

Navy Fire and Emergency Services Newsletter **Protecting Those Who Defend America**

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OMNI CEDO DOMUS

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Email the Editor: <u>Ricky.Brockman@navy.mil</u>

& Emergence

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From the Director

Events last week at Washington Navy Yard (WNY) will change our outlook on workplace violence on our military installations. On Sunday 22 September, family, friends and coworkers of the 12 people killed in the 16 September shooting at the WNY gathered for a memorial ceremony.

President Barack Obama joined Chief of Naval Operations Admiral Jonathan Greenert, Secretary

of the Navy Ray Mabus and Secretary of Defense Chuck Hagel on stage to speak and reflect on the tragedy that unfolded nearly a week earlier.

While the entire incident remains under intense scrutiny and analysis, our focus remains on healing as a Navy family and transitioning to normal operations at the WNY.

All indications are that our Navy F&ES first responders from WNY and Joint Base Anacostia Bolling performed admirably under the most difficult circumstances. The scene was active and, early on in the incident, it was not clear how many assailants were involved.

Operating under the cover of security, our Navy F&ES responders were tasked with removing injured personnel from outside of building 197. Without hesitation, our F&ES responders performed and lives were saved as a result.

As tragic as this incident was, it serves as a reminder that these events can occur anywhere and without warning ... our responders proved they were ready.

Additionally, our BUMED Medical Director (Dr. Michael Melia) happened to be caught at the WNY gate and was able to enter the facility with one of the tactical response teams to attempt to render emergency care to the victims in harm's way.

We expect to learn more about the event as time passes, for now we want to pause to remember the victims of this tragedy.

Respectively Carl

Last Alarms

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TCOoO Update



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Last Alarms

The USFA reported 80 deaths to date in 2013. The following line of duty deaths were reported since we published our last issue:

Oscar Montano-Garcia ♥ Age: 50 Medford, OR

Joe Darr ♥ Age: 62 Chillicothe, MO

Token Adams ⇒ Age: 41 Santa Fe, NM Iran Rivers ♥ Age: 48 Tampa, FL



Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. There are currently 26 DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.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	Alexis.A.Rivera8.civ@mail.mil
Stephen Dock	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil
Chris Burke	Fort Wainwright, AK	David.Halbrooks@us.army.mil
Christopher Matthews	Portsmouth NSY, NH	Marc.J.Smith@navy.mil
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Thomas Trost	Wright Patterson AFB, OH	David.Warner@wpafb.af.mi
Brian O'Neill	JB McGuire-Dix-Lakehurst, NJ	Paul.Presley.1@us.af.mil
Eric Schafer	Eglin AFB, FL	Kevin.Remedies@eglin.af.mil
Jeff Noel	Ft Campbell, KY	Charlotte.M.Epps.civ@mail.mil
Stephen Garman	Fort Detrick, MD	Katherine.M.Szamier-Bennett.civ@mail.mil
Brandon Fines	Fort A.P. Hill, VA	Daniel.C.Glemnbot@us.army.mil
Maria Teno	Virginia Beach, VA	Marc.J.Smith@navy.mil
Robert Meola	DES Susquehanna, PA	Henry.Hoffman@dla.mil
Keith Lacoy	Virginia Beach, VA	Marc.J.Smith@navy.mil
Stephen Giuffrida	NCTMS Cutler, ME	Marc.J.Smith@navy.mil

Active Shooter

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WNY Victims Honored at Memorial Service

From www.navy.mil

Family, friends and co-workers of the 12 people killed in the 16 September shooting at the Washington Navy Yard (WNY) gathered for a memorial ceremony at Marine Barracks Washington 22 September.

The memorial honored the service and sacrifice those killed in the incident:

Michael Arnold, 59, of Lorton, VA Martin Bodrog, 54, of Annandale, VA Arthur Daniels, 51, of Southeast, Washington, D.C. Sylvia Frasier, 53 Waldorf, MD Kathy Gaarde, 62, of Woodbridge, VA John Roger Johnson, 73, of Derwood, MD Mary Francis Knight, 51, of Reston, VA Frank Kohler, 50, of Tall Timbers, MD Kenneth Bernard Proctor,46, of Waldorf, MD Vishnu Bhalchandra Pandit, 61, of North Potomac, MD Gerald L. Read, 58, of Alexandria, VA Richard Michael Ridgell, 52, of Westminster, MD

President Barack Obama joined Chief of Naval Operations Adm. Jonathan Greenert, Secretary of the Navy Ray Mabus and Secretary of Defense Chuck Hagel on stage to speak and reflect on the tragedy that unfolded nearly a week earlier.

"You and your family, this Navy family, are still in the early hour of your grief," said Obama. "And, I am here today to say that there is nothing routine about this tragedy, nothing routine about your loss. Your loved ones will not be forgotten. They will endure in the hearts of the American people and the hearts of the Navy that they helped to keep strong, and the hearts of their co-workers and friends and their neighbors."

Vice Adm. William Hilarides, commander of Naval Sea Systems Command, gave the opening remarks at the ceremony.

"It has been an honor for all of us to serve with the 12 great Americans we mourn here today. They loved their country. They loved their Navy. They loved the fleet -- the fleet they helped build and sustain" said Hilarides. "These patriots designed and built our ships. They sustained and set the standards for our ships. They connected us to each other and to the fleet. And, they protected and sustained our headquarters. For that service we honor them. For that service we will never forget them."

In his remarks, Mabus noted the strong sense of family he has seen as he met with the victims and their families.

"We are a family, uniformed and civilian, we work together, serve together, overcome together. As a family we grieve together. Together we will assure that they, like those that have gone before them, will be remembered and honored as heroes," Mabus said. "Because that is what they are, heroes. Ordinary people facing extraordinary circumstances. An ordinary Monday became a day of extraordinary horror, but also extraordinary heroism."

