



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America



June 2022

Omni Cedo Domus

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NRSW Holds Active Shooter Hostile Event (ASHE) Joint Training

By: Nick Christensen, Chief of Training, Navy Region Southwest

Commander Navy Region Southwest (CNRSW) Fire and Emergency Services and Naval Security Forces personnel participated in a week of Active Shooter Hostile Event (ASHE) training across numerous San Diego based installations May 2 -6, 2022. This training provided realistic training equipment and scenarios that allowed for personnel to hone their skills and prepare for active shooter responses. Federal Fire

Department San Diego and Naval Security Forces personnel conduct this training regularly throughout the year and continue to remain ready for these types of events.



SUBASE Kings Bay Welcomes Joint Base Charleston for Sub Drill

By: Robert M. Womble Jr., Assistant Fire Chief of Operations, SUBASE Kings Bay

SUBASE Kings Bay Fire and Emergency Services recently hosted Senior Fire Officers from Joint Base Charleston. JB-Charleston Fire and Emergency Services provides fire protection for the U.S. Navy's Nuclear Power Training Unit (NPTU) located in Goose Creek South Carolina. The NPTU is a technical school operated by the Navy to train enlisted sailors, officers and civilians on shipboard nuclear power plant operation and maintenance, for surface ships and submarines.

The team from Charleston came to Kings Bay to gain some insight on our Marine/Shipboard Firefighting program. CMSGT Walter J. Shutler, Fire Chief of Joint Base Charleston, stated that this visit proved invaluable to his team. While at Kings Bay, his team discussed the Kings Bay Shipboard Emergency Response Guide, tactics and strategies, mutual aid support, command and control, and identified several similarities between our two installations.

Region Deputy Chief Jason Krause and Program Analyst Joseph Fisher were also present to discuss shipboard firefighting from higher headquarters perspective. During

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Supporting the Fleet, Fighter, and Family





SUBASE Kings Bay and Joint Base Charleston personnel

SUBASE Kings Bay Welcomes Joint Base Charleston for Sub Drill *(continued from Page 1)*

the day, the Charleston team had the opportunity to observe how SUBASE executes SOG's during a Chapter-12

major fire drill aboard the USS Maryland (SSBN-738), an Ohio-class ballistic missile submarine.

"This training will help build a solid Emergency Response Plan in the event of a major ship fire and help JBCH get a better understanding of how the Navy combats ship fires" said Deputy Chief Jason Krause."

After the drill the team toured the submarine. Deputy Fire Chief Mark Dodson stated that it was well worth the effort to visit Kings Bay. Kings Bay Fire Chief Thompson commented, "I was extremely impressed by Chief Dodson and his team, and their professionalism. I was also flattered that they chose Kings Bay to gather information and improve their submarine response capability."

Joint Base Charleston, under the jurisdiction of the United States Air Force Air Mobility Command's 628th

Air Base Wing, located in the City of North Charleston, South Carolina is about 215 miles and 3-1/2 hours North along the East Coast from the Naval Submarine Base at Kings Bay, Georgia.

Yokosuka's Sullivans Elementary School Hosts First Ever Fun-2-Run

Yokosuka, Japan On Friday June 3, 2022 the Commander Fleet Activities Yokosuka (CFAY) Sullivan's Elementary School, sponsored by the school's Parent Teacher Organization (PTO) and the Running Club, hosted their first-ever annual Fun-2-Run Fuji 2.3 Mile Run. The focus of the 2.3 mile fun run was not on winning but rather on experiencing the benefits of running and helping strengthen community bonds through fun and fitness. Participants also had the opportunity to speak with Sullivan's staff about good nutrition and physical activity, a proper warm-up for running, good running form, adequate pacing for distance runs, and a decent cool down after running.

The participants ran in a large loop around the installation, with water stations along the way. Volunteers operated these stations to keep the participants hydrated and motivated. CNRJ Fire & Emergency Services (F&ES) supported this community event as runners ran past the front of the main fire station dousing runners with water with a rain-like effect. And everybody's favorite, Sparky the Fire Dog, was in attendance waving and encouraging all the



runners. "The smiles on the faces of the runners is something I will never forget and gives me the motivation to do a similar event next year," said Laura Nadeau, a 4th-grade teacher at the Sullivans School and coordinator of the event. Nadeau continued, "Many people loved the fire department's involvement, and they were so excited to run under the ladder truck and through the water."

More than 200 participants came out in force to cheer and encourage each other.

June 19 Celebrated as JUNETEENTH Federal Holiday

On June 19th, the Department of Defense recognized the day as a Juneteenth National Independence Day Observance. On Juneteenth we recognize the end of African American slavery in our country and celebrate the resilience, resistance, and liberation of the African American community and their service to our nation.

On January 1, 1863, President Abraham Lincoln issued the final Emancipation Proclamation, declaring that all enslaved persons in the Confederate States of America in rebellion and not in Union hands were freed. After the proclamation during the American Civil War (1861–1865), emancipation came at different times in different parts of the Southern United States as Confederate areas and states fell under Union control. It would be more than two years after Lincoln's proclamation before the last of the enslaved people in the Confederate states were emancipated.

Despite the surrender of Confederate General-in-Chief Robert E. Lee at Appomattox Court House on April 9, 1865, the western Confederate Army of the Trans-Mississippi did not surrender until June 2. On the morning of June 19, 1865, Union Major General Gordon Granger arrived on the island of Galveston, Texas to take command of the more than 2,000 federal troops recently landed in Texas to enforce the emancipation of its slaves and oversee Reconstruction, nullifying all laws passed within Texas by Confederate lawmakers during the war.

