



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America



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TABLE OF CONTENTS

- [Chiefs Clipboard](#)
- [Combs Cartoon](#)
- [Last Alarms](#)
- [TCoOO Update](#)
- [Back in the Day](#)
- [TSP News](#)
- [Survival Training](#)
- [Cancer Info](#)
- [Fire Prevention Corner](#)
- [Navy Instructor](#)
- [SA Matters!](#)
- [Dual Trauma](#)
- [Vintage Photo](#)
- [Horizon Award](#)
- [Autism Event](#)
- [F&ES POCs](#)
- [Navy F&ES Legacy](#)
- [News Distribution](#)



My Little Corner of the World

By Ronny J. Coleman

Who is the happiest fire chief in the whole United States? How about in North America? How about Internationally? Who is the one person out there that is so pleased with who they are, and what they are doing and what they are accomplishing that they can't wait to get up in the morning and go to work that they would never even think of giving up?

Hey! If you think that it's you, more power to you.

But, if you are not that confident in how satisfied you are with your job, my second question then is; why not? You are in your own little corner of the world and you should be happy that you are there, or know the reason why you are not happy and change whatever needs to be changed to make things better.

What prompted this column was a conversation with a fire chief about his feelings after he had experienced a personal set back. The setback involved an activity external to his department. When I talked to him about the situation I was absolutely amazed at his reaction to the disappointment. I was astonished to observe on how this set back not only did not have an adverse effect on his feelings of satisfaction of what he was doing right there within his department, but that he considered it to be just another thing to learn from. His response to my concern over his feelings after the loss, was a pleasant one of; "I am extremely happy in my little corner of the world".

I don't usually repeat the phraseology of my previous paragraphs, but I am today. Are you happy in your little corner of the world?

If the answer is yes, then keep on reading because it is my belief that your belief in that idea is a force multiplier. If your answer is no, keep on reading also, because it is my belief that there is room for improvement.

First, let's deal with that feeling of satisfaction that you might have. I call that belief a force multiplier because that feeling shared with others increases the collective sense of accomplishment and achievement in the organization. I'm not talking about a sense of giddiness that life is a bed of roses, but rather the idea that there is a value in having the sense that you are doing the right thing.



Supporting the Fleet, Fighter, and Family



Clipboard (Cont.)

[Back to Table of Contents](#)



[Back to Table of Contents](#)

There is a sense of purpose that prevails, even when something goes bad. There is a level of trust and confidence that overcomes adversity. The more I thought about it, the more I feel that this one characteristic of an organization is actually on a spectrum that is distributed across fire departments based on a series of behaviors by the fire chiefs that were reflected on the degree of satisfaction they get from their own little corner of the world.

If you have that sense, then your organization is blessed.

Then there's the dilemma of someone else that doesn't feel that way. They are disappointed. And, they let it show. That is toxic to the idea of force multiplication. It can be the beginning of a slump in morale.

Since that conversation with the Fire Chief mentioned earlier, I have been at his department with his staff many times. As a result, I have collected a few observations that he displays that I believe describe most people who are satisfied with what they have.

Those that answered no in the previous paragraph may want to start comparing the following notes with their own environment. These are not in any specific order. They are merely expressed as being part of the concept.

- You take as much pride in the small achievements of your individual personnel as you do in the grandiose schemes of large groups of people.
- You don't care who gets credit as long as the job gets done
- Your number one priority is your people; your second priority is your organization; your third priority is your performance.
- Strengths are never abused and weaknesses are never exploited
- Challenges never go uncontested and opportunities never go dormant without a response.
- Failure and competency are not seen as opposing forces; but are regarded as mutually reinforcing when viewed in the context of experimentation.
- Stress is never a justification for rudeness and conflict is never a justification for divisiveness.
- The group values are based on individual values and they are regarded as self-correcting within the group
- Success is shared equally; and failure is accepted as a teacher, not a judge
- The reputation of the organization and the individuals within it are almost identical.

So, let's get back to your own little corner of the world again. Taking those ten attributes you might notice that you are doing well in some, not so well in others. How do you get from one stage to another? The answer is found within you, not the organization. You are the architect on your corner of the world by what you say and do almost every day you show up for work.

Clipboard (Cont.)

[Back to Table of Contents](#)



I know that someone out there reading this is going to say that they inherited a situation that is very difficult and that no matter what they do, it doesn't get any better. Uh-oh! I bet that comes through in that department too.

I am reminded of an anecdotal someone wrote about Elvis Presley that spoke to his attitude. It was written that he wore a necklace that had only 4 letters on it. They were TCOB. The letters stood for Taking Care of Business, and the inference was that if you took care of business the business would take care of you.

In your world do you TCOB? Or, is that something everyone else does and reports back to you?

The last comment I am going to toss into the column is the idea that if you weren't satisfied at home, nothing that you can do outside of that corner is every going to make you happy. The term I use for this is "chiefting around".

In essence, this is a reflection of some people's desire to achieve happiness by getting this accolade for those outside of their own little corner of the world.

When I first heard that term it was used in a humorous expression regarding an individual who disliked his own work environment that he spent every possible moment seeking respect from outside entities and individuals. He was never home, and never engaged in the department. He was like a stranger to his own people. Later I heard it used in reference to the technique of attending meetings on the 15th hole of an area that was extremely well landscaped, as if it were to be used only for recreational purposes. The context I am putting this term in for this column is that if a person is seeking happiness external to your organization, it is likely to be evasive and in many cases significantly lacking.

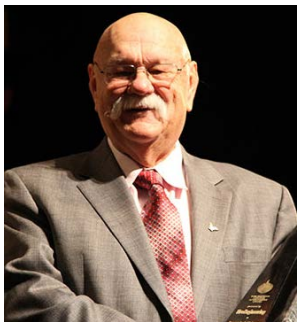
What is it that makes you feel good about where you are right now? Can you enumerate the things that make you feel that you are making a difference? Why don't you sit down for a few moments and write up a list of the most positive things you can about your little corner of the world. Identify the small things you and your personnel have achieved. Describe the strengths of your organization; recall the incremental improvements you have overseen. Identify past and present relationships in your organization that feel good to you. Take the time to appreciate your little corner of the world. You may find out that you have more reasons to be happy than you think.

My reason for writing this column was originally based on my admiration for a specific fire chief who took on something that he believed in and lost. He had a sense of pride in what he was and where he came from that literally turned disappointment into a mere footnote in his life. As I contemplated that approach I started looking at the lives of other Chief Officers I am familiar with and began to notice that many seem to be so unhappy with the way things go for them.

[Back to Table of Contents](#)

Clipboard (Cont.)

[Back to Table of Contents](#)



Ronny J. Coleman

Those that have a sense of enjoyment do not seem to be basing that felling on how small or large their organizations are; Nor, does not seem to be based upon whether they are a leader outside of the organization, or whether they were home grown or imported into the culture. They know their own little corner of the world and are happy with it.