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Memorial (Cont.)

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Those sentiments were echoed by Greenert who said the Navy lost parts of its family. The Navy lost shipmates.

"These shipmates dedicated their careers to building and maintaining the finest Navy in the world. They worked alongside one another for a purpose greater than themselves," Greenert said. "The nature of our Navy



family is that we serve together and we depend on each other in times of need. We celebrate each other's successes and triumphs. And, we grieve together in times of sorrow."

In the wake of the shooting, the Navy responded with support for those affected by the shooting - military, civilians, contractors and their families - by establishing Emergency Family Assistance Centers (EFAC).

The EFACs continue to provide services at Joint Base Anacostia-Bolling (JBAB) and WNY. They are located at WNY Building 111, Commander, Navy Installations Command Headquarters (5th floor), and JBAB Building 72, Enteprise Hall.

Those needing information about the services offered by the EFACs should call 1-855-677-1755 for more information.

There has been an outpouring of support for the Navy and those affected by the shooting. The support is noted and appreciated by the men and women of the Naval Sea Systems Command (NAVSEA) which released the following statement Sept. 20.

"The employees and families of NAVSEA are grateful for the outpouring of help and support in recent days. We've received many inquiries from those wishing to offer support by making donations. Due to federal regulations, the Navy and NAVSEA cannot solicit or officially endorse non-federal organizations. Information on organizations offering support may be found at www.ourmilitary.mil."

For information on Navy support to those affected by the Navy Yard incident, check out this link: <u>http://www.navy.mil/submit/display.asp?story_id=76609</u>

If the people we love are stolen from us, the way to have them live on is to never stop loving them.

- James O'Barr



EMS Award

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Medical Director Recognized



On July 13, 2013 Dr. Frank Dos Santos was awarded the Frank M. Yeiser *Physician with Outstanding Contribution to EMS* award by the Tidewater Emergency Medical Services Council (TEMS). The recognition is one of ten regional EMS awards presented annually by TEMS in various categories of EMS providers, physicians, emergency nurses, dispatchers, and agencies. The Frank M. Yeiser award honors an EMS physician who exemplifies outstanding leadership and dedication in the exercise of prehospital care. TEMS regional award winners are forwarded as nominations for Virginia's

Governor's EMS Awards, which are announced each November.

Dr. Dos Santos is the Lead EMS Medical Director for CNIC Fire & Emergency Services and also serves as the Senior Medical Officer and EMS Specialty Leader for BUMED Navy Medicine East (NME).

Attached to NME and based at Naval Medical Center Portsmouth, VA Commander Dos Santos serves as EMS medical director for the Navy and Marine Corps fire and emergency services agencies worldwide, and is a member of the Tidewater EMS Council's Operational Medical Directors Committee.

Dr. Dos Santos's contributions to educating EMS providers and enhancing patient care include providing monthly lecture and hands-on training to his EMS providers. He also has provided education opportunities for surrounding municipalities, such as serving as the course director for an Advanced Hazmat Life Support course in the City of Virginia Beach in May 2012.

Aside from the teaching and mentoring attributes, Dr. Dos Santos has kept Navy Region Mid-Atlantic Fire & Emergency Services on the cutting edge through dedicated research and the implementation of various medical devices and procedures to improve patient care and outcomes.

The Physician with Outstanding Contribution to EMS award is named after the late Dr. Frank M. Yeiser, a pioneering emergency physician who practiced in Norfolk and Virginia Beach. Dr. Yeiser was an EMS provider, a charter member of the TEMS Board of Directors, and Superintendent of Norfolk Paramedical Rescue Services before attending medical school starting in 1977; he went on to serve on the faculty of Eastern Virginia Medical School, his alma mater.

TEMS is one of eleven regional EMS councils in Virginia, responsible for planning, coordinating, and implementing EMS service delivery in conjunction with the Virginia Department of Health. The TEMS area of responsibility covers ten cities and counties in Southeastern Virginia and the Eastern Shore, including metro Hampton Roads.

USAR Training

Joint Urban Search & Rescue Training

By Mario Icari, NAVFAC Connections





Naval Facilities Engineering Command (NAVFAC) Southwest Base Support Vehicles and Equipment (BSV&E) Crane and Rigging (C&R) in conjunction with Navy Region Southwest Federal Fire Department (FEDFIRE), and Chula Vista Fire Department Heavy Rescue 53 coordinated a simulated joint rescue training exercise at Naval Base Coronado.

"We've developed a group exercise with FEDFIRE so we can establish incident command and rescue procedures," said John Holtermann, NAVFAC Southwest BSV&E designated diving coordinator. "This is the first time we've done this. This is our first training exercise. With our capabilities at cranes and rigging, we can safely go in there and remove a structure and then the fire fighters can go and see if there is a victim. There are a lot of incidents where the fire department does not have the assets, they can't get close enough or have a ladder tall enough to get to the top of a building. We are Crane and Rigging. We have the assets to make that happen."

The exercise was part of a planned joint urban search and rescue phased training program, where multiple real life rescue scenarios were encountered and tackled by combined multiagency efforts at the same time.

The agencies performed rescues from the aftermath of a simulated massive earthquake in the San Diego area.

Within the simulated earthquake there was a collapsed structure which pinned a vehicle and someone may have been inside, another was a non-ambulatory crane rescue on a rooftop, and the last rescue involved extraction of a survivor in an unstable collapsed environment.

"We can work together to perform successful rescues," said Holtermann.

Back to Table of Contents "We develop in phases. First was classroom training, next is simulated rescue. Later we plan on getting more people trained and involved; and perform more of these simulations; and hopefully if there is a need, then we can respond. We've already done some classroom training with FEDFIRE. Our riggers have taken FEMA incident command training and we've got together with firefighters and done group training.

Within the group training, the idea was that the fire fighters know what our assets are and we know what their assets are so we could move smoothly together."

