



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America



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2021 Navy F&ES Awardees Recognized at Washington Navy Yard

The Navy recognized calendar year 2021 Fire and Emergency Services (F&ES) Awards Program winners and inductees on May 18, 2022 at the National Museum of the U.S. Navy on the Washington Navy Yard, DC.

The Navy F&ES Awards Program was instituted in 1997 to recognize the most outstanding fire departments and personnel for achieving the highest degree of excellence.

“Those we honor today are heroes,” said Timothy K. Bridges, CNIC’s Executive Director, who previously served twice as an installation fire marshal. “They are representative of the entire Navy Fire and Emergency Services community who put themselves in harm’s way without hesitation to protect the installations and the people who live and work on our bases. Today and every day, we recognize their selfless acts and thank them for their service to our Navy and country.”

“Everyone of our fire and emergency teams worldwide comes to work with an expectation of an emergency call,” said CNIC Director of Operations Mark Sinder. “Our firefighters and emergency response teams not only know the risk of the job, but

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Awards ceremony on May 18, 2022, National Museum of the U.S. Navy. Photo by MCC Brian Morales.

From the Director

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

As noted by the pictures and article on pages 1 through 3, we just recently conducted our annual F&ES awards ceremony, a first since start of COVID. This turned out to be a very nice recognition ceremony, as we had many of our award recipients attend in person. Congratulations to all F&ES award winners and Hall of Fame Inductees!

This month, the Region Fire Chiefs came to DC for a week long session to discuss updates to policy, shipboard firefighting, evaluations, fire apparatus, and some other critical subjects. The meeting was a great opportunity to receive feedback and exchange information.

While the summer season is shaping up to very busy as we continue to address

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Connecticut Hero Remembered; Inducted into Navy F&ES Hall of Fame

Washington, D.C. – On May 18, 2022, Commander, Navy Installations Command (CNIC) formally presented the Navy Fire and Emergency Services Awards for 2021, in which Assistant Fire Chief Kenneth Jeffrey was posthumously inducted into the F&ES Hall of Fame during an annual award ceremony at the U.S. Navy Museum.

Jeffery's wife and son attended the ceremony to receive the award and honor on his behalf nearly two decades after his passing.

"Well, he'd be very humbled by it," said Kathy Jeffery, Kenneth's wife. "And he couldn't have done this without the guys, all the guys that came up with him. And it's been such a pleasure to see them. To see the guys that started underneath him and [they] are now chief of the departments. He would be so proud of them."

"My most memorable moment was when he let me go to work with him when I was a little kid," said Timothy Jeffrey, son of Kenneth whom followed in his father's footsteps as a Windsor fire fighter. "I liked to ride the rigs and sleep in the bunk room with the guys, and like all the guys just took me in and... you're really thinking you're a firefighter for the night."

Kenneth Jeffrey's dedication to training and safety would create a lasting impact on the firefighter community that echoed even beyond his career.

He began his F&ES career as a firefighter at the former Westover Air Force Base, now the Westover Air Reserve Base, in Chicopee and Ludlow, Massachusetts in 1974.

Kenneth continued firefighting with the Navy at Naval Submarine Base (SUBASE) New London's fire department on April 9, 1979, working his way up through the ranks from firefighter to assistant chief on B-Shift.

While at SUBASE New London, Kenneth assisted in standing up the hazardous materials team and served as senior instructor for the Connecticut Fire Academy.

Additionally, Kenneth served as the fire chief of Windsor Locks, Connecticut where he oversaw the procurement of new apparatus and grant projects to improved operations for career and volunteer fire departments.

One night at building 87 in December 1987, Kenneth was the incident commander, taking quick actions in saving and salvaging critical records and equipment during a large scale incident.

"He and his crew made a miraculous save and saved the government lots of money," Kathy recalled. "He was so proud of that and the guys."

Within the same month, he led teams on a federal response to a 17-alarm fire incident in an old textile mill at Putnam, Connecticut.

In November 1989, two members of the Mariner Hotel became trapped in the basement. Kenneth was the first

arriving officer and coordinated a rescue plan which saved both members.

One of Kenneth's last accomplishments during his 32 years of service was working with Connecticut State Senator Cathy Cook to obtain new thermal imaging cameras for all Connecticut fire departments. They proposed a statewide initiative to increase safety for the citizens of Connecticut to Governor John Rowland in August 2003. Rowland allocated \$3 million to purchase 325 thermal imaging cameras for use by career and volunteer firefighters in the 300 fire departments across Connecticut, the



From Left: F&ES Director Carl Glover, CNIC Executive Director Timothy Bridges, Kathy Jeffery, Tim Jeffery, and CNIC Director of Operations Mark Sinder. Photo by MCC Brian Morales.

Connecticut Fire Academy, regional fire schools, and state agency fire departments, which included at that time SUBASE New London's fire department.

He actively advocated for and participated in firefighter community engagements as a member of the International Association of Fire Chiefs, the Groton Fire Officers Association and the New London County Fire Chiefs Association. Kenneth was also involved with the Little League Baseball teams in Windsor Lock and SUBASE New London.

Many friends and family easily recall Kenneth greeting them with a smile, having a joke of the day, always being in a good mood and people would gravitate around him. He would often end his conversations saying, "See ya at the big one!"

After his passing, the Windsor Locks community would not just have a simple memorial service, but have a "Big One" with hundreds in attendance followed by a fire services march to the cemetery on Jan. 4, 2004.