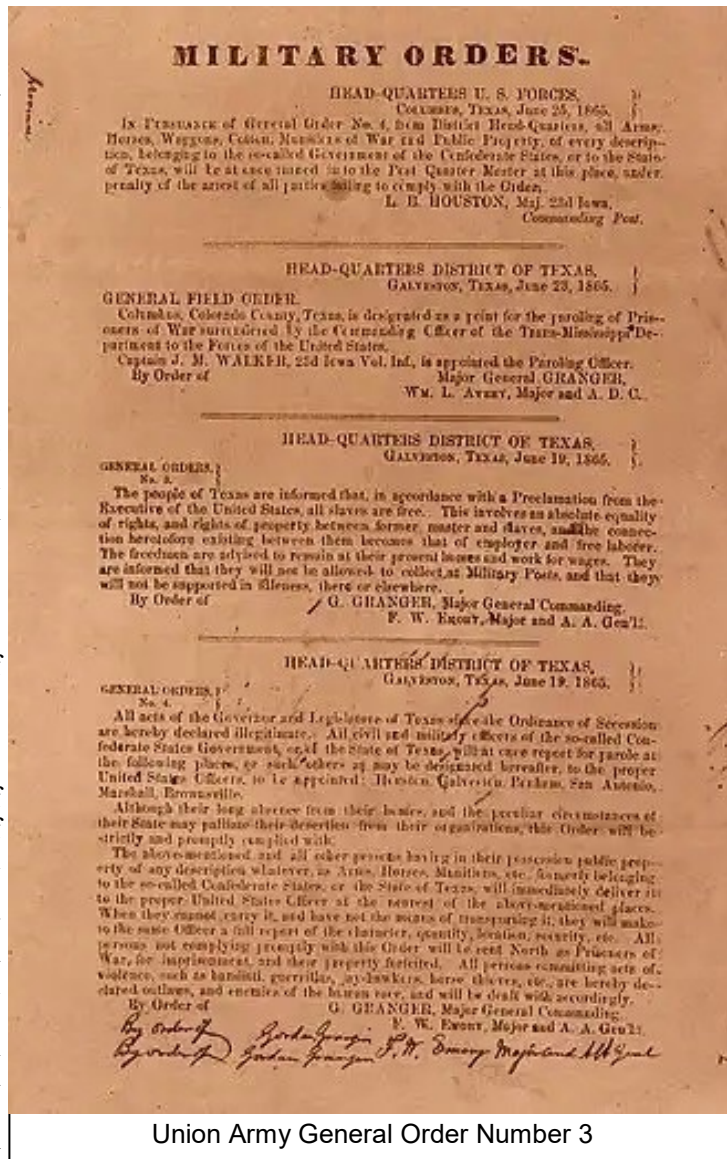
Juneteenth marks the anniversary of the June 19, 1865 arrival of General Granger in Galveston, securing the Union Army's authority over Texas, and announcing General Order No. 3 by proclaiming freedom for enslaved people in Texas. General Granger spoke in Galveston not just of freedom, but "an absolute equality of personal rights."

One year later, on June 19, 1866, freedmen in Texas organized the first of what became annual commemorations of "Jubilee Day."

However, that absolute equality was not immediately realized. Even in times of slavery, brutally enforced

segregation, Jim Crow, and legally enforced inequality, Black Americans fought for their freedom: their right to vote, to hold political office, to pursue education, to hold property, and to ensure their own safety and prosperity. Even when confronted with threats of violence and death, African American leaders and activists created institutions of higher learning, local governance, the arts, faith, and more. Juneteenth calls us to recognize these remarkable achievements and what has been overcome.

The African American journey in the military has also been marked by the struggle for equality. Black Service members have served with distinction throughout the history of our Nation, and their honorable service has been critical in breaking down racial barriers in the military and civilian spheres. However, it has been only 70 years since the signing of Executive Order 9981 ending segregation in the Military Services. The history of explicit inequality is not so far removed.



Union Army General Order Number 3

Sources: Undersecretary of Defense (P&R);
Wikipedia.org; and JUNETEENTH.com



Navy Region Southwest Hosts CPSE Quality Improvement for FES

By: Nick Christensen, Chief of Training, Navy Region Southwest

Commander Navy Region Southwest (CNRSW) Fire and Emergency Services hosted a Center for Public Safety Excellence (CPSE) Quality Improvement for the Fire and Emergency Services (QIFES) workshop at NRSW headquarters in San Diego 16-18 May. The class consisted of 13 agencies across the Department of Defense and focused on updates to the 10th edition accreditation model for current and newly appointed accreditation managers. "This was a great opportunity to bring together our installations across the region and DoD partner agencies to stay current on updates to the model for continued process improvement."

Additional 2022 QIFES workshops geared specifically toward Department of Defense agencies are planned for the USAF Academy, CO, Sept. 9-11; Westover ARB, MA, Sept. 13-15; DLA Richmond, VA, Oct. 18-20; and MCRD Parris Island, SC, Nov. 7-9. Contact CNIC Senior Fire Protection Specialist Chris Handley to register, at christopher.d.handley5.civ@us.navy.mil.



