From the Director
Carl Glover, Director (N30), Commander, Navy Installations Command

As we welcome spring, I am excited for all the positive progress with CNIC Installation and Region F&ES departments. Our firefighters have recently participated in a large number of Shipboard Major Fire Drills, Inspector General Visits, and various other assessments of our departments, and for the most part these evaluations validated our personnel are performing well to support our mission. We certainly have some lessons learned and areas for improvement; and as a result we will continue to improve interoperability and integration with ship forces and mutual aid partners.

Additionally, I review each CNIC life-saving and significant achievement award, again these awards provided Navy leadership the opportunity to provide recognition and increase their awareness of incidents at installations where F&ES performance make a true life-saving difference. (See page 11).

The DoD F&ES Working Group recently completed meetings at the DoD Fire Academy at Goodfellow AFB, Texas. While in Texas, the Military Firefighter Heritage Foundation (MFHF) presented their annual awards. Representing the Navy, Chief James LaConte (retired) was inducted into the 2022 MFHF Hall of Fame, along with four other highly deserving DoD retired Fire Chiefs. Fire Chief Hoyd Sanders (USAF retired) was selected as this year’s MFHF Lifetime Achievement Award recipient. All recipients are highly deserving members of the DoD fire community; special thanks to the MFHF and the Fire Academy Staff for conducting a truly outstanding event.

Thanks to all the DoD F&ES Staff who serve: Protecting Those Who Defend America.

Carl

NB Ventura Fire Captain Runs his Tenth L.A. Marathon for CA Fire Foundation
By: Mark Wampler, Assistant Chief, NB Ventura (CA)

Navy Region Southwest (NRSW) Naval Base Ventura County (NBVC) Federal Fire Department Point Mugu Fire Captain Rudy Marin ran the 26.2 mile Los Angeles Marathon in full PPE & SCBA on March 20, 2022 while proudly carrying the American flag in support of the California Fire Foundation. This was Captain Marin’s 10th consecutive L.A. marathon and his 6th wearing firefighter PPE.

Continued next page...
Fed Fire Ventura Captain Runs his Tenth L.A. Marathon for CA Fire Foundation (continued from Page 1)

This year’s race had over 20,000 participants and started at Dodger Stadium and finished at Avenue of the Stars in Century City. Captain Marin ran to honor those who died in the line of duty from traumatic injuries and job-related illnesses. He raised donations to benefit fallen heroes, offer scholarships to children of fallen firefighters, provide aid to victims of fire or other natural disaster, and provide fire safety resources to underserved communities across California.

Rudy said, “As long as I’m alive, I’m going to make sure they’re remembered”. His dedication is evident every shift he works at Fed Fire Ventura and his passion to support the California Fire Foundation is well known across the state of California.

Captain Marin was awarded a commemorative “Gold Medal” for his 10th LA marathon in a row. We at NBVC are extremely proud of Captain Marin’s commitment to help others and dedication to carrying on the Fire Service tradition of excellence.

Guantanamo Bay Firefighters Receive Lifesaving Awards
By: Nikki Maxwell, NSGB Public Affairs Office

Four local heroes were recognized recently for their quick life-saving actions on Nov. 5, 2021, when they tapped into their training to provide urgent care to a victim of cardiac arrest, as a result of drowning. During a special ceremony at NAVSTA Guantanamo Bay Fire Station 1, NSGB Commanding Officer CAPT Sam White presented the "Certificate of Life Saving" awards to NSGB Lead Firefighter Kadian Green, Firefighter Raymond McIntosh, Firefighter Dushane Powis and Firefighter Dewayne Brown.

Speaking directly to the awardees CAPT White said, "Your training and quick actions made a life or death difference for that person and his family." He continued,"There is no award great enough to show you how much we appreciate what you did that day, and what you all continue to do for us every day here, behind the scenes. I am so grateful for what you all do every day to protect us, especially in moments like that day (in November) when your team saved someone's life!"

Navy’s Southeast Region Chiefs Meet
By: Deputy Fire Chief Jason Krause, CNRSE

Fire Chiefs from Commander, Navy Region Southeast gathered for the first time in over 3 years to discuss several issues across the enterprise. This gave fire chiefs an opportunity to familiarize themselves with Navy protocols and processes.

During the three day meeting, fire chiefs were able to address issues such as funding, manpower, hiring process, labor issues, and dispatch procedure directly with CNRSE representatives as well as participating in a teleconference with CNIC HPD Carl Glover, which proved very helpful.

Regional Program Manager Rodolfo Gonzales said, “With seven new fire chiefs, I felt it was time to meet face-to-face and allow fire chiefs to hear from the experts on several issues and gave me a better understanding of installation issues to take forward to CNIC. It also allowed us an opportunity to recognize our Annual Award Winners and all the hard work our firefighters are doing on a daily basis”.

Bravo Zulu to Chief Dan Chiapetta and his entire staff for hosting this years CNRSE fire chiefs meeting. His team did a phenomenal job in organizing this huge event.
Three Navy Agencies Accredited by CFAI in March

The Commission on Fire Accreditation International (CFAI) conferred Accredited Agency status on three Navy Fire & Emergency Services agencies at hearings conducted March 22 and 23, 2022 in Orlando, Florida. The three agencies are included in the more than 300 agencies to achieve Internationally Accredited Agency status with the CFAI and the Center for Public Safety Excellence, Inc (CPSE).

Fire & Emergency Services organizations at NAS Fort Worth (TX), Navy Region Mid-Atlantic - NWS Earle (NJ), and NSA Panama City Fire & Emergency Services (FL) received Accredited Agency status in March.

CFAI assists the fire and emergency service agencies throughout the world in achieving excellence through the self-assessment and accreditation model to provide continuous quality improvement, and enhancement of service delivery to their communities.

The process is voluntary, and provides an agency with an improvement model to assess their service delivery and performance internally, and then work with a team of peers from other agencies to evaluate their completed self-assessment and performance.

Continued next page...
Three Navy Agencies Accredited by CFAI in March (Continued from Page 3)

Captain Edward L. Callahan, the Commanding Officer at Naval Weapons Station Earle, is a strong advocate of this model, and led the MIDLANT Fire & Emergency Services staff delegation at the hearing in Orlando. Captain Callahan said, “I could not be more proud of my Fire and Emergency Services team for taking on this accreditation challenge. Achieving accreditation was validation of what I already know based on the day to day determination of my team to meet and exceed all requirements daily. I have been able to sleep very well on the installation knowing my team is well prepared and ready to execute any and all emergency situations that may come their way.”