The goal of this training was to establish incident command C&R availability in case of an emergency that requires heavy lift rescue equipment.

Up until now, FEDFIRE and NAVFAC Southwest C&R did not have a partnership agreement or joint training in place to provide emergency response.



Training (Cont.)

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NAVFAC Southwest C&R has the lifting capability and technical expertise that could be utilized in case of a catastrophic emergency. FEDFIRE has rescue, fire, and lifesaving experts available to perform needed rescue.

"You can imagine if there were a big earthquake, all these guys have to work together on a daily basis," said Vince Sobash, NAVFAC Southwest Emergency Management program specialist. "It's a chance to work out those sorts of issues. When you have structural collapse, you've got something you can't move with manpower.

That's the thing; they've never got to train together – the fire guys with the crane and rigging guys. You don't want the crane and rigging guys going into the rubble or danger area. The fire guys go in there but they really don't know the rigging and crane controls, so they need to work out that relationship."

Development of group assets will ensure we are providing emergency response to our community in the event crane support is required. This combined training will also ensure we are coordinating emergency services with FEDFIRE in the event that rescue is needed for a fall hazard victim.

"The event was a huge success," said Holtermann. "This was the first of a group effort and training that will continue at later dates. The addition of another potential life saving asset to our community has been obtained through the efforts of C&R and FEDFIRE."

The goals of this training were to establish a coherent partnership with FEDFIRE and ensure the safety of all rescue personnel. After a thorough briefing with all participants, C&R and FEDFIRE both realized that NAVFAC Southwest's pre-job and pre-rescue brief were similar. These similarities immediately established a mutual respect for the roles played in the scenarios and insured that safety of personnel is paramount during rescue and training activities.

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"The outstanding professionalism of both communities was evident in the safe execution of all crane picks and the exercise overall," said Sobash. "I feel this really was a landmark day for both programs and I look forward to continued training and the development of this program. I believe a day will come when lives are saved because of these efforts."

Hawaii Remembers



Hawaii F&ES HQ Reminds All Who Pass



Official Visit

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Gulfport Remembers



Brazilian Federal Militar del Cuerpo de Bomberos

By Gelacio Rodriguez, Navy Region Midwest Fire Chief



Navy Region Midwest hosted the Brazilian Federal District Military Fire Corps (CBMDF) from the Brazil Federal District of Brasília during an official visit to the Midwest.

Fire Officers from the Brazilian Fire Corps visited the Chicago and Naval Station Great Lakes Fire Departments over the week to exchange

operational ideas and concepts on how fire departments in the United States prepare and respond to large scale events. The purpose of their visit emphasized on operational readiness as a host nation for their preparation in hosting the FIFA Soccer World Cup in 2014 and the Games of the XXXI Olympiads (Summer Olympics) in 2016.

The fire department personnel in Brazil, such as the CBMDF, are state government employees considered military reserves by Brazilian law, but not considered armed forces by US Government as they are first responders for the general population. The delegation consisted of three Lieutenants, eight Captains, one Major, one Lieutenant Colonel, and one enlisted Petty Officer.

NSGL Fire Department staff provided guided tours to the 13 Brazilian Fire Officers and Navy Military Liaison while demonstrating the use of various fire and emergency service equipment used in the Department of the Navy Fire Program. NSGL F&ES Chief Officers also exchanged operational principles and the use of mutual aid by federal fire departments during emergency events. Similar visits occurred in the cities of Los Angeles, CA and Miami, FL.

9-11 Remembrance at CBC Gulfport



Capt. Paul Odenthal, commanding officer, NCBC Gulfport and Fire Chief Mark Henson of the NCBC Fire Department, addressed attendees of the 9/11 Remembrance Ceremony held at the NCBC Gulfport Fire Station, 11 September.

Military and civilians came together to honor the victims of the 11 September 2001 terrorist attacks, and pay tribute

to the First Responders serving our country through military and federal service.

(U.S. Navy photos by Utilitiesman Constructionman Alicia Fluty/Released)

Back in the Day

Hook and Ladder

By Tom Shand

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The term *Hook and Ladder truck* can trace its roots back to the early days of fire fighting when horse drawn vehicles carried an assortment of ground ladders to rescue people from upper floors and large metal hooks that would be used to pull down walls of buildings to prevent fire spread from adjoining buildings. In later years these vehicles became known as City

Service Ladder trucks which were capable of carrying an assortment of longer wooden ladders and hand tools after the motorized era.

By the early 1920's both American LaFrance and Seagrave were producing quad apparatus which combined the City Service ladder equipment with a fire pump, booster tank and hose bed to provide a multi-purpose vehicle. The quad apparatus became quite popular with both municipal and military fire departments as these vehicles could provide engine and ladder company service from a single apparatus.

Seagrave Fire Apparatus during World War II built over 79 quads for the various branches of the service with the majority of these delivered to the U.S. Navy. During 1941 one of the first of these units was delivered to the Naval Academy in Annapolis, Maryland. The Seagrave quad was designated model 66-E7 and was powered by a V-12 gas engine rated at 185 horsepower and built on a 263 inch wheelbase. While several of these trucks were built without doors and a fold down windshield the Naval Academy quad was equipped with a few creature comforts including cab doors, rear view mirrors and spot lights mounted on the windshield posts for the driver and officer.

These vehicles were build with Seagrave designed 750 gpm pumps that were completely built within the Seagrave factory with small 100 gallon water tanks. During that time period Seagrave build their own wooden truss ground ladders and the typical ladder compliment consisted of a 50 foot extension ladder, two 35 foot extension ladders, 20, 24 and 28 foot straight wall ladders, 12 and 16 foot roof ladders together with a 16 foot baby bangor ladder.