What I would hope you do after reading this column is spend some time with the list I asked you to develop and the 10 cultural aspects of your organization. After reviewing those for awhile, re-evaluate just how satisfied you are with where you are and what you are doing. You might just find that there is more to your world than you realize.

In the final analysis, no one is guaranteed that they will be happy with anything. Marriages dissolve. Families become dysfunctional. Organizations turn into cesspools. Or, not!

The one fact that seems to differentiate the happy from the unhappy in this scenario is the degree to which they feel personally accountable for how things turned out.

How are you doing Chief?

Combs Cartoon

Man in the Mirror



[Back to Table of Contents](#)

Last Alarms

[Back to Table of Contents](#)



Last Alarms

The USFA has reported 18 line of duty deaths to date in 2019. The following line of duty deaths were reported since we published our last issue:

Michael Watkins ♥
Mountain Home, AR

Brad Gregrich ♥
Arcadia, FL

Kody Vanfossan
Christopher, IL

Mitchell Lundgaard
Appleton, WI

William Franck ♥
Willow Street, PA

Barry Boulton, Sr. ♥
Plantation, FL

2019 Totals

♥ 10 (53%) 🚒 1 (5%)

♥ Indicates cardiac related death

🚒 Indicates vehicle accident related death



TCoOO Update



Taking Care of Our Own

There are currently nine DoD firefighters in the Taking Care of Our Own program.

Taking Care of Our Own invites all DoD F&ES personnel to donate ONE HOUR of annual leave to DoD F&ES members in need to enable them to focus on recovery rather than financial distress.

Name	Location	Point of Contact
Neil Hogan	Navy Region Southwest HQ, CA	Joyce.Matanane@navy.mil
Walter Taylor	NAS Patuxent River, MD	Jerry.Schenemann@navy.mil
Christopher Carneal	Fort Carson, CO	Karen.M.Connors2.civ@mail.mil
Dana Carneal	Fort Carson, CO	Karen.M.Connors2.civ@mail.mil
Thomas Maury	NAS JRB New Orleans, LA	Matthew.Spreitzer@navy.mil
Darren Lewis	Fort Stewart, GA	Carolyn.E.Colon4.civ@mail.mil
Jonathan Daly	Norfolk Naval Shipyard, VA	Marc.J.Smith@navy.mil
Mike Lecik	Fort Lee, VA	Demetrice.Mccain2.civ@mail.mil
Rosa Ferreira	Naval Base San Diego, CA	Joyce.Matanane@navy.mil

We recently emailed all the service component chiefs with the proper procedures to enroll someone in the Taking Care of Our Own program. There was a recent trend of people using their own formats and forms which worked okay until the inevitable breach of personal identifying information (PII). We were very concerned about protecting PII when the program was stood up in 2003 and we designed standard procedures and forms to address those concerns.

Please contact your service component chief if you haven't seen this information recently.

[Back to Table of Contents](#)

Back in the Day

[Back to Table of Contents](#)



Rockwood Navy All Purpose Nozzle

Story and photos by Tom Shand

Fire suppression tactics over the years have advanced in part due to technological advances in the design and construction of hose and nozzles. Dating back to the hydraulic studies conducted by civil engineer John Freeman in 1889, fire streams have evolved largely based upon the application of water through various models and styles of nozzles. With the introduction of gasoline powered pumpers in during the early 1900's fire departments for the first time were able to deliver heavy caliber streams without relying upon hand pumpers and steamers using play pipes and water towers.

While the first documentation of a spray nozzle for the fire service can be traced back to an 1863 patent by Charles Oyston of Little Falls, NY, this nozzle never gained acceptance with departments relying upon smooth bore nozzles. Several significant advances in firefighting occurred during World War II with advances in breathing apparatus, foam and the introduction of fog streams.

The U.S. Navy was instrumental in fog stream technology with both 1½ inch and 2½ inch hand line nozzles with these appliances being produced by the Rockwood Sprinkler Company. Located in Worchester, MA, this company was founded in 1906 by George Rockwood and was most known for their production of sprinkler heads, dry pipe valves and pipe fittings. Over the next few years the Rockwood Company would produce thousands of hand line nozzles for use by the military services.



The Navy All-Purpose nozzle carried model 4NAP and was equipped with two discharge openings, one a 5/8 inch smooth bore capable of flowing 82 GPM along with an impinging fog head that flowed 52 GPM. The larger 2½ inch version flowed 132 gpm through the fog nozzle and 200 gpm with a one inch smooth bore opening. The position of the nozzle bail controlled which internal waterway was open and provided some degree of flexibility during both shipboard and structural firefighting. When the bail was pulled fully opened this produced a smooth bore stream, when the bail was opened at ninety degrees to the nozzle a fog stream was produced.

[Back to Table of Contents](#)

Rockwood produced commercial versions of these nozzles and were marketed as SG-60 and SG-200 combination nozzles. Along with these nozzles Rockwood designed several appliances that could be attached to the nozzle when the fog head was removed to permit rapid deployment. These included an aspirating foam nozzle, piercing applicator and several models of low velocity fog nozzles.

Back in the Day (Cont.)

[Back to Table of Contents](#)



Tom Shand

A four-foot applicator with a sixty-degree bend and ten-foot applicator with a ninety-degree bend were available for use with the 1½ inch nozzle with a longer, twelve-foot applicator used with the 2½ inch all-purpose nozzle. All of these appliances were adopted for use by other service branches and were tested extensively by Chief Lloyd Layman during his tenure as a Coast Guard commander. Ultimately, Chief Layman’s work propelled the development of fog nozzle designs during the early 1950’s. These nozzles were produced by Akron, Elkhart Brass and Powhatan, among others and included features such as adjustable fog patterns, integral twist shut off controls and higher GPM flow capabilities.



Smooth bore and fog nozzle designs remained pretty much the same for the next several decades until the development of automatic fog nozzles during the late 1960’s. Today’s nozzles and appliances bear little resemblance to those utilized over seventy years ago, Back in the Day.



TSP News

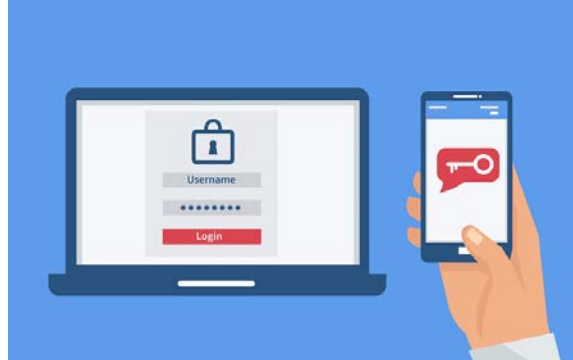


[Back to Table of Contents](#)

Add Extra Security to Your TSP Account

You’re now able to make online access to your TSP account even more secure by enabling two-step authentication at login. This means that you’ll receive a one-time verification code by email or text message each time you log into your account. To add this security feature, log into My Account on tsp.gov and go to your profile settings.