DoD personnel from across the country participate in the DoD QIFES workshop at NRSW Headquarters, San Diego in May 2022

June is Pride Month

The Department of the Navy (DON) joins the Nation in celebrating Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Pride Month, during the month of June. This widely discussed year's theme, "ReUNITED," speaks to the challenges of the past two years to celebrate Pride Month as a community, and the need to further strengthen connections amongst one another.

Pride Month holds great importance to members of the LGBTQ+ community and their allies. It is an opportunity to reflect on the difficulties of the past and to revel in the progress towards a more diverse and inclusive workforce. During this month, we commemorate the September 20, 2011 repeal of Don't Ask, Don't Tell, allowing LGBTQ+ Service Members to serve openly without fear of discharge due to whom they loved. In support of the repeal, the DON, in 2010, led a comprehensive training and certification program "aimed at ameliorating the religious and societal concerns of its members."

Furthermore, Executive Order 14004, "Enabling All Qualified Americans to Serve Their Country in Uniform," signed on January 25, 2021, prohibits involuntary

separations, discharges, denials of reenlistment or continuation of service based on or relating to circumstances surrounding gender identity.

As of 2018, 9.1% of Navy Service Members, and 4.4% of Marine Corps Service Members, are estimated to

openly identify as LGBTQ. They work collaboratively alongside fellow Sailors, Marines, and civilians to develop creative solutions to today's complex naval challenges and they stand in defense of our Nation to execute our mission and defeat our adversaries.

From the fire department perspective, Pride Month is an opportunity for the fire service to recognize the positive impact LGBTQ+ employees have on fire and rescue departments and the communities their departments serve. It is also an opportunity to reflect on the success stories of the LGBTQ+ community and embrace the challenges still faced by those members of the fire and emergency services.

Positive steps to ensure that department employees

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June is Pride Month *(continued from Page 5)*

and members reflect the communities they serve include: leadership, proactivity, outreach, recruiting, hiring, and retention. For more on representing the community served inclusive of all community members, including individuals from the LGBTQ+ community and other underrepresented groups, visit <https://www.usfa.fema.gov/blog/ci-060822.html>.

It's important for everyone, especially leaders, to signal acceptance and safety. Organizational support must be authentic on all levels, from employee resource support to seemingly minor visibility issues, such as an email signature line or the use of preferred pronouns.

These supportive efforts matter because it is extraordinarily difficult to hide parts of yourself. It's exhausting to cover-up part of your life — the parts that make you, you — just because you don't know what would happen or even if you would keep your job if people knew your secret.

Together, we are molding the future of the Department



of the Navy and Navy Fire & Emergency Services, and realizing the limitless possibilities of a collaborative, diverse and inclusive workforce.

Sources: Secretary of the Navy; U.S. Fire Administration

Wappingers Central School District (NY) image



Life Saving Awards

Issued in April & May 2022



Congratulations to these Navy F&ES members...VADM Lindsey signed the following Life Saving Awards in April and May, 2022:

Provider	Region/Installation	Award #	Incident Type
Firefighter/Paramedic Brent Debusk	CNDW – NSF Indian Head	2	Respiratory Distress - Sepsis
Firefighter Erick Stonestreet	CNDW – NSF Indian Head	2	Respiratory Distress - Sepsis
Fire Inspector Daniel Luquette	CNDW – NSA Annapolis	2	Cardiac Arrest – Medical
Firefighter/EMT Bryan Sohn	CNDW – NSA Annapolis	1	Cardiac Arrest – Medical
Firefighter/EMT Alex Galien	CNDW – NSA Annapolis	2	Cardiac Arrest – Medical
Firefighter Tyler Addis	CNDW – NSA Annapolis	1	Cardiac Arrest – Medical
Captain Robert Cappel	CNDW – NSA Bethesda	1	Cardiac Arrest – Medical
Firefighter/Paramedic Ryan Gentzler	CNDW – NSA Bethesda	4	Cardiac Arrest – Medical
Firefighter/EMT Christopher Medina	CNDW – NSA Bethesda	3	Cardiac Arrest – Medical
Firefighter/EMT Todd Kulp	CNDW – NSA Bethesda	1	Cardiac Arrest – Medical
Firefighter/EMT Donald Murray	CNDW – NSA Bethesda	2	Cardiac Arrest – Medical
Firefighter/EMT John Terrell	CNDW – NSA Bethesda	3	Cardiac Arrest – Medical
Firefighter/Paramedic Peter Guitierrez	CNRH – District 2	1	Cardiac Arrest – Medical
Firefighter/Paramedic Cody Coffman	CNRH – District 2	1	Cardiac Arrest – Medical
Driver Operator/EMT Darren Pia	CNRH – District 2	3	Cardiac Arrest – Medical
Firefighter/EMT Hillary Broad	CNRH – District 2	1	Cardiac Arrest – Medical
Firefighter/EMT Joshua Niles-Darcy	CNRH – District 2	1	Cardiac Arrest – Medical
Firefighter/EMT Roy Ogasawara	CNRH – District 2	1	Cardiac Arrest – Medical

SUBASE Celebrates Induction of AC Kenny Jeffery to Hall of Fame

Groton, CT It was standing room only on the Submarine Force Museum pier, as Naval Submarine Base New London (SUBASE) and the Navy Region Mid-Atlantic Fire and Emergency Services District 6 personnel held a ceremony celebrating the posthumous induction of Assistant Chief Kenneth "Kenny" J. Jeffery into the Navy Fire and Emergency Services Hall of Fame on Wednesday May 25, 2022.