The Naval Academy quad was assigned property number 73-00021 and was equipped with a chemical powder foam hopper, top mounted deck gun and spare turnout gear on the left side of the apparatus. This vehicle was the second quad placed into service in Annapolis with an American LaFrance quad and pumper acquired during 1937. Other apparatus operated at the Naval Academy and Naval Experimental Station during the war included two 1941 Seagrave pumpers, a 1941 Peter Pirsch pumper and several John Bean high pressure fog foam units.

After the conclusion of the World War II many of these Navy pumper and quad apparatus found their way into municipal fire departments that had not been able to acquire new vehicles due to war production efforts. Eventually quad apparatus fell out of favor and were replaced with 65 and 75 foot aerial ladders as communities expanded with the post war housing boom.

Photo from the collection of Ted Heinbuch



Tom Shand

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Leadership Corner

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Successful Succession Does Not Occur By Accident By Todd LeDuc

The American fire service has focused its members on tactics and strategy which it confronts daily in responding to all-hazards emergencies ranging from the simple to complex. Much recently has been written and discussed in fire service leadership circles regarding the increasing complexity of operating systems and environment it the new global economic realities which have confronted the fire department amongst most other industries- service and production. The operating environment for leaders in the 21st century fire service involves unprecedented financial compression, generational workforce transformation, explosive technological influences, heightened public accountability and transparency to name a few. These challenges are daunting for many organizations and require leaders at all levels that have both educational and experiential development opportunities necessary to best prepare them and the organization for success.

The business literature has numerous examples of successful businesses built on the model of visionary chief executive officer who drove the organization to high performing results but neglected succession as part of their vision and responsibilities. These companies often floundered if not outright failed. Fire services have the foundational road map to develop our officers in place from the fire officer pyramid that expounds of the transitional tools necessary from tactical to strategic leaders. Numerous educational opportunities exist for fire service administration programs from the vocational/technical level through the graduate level exist in numerous mediums from traditional to distance learning for flexibility in delivery. Further opportunities exist at the national level through the National Fire Academy including the Executive Fire Officer program and the Harvard Fellowship for Senior Leaders in Government. The Center for Public Safety Excellence's chief fire officer credentialing process through the Commission on Professional Credentialing also provides an excellent roadmap for necessary core competencies for leading the fire service in these times of "New Normal".

The challenge for many organizations is providing adequate experiential learning opportunities for future leaders. This requires current fire service leaders have a professional responsibility to the organizations success to identify learning opportunities pathways and then being inclusive and proactive in including developing leaders in those opportunities. This no doubt requires organizational commitment to assure that not only are the organizations future leaders supported with appropriate educational opportunities but then allowed to participate and/or observe the situational learning opportunities of leading an organization.

Organizational examples of potential opportunities are dealing with fiscal management, complex human resource issues such as fitness for duty, grievance/arbitration resolution, collective bargaining and apparatus specification development to name several. The temptation in many organizations is to defer such responsibilities to those seasoned officers and executives who have the most experience, which of course is appropriate however the challenge is including the next generation of leaders who are to be best developed to succeed.

Leadership (Cont.)

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The ability to have the necessary educational and experiential development tools in the next generations leadership tool box is a hefty responsibility of current leaders no matter where you are leading within the organization. This is an excellent opportunity to assess how you and your organization are doing at developing future leaders. A "succession assessment" allows for leaders to review in all areas of the organization how successful they are in preparing the those coming up the career development ladder. Flight instructors will often tell you the importance of allowing the student pilot to "assume the flight controls", under the watchful eye of a seasoned instructor, to experience time under their "belt" in learning the mechanics of flying, organizations are no different!

Todd J. LeDuc, MS, CFO, CEM, MIFirE is an assistant fire chief with Broward (FL) Sheriff Fire Rescue, an accredited career department of nearly 800 members. He holds a graduate degree in Executive Fire Service Leadership, is a peer reviewer for professional credentialing and a board member for the International Association of Fire Chief's Safety Health & Survival Section. He is an advisory board member for IAFC "ON-Scene" and can be reached at tjlbcems@aol.com

CNIC Welcomes BUMED EMS Liaison

CNIC Staff Adds



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We are pleased to announce LCDR Michael Melia, MD has started with CNIC as the BUMED EMS Medical Director liaison. Dr. Melia sits at CNIC F&ES two days a week and provides Medical Director input to the F&ES Program on EMS matters.

Dr. Melia is originally from Long Island, New York and served in the United States Marine Corps as a communications and reconnaissance Marine Sergeant with 1st Force Recon. After completing his tour in 1996,

he returned to Long Island where he worked as a volunteer firefighter and an EMT while he completed his undergraduate degree. He decided to pursue a degree in medicine, with the desire to return to the Marine Corps as a physician. In 1999, he accepted a position at the Uniformed Services University of the Health Sciences School of Medicine and was commissioned in the United States Navy. Following completion of his internship at Naval Medical Center Portsmouth, he became an Undersea and Diving Medical Officer.

Since that time, Dr. Melia has returned to the Marines to deploy on multiple occasions as a Battalion Surgeon, Deputy Division Surgeon, and most recently, as the OIC of a forward deployed Shock Trauma Platoon. Board certified in Emergency Medicine, Dr. Melia returned to academia as a clinical instructor of Emergency Medicine in 2011 while pursuing a Master's Degree in Public Health and completing a fellowship in Emergency Medicine Systems at Johns Hopkins University. Specializing in Tactical Emergency Medicine Services (TEMS), he was most recently the Deputy Medical Director for the Bureau of Alcohol Tobacco Firearms and Explosives and an Emergency Services physician for the United States Secret Service. Currently, Dr. Melia's clinical duty station is at Walter Reed National Military Medical Center in Bethesda, where he serves as the BUMED EMS Medical Director for the National Capital Region and the BUMED liaison to CNIC N30.

Please join us in welcoming Dr. Melia to CNIC and Navy F&ES.