Enabling two-step authentication helps you protect your account against fraud. This login process is more secure because it means that online access to your account requires something you know (your account number or username and password) and something you have (the one-time code you receive in your email or on your phone). Someone who tries to log into your account fraudulently won’t be able to gain access without the code.



Before you can use two-step authentication, you must first validate an email address or cell phone. You can validate your contact information in your My Account profile settings.

Survival Training

[Back to Table of Contents](#)



Fire Ground Survival and RIT Course

By Captain Kristopher Doughty

Naval Air Station Whidbey Island Fire Station 71 hosted a Fire Ground Survival and RIT train the trainer course from 8-16 April 2019. Captain Kristopher Doughty (NRNW F&ES) and Captain Jason Satcher (Fairchild Fire Department) taught the course. This course was designed to teach the basics of fire ground survival used in the event a firefighter faces a life or death situation while on the fire ground. The course focuses on learning from the past and applying lessons learned to the future and what our organization can do or implement to ensure that no mistakes are repeated. This is accomplished through analyzing case studies and applying results to department policies, evaluating equipment that is on apparatuses with one question in mind, “are we ready?”

Each day students started by thoroughly checking out their SCBA’s using a course specific checklist. Next, they would practice what is called a toxic bottle change (changing your own SCBA cylinder without removing your mask). The point of this exercise is to build confidence in your equipment and know that you can operate it correctly even in zero visibility. On day two of the course, each student participated in a consumption test to determine the rate to which each individual consumes the air in their SCBA. NPFA 1404 requires that the Fire Chief knows the consumption rate of every firefighter operating on the fire ground. These calculations were then used to determine each firefighters working time which never includes the final 1/3 of your cylinder. Later on that day the students were instructed on oriented search techniques using hand tools, hose-lines, and expansion joints, all in a manner to find their way out of a room or building.

Day three was when the rubber met the road for survival. Each student learned how to perform ladder bailouts, hose-line bailouts (charged, and uncharged), and how to use personal bailout kits; all accomplished using a belay devise that ensured the safety of every student. Breaching and breaking through a wall and getting through the entanglement prop took up the afternoon. Everyone went home sore that day, but also confident that they could escape a room or building through a window, through a wall, or whatever was in their way using one of these techniques.

On the final day of fire ground survival, all the skills learned from the previous three days was put to the test. Oriented search, breaching and breaking, entanglement, and bailouts all thrown together in one final scenario. The scenario pushed the limits of candidates, but in the end, all completed the scenario with flying colors.

[Back to Table of Contents](#)

Next, the class moved into RIT. This part of the course was designed with saving firefighters a member of a team and learning techniques and tools to make that process more efficient. Imparting an understanding that RIT is not only the most important assignment on the fire ground, it is also the busiest. The RIT team is responsible for track crew movements throughout the structure as they radio landmarks. The RIT team is also responsible for conducting their own size-up, 360, and softening the structure.

Fireground Survival (Cont.)

[Back to Table of Contents](#)



[Back to Table of Contents](#)

On day one of RIT, the students participated in large area searches using search line. As a member of a four-person team, each member utilized different search patterns with a search line to search an entire hangar bay. The focus of the search is to pinpoint the location of an activated pass device and move in that direction.

Day two of RIT brought another day of sweat equity; moving a downed firefighter up and down stairs, across an open floor, and down a narrow hallway. Next, the class participated in two and three firefighter Denver drills. The day wrapped up with the Columbus Drill with charged and uncharged hand-lines.

The third day of RIT the students were instructed on how to remove a downed firefighter's gear and quickly begin CPR. Then the day moved to rescue of a downed firefighter through a basement window with an 18-inch opening. Later in the afternoon, the class participated in mini-scenarios that began putting all the pieces of RIT together and prepare them for the final scenario.



The final day of class was the big RIT scenario that incorporated two engine companies, a ladder company, and an aid company from the on-duty crews to pull off one massive structural drill. The scenario incorporated four possible firefighter emergencies that could be faced on the scene. They included lost or disoriented firefighters, a firefighter with SCBA malfunctions, a firefighter that had been injured, and finally a firefighter that had part of building collapse on them. The final scenario taxed each student to their max and demonstrated how much manpower is involved in a rescuing a trapped firefighter.

In the end, each student took many new tools for their toolbox away from the training and only improved the level of firefighter safety within our department. The class is long and physically demanding, but each student said they would recommend the course to anyone. It will only make them better prepared to meet the challenges facing the department on the fire scene. involved in a rescuing a trapped firefighter.

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Cancer Info

[Back to Table of Contents](#)



[Back to Table of Contents](#)

Cancer Prevention Methods: Fact vs. Fiction

By Jennifer Keir

It's understood that firefighters are exposed to a variety of chemicals from combustion emissions during fire suppression. These include organic chemicals (i.e., made up of carbon and hydrogen), such as polycyclic aromatic hydrocarbons (PAHs); inorganic chemicals (i.e., made up of mainly carbon but with other elements as well), such as brominated flame retardants; and metals, such as lead, antimony, cadmium and uranium.

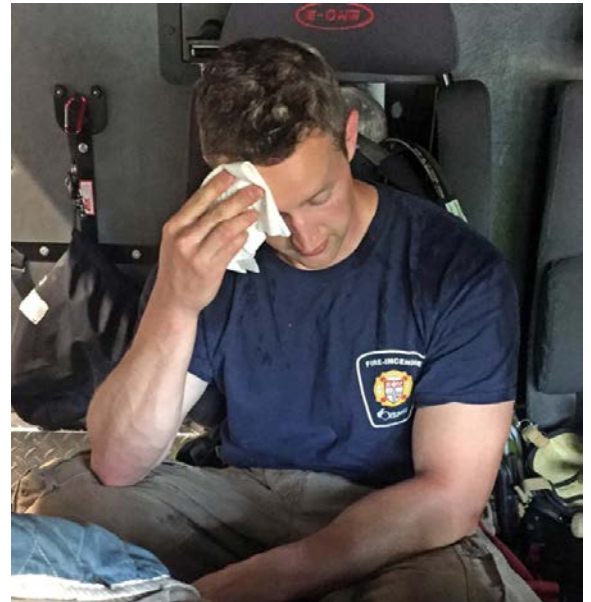
The best way to avoid exposure to these chemicals is to avoid contact. Although manufacturers are working hard to develop protective equipment to do so, the technology cannot yet reduce firefighter exposure to these chemicals to zero. Firefighters will be exposed to these compounds in some capacity. As such, the question remains: What do we do?