According to Nick Hagan, the Accreditation Manager at NAS Fort Worth, “Accreditation is a tool to ensure that the community we serve will ALWAYS find comfort in knowing that we are an organization that is committed to delivering the highest standards of care and service, through constant analysis and process improvement.”

MCAS Miramar Fire Department in San Diego (CA) and Marine Corps Air Station Iwakuni, Japan also received Accredited Agency status.

Other DoD fire & emergency services departments accredited in March were the Air National Guard 115th Fighter Wing’s Truax Field in Madison (WI), and Fort Knox Fire & Emergency Services (KS).

CPSE Reaches 300 International Accredited Agencies

From: Center for Public Safety Excellence

In March 2022, the Commission on Fire Accreditation International (CFAI) awarded its 300th accreditation. With a current total of 301, this is the highest ever number of accredited agencies. Formed in 1996 to award accreditation to fire and emergency services agencies worldwide, today CFAI, along with the Commission on Professional Credentialing, operate within the Center for Public Safety Excellence (CPSE).

“This tremendous achievement is the direct result of the dedication of CFAI accredited agencies, led by outstanding leaders in the fire and emergency services,” commented CPSE Board President Jeff Pomeranz, City Manager of Cedar Rapids, Iowa. “We live in safer communities because of the unprecedented commitment to continuous improvement by accredited agencies and their members every single day.”

From its inception, CPSE has valued having a diversity of involvement from organizations, including the International Association of Fire Chiefs, the International City/County Management Association, the International Association of Fire Fighters, the National Fire Protection Association, the Insurance Services Office, and the Department of Defense on our board and commissions.

The mission of CPSE to lead the fire and emergency services to excellence through the continuous quality improvement process of accreditation, credentialing, and education is carried out in large part by a legion of dedicated volunteers. Hundreds of individuals over the last 25 years have contributed to this milestone achievement by developing the CFAI accreditation model and serving as CFAI commissioners, team leaders, and peer assessors.

“Reaching the milestone of 301 accredited agencies is an incredible achievement. The milestone is not reached without the countless hours put in by the volunteer team leaders and peer assessors” shared CFAI Chair Steve Dirksen, CFO, Fire Chief of the Fargo (ND) Fire Department. “Our volunteers are the heart and soul of what makes the model work. I want to extend my sincerest thanks to all who volunteer to ensure continuous quality improvement for those agencies who embrace the CFAI model.”

Agency accreditation is a process by which departments undergo a voluntary and thorough self-assessment focused on identifying strengths and areas for improvement. The accreditation process provides a framework for determining community needs and demonstrating that they are being met. CFAI awards accredited status to agencies following a peer review of agency documents and a site visit. In March 2022, CFAI met in Orlando, FL for two days of accreditation hearings. During this round of hearings, seven new agencies and 13 renewing agencies were accredited.

“Agencies that engage in continuous improvement efforts like seeking accreditation are to be commended for approaching their work in a human-centered and progressive manner”, highlighted CPSE Chief Executive Officer Preet Bassi. “Agencies that remain accredited and implement prevailing, leading, and emerging practices enjoy a positive culture shift in their organizations.”

Beginning with 13 alpha and beta test agencies in the late 1990s, CPSE has experienced significant growth in the number of CFAI accredited agencies in recent years. CFAI accredited agencies are city, county, and district departments as well as Department of Defense and industrial installations. Some are smaller agencies, protecting as few as 1,000 residents, and others are larger, protecting
MIDLANT Promotes Patterson to District Chief, Fire District 3

Norfolk (VA) Navy Region Mid-Atlantic Fire Chief Kevin Janney recently announced the promotion of Assistant Chief Cedric Patterson to District Chief of CNRMA’s Fire District 3. The district includes six stations at NAS Oceana and Dam Neck Annex, Joint Expeditionary Base Little Creek-Fort Story, and Auxiliary Landing Field Fentress.

Prior to coming to Mid-Atlantic in 2019 he served as Assistant Chief of Operations at Joint Base San Antonio (JBSA) – Lackland Air Force Base.

Chief Patterson began his career in Federal Service in 2000 as a probationary firefighter assigned to Brooks AFB, shortly after being honorably discharged from the Marine Corps.

Patterson, a native of Houston, TX, graduated from Park University with a Bachelor of Science Degree (Cum Laude) in Organizational Management (2005). He graduated from the University of Houston-Victoria with a Master of Business Administration Degree in Strategic Management of Organizations in 2011. In 2016, Chief Patterson completed the Fire Service Chief Executive Officer course at Texas A&M’s Mays Business School. He is a current candidate for the Public Leadership Credential from the Harvard Kennedy School of Government.

Patterson was selected as the CNRMA F&ES Civilian Fire Officer of the Year in 2021.

2022 Firefighter Safety Stand Down Resources Now Available

From: SafetyStandDown.org

The 2022 Firefighter Safety Stand Down will take place the week of June 19-25, and this year’s theme is “Situational Awareness: The Foundation of Good Decision Making.”

Situational awareness during response operations can help firefighters solve problems, prevent bad outcomes, and make better decisions in high stress environments.

During Safety Stand Down week, five daily focus areas will highlight situational awareness during various incident types. The daily focus areas are:

- Monday: Structure fires.
- Tuesday: EMS.
- Wednesday: Wildland incidents.
- Thursday: Roadway response.

Departments are asked to suspend all non-emergency activities during the week to focus their attention on safety and health education efforts around this year’s theme.

Many resources have been posted to the Resources page on SafetyStandDown.org. These can be used to start planning activities within your own department for the week.

In the months leading up to Safety Stand Down, organizations are encouraged to submit their own activities they are planning for the week, safety and health resources, media coverage and success stories. These shared stories, media, and resources will then be featured on SafetyStandDown.org for the benefit of all participants.

The National Fire Protection Association (NFPA) will host the annual Safety Stand Down Quiz to raise awareness and foster a greater understanding of this year’s theme. Everyone who completes the online quiz will be automatically entered into a sweepstakes. Two hundred randomly selected participants will win a commemorative Safety Stand Down challenge coin.