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On the Job – Point Loma

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Cliff Rescue: Climbers in Distress

By Christopher Connelly, San Diego Metro Fire Chief Navy Region Southwest



When one thinks of the Southern California coast line, you may think of beautiful sunsets, white sandy beaches, cresting waves and beach umbrellas. True all of those wonderful things do exist but, as with all things, there are hazards involved in taking part in the adventurous atmosphere of Southern California. The Federal Fire Department of San Diego has preplanned for those events and was challenged with putting those skills to work on 22 July 2013 when a group of young men attempted to climb the rocky cliffs off of Naval Base Point Loma.

Point Loma is a Naval Submarine Base that boasts one of the most beautiful rocky beach cliff lines in Southern California. At some point during the men's adventure one of them became severely injured and was unable to make his way back out. The rising tides and the 50 plus foot sheer cliff face created an atmosphere of urgency to the response; essentially they needed to create a plan, and get it right the first time, there was no margin for error.

Crews from Naval Base Point Loma and Naval Base San Diego responded with an Assistant Chief, two Engines and a dual purpose HAZMAT/Rescue. Working in conjunction with the City of San Diego Lifeguard Services, they deployed on Jet Ski's to support the rescue from the water. Topside crew's created a secure ascending/descending high angle rescue



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plan and deployed their rescuers. Firefighter David Gyselbrecht was successfully lowered to the awaiting climber where he completed a medical assessment and radioed up for recovery.

Responding crews collectively completed a life saving high angle rescue through dedication, preplanning, and team effort.

Prevention Question



Fire Prevention Working Group Corner



What is the goal of UFC 3-600-1?

The UFC 3-600-1 establishes fire protection engineering policy and criteria for Department of Defense components. However, matters pertaining to fire department operations, staffing, and equipment are not covered by UFC 3-600-1. For example, NFPA 1 chapter 18 Fire department access and water supplies provide important information on fire apparatus access and local fire hydrant systems requirements.

9-11 Remembered

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Kings Bay Remembers By Assistant Chief Robert Womble



Service members from Naval Submarine Base Kings Bay and Commander Submarine Group 10 take a moment and salute the firefighters of NSB Kings Bay

Fire and Emergency Services, and the members of emergency service agencies from the surrounding communities that support the installation in a mutual aid capacity, including the City of St. Mary's Fire and Police Department, Camden County Fire Rescue and Sheriff's Department, Kingsland Fire and Police Department, Georgia State Patrol and the Georgia Bureau



of Investigation, in a humbling ceremony on September 11th 2013. Honoring the memory of those lost during the tragic events that are forever stamped into the hearts and minds of the people of this great nation. The day's ceremonies were closed with a 5K memorial run in firefighting gear aboard Kings Bay.

Firefighter Fatalities



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USFA Annual Report on Firefighter Fatalities

Firefighter Fatalities in the United States in 2012 August 2013 💮 FFMA



The U.S. Fire Administration announced today the release of the report Firefighter Fatalities in the United States in 2012.

There were 81 on-duty firefighter fatalities as a result of incidents that occurred last year. The fatalities occurred in 31 states, one territory, and one overseas military facility. A record low number of firefighter deaths were caused by heart attacks (39) but deaths caused by vehicle crashes were back up with 18 firefighters killed as the result of 14 accidents – six involving POVs, six involving apparatus, and six from two incidents

involving aircraft.

Visit www.usfa.fema.gov to download this free report and previous reports back to 1986.

Raise Proposed

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President Issues Plan for 1% Pay Raise Next Year By Tom Shoop

President Obama issued an alternative federal pay plan, setting an across-the-board increase for civilian federal employees of 1% in 2014.

The figure matches the amount the president requested in his fiscal 2014 budget proposal. Obama issued a separate plan providing 1% boost in monthly basic pay rates for military service members.

In a letter to House and Senate leaders, Obama wrote, "Civilian federal employees have already made significant sacrifices as a result of a three-year pay freeze. As our country continues to recover from serious economic conditions affecting the general welfare, however, we must maintain efforts to keep our nation on a sustainable fiscal course."

Under Obama's plan, locality pay levels would remain at their 2013 levels.

The leader of the largest federal labor union praised the proposal, though without much enthusiasm. "Although the 1% is a pitiful amount that doesn't begin to compensate for the furloughs and three years of frozen pay, it is a welcome development," said J. David Cox, president of the American Federation of Government Employees."

"To call this raise inadequate is an understatement, but it is good news all the same," he added.

If the president had not informed Congress of his alternative pay plan for feds by the end of August, then the increase mandated by the 1990 Federal Employees Pay Comparability Act would have kicked in. Under FEPCA, the raise would be determined by the change in the Employment Cost Index minus 0.5%. For 2014, that equals 1.3%.

Presidents largely have ignored the FEPCA formula in their federal pay raise proposals, preferring to offer their own figure. Congress created FEPCA, which provides an annual across-the-board salary boost and a locality pay adjustment for General Schedule employees, to close the public and private sector pay gap. The latest Federal Salary Council report concluded that federal employees are underpaid relative to private sector workers by approximately 34.6 %.

The reality, however, is that Congress will end up determining whether federal employees receive a pay raise next year.

So far, lawmakers have not shown much enthusiasm for ending the three-year freeze on federal employees, despite Obama's repeated calls to do so. None of the House fiscal 2014 spending bills to date contain funds for a civilian pay raise. The House has passed four of the 12 spending bills for fiscal 2014: Defense; Energy and Water Development; Homeland Security; and Military Construction, Veterans Affairs and Related Agencies. The Homeland Security and Military Construction-VA bills did not endorse a civilian pay raise, but didn't forbid it either.

Kellie Lunney contributed to this report.

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SA Matters!