U.S. Congressman Joe Courtney (2nd District, CT) joined SUBASE Commanding Officer, Captain Kenneth M. Curtin Jr., and District Chief Thomas A. Clapsadle Jr., along with past and present firefighting colleagues and Jeffery's family in the celebration.

Curtin thanked the more than one hundred SUBASE, federal, and local firefighters attending the event for their presence and their support of the base in major firefighting exercises and mutual aid.

"You exemplify what I've learned about Chief Jeffery," said Curtin. "A firefighter and leader loved by all and remembered not only for his dedication to training, significant contributions, and distinguished service to the Navy Fire and Emergency Services mission, but also for his friendship, sincerity, and commitment in service to others above self. That is something to celebrate today and always."

During the celebration, Jeffery's wife Cathy and son Timothy, who is following in his father's firefighting legacy as a career member of the City of New London Fire Department, unveiled the special fire helmet and crystal award the family received at the Navy's Hall of Fame Induction Ceremony at the National Museum of the U.S. Navy in Washington D.C., on May 18.

As a Class of 2022 Inductee, Chief Jeffery becomes the Hall of Fame's 45th member. He joins two other members from SUBASE New London in the Hall: Chief Hank Vescovi, Class of 2007; and Chief William Hennessey, Class of 2019.

Chief Jeffery was a veteran federal and community firefighter of 32 years when he passed away in the line of duty on December 31, 2003. He was not only Assistant Chief of Operations on the SBFD B-Shift since 1991; but

also served as chief of the Windsor Locks (CT) Fire Department since 1998, and as a longtime instructor at the State of Connecticut Fire Academy.

Since 2004, the Navy Fire and Emergency Services



Hall of Fame has provided individual recognition for significant contributions and distinguished service to the Navy Fire and Emergency Services mission over the course of a career.

More on SUBASE New London in [The Dolphin at www.dolphin-news.com](http://www.dolphin-news.com)

Fire Fit: Where Do You “Fit” In?

By Christopher Connelly, Region Fire Chief, Joint Region Marianas

Firefighter fitness continues to remain a hot topic throughout the service. Regardless of department size, your health and fitness can define whether you have a bountiful career or if early retirement is in your future.



The geographic and demographic nature of where you work may have additional consequences to the duration of your career. For example, frequency of working fires that consequently host by-products of combustion, or an elevated number of medical emergencies that may create chronic stressors such as PTSD.

Those are causal by-products of our profession we simply cannot get around. Additionally, there are plenty of concurrent challenges we face that may add to or subtract from our fitness levels. How much coffee are we drinking per shift, is smoking allowed on duty, how are meals being prepared, and is there a culture of ensuring a physical workout is part of the daily routine?

Several research thesis have reported rates indicating

that 24 to 35 percent of firefighters in the United States were technically obese according to their body mass index percentages. Other linear reports list specific geographic locations as much higher (78 to 88 percent). Many fire service research point-papers have expressed that an epidemic of obesity exist in the fire service.

Research and medical data has expressed that 45 percent of firefighter on-duty deaths are due to cardiovascular events. The concurrent stressors link this health risk to

both health habits and the nexus of the harsh conditions associated fire and emergency response.

Heart disease continues to be one of the main health concerns affecting firefighters. The conditions of our service related to exposure to extreme temperatures, toxic chemicals and overexertion on the job are all contributing factors. Firefighters retain an increased risk of cardiovascular disease, pulmonary disease, cancer, and hearing loss.

It is critical that we control variances where and when we can. We can wear all the PPE, coats, trousers, eye protection, and ear protection, and yes we can mitigate many of our own health risk. We do this by taking a proactive approach through a combination of education, medical screening, and having a disciplined approach on our occupational fitness and performance.

Having a disciplined and healthy meal selection with a sustainable workout routine creates a solid shield of mitigation as we continue to tackle our challenging career choice.

Our career field is well established and we as firefighters are considered to be “Occupational/Industrial” athletes. What these terms boils down to is: frontline workers who put their bodies on the line to perform a critical job function that positively impacts lives beyond their own. We are akin to soldiers who are tasked with long marches that require changing tactics on the fly requiring them to concurrently use their bodies and minds to get the task accomplished. In doing so, we often face the risk of physical and psychological injury, pain and disability.

We must take the appropriate steps to combat these front-and-center dangers of our profession. We need to control the variances within our scope. There are plenty of items outside our control, but mitigation and preparation through maintaining healthy habits will certainly offset many of the items discussed above.

So where do we start? Although we have many athletes in our profession, running marathons and competing in bodybuilding competitions is not necessary.

A daily fitness routine should be encouraging, sustainable and maintain a nexus to the profession. Stretching, moderate weight training and cardiologic exercises should

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Fire Fit: Where Do You “Fit” In?

(Continued from Page 8)

be the focus. Stretching allows the muscles to breathe, oxygenate and reduces stress while increasing the range of motion. Moderate weight training increases muscle stamina and creates use of functional memory often reducing increases levels of lactic acid prevalent when muscles are stressed beyond their normal controls. The use of treadmills, elliptical machines, and stair climbers is always encouraged to get the heart rate up in a safe and controlled environment.

The paragraph above describes situations in a control

environment, however the body craves vitamin D, and thus anytime your activities can take place outside, this method would be preferred. Swim, ride your bike, go hiking, anything to get your body moving.

These small reminders associated with healthy meal plan will certainly assist in mitigating many of the health concerns embedded in our profession.