Safety Stand Down week is a joint initiative of the International Association of Fire Chiefs (IAFC) Safety, Health and Survival Section, the National Volunteer Fire Council (NVFC), the National Fire Protection Association (NFPA), and the Fire Department Safety Officers Association (FDSOA).

CPSE Reaches 300 Accredited Agencies

(Continued from Page 4)

populations of nearly 3 million. They can be found in the United States, Canada, Germany, Greece, Italy, Japan, Qatar, Saudi Arabia, Spain, and the United Kingdom.

In August 2022, CFAI will hold another round of hearings in Denver, CO. During these hearings, it is anticipated that some of those beta agencies will receive accreditation for a sixth time, having been accredited for 25 years.

According to CPSE, there are eighteen (18) Navy Fire & Emergency Services departments / districts with Accredited Agency status.

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Patterson was selected as the CNRMA F&ES Civilian Fire Officer of the Year in 2021.
National Public Safety Telecommunicator Week Celebrated

By: Sandra Dudgeon, Dispatch Supervisor, CNRMA Regional Dispatch Center

Between the thin red line, the thin white line, and the thin blue line lies the thinnest gold line. This gold line represents those who rarely are seen but mostly are heard. Dispatchers – the golden link that holds it all together.

As a tribute to those voices, National Telecommunicators’ week was celebrated during the week of April 10-16, 2022. This week of acknowledgement began in 1981 when Patricia Anderson of the Contra Costa County Sheriff’s office in California made the decision to honor the dispatchers in her county. In 1994, President Clinton signed Presidential Proclamation 6667 dedicating the second week in April to honor the commitment, service, and sacrifice of those that are ever present to serve their communities but are never seen. They work long hours to listen to those in crisis, send help, and provide emergency medical care when needed.

This year we celebrated those behind the scenes that connect those in need of emergency services with those who respond when called. The CNRMA Region Dispatch Center (RDC) located in Norfolk, VA serves military personnel and civilians on 14 installations throughout the region. The number will increase to 17 as we add the last dispatchers and 20 support staff including Training Specialists, Supervisors, IT Specialists, and Management. These dedicated personnel answer calls for service 24 hours a day, 7 days a week, 365 days a year. They provide support to fire, EMS, and security personnel. Dispatchers are present on the weekends, on holidays, and during inclement weather. There are not enough words to convey how important these people are to the CNRMA community.

To the dispatchers that have dedicated their time to serve, THANK YOU!

Fed Fire History: Pre-Navy

Federal Fire Supports Hampton

Hampton, VA (1884) A devastating fire destroys over a quarter of the town of Hampton. Begun in a harness shop and dry goods store on West Queen Street, the fire spread quickly in windy conditions, consuming most of the businesses on the western side of King Street.

Hampton had no fire department, and firefighters from Hampton Institute (now Hampton University), the National Soldiers’ Home (now the V.A. Medical Center), and Fort Monroe rushed across the Hampton River to battle the blaze. Their assistance prevented the fire from consuming the entire town. In the wake of the disaster, volunteers formed the first Hampton fire company later that year.

Hampton University, The Hampton V.A. Medical Center, and Fort Monroe (BRAC’ed in 2005-2011) no longer maintain fire departments today. Today the City of Hampton’s ISO Class I department enjoys automatic aid with Langley Air Force Base, and the cities of Newport News and Norfolk. York County and Navy Region Mid-Atlantic supplement City of Hampton responses when required.

Find more Fire Department history in the Hampton History Museum’s online collections at: https://hampton.gov/119/Hampton-History-Museum.
By: Shaina Marie O’Neal, Joint Region Marianas

ASAN, Guam – First responders from Joint Region Marianas (JRM), Naval Base Guam (NBG), and Helicopter Sea-Combat Squadron (HSC) 25 participated in aerial wildland firefighting coordination training at the Naval Magazine in Santa Rita, April 19.

The training aimed to improve air to ground interoperability when responding to wildfires in Guam.

“Having a bird’s eye view can actually give us a little better direction of where the fire’s moving, who’s actually going to be threatened, and it’ll help us organize our thought process should any kind of evacuation start needing to be held,” JRM Region Fire Chief Christopher Connelly said. “We’re all in this together, and for us to be able to launch the U.S. Navy aircraft and get water deployed in a quicker manner, prevents the spread of the fire, it prevents the environmental impacts of fire spread, safeguards the structures, as well as for us responders, we don’t necessarily have to go as deep into the wildland fire and put some of our crews at risk as well,” Connelly said.

During the training, HSC-25 crew members familiarized JRM and NBG Fire and Emergency Services (FES) personnel with their helicopter bucket, which can deliver up to 420 gallons of water per release for aerial firefighting, discussed radio communications, and explained how to extract helicopter personnel in the event of an emergency landing.

HSC-25 Senior Chief Naval Aircrewman Brandon Stotts said the training also helped ground-based firefighters understand the limitations of aerial firefighting.

“JRM and federal fighters do this as their primary mission, [but] this is probably a second or tertiary mission for us,” he said. “We enjoy helping out, we want to help out, and this coordination team meeting lets them understand our capabilities, and limitations, and our availability as well.”

Joint Region Marianas and the Government of Guam hold a mutual aid agreement, which provides coordination for emergency response across the island. Connelly looks forward to further integrating FES capabilities with HSC-25 to augment support of mutual aid missions in the region.

“We have paramedics that are assigned to the fire engines, and we have an ability to bring [advanced life support] to the helicopter squadron,” he said. “So we’re going to start working with the crews so we can actually board the aircraft in the event that they need our services, and potentially service the community a little better.”

In 2022, Navy FES has responded to three grass fires. HSC-25 also assisted with aerial observation in response to a grass fire and has completed six medical evacuations, nine searches, and six rescues.
The Navy Reserve Shore Firefighting Program
By: Aviation Boatswain’s Mate Master Chief Antonio Guadron, NR CNIC F&ES HQ.

The old adage that “every Sailor is a firefighter” remains as true today as in days of old. When a ship experiences a fire at sea, a crew’s training on fighting fires and knowledge of every corner of the ship are vital. Going ashore, firefighters need additional skills to protect our shipyards and airfields. These required skills align with what you would see in any fire station around the country, as well as naval installations around the world.