There are several products and approaches to decontamination being marketed to address this question. With this in mind, let's review the current information available from the scientific community so you can make the most informed decisions possible for your health and safety.

Skin-cleaning wipes

Skin-cleaning wipes are designed to remove harmful carcinogens from the body before they can be absorbed into the skin.

Between the anecdotal evidence of smelling like smoke and sweating out black "stuff" after a fire and studies suggesting skin as a major route of exposure to chemicals for firefighters, skin-cleaning wipes have become an immediate approach to decontamination. Skin-cleaning wipes are designed to remove harmful carcinogens from the body before they can be absorbed into the skin. This is particularly important for firefighters because as body temperature rises, as tends to happen on the fire and rescue scene, so does the skin's absorption level.



A study of wipes found that generic baby wipes removed 54% of PAHs, some of which are known carcinogens. Further, wipes developed for firefighters are promoted to be superior to baby wipes and other wipe products. Specifically, some wipes use specialized formulas that are said to target fireground hazards as well as a thick, heavy-duty textures that are designed for tougher environments.

Cancer (Cont.)

[Back to Table of Contents](#)



[Back to Table of Contents](#)

To date, two companies have undergone third-party testing of their wipes. One company reports removal rates of up to 69 and 90% of two chemicals with known toxicity and presence at fires. Another company reports a removal rate of up to 99% for lead as well as other heavy metals, but details of how they tested this are not publically available. Testing by other wipe companies is expected in the near future.

The results of testing from wipe companies seem promising, but more research is necessary to answer additional questions:

- Are all wipes able to remove a significant amount of the most worrisome chemicals firefighters are exposed to—and not increase the absorption of it?
- With multiple wipes on the market for firefighters, how does one decide on the best product for their department?
- Are there certain ingredients that will make a significant difference in the efficiency of one wipe over another to remove contaminants?

Work is currently being conducted to answer some of these questions. Researchers out of the University of Ottawa, in collaboration with the Ottawa Fire Services, are currently investigating different decontamination methods. Results from this study are expected by summer 2020.

Saunas

There is no denying that saunas have many health benefits, including improvements in certain respiratory conditions and cardiovascular health. Several studies have found that healthy lifestyle choices (e.g., sufficient sleep, hydration, well balanced diet, and exercise) coupled with sauna use improved health and sometimes levels of selected chemicals in the body. As such, firefighters have taken to saunas as a way to reduce the amount of chemicals in their body. While this is a logical thought, there are several other considerations to keep in mind.

First, just because a chemical has been measured in sweat does not necessarily mean that sweating is the best method of detoxification. The proportion being removed from your body is important. In fact, it's been shown that less than 0.02% of one's daily intake of polychlorinated biphenyls (PCBs) can be sweat out.⁶

No study to date has assessed the ability of a sauna alone to remove toxic chemicals from one's body. All past studies have used a combination of therapies. It is therefore impossible to distinguish the effect of sauna use and sweating without considering the effects of the other therapies. In fact, one study found sauna use alone did not reduce cardiovascular and all-cause mortality whereas a combination of sauna use and good cardiovascular fitness did reduce this risk.

Many studies found that reduced body burden of chemicals after sauna use involved the individual avoiding the source of chemical exposure.

Cancer (Cont.)

[Back to Table of Contents](#)



Jennifer Keir

For example, Sprouse, et al found that when a man stopped going to work where he was being exposed and went through a “detox treatment,” his health improved. Was it the “detox treatment” that improved his health or simply the fact that he stopped being exposed? Was time and the body’s natural detoxification system (kidneys and liver) the main reason why the individual’s health improved?

Further, there are concerns with adding an additional heat stress event to a firefighter’s life. Kidneys are a major part of the body’s filtration system, and excess heat has been shown to injure firefighters’ kidneys. Therefore, if sweating via sauna is only removing a small portion of a chemical in the body, but injuring the kidneys, it could impede detoxification and, in fact, worsen the situation.

Firefighters are exposed to hundreds of different chemicals. Chemicals can differ significantly in how they enter our bodies, where they are stored, how long they are stored for, and how they are excreted. What may work for one method of detoxification may not work for another.

Overall, at the present time, there is insufficient evidence to support the use of saunas as a means of removing the chemicals firefighters are exposed to from the body. As more data and research emerges, the use of saunas will be re-evaluated.

Be proactive

There is no question that everyone is desperate to find a solution to the staggering rates of cancer within the fire service. And there are products and approaches that may be a step in the right direction. But we must be cautious to not declare any one approach to be the “magic bullet” before further research can address additional questions.

Although chemical exposures do impact cancer rates, we cannot focus solely on this issue without also addressing other issues that play significant roles in the risk of illness and disease. Specifically, absence of excess body fat has been shown to lower the risk of most cancers, yet firefighters have staggering numbers when it comes to weight, with 80% of career and 78% of volunteer firefighters being overweight or obese.

The bottom line: We cannot lose sight of the basics. Reducing cancer risks in other parts of life (e.g., fitness, diet, smoking habits), limiting chemical exposure by wearing proper PPE and using SCBA from start of fire suppression to end of overhaul, and minimizing cross-contamination must be addressed and fully enforced.

Jennifer Keir is a research associate and PhD student at the University of Ottawa studying toxic exposures to combustion-derived substances. She completed her master’s degree in chemical and environmental toxicology at the University of Ottawa where she assessed firefighters’ exposures during on-shift, emergency fire suppression. Keir also has bachelor’s degrees in chemistry and health science from the University of Western Ontario



Fire Prevention Corner

[Back to Table of Contents](#)



[Back to Table of Contents](#)

The Special Outdoor Event: Is it Fire Safe?

By Mark Weil, CFPS, MIFireE

NFPA 1 with Navy Amendments is an effective tool if used properly. This is especially the case when planning for and evaluating special outdoor events within your jurisdiction. In this month's newsletter we will discuss the various chapters within NFPA 1 with Navy Amendments that can help and assist the inspector to effectively plan for and evaluate and enforce the standard to these events.



When considering planning, evaluating and the code enforcement for special events there are three main chapters that should be considered to ensure for effective fire safety at these events.

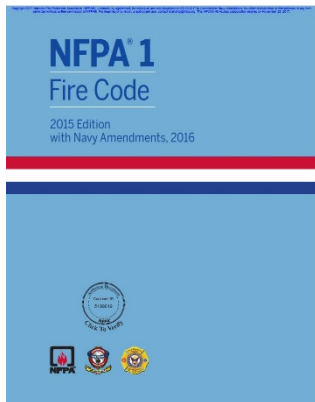
These chapters include General Fire Safety chapter 10, with the emphasis on 10.14. Special Outdoor Events, Carnivals and Fairs. Chapter 25, Grandstands and Bleachers, Folding and Telescopic Seating, Tents, and Membrane Structures. And finally Mobile and Temporary Cooking Operations chapter 50 particularly 50.7.