Get out there and move your body; your career, your family, your co-workers and community are depending on you.

TSP Funds Report a Mixed Bag in May

By: Erich Wagner, Government Executive Magazine, www.govexec.com

Although the widespread volatility that engulfed financial markets in recent months continued in May, at least some funds in the federal government’s 401(k)-style retirement savings program were able to claw their way back into positive territory.

The Thrift Savings Plan’s reported returns for May only reflect their performance through May 26, when much of the program’s functionality went offline to facilitate the transition to a new recordkeeper, which went live Wednesday with new website functionalities, a mobile app, and access to a window of around 5,000 mutual funds. TSP spokeswoman Kim Weaver stressed that since participants’ funds remained invested during the blackout window, any changes to the returns between May 27 and May 31 will be reflected in June’s TSP returns report next month.

The international stocks of the I Fund saw the best performance in May, gaining 1.19%. So far this year, the I Fund has fallen 11.69%. And the fixed income (F) fund ended the reporting window 1.13% in the black, bringing its 2022 performance to -8.30%.

The G Fund, which is made up of governmental securities and grows at a statutorily mandated rate, gained 0.21%. Since January, the G Fund has gained 0.86%.

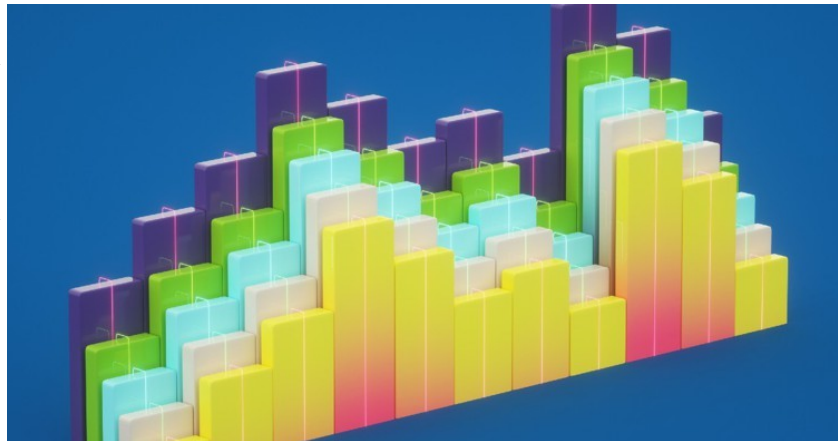
But the common stocks of the C Fund continued their downward trajectory, finishing the May reporting window 1.65% in the red. So far this year, the C Fund has lost 14.35% in value. And the small- and mid-size businesses in the S Fund fell 3.53% in value last month, bringing the fund’s 2022 performance to -21.69%.

Only the most conservative of the TSP’s lifecycle (L) funds, which shifts to more stable investments as participants get closer to retirement, ended the month in the

black. The L Income Fund, for participants who already have begun making withdrawals, grew 0.04%. The L 2025 lost 0.15%; L 2030, 0.35%; L 2035, 0.41%; L 2040, 0.48%; L 2045, 0.54%; L 2050, 0.61%; L 2055, 0.89%; and L 2060, 0.89%.

So far this year, the L Income Fund has lost 3.29%; L 2025, 6.18%; L 2030, 8.90%; L 2040, 10.77%; L 2045, 11.59%; L 2050, 12.33%; L 2055, 14.33%; and L 2060, 14.33%.

With the TSP’s new systems now online, participants



must go to tsp.gov to set up a new login to access their account on both the web site and mobile app. Once logged in, participants will be able to see a personalized dashboard with information about their account performance and they now can change

their investment options both by web and by mobile, as well as electronically sign documents, among other new features.

Erich Wagner is a staff correspondent covering pay, benefits and other federal workforce issues. He joined Government Executive in the spring of 2017 after extensive experience writing about state and local issues in Maryland and Virginia, most recently as editor-in-chief of the Alexandria Times.

Govexec.com image

Reprinted with permission of Government Executive Magazine / Govexec.com

Naval Station Guantanamo Bay EMT Graduation

By: Kevin Mathieu, Assistant Chief, Naval Station Guantanamo Bay, Cuba



Guantanamo Bay (Cuba) Three members of Guantanamo Bay Fire & Emergency Services recently graduated from a local Emergency Medical Technician (EMT) course. On June 7, 2022, Captain Omar Burchell along with Firefighters Romario Myers and Kareff Ho-Sang completed a five-week, in-residence course taught by Naval Hospital Guantanamo Bay personnel. This 200 hour-plus course covered all aspects of pre-hospital care to include ambulance operations, pharmacology, anatomy, central nervous system, and countless others. This class represented the fourth EMT class that consisted of

students from both the Naval Hospital and Fire & Emergency Services.

Guantanamo Bay's (GTMO) isolation (there are no mutual aid partners) requires this type of joint training opportunity. Should a mass-casualty event strike GTMO, installation first responders must be prepared to take care of their own. Fifteen firefighters have completed the joint-effort training within the past 18 months. This course is sanctioned by the National Registry of Emergency Medical Technicians (NREMT). Students must pass seven tests, multiple quizzes, one mid-term exam and one final exam. Only after passing all the written tests can students attempt to take the hands-on practical evaluation. This evaluation consists of the following stations: Patient Assessment/Trauma, Patient Assessment/Medical, Bag Valve Mask (BVM) Ventilation and Oxygen Administration, Spinal Immobilization, Bleeding/Shock Management, Cardiac Arrest/AED Management and Joint/Bone Immobilization.