The Navy’s position for maintaining fire stations with qualified firefighters is through a predominantly civilian workforce supported by a contingent of Active Duty (AD) personnel and augmented by Reserve personnel. At overseas locations, local nationals also provide part of the staffing for our fire stations. If and when the time comes that additional manpower is necessary at a given installation, the Navy Reserve F&ES program will serve as the augment avenue. For this reason, Navy Reservists from Commander, Navy Installations Command (CNIC) have created firefighter units in five locations across the country, commonly referred as detachments (Det), to gather a qualified firefighting workforce that is ready to mobilize and augment fire stations in times of need, predominantly to our overseas installations.

The initial idea for the Navy Reserve F&ES program was developed in 2007 by CNIC F&ES Director Carl Glover and former Deputy Director Ricky Brockman with the aid of Senior Chief Aviation Boatswain’s Mate Handling Anthony Tranumn USNR (Ret). They envisioned a trained and equipped Reserve Firefighter force, capable of rapidly mobilizing first responders in case of disasters, and to support other contingency situations.

Each Det’s location has been strategically chosen near or at fleet concentration areas. Located in Fort Dix, NJ; San Diego, CA; Jacksonville, FL; Norfolk, VA; and JRB Fort Worth, TX the detachments further leverage the geographic distribution of our Reservists. Since inception, the program has grown from 60 firefighters in 2007 to over 200 billets, with program growth expected in the future. While Aviation Boatswain’s Mate Handling (ABH) remains the primary rating, which most program billets are coded, qualified personnel of any rating are able to join the program.

Support: NR F&ES Program Firefighting support has been provided to Naval Installations around the world. Support situations in the Continental United States (CONUS) include bases impacted by Base Realignment and Closure (BRAC) and temporary loss of Active Duty. BRAC bases supported include: Naval Air Station (NAS) Willow Grove, PA; NAS Brunswick, ME; Naval Station Ingleside, TX; and Naval Information Operations Command (NIOC) Sugar Grove, WV. Active Duty support include: NAS Whiting Field, FL and NAS Whidbey Island, WA.

Support situations outside of Continental United States (OCONUS) include new fire department establishments, transitions to Navy oversight of DoD Fire stations, and during periods of uncertainty regarding civilian Host Nation firefighter support. OCONUS locations supported include: Naval Support Activity (NSA) Naples, Italy; NAS Sigonella, Italy; NSA Souda Bay, Greece; Naval Station (NS) Rota, Spain; NSA Bahrain, Bahrain; JRM Marianas, Guam, Naval Support Facility (NSF) Deveselu, Romania and NSF Redzikowo, Poland.

Training: The certifications meet the National Fire Protection Association (NFPA) professional qualification standards, as outlined in NFPA 1072, and the 1000 series. Upon completion of such standards, students receive their Department of Defense (DOD) Firefighter I, Firefighter II, Airport Firefighter, HAZMAT Awareness, HAZMAT Operations Protective Equipment, HAZMAT Operations Production Control, and Emergency Medical Responder (EMR). These are accredited by the International Fire Service Accreditation Congress (IFSAC), or National Professional Qualifications System (ProBoard). Within the Navy, these certifications result in the awarding of the 786B Navy Enlisted Classification (NEC) Shore Base Airport and Aircraft Firefighter, formerly known as 7012 and D13A. Until recently, this NEC was only awardable to enlisted personnel of the Aviation Boatswain’s Mate Handling (ABH) rating. Recent changes to the NEC manual have enabled awarding the NEC to all Navy Reservists with emphasis to those associated with the NR CNIC F&ES program, and Active Duty NEC is awarded to all Aviation Boatswain’s Mate (ABH, ABE, ABF), as well as Damage Control ratings.

In order to accomplish the training and certification needs for the Reserves, different options are utilized. The DoD Fire Academy at Goodfellow Air Force Base in San Angelo, Texas, while this is the preferred DoD option, it has limited ability to support Reserve requirements. As such, Commander Navy Region Mid-Atlantic hosted a few fire academies providing training, education, and certifications to Navy Reserve firefighters. In 2019, Navy District Washington supported a fire academy and since has held one academy per year at NSA Annapolis, MD for Navy Reserve. Different options are being explored to have CNIC F&ES fire fighters obtain higher qualifications to perform as Engineers, Captains, or Battalion Chiefs—when supporting our gaining commands.

Sustained proficiency and upkeep of firefighting skills is essential for this program. Det personnel keep their skills up to date by performing scheduled firefighting training at their specific drilling sites on a monthly basis. Also, while on Annual Training (AT), Additional Duty for Training (ADT), or Additional Duty for Operational Support (ADOS) Sailors integrate with Navy fire departments worldwide which provides the opportunity to train Continued on Page 10...
By: Captain Jesse Baker, Navy Region Mid-Atlantic FES

Like many fire departments worldwide, Navy Region Mid-Atlantic Fire & Emergency Services was looking to provide the department with the tools needed to obtain and maintain an active and healthy lifestyle. Through collaboration with the International Association of Fire Fighters (IAFF) and consultant Performance Redefined, the Integrated Group Navy Fire Instruction, Training and Education (IGNITE) project was created. With a joint Navy/IAFF Wellness-Fitness Initiative moving forward, in the fall of 2019 Fire Chief Kevin Janney and Regional Health & Safety Chief Scott Wilkes met at IAFF Headquarters with IAFF senior staff and Performance Redefined leadership in Washington D.C., to discuss the implementation of IGNITE, which aligns the IAFF’s larger Fit to Thrive (F2T) program. Briefly, IGNITE is being rolled out as an 8-phase initiative.

Phase 1: Needs Analysis. Gather relevant information, identify roles and responsibilities, create implementation strategy, purchase and distribute necessary equipment.

Phase 2: Baseline Data Collection / Member Information Sessions. Collect information regarding injuries, costs, fitness, movement, attitude, motivation, etc. via surveys and focus groups, and deliver general information sessions to members from each installation.

Phase 3: PFT Certificate Course. Deliver PFT course, complete certification process and establish an implementation strategy to make exercise and education accessible to all members.