The first chapter we take a look at is chapter 10 as it provides the essential elements to properly plan and evaluate a special event. The following are some of those critical elements to consider:

1. The AHJ must be able to permit and regulate all outdoor events such as carnivals and fairs as it pertains to access for emergency vehicles; access to fire protection equipment; placement of stands, concession booths, and exhibits; and the control of hazardous conditions dangerous to life and property.
2. The AHJ will be permitted to order a life safety evaluation in accordance with NFPA 1 with Navy Amendments as indicated and as required.
3. The facility management plans must be maintained and adjusted as necessary for changes to the venue structure, operating purposes and style, and event occupancy.
4. Where required by the AHJ, standby fire personnel will be provided and comply with NFPA 1 with Navy Amendments.
5. A minimum of one portable fire extinguisher will be provided for each concession stand where required in accordance with NFPA 1 with Navy Amendments.
6. A minimum of one single station smoke alarm will need to be located in all stock or equipment trailers when they are used for sleeping purposes.
7. Electrical equipment and installation will be in compliance with NFPA 1 with Navy Amendments Section 11.1.

Fire Prevention Corner (Cont.)

[Back to Table of Contents](#)



8. Concession stands utilized for cooking a minimum of 10 ft (3 m) of clearance on two sides and will not be located within 10 ft (3 m) of amusement rides or devices.

9. Where required by the AHJ, a method of notifying the fire department in the event of an emergency will be indicated and provided.

When we look at chapter 25 the most important element to consider is at minimum we comply with the NFPA 1 with Navy Amendments chapter 25 and 11320.23 Navy Fire and Emergency Services Program and local instructions. The construction, location, protection, and maintenance of grandstands and bleachers, folding and telescopic seating, tents, and membrane structures will be required to meet the NFPA 1 with Navy Amendments guidelines. Seating facilities located in the open air or within enclosed or semi-enclosed structures, such as tents, membrane structures, and stadium complexes, must be in compliance with NFPA 1 with Navy Amendments, NFPA 101, and NFPA 102, Standard for Grandstands, Folding and Telescopic Seating, Tents, and Membrane Structures, 11320.23 Navy Fire and Emergency Services Program and local instructions.

Finally, chapter 50 of NFPA 1 with Navy Amendments particularly 50.7., for these events specific requirements are provided:

1. Mobile and temporary cooking operations complies with NFPA 1 with Navy Amendments and the applicable section for the type of cooking performed.
2. Where required by the AHJ, permits authorized will indicate the location, design, construction, and operation of mobile and temporary cooking operations.
3. Portable fire extinguishers provide as per NFPA 96 for cooking operations.
4. Mobile or temporary cooking operations must be separated from buildings or structures, combustibile materials, vehicles, and other cooking operations by a minimum of 10ft.(3m.)

[Back to Table of Contents](#)

Fire Prevention Corner (Cont.)

[Back to Table of Contents](#)

Mark Weir

5. Mobile or temporary cooking will not take place within tents occupied by the public. In addition, seating for the public will not be located within any mobile or temporary cooking vehicle.
6. Mobile or temporary cooking operations cannot block fire department access roads, fire lanes, fire hydrants, or other fire protection devices and equipment.
7. An approved method of communication will be provided to summon emergency personnel and will be accessible to all employees. Address of the street, building number, and the current operational location will be posted and accessible to all employees.
8. Training specific frequencies as noted and prior to performing mobile or temporary cooking operations, workers will require to be trained in emergency response procedures including the following:
 - (a) Proper use of portable fire extinguishers and extinguishing systems
 - (b) Proper method of shutting off fuel sources
 - (c) Proper procedure for notifying the local fire department
 - (d) Proper refueling
 - (e) How to perform leak detection
 - (f) Fuel properties
9. As noted throughout the chapter specifically 50.7 procedural and safety requirements for LP-Gas is indicated and required to be enforced.

Special outdoor events to keep these events fire safe the above mentioned guidelines are important to plan for an enforced based on the NFPA 1 with Navy Amendments. Safeguarding this can ensure these events will remain safe and enforcement will be a priority throughout duration of these events.

Navy Instructor



[Back to Table of Contents](#)

DoD Fire Academy Navy Instructor of the Year

By ABHC Jason Norrod, Goodfellow Navy Detachment LCPO



ABH1 (AW/SW) Jessica Norman was selected as the 2018 DoD Fire Academy Navy Instructor of the Year. ABH1 Norman teaches the Aircraft Rescue Firefighting block of instruction. She identified a critical C-130 OSHA safety issue; attention to detail initiated maintenance upgrade that eliminated a wet weather slipping hazard. She ensured 20 ARFF members applied new technical personal protective equipment care, cleaning and maintenance, to preserve the \$1.9m PPE life cycle. Finally, she earned a bachelor of science degree in health care management from Saint Leo University with a 3.5 grade point average.

SA Matters!

[Back to Table of Contents](#)



Nine Dangerous Mindsets: Part 8 – The Slacker

By Rich Gasaway, PhD.

Welcome to part eight of the Nine Dangerous Mindsets series. In this installment I'm going to take on one of the most challenging and perhaps one of the most frustrating mindsets – the Slacker. This mindset is dangerous to situational awareness because a Slacker does so little to ensure his or her personal readiness for the high risk, low frequency tasks that can kill first responders. This article explores the origins of the slacker and makes some recommendations for how to work through this challenge.

The Slacker

Slacker (noun): A person who avoids work or effort. I think we all knew that already. The slacker does the least amount of work possible to remain employed. They are a minimal contributor and seem to be content in their mediocrity. Getting them to get enthusiastic about work is like trying to get a lazy dog to fetch a stick. Or, less generously, it's like trying to teach a pig to sing. You're not going to succeed and you're only going to annoy the pig.



The Origins

I'd like to think that an organization does not set out to have slackers and, hopefully, has some mechanisms in place during the hiring process to hire non-slackers. If slackers are hired into the organization from the start, then shame on the leadership for failing to fix the root cause of the problem (hiring practices). But, let's assume for a moment that an organization goes to great lengths to hire bright, enthusiastic and motivated recruits. And further, let's assume the organization is successful in hiring high performing employees. If that's the case, where do the slackers come from?

If the organization hires good people, the slackers are made from within the organization. But how? One way might be the influence of slacker peers or slacker supervisors. But if the organization hires only high performing employees and if we can assume it promotes on the same premise, then where do these slacking peers and supervisors come from? You got it. They are made from within the organization.

Beat Down

I once saw a bumper sticker that said "The beatings will continue until the morale improves." I had to laugh at the irony contained within that statement and how it juxtapositions the contrasting notion that an employer can use discipline to improve an organization. The employees I have spoken to who are Slackers didn't start that way. They were created through repetitive exposure to poor leaders who berated them and demoralized them.