Successfully completing this course enables students the opportunity to take the challenging NREMT certification test. Until recently, GTMO's Firefighters were only trained to the Emergency Medical Responder level. Upgrading to EMT enables firefighters to operate under a wider spectrum of care that includes oxygen therapy, upgraded airway management skills, spinal immobilization and advanced shock management skills. These skills will improve the pre-hospital care received by patients in the field and provides hospital staff a more timely and in-depth initial assessment.



Turning the Page

A regular feature highlighting Navy Fire & Emergency Services retirees...their stories and memories, and where they are today.



*Turning the Page
is on a brief
hiatus, and will
return in our July
issue.
Retirees, please
send us your
story!*

Firefighters-Captains-Inspectors...Willing to be highlighted in Turning the Page?

If you are a Navy F&ES retiree please email the following to john.k.janney.civ@us.navy.mil

- ◆ Name, last position held, installation retired from. A photo would be nice (current or "historical").
- ◆ Highlight(s) of your career (or particularly enjoyable aspects of your career). Anything from a bulleted list to a couple of sentences to paragraphs, whatever you want to provide.
- ◆ What have you been doing since retirement?
- ◆ What advice would you offer to a young member just entering the Federal Fire Service? (or an older member!) ... Please keep comments positive and "G-rated."

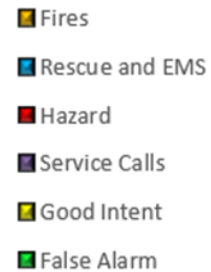
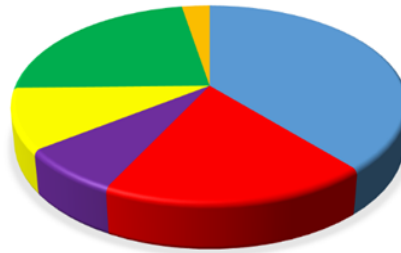
Navy F&ES Data/Analytics: ESAMS Corner

By Angela Jordain, ESAMS Fire Technical Support

Calendar Year 2022 Statistics (01 Jan – 13 Jun)

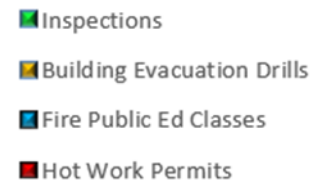
Operations

Total Incidents –	24,802
Rescue & EMS –	5,554
Hazardous –	4,595
False Alarm –	5,579
Service Call –	1,815
Good Intent –	2,465
Fires –	673



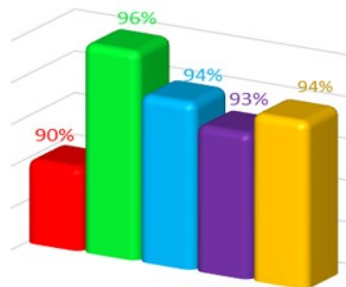
Prevention

Building Evacuation Drills –	1,436
Hot Work Permits Issued –	12,375
Fire Inspections Completed –	13,498
Public Education Classes –	1,175



Training

Proficiency, Skills, & Practice –	90%
Emergency Management –	96%
EMS –	94%
Safety Training –	93%
DoD Certification –	94%



F&ES On Duty Mishaps Report CY 22

Mishaps Reported – 68
Total Lost Work Days – 610



Back in the Day: Navy Runway Foam Trucks:

By Tom Shand

Aircraft rescue firefighting has changed significantly over the decades since the introduction of powder foam and high pressure fog technology. The original foam consisted of the mixing of sodium bicarbonate and aluminum sulfate, along with a small amount of saponin (foaming glycosides, or "soap") for use in hand held fire extinguishers. In later years chemical foam hoppers were carried on apparatus where the two powders would be mixed together for use in hand lines.

During the 1940's a liquid protein foam was developed which could be mixed with water to provide higher application rates for use on crash trucks.

As a result of lessons learned during World War II aircraft crash truck design evolved to provide units capable of increased discharge rates using both roof turrets and hand lines during major incidents. These larger crash trucks were supplemented by rigs outfitted with John Bean high pressure fog fire pumps capable of producing 70 gpm at 600 PSI through booster lines that could rapidly be deployed by the crash crew.

The January, 1976 issue of the Lifeline, published by the Naval Safety Center introduced one of the largest ARFF vehicles ever operated by the U.S. Navy. Dubbed the 7230, this vehicle was developed by Naval Facilities Engineering Command and was officially known as a specialized runway foamer, resupply firefighting vehicle. As originally conceived this rig could dispense protein foam to apply a foam blanket on a runway using a three section, twenty four foot wide spreader bar. This appliance could apply a four inch thick foam blanket on a half-mile long runway with a drain time of up to four hours.

The 7230 consisted of an Army surplus model M131 tandem axle fuel trailer mated to a former Seabees M818 truck tractor. The tractor was built by AM General and powered by a Cummins NHC-250 engine with a five speed manual transmission and built on a 167 inch wheel-

The 7230 was an impressive unit equipped with a 5,000 gallon water tank, 300 gallons of AFFF foam and 500 gallons of protein foam. A rear mounted 1,000 gpm fire pump was powered by a Chrysler 225 horsepower motor and supplied a roof-mounted, manually controlled turret rated at 800 gpm with a stream reach of 240 feet.