Phase 4: Implementation Part 1 (Accessible Exercise and Education). Provide members with access to 6 unique 12-week exercise programs and 3 wellness and fitness education modules (For Duty / For Life, More Active More Often, Mobility).

Phase 5: Implementation Part 2 (Inclusive Exercise and Education). Provide members with access to 6 unique 12-week exercise programs and 3 wellness and fitness education modules (Health, Resilience, and Physical Literacy).

Phase 6: Implementation Part 3 (Personalized Exercise and Education). Provide members with access to 6 unique 12-week exercise programs and 3 wellness and fitness education modules (Sleep, Mindset, and Fit for Duty).

Phase 7: Implementation Part 4 (Sustainable Exercise and Education). Provide members with access to 6 unique 12-week exercise programs and 3 wellness and fitness education modules (Health Eating, Mindfulness, Health Eating, Mindfulness).

Phase 8: Post Intervention Data Collection. Collect information regarding injuries, costs, fitness, movement, attitude, motivation, etc., and establish the benefits of the initiative (comparisons with baseline).

The program was to be released and highlighted during the April 2020 Navy Region Mid-Atlantic Fire & Emergency Services Safety Symposium, however the conference was canceled due to the Coronavirus (COVID-19) worldwide pandemic. The program was delayed for many months, finally getting back on track late summer 2021.

IGNITE is an integrated approach to Fire Fighter Health and Fitness. The program will lower costs, improve quality of life, and promote a healthy and active culture. To accomplish this, IGNITE will be comprehensive, evidence-based, relevant to the unique demands of each member, and designed to influence cultural change.

Central to IGNITE is a framework that can be easily adopted and understood by all parties involved – every member needs the capacity to meet the demands of their life. It is our hope that by streamlining the continuum of care and providing a consistent message, every firefighter will have an opportunity to reduce their risks, improve their health, and enhance their quality of life.

Keys to Success:

Multilevel leadership: Create the desired culture via authentic, passionate and influential leadership at all levels.

Comprehensive: Be evidence-based, engaging and relevant to each member.

Accessible: Embrace the diversity of members’ needs and include resources to address work, life and play.

Collaboration: Establish a strong working relationship between all stakeholders.

Communication: Wellness begins with the message. Inspire member buy-in by highlighting the personal benefit.

The department enrolled fifty-one members in the virtual six-week F2T 101 course which ran from October to December 2021. The course emphasized assessment, design, implementation, and leadership, and was delivered asynchronously (on own time) and synchronously (with IAFF instructors) using interactive small and large group activities, case studies and virtual exercise sessions. It

Continued next page...
Big Wellness & Fitness Steps in Navy Region Mid-Atlantic (continued from Page 9) was designed specifically for firefighters by firefighters.

Every student who successfully completed the F2T 101 course in October/November 2021 was certified as a PFT by the IAFF, and is now a member of the IAFF’s F2T program.

Certification requires achieving greater than 70% on an exam (to be completed one month following the course). Recertification requires 8 Continuing Eduations units (≥50% must come from IAFF-sanctioned activities) and one F2T challenge in a two-year period (January to December).

As one of the graduating members of this inaugural program, I can report this new program is well-designed and implemented. Many fellow members of the department were very pleased with the continuation of this very important program that began so long ago and was seriously delayed because of the COVID-19.

Though this was not a “give me” course, spending many hours in the fitness center, this course was a perfect fit for me. The Fit to Thrive course (F2T 101) is an integrated approach to physical readiness. The interesting concept of the course is not a one size fits all approach. The course had industry leaders and firefighters as instructors. This made asking questions very easy and relatable.

I personally related to the small group’s breakout sessions that were in each session. We could discuss the topics as a group on four or five and have a group lead give the answer to the instructor. The course was designed so everyone didn't have the same questions. It was a different approach to teaching that was interesting and made learning easier. The course details the FITT principles. FITT principles are used to assess a firefighter level of fitness. FITT is an acronym that stands for Frequency, Intensity, Time and Type.

The four principles assist in creating specific workouts that will be measurable, attainable, relevant and timely. After observing and assessing a firefighter you can detect and correct movement patterns. After assessing firefighters, the course gets into coaching and feedback. It's one thing to have information and it is another to know how to deliver the information. With coaching comes program design, assessing each firefighter's physical capacity. A 43-year-old firefighter doesn't have the same physical capacity as a 22-year-old. It's important to assess the physical capacity and assessing the demands of each firefighter individually. I enjoyed learning how to perform, demonstrate and coaching different types of exercises in our breakout sessions. Having the right exercise selection is important to getting the required results for the firefighter. Being physical fit makes doing firefighting operations easier and safer for all.

The most interesting fact of this course that made it different from other fitness programs was the keys to success. The program understood about multilevel leadership buy-in. Once the department has multi-level leadership buy-in, we can create the desired culture when it comes to wellness and fitness. The course was created on evidence-based information and relevant to each firefighter. This gives the firefighter a voice and promotes buy-in. With many PFTs throughout the department it makes it easy to access a PFT for guidance and help.

Chief Janney has a goal of making this program accessible to fire department retirees as part of an effort to more closely involve retirees in department activities to improve richness and mentoring.

Communication is the key to delivering the information and enhancing the firefighter's wellness and fitness. I look forward to assisting other firefighters with their wellness and fitness. I know personally working out helps me relieve some of the stress of the fire department and normal life. This is a program with will reduce anxiety, stress and will increase quality of life! Captain Baker is an 18-year veteran of the department and is assigned to District 3 in Virginia Beach. He is currently detailed to the fire academy as a primary instructor.

The Navy Reserve Shore Firefighting Program (Continued from Page 8) while providing support to those fire departments.

The Future: Looking over the horizon, NR CNIC F&ES program continues to evolve in order to support emerging requests for support from around the world, while postured to support a variety of contingencies. NR CNIC F&ES is always searching for qualified and highly motivated personnel to join our team and answer the call – “Ready Now. Anytime. Anywhere.”
What's Happening

Hiring, Death Benefits Reforms Move Forward on Capitol Hill


By Erich Wagner

The House Oversight and Reform Committee on Wednesday voted to advance measures aimed at reforming federal employee death benefits and the federal hiring process.