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Before I get into this topic, I want to give a little shout out to attendees from my "Get in the Loop" tour stops so far in 2012. If you haven't been following my Twitter updates (including my surviving a tornado in Indiana), so far this year I've had tour stops in: California, , Indiana, Minnesota, Nevada, New York, Utah, West Virginia, Wisconsin, and Hong Kong. There are roughly thirty more tour stops scheduled in 2012 so be sure to check out the upcoming events link to see if I'm doing a program near you.

Nine Dangerous Mindsets Part 6: The Silent

Ok, welcome to part six of this nine-part series on dangerous mindsets that can impact first responder situational awareness. I appreciate all of the very kind feedback I have been receiving on this series on Facebook, Twitter and by email. Your positive feedback energizes me so much. Thank you.

In this segment we're going to discuss the Silent member. This member, for whatever reason, will not speak up even if something is going horribly wrong. This can have devastating consequences on first responder safety because the Silent member may see something very important for the safety of personnel operating at the scene yet never say a word.

Quickly, let's review the dangerous mindsets list that will be covered in this series:

The starter (a.k.a., the new member)

By Rich Gasaway, PhD.

The subordinate (a.k.a., the loyal follower)

The specialist (a.k.a., the expert or 'know-it-all')

The superior (a.k.a., the BOSS!)

The stubborn (a.k.a., the defiant)

The silent (a.k.a., the shy one)

The superman/Superwoman (a.k.a., the unstoppable)

The slacker (a.k.a., the complacent)

The synergist (a.k.a., the like-minded)

Cat got your tongue?

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Why wouldn't a member speak up and share critical information that could save someone's life? There are many possible reasons but I'll explore just a few. First, the member could be afraid that speaking up will be perceived is being a trouble maker or a dissident or disobedient to authority.

Some members defy authority. Other members fear authority. Those who defy are often very outspoken, perhaps even obnoxious when it comes to pointing out everything that's wrong with the decision making of superiors. Conversely though, the Silent is soft-spoken and sometimes silent to the point that nothing will be said, even if superiors are making mistakes that could result in injuries or deaths.



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We have well-established through dozens of articles that situational awareness is vulnerable under stress even among the most talented of supervisors. A subordinate who fears speaking up has a dangerous mindset. I once suffered a near-miss at a fire scene because I did not speak up when I saw something going wrong. I know, those who know me would say I'm anything by the Silent one. But such was no always the case.

Early in my career I feared authority and those who had power over me. The thought of speaking up mortified me. When I had an opportunity at a fire scene to speak up and point out something that was going wrong, I didn't. As a result, several of my colleagues were injured (I was not). I'm not proud that happened but at the time I was too afraid and, quite frankly, I didn't know how to speak up.

Introvert

Some first responders are introverts. There are some misconceptions about introverts including they are shy and quiet. Some are, but not all are. There is something different going on inside the brain of an introvert. The frontal lobes of the brain in an introvert is stimulated by solidarity and becomes very active. Introverts can be excellent problem solvers and complex thinkers. This comes from introspection.



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Extroverts, on the other hand, have more activity in the sensory areas of the brain and, therefore, seek external stimulation through social activities. There's nothing wrong with either trait. All we need to know is they are different and it is a function of their brain.

Introverts tend to keep their energy and enthusiasm to themselves. They may also, in turn, keep concerns to themselves and this can contribute to dangerous outcomes. Introverts tend to reflect before speaking up or reacting to a situation. Again, in a dynamically changing environment, the delay can be dangerous. Some introverts prefer written communications over verbal communications. Unfortunately, emergency scenes don't lend themselves well to written communications. Finally, introverts can repeatedly rehearse what they want to say in their minds which can lead them to believe they already said something when in reality they didn't. This can also cause a problem on an emergency scene if the introvert believes an update or progress report was transmitted when, in fact, it wasn't.

Upbringing

Some are raised in a household where it is considered respectful to only speak when spoken to. Thus, they have learned to keep their mouths shut. Honestly, I've known a few people who I wish were raised in such a household because they simply don't know how to keep their mouths shut... ever! But that's a topic for another article. A person who was raised in an environment where they were ridiculed or chastised for speaking up may develop a habit of keeping their mouth shut. They're not shy. They're just being respectful or they're afraid to speak up. Either way, this can be dangerous.



SA Matters (Cont.)

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Rich Gasaway, PhD.

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Lack of confidence or self-esteem

Some responders may lack the confidence or self-esteem to speak up. If they are new on the job or if they feel under trained or qualified they may not speak up because they don't have the self confidence to believe their contributions will be valuable to the situation. Likewise, someone whose self-esteem is low may not see themselves as worthy of being a contributor. This condition may have been promulgated over years of being beat down by family members, friends, bosses, or teachers. This person sees the consequence of speaking up as too great. Therefore, they don't speak up.

Chief Gasaway's Advice

Supervisors and co-workers with healthy egos and strong self-esteem want other team members to speak up if something is going wrong or if someone sees something that can be harmful. Leaders cannot, however, assume that underlings know that it's safe and appreciated when they speak up. This is something the leader must communicate directly (no assumptions) and, when someone does display the courage to speak up, the leader must not admonish them or they will shut down.

This relationship is likely to be developed and maintained (or destroyed) in the non-emergency interactions. If a positive environment is fostered in daily interactions and workers are encouraged to freely share ideas and dissent when they feel things are going in a bad direction, this will transition over to the emergency scene as well. For a worker to speak up, they must not feel threatened and they must feel appreciated.

If your silent member is an introvert, learn to ask open ended questions and be patient for responses. If there is a few seconds of awkward silence, avoid filling it in with your own answers. Be patient. Introverts need to reflect and rehearse their responses. Understand the pace may be a little slower than what you want or expect.