[Back to Table of Contents](#)

SA Matters! (Cont.)

[Back to Table of Contents](#)



Eventually, like a dog who is beaten repetitively, they withdraw and realize it is better to do nothing, as doing nothing results in the same, or sometimes less, consequences than trying to make a difference. “What’s the use?” becomes their mantra.

Complacent

A Slacker can also be a victim of complacency. If a Slacker finds a shortcut or performs his or her work with less than maximum effort and has no consequence, this can actually serve as a positive reinforcement that the job can actually be accomplished with less effort or in a short way. No one is there to hold the Slacker accountable and the slacking becomes a norm – an acceptable reduction in effort with a perception the outcome is the same (or even better... less effort). It may be difficult to convince a chronically complacent individual that their behavioral norm has a flaw. After all, if there’s been no consequence up to this point, what’s the likelihood there’s going to be one now?

Frustration

Slackers create frustration because they seem to be so indifferent to their plight. They may even seem indifferent to your safety. And worst of all, they may seem indifferent to their own safety. It almost defies logic that a person would become so lazy that they would jeopardize their own safety. But it’s doubtful they see it that way. They see their slacking as a strategy that works and the results are favorable. After all, they’re putting in far less effort than you, not sweating the details of their work at all. In fact, literal sweat has probably not dampened their brow in quite some time. And they get the same paycheck as you regardless of their minimal efforts. So who’s the fool?

Dangerous

The Slacker is dangerous because they have become indifferent to the deterioration of their skills. If the only person they could harm were themselves, then it might not be nearly as bad. But in the high risk, low frequency, dynamically changing environments that first responders operate in, no one operates in a vacuum. The performance of the team is only as strong as the weakest link and a Slacker is a weak link.



Dr. Gasaway’s Advice

Something, or better yet, someone, got them into this state. Someone hurt them along the way and their pain and fear is causing them to avoid taking risks. This is going to sound bizarre as hell when I suggest this and, quite frankly, I’m not sure if I’d blame you for thinking I’m a kook for suggesting it, but here goes. Apologize.

[Back to Table of Contents](#)

SA Matters! (Cont.)

[Back to Table of Contents](#)



Rich Gasaway, PhD.

What!?! (I can almost hear you screaming from here). Apologize? For what? You didn't do anything wrong! In nearly all cases, that will be true. You did not create the problem. But you're sure being affected by it (don't deny it... it eats at you like termites gnaw on fresh wood). But if you didn't do anything wrong, why would I recommend you apologize? Because they're hurt and they need to hear someone say they're sorry for how they have been made to feel (angry, resentful, hurt). Assuming you are not the one who created this mess, the apology can be an indirect apology. What? You cannot apologize for the mess you did not create, but you can regret that it happened.

Get them to talk with you about why they give so little effort (but don't be confrontational). If you can get them to open up, they're going to tell you why they are hurt and angry and who's to blame. Then you say: "I can understand why you feel this way. I regret that happened to you. I am sorry. What can I do to help make it right?" Chances are they'll say there's nothing you can do, but give them the chance to say if there is.

Then, ask them for help. Tell them you're afraid of getting hurt because the team needs to be strong and you need them to help you ensure the team is strong. Chances are, no one has talked to them with such compassion for a very, very long time. Depending on how hardened their heart has become, they may not be willing to get on-board right away. Give them a little time and space if that's the case. You can't rush the healing of a wound. Sometimes it takes time. But you can keep caring for the wounded by showing them you are genuinely concerned and want them to help strengthen the team.

You have nothing to lose and everything to gain from making the effort to light the fire in a Slacker. Well, as I reflect on that last sentence, I guess in reality you have A LOT to lose if their slacking results in you becoming a casualty.

Action Items

1. Discuss the factors that could contribute to a high performing employee becoming a slacker. The key to helping them is to first understand them.
2. Discuss non-punitive strategies for how to get a slacker to engage. Avoid threats, fear, ridicule, embarrassment, and consequence as your motivators. They're not going to work, at least long term.
3. Imagine you were a teacher trying to reach a child who was a slacker in school but you knew it was a direct result of an abusive home environment. What techniques (short of having protective services or the police intervene at home) could you use to improve the performance of the troubled child. When you begin to see the Slacker as a victim, you take on new compassion and approaches to solutions.

[Back to Table of Contents](#)

Dual Trauma

[Back to Table of Contents](#)



[Back to Table of Contents](#)

Impacts of Dual Trauma Disaster Experience

By John T. Morris, Fire Chief (ret) NAS Corpus Christi

This article was originally written as part of the Arizona State University Emergency Management and Homeland Security Graduate Program, specifically a course titled Critical Incident Stress Management, that incorporated the most recent research on the effects of stress and trauma by introducing students to a comprehensive understanding of the neurophysiology of stress and trauma. The focus was on self-care, through non-traditional means to include concepts and activities such as mindful breathing, Tai Chi, QiGong, and meditation.



As a long time, career firefighter and retired fire chief, I am now serving as an Emergency Management Planner with the Coastal Bend Council of Governments in Corpus Christi, TX, I considered myself well prepared as we began watching Hurricane Harvey's development. I knew how to best prepare my home, and more importantly, my family, which in my case consists of my wife, three cats and a dog. Our plan, though unwritten was executed and functioned well, though it surely did not address all that would come in the many months post storm. Like many plans, the recovery phase was less comprehensive, and tended to be situation specific.

Harvey began on Sunday, 13 August 2017 as a tropical wave off of the west coast of Africa. As this storm developed, I initially was unconcerned, as most models showed slow development, and little chance of a Gulf Coast landfall. We had plans to fly to California on August 23rd, though on 20 August I made a decision to cancel the trip, despite the forecast which had at this point not begun predicting much beyond a tropical storm. On 21 August the Coastal Bend Multi-Agency Coordination Center (CB-MACC), of which I am a member, held a meeting to discuss what was then a Tropical Disturbance. As late as 22 August, after crossing the Yucatan Peninsula, remnants of Harvey showed little serious chances of redeveloping. Once Harvey reached the very warm waters of the Bay of Campeche and the Western Gulf of Mexico, the National Hurricane Center predicted that it would become a strong tropical storm or a Category 1 hurricane, with the most likely landfall near Rockport, TX late Friday night, and by August 23rd, confidence was high that it would become a hurricane. Between Thursday, 24 August and Friday 25 August, Hurricane Harvey underwent unprecedented intensification, and reached Category 4 strength, with sustained winds of greater than 130 MPH.

On 23 August, we began our personal preparations, which included completing a detailed photographic and video inventory of the exterior and interior of our beachfront home. Additionally, we gathered important documents, that would go with my wife when she evacuated the next day. We also packed clothing and both over-the-counter and prescription medications, dog and cat food, and other items for a week-long evacuation.