The Honoring Civil Servants Killed in the Line of Duty Act (H.R. 7376), introduced by Rep. Gerry Connolly, D-Va., increases the death benefits payable to the families of federal workers who die on the job from $10,000 to $100,000 and increases the government’s coverage of funeral expenses from $800 to $8,800. Those figures would automatically increase each year in line with inflation. A similar bill advanced out of the Senate Homeland Security and Governmental Affairs Committee on a bipartisan basis in February.

The amount of money the federal government provides federal worker families upon on-duty deaths has not been adjusted since 1997, while the funeral expense coverage offered by the government has remained at $800 since 1966. The bill also would bring death benefits for civilian employees in line with what the government pays to members of the military who die while on duty.

Connolly said that the government pays these benefits to the families of 24 federal workers on average per year, and the Biden administration has indicated agencies can cover the expenses from increasing these payments without an increase in funding.

But Republicans on the committee objected, arguing that federal workers already get enough in terms of pay and benefits.

“I applaud their dedication and service; however, federal civilian employees and postal workers already receive world class pay during their service and their dependents are eligible for substantial benefits upon their deaths,” said Rep. James Comer, R-Ky., the committee’s ranking member. “In addition to discretionary authority to provide a $10,000 gratuity for federal workers who die in the line of duty, dependents are also entitled to compensation under

Continued next page...
Safety Note: Backing Apparatus

By: ABHCS Anthony Pena, CNIC F&ES (N30)

The New Oxford American Dictionary defines Complacency as a feeling of smug or uncritical satisfaction with oneself or one’s achievement. It also defines Folly as lack of good sense; foolishness.

Backing a fire truck into the fire station bay is a common occurrence normally performed after truck daily inspection, prior to sunset, or after responding to an emergency. Unfortunately, backing accidents are almost predictable and they occur with alarming regularity.

Chiefs, Captains, and supervisors have a responsibility for the protection of each firefighter in his or her charge. Never let your guard down and keep your head on a swivel.

Considerations:
Always keep the spotter in the driver’s view. Stop if out of view.

Newer apparatus have back-up cameras, some with voice option as an additional tool.

Use radio and/or wireless headsets for driver and spotter if available.

Hiring, Death Benefits Reforms Move Forward on Capitol Hill (continued from Page 11)

the Federal Employees Compensation Program . . . generally receiving two-thirds of the deceased employee’s salary for the rest of their life or until they remarry.”

This argument incensed Connolly, who noted that most states, including Comer’s home state of Kentucky, already offer benefits in line with the bill’s provisions.

“We’re talking about . . . public servants who give their lives in the line of duty,” he said. “I don’t think any one of us wants to face the family of a firefighter who died trying to save people’s homes and lives and say that he’s already an overpaid public servant and deserves no more. Is that really what we’ve descended to?”

Other GOP lawmakers were more receptive to the bill, but suggested tailoring the language to ensure it applies only to dangerous jobs like federal firefighters, first responders and other emergency workers.

“My objection would be a carte blanche definition of a federal employee, and I see where you’re getting these numbers from,” said Rep. Clay Higgins, R-La. “I’m looking for a way to support the spirit of your bill, but there should be further definition of who would receive this benefit.”

Connolly committed to working with Higgins and other Republicans to “tighten” the language, and the bill advanced by a 26-14 vote.

The committee was more unified behind a bipartisan bill aimed at codifying recent reforms to the federal hiring process. The Chance to Compete Act (H.R. 6967), introduced by Reps. Jody Hice, R-Ga., and Ro Khanna, D-Calif., confirms that skills-based assessments administered by agency subject matter experts are acceptable job assessments in the competitive hiring process, and allows agencies to share the assessments of qualified job candidates with one another. A similar bill in the Senate advanced out of committee in February.

The bill’s provisions echo a number of successful pilot programs aimed at making the federal hiring process faster and more effective in evaluating which federal job applicants are qualified for jobs at agencies that began during the Trump administration and have been scaled up under President Biden. The bill’s provisions also fit with a number of key human capital priorities in the president’s fiscal 2023 budget proposal, as well as the Office of Personnel Management’s new five-year strategic plan.

“How frequently, the hiring process is based on whether someone has a degree, whether or not the degree has anything to do with the position being sought,” Hice said. “Currently, hiring managers also have to rely on self-assessments filled out by applicants and that process itself can become very messy to determine the strengths and weaknesses of the individual . . . This bill allows agencies to develop appropriate skills-based examinations so that applicants can show what they actually know.”

House Oversight and Reform Committee Chairwoman Carolyn Maloney, D-N.Y., said the House version makes a number of tweaks based on input from the Biden administration to grant agencies the ability to request waivers in some circumstances, and to provide OPM with flexibility to make adjustments to the policy during implementation.

The bill passed unanimously via voice vote. Both pieces of legislation will now head to the House floor for consideration.

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. He holds a bachelor's degree in journalism from the University of Maryland.
Holocaust Days of Remembrance April 24 through May 1
By: Sara Mbanden, Navy Equal Employment Specialist

According to the U.S. Holocaust Memorial Museum, "Memory, Dignity, and Justice" is the theme for 2022’s International Holocaust Days of Remembrance and Remembrance Day. The U.S. Congress established Days of Remembrance as the nation’s annual commemoration of the Holocaust, to support the Jewish community in the commemoration of the holocaust and to honor the memory of those lost.

Public Law 96-388 established the United States Holocaust Memorial Council and authorizes the actions of the council. Each year the President of the United States issues a Presidential Proclamation for the observance and each year, the Holocaust Remembrance Days and Remembrance Day vary according to the Hebrew calendar.

This year, the Holocaust Days of Remembrance week will be observed from April 24th through May 1st, with April 28th being Holocaust Remembrance Day. The timeframe and day of observances are set aside to remind people of the importance of educating and being educated about the past and learning from the mistakes of the past in order to prevent them from happening again.

USFA Releases Firefighter Fatalities in the United States in 2020

From: U.S. Fire Administration


The number of firefighter fatalities in 2020 increased significantly over those in 2019. The USFA logged 65 firefighter fatalities in 2019, the lowest total number since USFA began keeping track. In 2020, there were 102 firefighter fatalities, 37 more than the 2019 total. The increase is largely due to 36 firefighters who died in 2020 from complications of COVID-19.

