between the Marine Corps and the fire service — the passion, the camaraderie and particularly the honor for the fallen.

Sen. Paul H. Douglas once said of his experience in the Marine Corps that, “the fellowship of shared hardships and dangers in a worthy cause creates a close bond of comradeship.”

The Marine Corps and the fire service both create a bond of comradeship that is familial; both are dedicated to taking care of their own, at home or abroad, in sickness or in need.

When a firefighter dies, his or her boots are displayed and topped with a bunker coat and helmet. For the Marines, it is a wooden cross that is draped with a flight helmet, jacket, boots, rifle and dog tags.



The fire service has a long affiliation with bells. A bell would announce a call for help at the fire station. A clanging bell on the front end of a fire truck would warn people to get out of the way. The striking of a bell would mark the end of a memorial service — a time-honored tradition of honor and respect for a firefighter who paid the ultimate sacrifice.

The Marine Corps end their memorial services with a roll call. An officer steps to the front of the room and begins the roll call. When the fallen soldier's name is called out, there is silence. The name is repeated louder, then more silence. Finally, the officer makes a third, even louder call, which is followed by a longer silence before the first notes of “Taps” begin.

The weekend of October 15th, 72 fallen firefighters from 2010 and 17 from previous years were remembered at the NFFF memorial services. Of the 89 honored, 73 surviving families participated in the memorial, as did 700 survivors, 200 escorts, 1,000 honor guards and several thousand volunteers.

Whether the lingering sound of the fire bell, or the deafening silence following a soldier's name, let there be refuge and comfort among mourners of those who die in selfless service to others.

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USMC Corner

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Quantico Retirement



Another Tragedy at Camp Pendleton

By Jeffrey Wilkerson, Acting Fire Chief

On September 19, Camp Pendleton suffered another tragic loss, this one involving a Cobra Helicopter. Two Marines lost their lives when their helicopter crashed on the base. The crash also started a 120 acre fire. Camp Pendleton F&ES, along with a strike team of engines and twelve hand crews from CAL FIRE, four fixed wing aircraft, four helicopters, a strike team of engines from USFS and a Type 1 strike team from the North Zone worked for several days to confine the fire. The fires threatened the community of De Luz before full containment was achieved on September 20.

Camp Pendleton assisted CAL FIRE with the Great Fire that started on September 28 in the Julian area of San Diego County. One Type 1 engine, one Type III engine, along with a P-19 was committed for several days to a fire that eventually consumed over 2,000 acres.

Camp Pendleton, along with most the southwest, was affected by a power outage that occurred on September 8. The outage began at 3:38 p.m. after a 500-kilovolt high-voltage transmission line from Arizona to California failed, triggering a cascade of events that then knocked the San Onofre nuclear power plant offline. These are the two major power sources for the region. San Diego Gas & Electric said 1.4 million of its customers in San Diego and Orange counties were affected, as well as residents east into Arizona and south into Baja, California.

During the power outage, Camp Pendleton crews were busy with elevator rescues all over the base, with the most significant being at Naval Hospital Camp Pendleton. Personnel were trapped in five different elevators alone at the hospital. A pre-alert Annex-D went out to the county as the Incident Commander was trying to assess the possibility of moving patients from the NHCP to other hospitals in the area. Mercy Air transported one patient that just came out of surgery to another hospital, but no other patients were transported. Most of the power was restored during the early morning hours of September 9.

Assistant Chief Danny Null to Retire

By Ray Harvey, Deputy Chief

We would like to take this opportunity to advise all department staff that Assistant Chief Danny Null of MCB Quantico F&ES has announced his plans to retire. He has identified 31 December 2011 as his final day. Assistant Chief Null has spent 33 years in the Federal Fire Service, with the majority of that time spent serving MCB Quantico. We would also like to take this moment to pass on our gratitude for all the years of faithful service wish him the best in his retirement. If you know Assistant Chief Null, we ask that you take the time to congratulate him on achieving this milestone of his fire service career.