Dual Trauma (Cont.)

[Back to Table of Contents](#)



We would not evacuate together, as I was assigned to the CB-MACC and would stay in the local area, while she would join others from our small community, and head ninety miles inland to Beeville, Texas. As we began these preparations, we were still somewhat confident that this would be a short-term inconvenience, rather than the life-changing disaster that it ultimately became.

On 24 August, I began the arduous task of physically preparing the house, for what was now beginning to look like a much more serious storm, with the potential of becoming a major hurricane (Category 3, with sustained winds of 120 MPH). As this work continued, the Port Aransas Police Department traveled through our neighborhood, announcing that there was now a mandatory evacuation order in effect for the barrier island of Mustang Island. My wife, our three cats, and a dog, departed around 1:00 PM, and I continued boarding up the 35 windows that offer panoramic views of the dunes and the gulf, that would be forever changed on Friday, 25 August 2017. I left the island at 4:00 PM and arrived at the Texas Department of Public Safety's Disaster District Chair (DDC) command center, where the CB-MACC was activated.

With personal preparations done, and my family safely evacuated, I transitioned into a familiar role, that of a responder, though now working to support those in the field, as opposed to being boots on the ground in the community. Many of us that were activated to serve in the DDC, or as responders and emergency managers, and elected officials in the region began doing our respective jobs to protect our communities. We then watched as Hurricane Harvey began to rapidly intensify, and knew that we were facing a devastating hit, and that as individuals we too would be similarly affected. That night not long after landfall, I was able to leave the DDC for the first time since the 24th and drove to a local hotel despite less than ideal conditions with heavy rain, and tropical storm force winds.

As I was driving the power failed, and I arrived at a warm and wet hotel full of evacuees. Unfortunately, instead of getting some much-needed rest, I succumbed to social media, and constant reports describing deteriorating conditions, and a running log by one resident of my community who created what turned out to be an accurate list of who had not evacuated. It would be a couple of days before our fears of fatalities would be proven unwarranted, with only one direct fatality reported in our region. I returned to the DDC at 4AM, and got ready to work, knowing that after daylight came, and weather conditions allowed, jurisdictions would begin assessing damage, and then start to initiate urgent resource requests. That first night might have been very different had I had some of the skills that were introduced in the ASU CISM course, especially mindful breathing that could have been practiced in my room, allowing me to possibly disconnect.

Of note, these skills ultimately became a key tool in my personal recovery toolbox, though I chose to withdraw from classes for two semesters as attendance, though online was problematic, both due to connectivity issues, as well as personal issues that I ultimately attributed to PTSD.

[Back to Table of Contents](#)

Dual Trauma (Cont.)

[Back to Table of Contents](#)



[Back to Table of Contents](#)

I remained at the DDC from August 24th through August 28th, though made trips to several of the affected jurisdictions on August 26 and 27. At that point, I had not yet made it back into my hometown of Port Aransas, Texas. The widespread catastrophic devastation present in many of the communities we visited was difficult to comprehend, but at this point I was still functioning in “response mode”, and we were there to provide assistance to local emergency managers, and as such kept our own worries locked up in the dark closet of our own making. We had received sporadic damage assessments from Port Aransas, and it was clear that they too had been hit hard, with winds of over 130 MPH, and over six feet of storm surge inundating many parts of the island, with the ferry docks damaged and the one access road impassable due to a large debris field. On the morning of August 28, residents of Port Aransas were allowed to come and check on their property; though a curfew would remain in place, and residents were required to leave before dark each night for several weeks post landfall. Power was out and would remain out for nearly two weeks.

What I saw as I drove the island road leading to Port Aransas was devastation and a changed landscape. I checked in through a police checkpoint, and made my way to our home, and was surprised by how good it looked. I spent the day assessing damage and have since learned that what you can see is not necessarily an accurate portrayal of the damage that occurs from a hurricane. As I write this, we have recently moved back into our home after being displaced for 320 days.

I returned to the DDC that night, got caught up on what had been going on, and then returned to the hotel, showered, grabbed a bite to eat, and got the first real sleep I had had in several days. Many in the field did not have that luxury, and I harbored some residual guilt in that realization. It was also somewhat difficult as I had only transitioned from the fire service in January 2017 and began my new role in emergency management in April 2017.

My mind was still hard wired in response mode, as opposed to my new role of supporting the responder community. Though our support work was important, I no longer had the physical satisfaction of doing what we have often characterized as real work.

The National Center for PTSD identifies a key priority following a disaster is that “...all disaster mental-health management should be the humane, competent, and compassionate care of ALL affected.”

There is significant research that has been published in regards to the disaster impacts on victims and responders as two separate and distinct groups, and it recognizes that each group may need differing services associated with their psychosocial recovery. Research suggests it is necessary to define the affected populations separately as the responders are fully engaged in the disaster, the needs of this group are not necessarily addressed in such a manner so as to provide critical early defusing, as would be done in a singular event such a fire or other incident that would normally result in early intervention by trained Critical Incident Stress Management (CISM) personnel.

Dual Trauma (Cont.)

[Back to Table of Contents](#)



[Back to Table of Contents](#)

At no point did I seek out any type of self-care, such as an initial CISM debrief, likely rationalizing that this exposure wasn't that traumatic. This despite a conversation in the hotel room several days into the disaster, where my boss and I reflected on the fact that as responders we were not wired to be victims.

In retrospect, that should have served as a trigger that we were indeed affected in a unique way in what was characterized as "dual trauma" in the journal article titled *A Case Study: Factors to Consider When Doing 1:1 Crisis Counseling With Local First Responders With Dual Trauma After Hurricane Katrina*. This limited case study, involving a police officer responding to, and affected by Hurricane Katrina was defined as experiencing dual trauma which is defined as "the collective experience of having both occupational exposure as first responders/rescuers of their families, friends, and neighbors...as well as personal exposure as citizens of the same [or neighboring] communities, whose lives have been interrupted by a disaster." Interestingly this was the only study that I was able to find in my research that explored this responder/survivor nexus; and indeed the author noted that despite a large body of knowledge on the general public being exposed to large scale traumatic situations, and to the first responder community's routine exposure to traumatic events, both on a small scale and the larger scale disaster scene, there has been no other focus on "...joint occupational exposure and personal exposure of local first responders." Clearly, there are numerous examples of this dual trauma, and additional research is desperately needed so as to better serve this unique, though far from rare demographic that exists in any community that is struck by disaster.

This cycle of work at the DDC, work at our house, and snatches of sleep went on for a couple more days, though we demobilized soon after. Once we got a generator supplying our house, I chose to stay on the island, and continued our work to secure our home and stop further loss, and to help others that were impacted much worse than we were. This disaster recovery involvement was important to me, as it gave me a way to help, though the daily exposure had taken its toll, and manifested itself in many of the indicators of PTSD; including disrupted sleep patterns, depression, irritability, and loss of concentration. I did consciously realize how deeply I was affected until I enrolled in the CISM class nearly seven months after the storm and was forcibly reminded of information I was well aware of and had practiced as a leader in the fire service.