Firefighter fatalities are included in this report even when death is considerably delayed after the original incident, in order to align with inclusion criteria in the Hometown Heroes Survivors Benefit Act. There were 56 firefighter fatalities in 2020 that were not significantly delayed after the original incident and that did not occur because of complications of COVID-19.

Some additional significant 2020 statistics include:
- The top four causes of death were COVID-19 (37), heart attacks (29), trauma (17) and asphyxiation (7).
- Fatalities included 49 career firefighters and 44 volunteer firefighters.
- Fifty (50) deaths were urban and 52 were rural.
- Fifteen (15) firefighters lost their lives due to vehicle crashes. Vehicle crashes were the third leading cause of fatal firefighter injuries for the year.
- Nine (9) members of wildland or wildland contract fire agencies lost their lives.
- Seven (7) firefighters died while engaged in training activities.
- There were 3 multiple-firefighter-fatality incidents, taking the lives of 6 firefighters.

Since 1976, the USFA has tracked the number of firefighter fatalities and conducted an annual analysis. Every year, USFA reports on firefighter fatalities to identify their causes to understand how future deaths can be prevented. Statistics, reports, and more information from past years are available on the USFA’s Firefighter Fatalities page at https://www.usfa.fema.gov/data/statistics/ff_fatality_reports.html.
Navy F&ES Data: ESAMS Corner
By Angela Jordain, ESAMS Fire Technical Support

Calendar Year 2022 Statistics
Year To Date
(01 Jan – 30 Apr)

**Operations**

- Total Incidents – 18,434
- Rescue & EMS – 7,070
- Hazardous – 3,475
- False Alarm – 4,122
- Service Call – 1,387
- Good Intent – 1,876
- Fires – 504

**Prevention**

- Building Evacuation Drills – 977
- Hot Work Permits Issued – 5,739
- Fire Inspections Completed – 10,168
- Public Education Classes – 884

**Training**

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

F&ES On Duty Mishaps Report CY 22

- Mishaps Reported – 52
- Total Lost Work Days – 398
The history of Marine Corps Base Camp Pendleton can be traced back to September 25, 1942 when President Franklin D. Roosevelt formally dedicated the installation in honor of Major General Joseph H. Pendleton who had long advocated for a west coast training base. Over the years the Camp Pendleton Fire and Emergency services has provided both structural and wildland fire protection to the over 125,000-acre facility.

Early wildland apparatus consisted of locally modified two and a half ton International model M5H-6 cargo trucks which were equipped with a separate engine driven fire pump, 800 gallon water tank and twin booster reels. Over 500 of this model chassis were supplied to the Marine Corps between 1941 and 1942 and were utilized extensively by the Seabees during World War II.

In later years Camp Pendleton acquired a number of M-813-A1 6x6 trucks built by AM General for use as Type 3 brush units.

Camp Pendleton placed into service three International Paystar model 5070 chassis with bodywork built by the Michigan Mounting Company during 1983. Initially assigned as Brush 2761, 2767 and 2769 these rigs had a rugged appearance with tread plate front fenders and heavy roll cages protecting the open crew seating areas. During 1985 the department acquired two International model 1854 6x6 chassis which were built by Kaffenbarger Truck Equipment Company of New Carlisle, Ohio.

These vehicles were powered by Cummins Diesel engines rated at 240 horsepower and were outfitted with a Hale 20FS two stage fire pump powered by a Deutz F3L912 motor rated at 49 horsepower. The fire pump was capable of producing 100 gpm at 150 PSI in volume and 40 gpm at 350 PSI in pressure for use in extended hose lays. These rigs were designed with a low mount 800 gallon water tank and 20 gallon Robwen Class A foam system. Marine Corps property number 275997 was operated by Camp Pendleton with property number 275998 assigned to the Marine Corps Mountain Warfare Training Center in Bridgeport, California.

Both of these vehicles were originally painted chrome yellow with limited graphics and in later years were repainted white over red. The driver and officer were protected inside the cab with the crew seated in open jump seats on the left side of the body. Expanded metal grating was installed around the seats and portions of the body for protection.

The bodywork consisted of several enclosed compartments, steel tread plate lower body along with two booster reels.
For this month’s “Turning the Page” feature, we spent a few minutes with Fire Chief (retired) John Adkins.

**Where did you retire from?** I retired for the first time as an active-duty Air Force firefighter in Aug 2000 at Kirtland AFB New Mexico (20 years 10 months) and then I retired from the DoD (U.S. Navy) in June 2021 at Fleet Activities Sasebo Japan (20 years 6 months).

**What was your highlight of your career?** I think the highlight of my career was having the opportunity to go overseas to work with the Japanese people not once but twice in my career. They are truly the greatest workforce in the world.

**What advice would you give to a new recruit?** No matter how new you are to the fire service and regardless of your paygrade, before you pay any bills you should "PAY YOUR-SELF FIRST". Max out your TSP and leave it there! If you're looking to get promoted the opportunities are immense overseas. Try to attend a civil service retirement seminar early in your career so you can plan properly.

**What advice would you give folks who are close to retirement?** The earlier you start preparing for your retirement the better off you will be. Keep in mind that your Civil Service retirement alone will most likely not be enough to maintain your current standards of living. Don't wait until the last few years to prepare as it will most likely be too late to make substantial changes. Continue to "Pay Yourself First". Invest your money wisely! Real estate investment is a great way to provide additional income towards your retirement. Develop hobbies/activities that will keep you busy and healthy once you do retire.

**What keeps you busy these days?** Over the last 30-40 years I have developed skills that enable me to do almost everything myself when it comes to housing renovations that includes carpentry, electrical, plumbing, concrete work, landscaping, etc. We purchased a fixer/upper lake house in Tennessee three years prior to retirement and are currently renovating it ourselves.

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**Willing to be highlighted in Turning the Page?**

If you are a Navy F&ES retiree (especially firefighters, captains, and inspectors), 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 older).
- Highlight 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.”
What's Happening

Bottom photo: An optimistic move-in day for the new fire station at NAVSTA Guantanamo Bay is predicted for June, 2022.

Live fire ARFF training at Naval District Washington / NAS Patuxent River as NDW conducts a recruit academy for Navy Reservists.
Around Navy F&ES in Pictures (cont)

Public Safety Tele-communicator Week-2022

Left: Training Specialist Katie McFerrin and Training Specialist Mike White hang the Dispatcher Appreciation Banner from CNRMA Fire & Emergency Services in the CNRMA RDC.