Cancer Support

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Mountain Division



Quantico Wears Pink to Support Awareness

By PFC Tabitha Bartle, Quantico Sentry



For the month of October, firefighters at Marine Corps Base Quantico will wear pink shirts to help raise awareness for breast cancer. The firefighters brought up the idea of wearing the pink shirts last year, but weren't able to get the shirts made in time.

"I really pressed the idea this year," said Daniel Ruchka, a firefighter and emergency medical technician. "We passed the idea up our chain of command and we got approved in time to get the shirts ordered. Almost everyone I know has had someone who was a part of their life affected by breast cancer," said Ruchka. "I personally have been directly affected by it; that's why I was pushing for us to wear the shirts."

People and organizations throughout the nation are finding different ways to raise awareness for breast cancer. The Empire State Building will be illuminated in pink from October 14-16 to recognize National Breast Cancer Awareness Month.

"We are expecting the people on base to take a second look at us and wonder why we are in pink shirts," said Ruchka. "That's the point of us wearing the shirts, to make people curious and want to know more about what's going on."

The firefighters still have uniform regulations, so not everyone at the station will be in the pink shirts at all times. "Fire inspectors, chief officers and myself would not be allowed to wear the pink shirts due to their current daily uniform requirement, said Ray Harvey, Deputy Chief of operations for Quantico Fire and Emergency Services. "We have been given permission to wear pink ribbon pins when we are not able to be in the pink shirts."

The American Cancer Society estimates that in 2011 there will be approximately 230,480 new cases of invasive breast cancer in women and about 39,520 deaths from breast cancer.

"The purpose is to get awareness out to the public," said Harvey. "We aren't raising money. We just want the public to be aware of what is going on and we are doing it by wearing the shirts."

Bridgeport Raises Money for Breast Cancer

By Kevin Sullivan, Fire Chief

The Marine Corps Mountain Warfare F&ES Division at Bridgeport has joined with the Susan G. Komen for the Cure to raise money for breast cancer research. The event was orchestrated by Firefighter Jason Forgette to raise money for breast cancer awareness by selling pink tee shirts. Firefighters will be switching from traditional blue uniform shirts to pink throughout the month of October to support the cause.

Jane Wayne Day

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MCLB Barstow F&ES Tests Army Spouses

By Thomas Thompson, Fire Chief



On September 16, MCLB Barstow held their annual Jane Wayne Day, an event in which base military spouses get a flavor on what their spouses go through on a day-to-day basis. The various activities include physical training, rifle range activities, tours and briefs. The fire department was asked to support this year's event and was immediately on board.

Participants donned wildland and structural firefighting gear, pulled fire hoses and directed hose streams, climbed the aerial ladder, and operated various firefighting equipment. Firefighters displayed rescue and firefighting equipment, answered questions, and provided a demonstration of each task prior to performance by the participants. Safety was emphasized and practiced throughout the event.

Our USMC community routinely sees our apparatus responding, yet rarely has the chance to see what is involved in performing the basic tasks of an emergency responder. This was an excellent opportunity for us to showcase what we do and how we do it. The participants had a grueling day physically, but reports were the spouses regarded the fire department portion as a highlight of the day's activities.

Regional Chief Recognized



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Civilian Meritorious Service Medal Awarded



RDML John Scorby recently awarded Navy Region Southeast Regional Deputy Chief Bill Casey the Civilian Meritorious Service Medal for outstanding performance while serving as the Navy Region Southeast Regional Fire Chief. Mr. Casey implemented cost saving measures designed to reduce operating expenses.

USFA Report

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USFA Releases Firefighter Fatalities Report

The United States Fire Administration (USFA) released the report *Firefighter Fatalities in the United States in 2010*. The report continues a series of annual studies by the USFA of on duty firefighter fatalities. The USFA is the single public agency source of information for all on duty firefighter fatalities in the United States each year.

Eighty-seven on duty firefighters from 31 states lost their lives as the result of 83 fatal incidents that occurred in 2010. This is the second consecutive year of substantially fewer firefighter deaths in the United States. During the previous six-year period of 2004-2009, the average number of annual on duty firefighter deaths was 112. Illinois experienced the highest number of fatalities with nine firefighters killed; New York and Ohio had the next highest totals with eight firefighter deaths each.