So, what I do know now is that I have experienced a major disaster, one where I was both involved in a public safety role, and that as a member of an affected population. I am both a responder, and a survivor, and know without a doubt, that I have suffered from a dual trauma, and have developed symptoms often associated with PTSD. As is typical, my symptoms have abated with time, and of note, there was noticeable improvement that occurred while enrolled in the CISM class. I attribute this to the improvement of my self-care skills, and it was at this time that I had actually taken definitive action to heal from the trauma associated with the hurricane.

Dual Trauma (Cont.)

[Back to Table of Contents](#)



John Morris

Through the use of the tools introduced in the class, to include mindful breathing, and for me the healing power associated with Qi-Gong, I am feeling less stressed, and more relaxed. I now know that there are techniques that we can all practice with limited training to take care of ourselves and would not hesitate to initiate these skills if I was stressed for any reason in the future, whether due to another disaster, or just the everyday stressors that we encounter in our lives, both professionally and personally.

What I don't know, is why this event, one of many in a long career, that included trauma, loss of life, and other significant stressors, was the one that most affected me. It may have been because I simply did not seek help, despite some early warning signs. What I do know is that many in my community suffered from PTSD following our experience with Hurricane Harvey, some have recovered, while some have not. The Department of Health and Human Services in a publication titled Survivors of Disasters notes that "Most disaster survivors only experience mild normal stress reactions, and disaster experiences may even promote personal growth and strengthen relationships." (DHHS, undated) I would agree that I have experienced personal growth in three main respects; I now have a perspective unique to those of us that are "Responder/Survivors" of a major disaster; I have learned more about major disaster response and recovery in a way that cannot be replicated in formal training. It was noted after devastating wildfires that there was a sense of "connectedness, hope, and community" and our community definitely experienced this; through the generosity of others that came to help our community, I have developed a much more charitable spirit.

One common thread in conversations among others similarly trained, educated and prepared in the broader public safety field, is that though we felt that we were prepared; none of us were prepared to experience both sides of a disaster – that as seen from the eyes of a public safety professional, and through the eyes of an affected member of the community. In this scenario, we were not afforded the luxury of professional separation that traditionally allows us to compartmentalize the incident as "just another day on the job".



Vintage Photo



[Back to Table of Contents](#)

Schofield Barracks Fire House Circa 1924



From Ted Heinbuch

Horizon Award

[Back to Table of Contents](#)

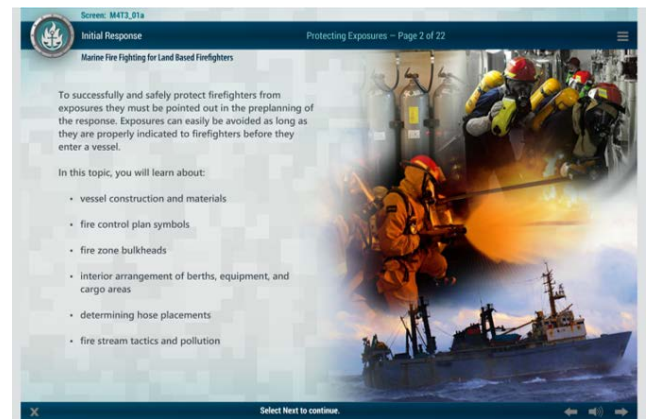


DoD Marine Firefighting Course Recognized

The Department of Defense Marine Fire Fighting for Land-Based Firefighters Course wins a Silver Horizon Award in the Training/E-Learning – Websites category.

Although vessel construction has evolved and most ships have firefighting suppression systems, there is still the need for land-based firefighters who work near shipyards and docks to have specialized marine firefighting knowledge. If a fire does break out on a ship, firefighters must be prepared to work in confined spaces with small doors and narrow passageways, hatch doors that present tripping hazards, and dangerous areas, including engine rooms, unknown cargo, and other hazards. To support this requirement, PowerTrain was tasked by the U.S. Air Force Civil Engineer Center and Commander, Navy Installations Command to create the Marine Fire Fighting for Land-Based Firefighters Department of Defense (DoD) Certification course.

The objective of this training is to provide firefighters with the knowledge and skills needed to support successful response to marine incidents. This course details types of vessels, typical construction and communication features, and response operations



to successfully mitigate a marine emergency. Aside from providing users with a comprehensive range of topics, this course uses interactions, custom graphics and animations, knowledge checks, unique full-motion videos, audio narration, PDFs, and navigation to a glossary, menu, and external resources. This array of features provides conveys critical safety information and technically accurate scenarios. The interactivity built into this training product allows for information to be engaging and interactive. This course complies with all standards defined in National Fire Protection Association 1005, Standard for Professional Qualifications for Marine Fire Fighting for Land-Based Firefighters and it prepares users for the DoD performance test.

[Back to Table of Contents](#)

The Horizon competition is an international competition that has categories in websites, video, online advertising, print media and mobile applications. It is judged by a volunteer panel of industry professionals in multimedia, graphics design, advertising and marketing. The 2018 competition saw over 800 entries from around the world including 37 out of 50 US States and 20 other countries including: Austria, Belgium, Canada, Czech Republic, Greenland, Hong Kong, India, Ireland, Italy, Japan, Malaysia, Portugal, Russia, Singapore, Spain, Sri Lanka, Switzerland, Turkey, Taiwan and the UK.

Autism Event

[Back to Table of Contents](#)



[Back to Table of Contents](#)

Guam Fire Truck Pull for Autism

By Naval Base Guam Deputy Chief Lee Taimanglo



On the 27 April 2019, Guam Fire Department (GFD) hosted an island-wide event in support of Autism Awareness Month. This year's theme was *Get Fired Up and Pull a Fire Truck for Autism*.

Over 30 teams from various organizations competed in support of this worthy cause. Joint Region Marianas firefighters from Naval Base Guam (NBG) and Andersen Air Force Base teamed together to represent 6-year-old Amelia Beatrice Quinata from Ipan Talofoto who is diagnosed with Autism.

Amelia is the proud niece of NBG Deputy Fire Chief Leecardo Taimanglo. Her mother Sophia and grandmother Pamela were deeply touched by the warm support extended throughout the event.

Over 1,500 friends and family participated in the festivities and were able to gain a better understanding of Autism. One of many highlights was the kids pulling a golf cart across the finish line which won the hearts and minds of all that were in attendance.

Funds raised for this event were donated to the Guam Autism Foundation.



Navy F&ES POCs

[Back to Table of Contents](#)



[Back to Table of Contents](#)

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