Dr. Gasaway is a fire service professional with 33 years experience, including 22 years as a chief officer and incident commander. He is considered to be one of the nation's leading authorities on public safety decision making and situational awareness in high-stress, high consequence environments. His programs are noted for providing strong content that are immediately usable by first responders. If there is anything I can do to help improve your situational awareness or decision making under stress, please contact me at: <u>Rich@RichGasaway.com</u>

Gym Humor



Gym Membership

Everyone vows to join a gym and go three days a week. Yeah, right. A woman once called me at the health club where I used to work.

"I got a note saying it was time for me to renew my membership," she said. "As much as I love to work out, I don't think I'll renew."

"Fine," I said, "but you'll have to come down here to fill out cancellation forms."

After a long pause - "Umm, where are you located?"

IFE News

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IFE Installs New Officers

Dr. Harry R. Carter, CFO, FIFireE, of Adelphia, New Jersey was installed as President of the United States of America Branch of the Institution of Fire Engineers (IFE) of Great Britain at the association's annual meeting in Chicago, IL. Dr. Carter had previously served as the Vice President and Secretary of the association.

Also installed were Chief William D. "Bill" Killen, CFO, FIFireE, of Church Hill, TN as Vice President, Chief Christopher Riley, CFO, MIFireE of Colorado Springs, CO as Secretary, and Chief Ruth Obadal, CFO, MIFireE, of Eugene, OR as Treasurer.

The Institution of Fire Engineers was founded in 1918 in the United Kingdom by a group of eight British chief fire officers. The mission statement they adopted at that meeting continues to guide the Institution in meeting the needs of its members and serving the interests of society to promote, encourage, and improve the science and practice of Fire Engineering, Fire Prevention, and Fire Extinction, and all operations and expedients connected therewith, and to give impetus to ideas likely to be useful in connection with or in relation to such science and practice to the members of the Institution and to the community at-large. There are nearly 12,000 members worldwide.

The United States of America Branch continues the tradition of fire service leadership in promoting fire engineering established by the forward looking men who established the Institution decades ago and an ocean away. A similarly small group of fire service leaders met in Tulsa, OK in February 1996 to establish the branch. The USA Branch is one of 41 IFE branches worldwide.

The USA Branch is the fifth largest of the Institution's branches and is in the midst of a number of changes designed to grow the organization and improve its service delivery capabilities. We have partnered with the Center for Public Safety Excellence (CPSE) to co-host our Annual General Meeting at their Annual Conference in March 2014 in Henderson, NV. According to Dr. Carter our Branch President, "... partnering with the CPSE is an excellent marriage of professional organizations. We have had a reciprocity agreement in effect for some time, so bringing our conferences together makes all the sense in the world."

Another important event took place at the Annual General Meeting in Chicago. Two long-time fire service professionals were awarded the prestigious rank of Companion Fellow of the Institution of Fire Engineers (CFireE). Chief Ronny J. Coleman, the former California State Fire Marshal and William E. Peterson, the retired Chief of the Plano, TX Fire Department were honored by the Institution. It should be noted that there are only 12 members among the nearly 12,000 members of the Institution who have been so honored.



Army F&ES Newsletter

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Credentialing



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Army Combat Readiness & Safety Center News



The U.S. Army Combat Readiness and Safety Center now produces a newsletter for the Army F&ES community.

The newsletter can be downloaded from; https://safety.army.mil/cp12/Home/tabid/2205/Default.aspx

A Checkpoint on Your Career Roadmap!

Captain Donald L. Willbanks, FO, Sandy Springs Fire Department, Sandy Springs, GA

As a fire professional do you know where you are going and how you're going to get there? This past month I participated in a focus group sponsored by the Center for Public Safety Excellence. The topic of discussion was why firefighters decide to pursue the designation of Fire Officer. A series of questions was asked by a monitor to a small group of Company Officers across the county.

The overall response confirmed that the process is a type of checkpoint in the roadmap of a person's career, a validation process that allows others to recognize that a Fire Officer has achieved certain benchmarks.

This weekend I participated in a similar focus group with my kids, asking them questions about life. This was of course not associated with any type of credentialing or designation, just the basics of why they want to do well in school, sports, and extracurricular activities.

Their answers were simple: "because it's the right thing to do, I will get a good job, I will make lots of money, and I will get a trophy or merit badge." While not the same answers in both groups, they are very similar in the final product. Both groups want others to know that they are doing a good job. Company Officers want a Fire Officer Bar for their uniforms, and children want a trophy or merit badge for theirs. We all want better jobs and we all want to be financially comfortable.

In the end how will the designation of Fire Officer benefit you? It starts by raising the standard and stature of the individual and the organization of which they are a part, it promotes growth professionally and personally as well as offering a sense of pride. It also shows commitment to continuing education and training. The process is not easy and there are multiple components of the application, all of which are reviewed by a team of peers and then by the Commission on Professional Credentialing. The designation is an identifier of a person's drive, want-to, and willingness to grow as a fire service professional. It highlights your talents and accomplishments to your peers and empowers you to do more. It teaches organizational skills and is an avenue of networking and meeting others with the same goals.

Lastly it is a stamp of who you are and what you want to be. I encourage you to take the step and validate your career for others to see and take note of, raise the bar and wear the bar with pride.

Wellness Tips

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Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

Have a comprehensive dilated eye exam. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive

dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

Know your family's eye health history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

Eat right to protect your sight. You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too.ⁱ Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

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Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

Wear protective eyewear. Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.



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Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and your contact lenses—properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Practice workplace eye safety. Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

Reprinted courtesy of the National Eye Institute. For more information, please visit nei.nih.gov.