An overview of the 87 firefighters that died while on duty in 2010:

- The total breakdown included 56 volunteer, 28 career, and 3 wildland agency firefighters.
- There were 4 firefighter fatality incidents where 2 firefighters were killed in each, claiming a total of 8 firefighters.
- 11 firefighters died in duties associated with wildland fires. Along with 11 such deaths in 2007, it was the lowest number of annual firefighter deaths associated with wildland fires in a decade.
- Activities related to emergency incidents resulted in the deaths of 48 firefighters.
- 22 firefighters died while engaging in activities at the scene of a fire.
- 16 firefighters died while responding to or returning from 15 emergency incidents. 9 of the firefighters killed while responding to incidents died from heart attacks (8) or stroke (1).
- Heart attacks were the most frequent cause of death with 50 firefighter deaths.
- 12 firefighters died while they were engaged in training activities.
- 15 firefighters died after the conclusion of their on duty activity.

For 34 years, USFA has tracked the number of firefighter fatalities and conducted an annual analysis. Through the collection of information on the causes of firefighter deaths, the USFA is able to focus on specific problems and direct efforts toward finding solutions to reduce the number of firefighter fatalities in the future. This information is also used by many organizations to measure the effectiveness of their current efforts directed toward firefighter health and safety.

For additional information on firefighter fatalities, including the annual fatality reports from 1986-2010, 2011 firefighter fatality notices, and the report *Firefighter Fatality Retrospective Study 1990-2000*, please visit the USFA's website

<http://www.usfa.fema.gov/fireservice/fatalities/statistics/index.shtm>.

Open Season

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Getting Ready for Benefits Open Season

The benefits open season starts 14 November and continues through 12 December 2011. Open season information is available on the Civilian Human Resources Web site at <http://www.public.navy.mil/donhr/Benefits/Pages/BenefitsOpenSeason.aspx>.

If you are going to change your health insurance enrollment, change your Thrift Savings Plan (TSP) contributions or make TSP Catch up Contributions for 2012 now is the time to get ready by ensuring you are able to access the Employee Benefits Information System (EBIS).

Due to Department of Defense security regulations, your EBIS password expires every 60 days. Instructions about establishing a username and strong password are available at <http://www.public.navy.mil/donhr/Benefits/ebis/Pages/Default.aspx>.

If you need help establishing your EBIS account, please call the Benefits Line at 888-320-2917 and select menu option #4 to speak to a Customer Service Representative (CSR). CSRs are available 7:30 a.m. to 7:30 p.m., Eastern Time, Monday through Friday, except federal holidays. The TTY number for the deaf and hard of hearing is 866-328-9889.

Call volume is typically high during the open season period, if you wait to establish EBIS access you may encounter a longer than normal call wait time so get prepared now! Please establish your EBIS username and password today so that you are able to make your election during the benefits open season.

Golf Joke



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Golf Ransom

Marvin found the following ransom note slipped under his front door:

"Bring \$50,000 to the 17th hole of your country club tomorrow at 10:00 a.m. if you ever want to see your wife alive again."

But it was well after one o'clock by the time he arrived at the designated meeting spot.

A masked man stepped from behind a bush and demanded, "You're three hours late. What took you so long?"

"Give me a break!" said Marvin, pointing to his scorecard.

"I'm a 20 handicap."

Fire Service Accreditation

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Why Accreditation?

By Ernst Piercy, CFAI Chairman and Fire Chief, U.S. Air Force Academy

Although fire service accreditation is only 15 years old, the benefits of the process are becoming increasingly well known, as more organizations are embracing it every year. I personally have been involved in the process since 1999, and it has changed my fire department forever.

The fire service has long suffered from programs that are devoid of the factual data needed to make their case. For years, fire chiefs would stand in front of city councils and complain that without additional funding, buildings would burn and children would be injured. By contrast, the police made compelling cases for funding by articulating specific programs and how they impacted the community. At the end of the meeting, fire chiefs felt lucky when they maintained their current levels of funding, while the police chiefs added two positions.