BZ to our Air Force Firefighters

Congratulations, Master Sgt. Roy Campos for receiving the Bronze Star Medal! While on a deployment, Campos directed his team in maintaining perimeter security during the initial stages of the withdrawal. Ultimately contributing to one of the largest human airlift evacuations in history!
Around Navy F&ES in Pictures (cont)

Mr. Carl Glover (right) accepts 2020 Lifetime Achievement Award on behalf of Ricky Brockman (former Navy Fire Deputy Director) at the 2022 Military Firefighter Heritage Foundation award presentation at San Angelo, TX.

From left: Mr. Carl Glover, ABH1 Tarek Thompson, and Senior Chief Anthony Pena pose for a picture after accepting the 2021 Navy Fire Instructor of the Year award on behalf of ABH1 Myron Aldan at the 2022 Military Firefighter Heritage foundation award presentation at San Angelo, TX.

From Left: Chief Dan Gaumont, Mr. Carl Glover and Mr. Jim Carey at Goodfellow AFB.

DoD Fire Academy Instructor ABH1 Tarek Thomson (right) briefing ABHCS Anthony Pena on structural fire trainer use at Goodfellow AFB.
Around Navy F&ES in Pictures (cont)

Military Firefighter Heritage Foundation
PRESERVE, HONOR, SUPPORT

2022
Military Firefighter Heritage Foundation
Department of Defense Fire Emergency Services
Hall of Fame

Chief Anthony Rabonza
U.S. Air Force

MGySgt George Berger
U.S. Marine Corps

Chief Mark Farias
U.S. Air Force

Chief James LaConte
U. S. Navy

Inducted into the Military Firefighter Heritage Foundations
Department of Defense Fire Emergency Services
Hall of Fame
On April 22th, 2022

2022 MILITARY FIREFIGHTER HERITAGE FOUNDATION
DOD FIRE EMERGENCY SERVICES
Lifetime Achievement Award
And
Hall of Fame Inductee

Chief Hoyd O. Sanders
2022 Lifetime Achievement Award
2022 Hall of Fame Inductee

May is
NATIONAL MENTAL HEALTH AWARENESS MONTH
#breakthestigma

GOT A GREAT IDEA, PICTURE, OR ARTICLE FOR
What’s Happening?
TECHNICAL ARTICLES
AWARDS
NEWS
PROFESSIONAL DEVELOPMENT
TRAINING
CNIC
FIREFIGHTERS IN ACTION

Forward via your chain of command to:
gary.m.easley.civ@us.navy.mil

What’s Happening
Navy Fire & Emergency Services Newsletter
April 2022
Navy Region Mid-Atlantic F&ES conducted an awards and promotional badge pinning ceremony for personnel in Districts 1, 2, and 3 (Eastern Virginia) on April 12, 2022.

Pictured upper left and going clockwise: Daniel Vecchiolla (promoted to Battalion Chief) and his wife Christine; Richard Creasey (promoted to Battalion Chief), his wife Stephanie, and son Nolan; Firefighter-Paramedic Jeremy McElroy receives CNRMA EMS Provider of the Year Award from RADM C. W. “Chip” Rock; Battalion Chief Chad Ulman receives CNRMA Instructor of the Year Award from Naval Weapons Station Yorktown Commanding Officer CAPT Chris Horgan.

Left: Michael Loiacono (promoted to Captain) with his wife Melissa, and sons Tucker and Caleb.

Bottom Left: Stephen Boltze (on left in photo-promoted to Captain) with his son, Firefighter-EMT Bryce Boltze.

Bottom Right: Chief Inspector Jovon Stafford accepts the CNRMA Fire Prevention Program of the Year Award for Fire District 3 from RADM C. W. “Chip” Rock. On the left in the photo is NAS Oceana Executive Officer CAPT Steve Djunaedi.
Fed Fire Ventura held an awards ceremony and NBVC Commanding Officer, CAPT Robert Kimmach III and Operations Officer CDR Ryan Magee presented Department of the Navy Civilian Service Achievement Medals to FireFighter Marcos Gomez for his selection as 2021 NRSW Fire Fighter Of The Year; to Assistant Chief Of Operations (recently retired) Greg Peña for 2021 NRSW Fire Officer Of The Year; and to Assistant Fire Chief Of Prevention Marcela Martinez, Fire Inspector Joel Rodriguez, and Fire Inspector Veronica Vasquez for 2021 NRSW Fire Prevention Program Of The Year. Congratulations to each for their superior performance, initiative, perseverance, and total dedication to duty. They reflected great credit upon themselves while keeping with the highest traditions of the United States Navy. Bravo Zulu for a job well done!

Naval Base Ventura County (NBVC) Fire Captain Rudy Marin ran the LA Marathon in full PPE & SCBA on March 20, 2022 while proudly carrying the American flag.

Below: NAS Patuxent River, assisting local community on apartment complex fire in April 2022.
Navy F&ES Points of Contact

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Integration Branch
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Military Firefighter Branch
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Navy F&ES Hall of Fame

Accreditation Workshops for 2022
Various Quality Improvement Through Accreditation (QITA) workshops are scheduled for 2022. The information contained in these sessions is valuable to your chiefs, accreditation managers and other personnel interested in pursuing, maintaining, and renewing accreditation. Seats are available in all of the following opportunities:

- USAG Detroit (MI) 25-27 Apr 2022
- Anderson AFB (Guam) 8-20 May 2022
- USAF Academy (CO) 8-11 Aug 2022
- Ramstein AB (Germany) 15-17 Jun 2022
- DLA Richmond (VA) 18-20 Oct 2022
- NRSW - San Diego (CA) 16-18 May 2022
- NAS Ft Worth (TX) 14-16 Jun 2022
- Westover ARB (MA) 13-15 Sep 2022
- Parris Island (SC) 7-9 Nov 2022
- DLA Richmond (VA) 18-20 Oct 2022

The CNIC N30 point of contact for any questions and for enrollment is Chris Handley, Program Manager - N30 F&ES Integration, (202) 433-7744, christopher.d.handley5.civ@us.navy.mil

Navy F&ES Hall of Fame

Navy F&ES Points of Contact

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