The fire pump also supplied a manifold with four 2.5 inch dis-



1968 AM General/1976 Gibson Fire Apparatus, NAS Miramar Crash-49. Photo by Garry Kadzielawski, November 1985.

charges along with a mid-body booster reel equipped with one hundred feet of 1 inch hose and fog nozzle. The trailer was also outfitted with a 60 gpm foam transfer pump along with three 1.5 inch discharges used for water transfer to MB-1 crash trucks.

Gibson Fire Apparatus completed the first 7230 on May 28, 1975 at a cost of approximately \$30,000 and underwent additional acceptance and operational training at NAS Norfolk shortly thereafter. On June 25, 1975 a major fuel tank fire started in Richmond, Virginia and the following day local fire officials reached out to the U.S. Navy for assistance to extinguish the fire in the one million gallon tank. The Navy sent firefighting resources including two MB-1 crash trucks along with the 7230 runway foamer and 119 50-gallon drums of AFFF for resupply. The two acre size fire was contained and extinguished within two hours.

These unique runway foam trucks were initially delivered to naval installations at Bermuda, Guam, Guantanamo Bay, Miramar, Norfolk, and Oceana as well as Adak, Keflavik, Rota and Subic Bay. Back in the Day, Gibson Fire Apparatus also produced some single axle tankers

Note: The Navy discontinued the practice of foaming the runway after several studies concluded it was not effective.

Momentum: Navy Civilian Employee Assistance Program

Improving the life-mind-body connection

It's important to recognize the vital connection between your body and mind if you want to live a balanced, healthy life. To improve your mind-body health:

- Relax your mind and body regularly. This helps you ward off stress, anxiety, depression, sleep problems and more. Try deep breathing (which helps your brain calm down and relax), guided imagery (imagining yourself in a serene setting), progressive muscle relaxation (which can alleviate sleeping problems), mindfulness meditation (awareness and acceptance of moment-to-moment experiences) or yoga.
- Laugh. Laughter increases creativity, reduces pain and speeds healing.
- Get enough sleep. Not getting quality sleep can increase your risk of accidents, high blood pressure and feeling depressed. Adequate sleep helps repair cells overnight that have been damaged by stress, fatigue and muscle strain.
- Find a physical activity that you enjoy. Most people are happier, less stressed and sleep better when they're active.

Legal services

Has a difficult legal issue been keeping you up at night? Through your program, receive one free 60-minute consultation with an attorney per issue—in areas such as divorce, bankruptcy, property and custody disputes, wills, estates, living trusts and more. Visit your program website to explore state-specific forms and a full legal library.

Contact your program

24/7/365

for confidential, no-cost help for you and your household members.

Live Webinar—Learn to use mindfulness to enhance your health and wellness via *The Life-Mind-Body Connection*, a webinar on Wednesday, July 13.

DON CEAP
1-844-DON-CEAP (TTY 711)
MagellanAscend.com

Working on Wellness

Being social lifts you up

- Your ability to bounce back from tough times is enhanced if you have social support. This could be family, friends or co-workers. Try to build relationships with those who are positive and who help you laugh and feel good.
- Remember that social support is a two-way street. Helping other people builds the social bonds that keep you resilient. Demonstrate to your social connections that they can count on you. Show interest in their families, jobs, interests and dreams.

Managing Work-Life Flow

Focus on wellness

Your mind and body are powerful allies. They communicate via a shared chemical/hormonal language that regulates your daily health and helps you face challenges. While the body releases hormones to help you deal with stress, it's important not to have too much stress at once, or long-lasting stress. This can lead to illness. If you focus on relaxing your mind and body, the feelings of stress will ease, and you'll return to a calm state—both physically and mentally.

Magellan
HEALTHCARE.

Production Team / Editor's Note:

Since the retirement of Ricky Brockman and unexpected illness of Gene Rausch the "relief publishing team" has been trying to "catch up" to a publication standard and timeline that meets your expectations, as well as the contemporaneous calendar and current events. So as we've tried to catch up, you may have received the newsletter well after a featured theme or monthly observation.

Unfortunately we experienced several unavoidable work interruptions this month.

While diligently working to finalize this edition, we realize this edition is 'late' and apologize.

Please submit your articles, stories, photos, and other interesting information for next months and future issues to gary.m.easley.civ@us.navy.mil and carl.b.glover.civ@us.navy.mil and we will try to incrementally move toward an earlier-in-the month publication. Please submit retiree bios for "Turning the Page" to john.k.janney.civ@us.navy.mil. We appreciate your understanding.

Around Navy F&ES in Pictures



Making rainbows during apparatus testing at Naval Air Station Patuxent River, MD



CPSE Quality Improvement for Fire & Emergency Services class photo on the flight deck of the USS Midway Museum in San Diego. The QIFES workshop was hosted by Navy Region Southwest Fire & Emergency Services in May.

Around Navy F&ES in Pictures (cont)



Naval Undersea Systems Center New London Engine 2, a 1963 International R-190,
General Safety Equipment USN #73-01733

International Pumper In the May 2022 newsletter we ran a photo in the “Around Navy FES in Pictures” section of CNIC staff at the Firefighter Memorial at Goodfellow Air Force Base that featured a 1968 International R 185, a former Navy pumper on display there.

A curious reader inquired as to who the fire truck manufacturer was. We consulted with resident historical expert Tom Shand, who told us: “Between 1966 and 1968 most all of the Navy pumpers built on the International R-185 chassis were constructed by Fire Trucks Incorporated of Mount Clemmens, Michigan. But their bodywork was different than the one in your picture, so after looking at some other images that I have in my collection, this rig was built by General Safety Equipment of North Branch, Minnesota.”