Healthy Eats



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Mustard Chicken with Summer Vegetables

Few things go together better than chicken and an assortment of summer vegetables all cooked so that the flavors mingle. Convenient and easy to prepare, this dish makes a great complete summer meal. It also allows you to combine the best of the garden into a single dish

- 4 Tbsp. stone ground mustard
 2 Tbsp. reduced-sodium soy sauce
 4 chicken legs, skin removed
 4 chicken thighs, skin removed
 1 medium fennel bulb, cut into 1-inch wedges
 2 small yellow squash, sliced 1 1/2-inch thick
 2 small zucchini, sliced 1 1/2-inch thick
- 4 carrots, sliced in half lengthwise 4 celery stalks, sliced into 2-inch pieces
- 1 red onion, cut into 1-inch wedges
- 4 small red potatoes, halved
- 4 sprigs fresh thyme
- 1 Tbsp. olive oil
- Salt and freshly ground black pepper

Preheat oven to 400 degrees.

In large mixing bowl, whisk together mustard and soy sauce. Add chicken and coat well.

In large baking pan, arrange fennel, squash, zucchini, carrots, celery, onion, potatoes and thyme. Brush vegetables with oil and season with salt and pepper to taste. Place chicken over vegetables. Brush chicken with mustard sauce. Cover pan with foil and roast for approximately 50 minutes, or until chicken is cooked through and vegetables are tender. Remove foil, increase oven temperature to broil and roast another 4-5 minutes to brown vegetables and chicken. Serve.

Makes 4 servings.

Nutritional values per serving: 400 calories, 12 g total fat, 3 g saturated fat, 40 g carbohydrate, 28 g protein, 7 g dietary fiber, 460 mg sodium.

CPSE News

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CPC Honors Chief Cox Outgoing chair of the Commission on Professional Credentialing (CPC) Stephan Cox, CFO, CEMSO, CTO, FM, from Navy Region Mid-Atlantic Fire and

Emergency Services, was recognized for his nine years of service to the Commission. Presenting a special recognition award to Chief Cox was Steven Locke, CFO, incoming Chair of the Commission and Director of Public Safety for the City of Hartford, Vermont. The newly-elected Vice-Chair of the Commission is Norris Croom, CEMSO, and Deputy Chief of the Castle Rock (CO) Fire and Rescue Department.



CFAI Honors Ernst Piercy, CFO

Chairman Alan Cain thanked Ernst Piercy, CFO, and Chief of Navy Region Southwest Fire and Emergency Services in San Diego, for his many years of service as he completed his nine-year term on the Commission on Fire Accreditation International.





From the Editor

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Jaquelyn Martin/AP Photo

From the Editor

Looking out my window at the Washington Navy Yard and the USS Barry moored across the street when a Navy Yard Police cruiser speeds past with siren blaring. Carl and I make a couple of editorial comments about someone parked in a reserved spot and go about the business of the day. Little did we know.

A few minutes later the street below our window erupted into a frenzy of police activity; dozens of vehicles, from police cruisers to Humvees, and seemingly hundreds of armed people rushing towards the NAVSEA building directly south of us. It wasn't long before the rumors started circulating, "there's an active shooter on the Yard..." Then we received the official word from the Shore Support Center, "there is an active shooter being pursued by base police, shelter in place."

Holy crap! This is not a drill, and apparently this active shooter is somewhere pretty close to us, all the armed forces are coming this way. What can we do if the shooter comes to our floor?

The feeling of utter helplessness and apprehension was skillfully suppressed by all of the salty veterans in our section of CNIC HQ. We didn't discuss it much, but we all felt it just the same; we are at the mercy of the situation and that is not a comfortable sensation.

We were being overcome by incoming information and gathered around my cube to watch events unfold on the street below. In between waves of armed forces moving south we tried to concentrate on our menial tasks. The not knowing was the worst. The glut of rumors was relentless; two shooters, three, one killed, two loose, shotgun, AR-15, handgun, etc.

We tried to watch the news but couldn't hold a stream for more than seconds at a time. My tablet wasn't any better, streaming video was not working and we don't have any TVs installed yet. So we were left to occasional Battle Watch updates and our own imaginations.

And the armed forces continued to pour into the area beneath our windows.

From the Editor (Cont.)

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Combs Cartoon



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Chief Miedzinski and his firefighters and paramedics were in the middle of things but far too busy to provide us with current information. The thought of what they were experiencing was oddly therapeutic, included in all this madness was our Navy F&ES professionals calmly doing their job providing what relief they could. Thankfully, they were able to perform some extremely challenging work under horrific conditions and all remain safe. We couldn't help feeling a twinge of pride among all the negative vibes.

By the time we were bussed to Washington Nationals Stadium to find our way home (we had to leave our vehicles behind), the numbers we had were 13 killed, including one shooter, and 14 others injured. The question of how many shooters was unresolved when we left the Yard.

Not sure, but I think I saw SECNAV Ray Mabus and CNO ADM Jonathan Greenert at the stadium. It was a little hectic.

Now it is the morning after and I have conflicted feelings. All I know for certain is a dozen people who came to Washington Navy Yard yesterday, just like hundreds of others, never went home. I feel angry for the helplessness, saddened by the carnage and loss, apprehensive about our return to a new normal, and, above everything else, grateful we were among the fortunate who were able to return home last night.

- Rick

Yesterday's Hero



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ESAMS Summary

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ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

Total Incidents – 6,074 Fires - 130 Rescue & EMS - 1,833 Hazardous - 1,533 Service Call – 429 Good Intent - 409 False Alarm – 1,708

August 2013 Statistics Operations



Fire Inspections Completed - 2,635 Hot Work Permits Issued – 2,412 Building Evacuation Drills - 424 Public Education Contacts - 5,571

Emergency Management -

Safety Training -

DoD Certification -

Prevention



Training



F&ES On Duty Mishaps Report

Mishaps Reported – 20 Total Lost Work Days - 57







News Distribution

Job Links

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Navy Fire & Emergency Services (N30)

Commander, Navy Installations Command 716 Sicard Street, SE, Suite 305 Washington Navy Yard, DC 20374-5140 https://cnicgateway.cnic.navy.mil/HQ/N3/N30/default.aspx DSN 288

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

Interested in becoming a DoD firefighter? Visit https://www.usajobs.gov/