So is accreditation all about getting more funding? No, although that can certainly be a result of your efforts. Accreditation is about organizational improvement, plain and simple. The process requires you to address performance indicators that are so important to the fire service, that once you complete your first self-assessment, the result will be an immediate and noticeable improvement in your department.

Do you have a vision for the future? Is it just your vision, or did you have employee input in determining the direction of your organization? Strategic planning, at the very minimum, is a robust goals and objectives program that is implemented and measured—and I mean honestly implemented and measured. In the fire service, we are great at executing the mission when the tones go off, but we're horrible at proving our worth. Put your vision in writing. Then change it, update it, have your significant other read it, and present it to your governing body. Then implement it!

When budget time comes again, and you have completed your risk assessment and strategic planning, you will find that tying your programs to these documents will help you to articulate your actual requirements. During lean times, you will be able to clearly identify programs that are at risk. If the community is willing to accept that risk, you can cut those programs, whatever they are, and still meet your community's standard.

The benefits of fire service accreditation are far-reaching, and will help you lead your fire department in accordance with nationally accepted practices for a contemporary fire service organization. Be willing to be bold. Make your organization better, stronger, and more powerful. Remember, if you only do what you have always done, you will only get what you already have. Make a change in your organization; break that paradigm. Do it for yourself, but more important, do it for your community.

The question you have to ask yourself is, "Would I send my child to a non-accredited university?" If not, why would you accept less from your fire department?

ESAMS Corner

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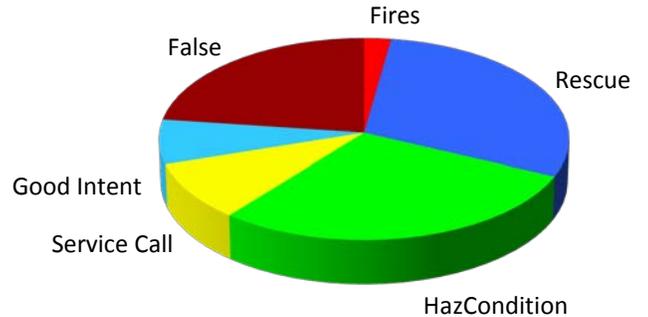
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

September 2011 Statistics

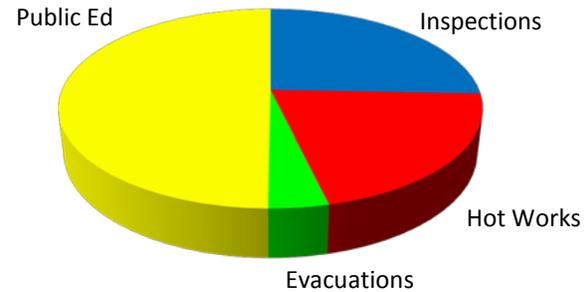
Operations

Total Incidents – 6,283
 Fires – 141
 Rescue & EMS – 1,856
 Hazardous – 1,800
 Service Call – 577
 Good Intent – 443
 False Alarm – 1,431



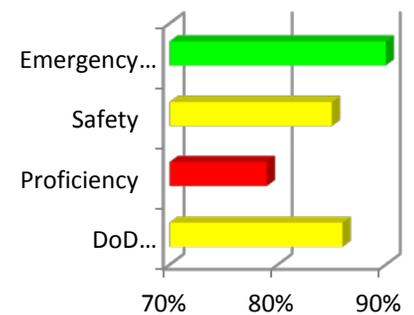
Prevention

Fire Inspections Completed – 3,494
 Hot Work Permits Issued – 2,825
 Building Evacuation Drills – 525
 Public Education Contacts – 6,802



Training

Emergency Management – 90%
 Safety Training – 85%
 Proficiency – 79%
 DoD Certification – 86%



F&ES On Duty Mishaps Report

Mishaps Reported – 34
 Total Lost Work Days – 173

Navy F&ES POCs

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Navy Fire & Emergency Services (N30)

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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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Job Links

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Interested in becoming a DoD firefighter? Follow these links;

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