“The attached photo of a 1963 International pumper from NUSC New London shows a similar arrangement of the pump panel controls and bodywork that I am pretty confident that the rig on display at Goodfellow was built by General Safety.”

Thanks, Tom!



NFA Executive Fire Officer

Session 1 (of 5) of the new National Fire Academy Executive Fire Officer (EFO) cohort in Emmitsburg, MD in June.

Eastern Virginia is well represented in the new cohort with: Navy Region Mid-Atlantic’s Jason Kinlaw (top row, far left), James City County’s Brian Heinsman (top row, far right), and the City of Virginia Beach’s Jeff Meyer (bottom row, far left).

Session 1 is a 10-day residency addressing the relationships of leadership for self, organization, and community.

Around Navy F&ES in Pictures (cont)



More photos from
Sullivans Elementary
School's (Yokosuka,
Japan) first ever
Fun-2-Run Fuji
2.3 mile fun run.

Photos courtesy
Commander Navy Region
Japan Fire & Emergency
Services.

*Did you know
the height of
Mt. Fuji?*

*The answer is:
3,776 meters,
equivalent to
2.3 miles.*



Around Navy F&ES in Pictures (cont)

Navy, Federal Firefighters Well-Represented at Virginia Officer Academies

This year's Virginia Fire Officer Academy and Virginia Chief Officer Academy were held June 5-10, 2022 at the College of William & Mary in Williamsburg, VA.

Both academies are week-long residential leadership courses. The Chief Officer Academy prepares the newly appointed or prospective chief officer for leadership challenges they may face. The program includes sessions with fire service leaders from across the Commonwealth. The VCOA staff and instructors guide students on a journey starting with personal leadership and leading to executive level leadership.

The Fire Officer Academy develops current or aspiring company officers. The theme of the VFOA is "Safety through Leadership" and is based on the National Fallen Firefighters Foundation's 16 Firefighter Life Safety Initiatives. The program is focused on improving leadership techniques, personal accountability, and fostering cultural change required to improve firefighter safety.

Navy Region Mid-Atlantic's Captain Troy Ellis graduated from the VFOA in 2019, and has served on the academy staff in 2021 and 2022. 2022 was Battalion Chief George Beodeker's first year on the Chief Officer Academy faculty. Firefighter-EMT Joe Tabor graduated from the 2022 Fire Officer Academy.



From left, Navy Region Mid-Atlantic's Battalion Chief George Beodeker, Firefighter-EMT Joe Tabor, and Captain Troy Ellis.



From left, staff and faculty
B/C Jack McGovern
(Fredericksburg, VA F.D.),
A/C Todd Spruill (Richmond,
VA F.D.), B/C
Robert Washington
(Williamsburg, VA F.D.), B/C
George Beodeker (Navy
Region Mid-Atlantic F&ES),
Capt. Tim Fury (Camp Perry
F.D.), and B/C Lee Ward
(Williamsburg, VA F.D.).

Not pictured: B/C Randolph
Feltner, Naval District
Washington

Navy F&ES Points of Contact



Navy F&ES Hall of Fame



Navy Fire & Emergency Services (N30)

Commander, Navy Installations Command
716 Sicard Street, SE, Suite 305
Washington Navy Yard, DC 20374-5140

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	<div>Fire Protection Specialist VACANT</div>	<div>Program Analyst VACANT</div>	

Navy F&ES Hall of Fame

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| 001 William Killen, 2004 | 016 Frank Brannigan, 2010 | 031 Gerald Makowski, 2017 |
| 002 James Manser, 2005 | 017 Lewis Meyer, 2010 | 032 Gelacio Rodriguez, 2017 |
| 003 Clarence Rout, 2006 | 018 Roy Grubbs, 2010 | 033 John McDonald, 2017 |
| 004 David Butler, 2006 | 019 Orville Emory, 2011 | 034 Dudley King, 2018 |
| 005 Alvah Cuthriell, 2007 | 020 Charles Peters, 2011 | 035 Eugene Carmody, 2018 |
| 006 George McGuigan, 2007 | 021 Douglas Thomas, 2011 | 036 Robert Williams, 2018 |
| 007 Waverly Sykes, 2007 | 022 Charles Gindele, 2012 | 037 Jerry Sack, 2019 |
| 008 Hank Vescovi, 2007 | 023 John Wentzel, 2012 | 038 William Hennessey, 2019 |
| 009 William Albrightain, 2007 | 024 Leroy Ellis, 2013 | 039 Robert Tofson, 2020 |
| 010 Daniel Marshal, 2007 | 025 Dr. Richard Tuve, 2013 | 040 Michael Jones, 2020 |
| 011 Nicanor Benavidez, 2008 | 026 John Arruda, 2014 | 041 George Kennett, 2021 |
| 012 Haraldur Stefánsson, 2008 | 027 Augustus Bowling, 2014 | 042 Glenn DeLaura, 2021 |
| 013 William Beniker, 2008 | 028 Robert Darwin, 2015 | 043 Joseph Thompson, 2022 |
| 014 William Thomann, 2009 | 029 James Meagher, 2016 | 044 Stuart Cook, 2022 |
| 015 Harry Tegen, 2009 | 030 Frederick Seibel III, 2017 | 045 Kenneth Jeffery, 2022 |

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