Jeffery last reported for duty at SUBASE New London Station 23 on Dec. 25, 2003, when he experienced chest pain and was taken to a cardiac care unit. He passed away

Continued next page...

2021 Navy F&ES Awardees Recognized at Washington Navy Yard

(continued from Page 1)

willingly do so knowing that they keep our Navy communities safe from harm.”

This year’s F&ES award recipients are:

Small Fire Department of the Year:

Naval Support Activity Naples

Medium Department of the Year:

Commander, Navy Region Hawaii (CNRH) District 2

Large Fire Department of the Year:

Commander, Fleet Activities Sasebo

Fire Prevention Program of the Year:

Commander, Fleet Activities Sasebo

Military Firefighter of the Year:

Aviation Boatswain’s Mate (Handling) 2nd Class Ryan Fuentes, NAS Station Sigonella

Civilian Firefighter of the Year:

Christopher Terlaje, NSA Souda Bay

Military Fire Officer of the Year:

Aviation Boatswain’s Mate (Handling) 1st Class Raul GarciaVillavicencio, NSF Thurmont

Civilian Fire Officer of the Year:

Kekoa Gonzales, District 2 of CNRH

Fire Service Instructor of the Year:

Mark Berry, Naval Base Guam.

Emergency Medical Services Provider of the Year:

Jeremy McElroy, District 1 of Commander, Navy Region Mid-Atlantic

Fire Inspector of the Year:

John Serrato, CFA Yokosuka

Fire Chief of the Year:

Jeremy Rhode, District 2 of CNRH.

Navy F&ES Lifetime Achievement Awards were presented for: James LaConte, retired fire chief of Commander, Navy Region Southeast; and retired Senior Chief Aviation Boatswain’s Mate (Handling) Anthony Tranumn, formerly with CNIC.

Navy F&ES Hall of Fame inductees were: Joseph Thompson, retired fire chief for Commandant, Naval District Washington Central Fire Battalion; Stuart Cook, retired fire chief NAS Fallon; and in memory of Kenneth Jeffery, former assistant fire chief of Navy Submarine Base New London.

Known for his conversation closure, “See ‘ya at the big one,” Jeffery last reported for duty at SUBASE New London Station 23 on Dec. 25, 2003, when he experienced chest pain and was taken to a cardiac care unit. He passed away a few days later.

“Our CNIC F&ES responders, inspectors and management staff are all dedicated to keeping our personnel safe,” said CNIC F&ES Director Carl B. Glover Jr. “Their devotion displayed daily exceeds exemplary standards. BZ (Bravo Zulu) to all the award winners and nominees.”

Regional Fire Chiefs who retired in 2021 were also recognized at the ceremony. Russ Tarver (JRM), C.P. Miedzinski (NDW), and Jim Laconte (NRSE) were presented commemorative speaking trumpets by the rest of the regional fire chief cadre.



2021 F&ES Awards

Connecticut Hero Remembered...

(continued from Page 2)

a few days later.

Nearly two decades after his passing, the historic Washington Navy Yard’s U.S. Navy Museum reopened it’s doors following last year’s pandemic closure and filled its exhibit bays with firefighters, emergency technicians, family and friends from across CNIC’s 10 regions and 71 installations for the annual ceremony.

The Navy F&ES Awards Program was instituted in 1997 to recognize the most outstanding fire departments and personnel for achieving the highest degree of excellence in mission support and fire protection management.

“It really goes to show that, you know, the doors never forget really hold true, especially after all these years of

Kenneth Jeffery is memorialized at the National Fallen

Fighters Foundation wall in Emmitsburg, Maryland; Connecticut Fire Academy Memorial Wall; at the International Association of Firefighters Memorial in Colorado Springs; the Military Firefighters Heritage Foundation Memorial, at Goodfellow AFB, Tx and the Training Room at SUBASE New London Fire Station 23.

“He would be very humbled and very proud of the direction that the department went in and where they’re headed. I just thank the United States Navy for everything that they’ve given my family and SUBASE New London for keeping his memory alive,” Timothy added.

“I’m just very appreciative of the fire service,” said Kathy. “It is truly a brotherhood. And, you know, like Tim said, that he’s still remembered after all these

years. It’s very heartwarming.”

Photos for the beloved fire chief can be viewed here: <https://wlfld.com/chief-kenny-jeffery-1952-2003/>.



Asst. Chief Kenneth Jeffery

DoD Announces 2021 Fire & Emergency Services Awards Winners

On May 4, 2022 the Department of Defense announced the recipients of the 2021 DoD Fire & Emergency Services (F&ES) Awards for outstanding accomplishments of its fire departments, fire officers, and firefighters. DoD F&ES Working Group representatives from the Army, Navy, Marine Corps, Air Force, and Defense Logistics Agency selected nine winners from 39 nominations.

“In 2021, DoD Fire & Emergency Services personnel worked hard to ensure immediate response capability in support of local authorities and communities,” said Paul D. Cramer, Performing the Duties of Assistant Secretary of Defense for Energy, Installations, and Environment. “Their strong focus in an all-threat, all-hazard environment helped DoD prevent, mitigate, and recover from mission disruptions, directly protecting the U.S. homeland.”

Each year, three of DoD’s most outstanding fire departments receive recognition for achieving the highest degree of excellence in mission support and fire protection management. DoD’s best fire prevention program receives an award based on its depth and breadth, effectiveness, educational value, and thoroughness in direct support of the organization’s mission. One military firefighter and one civilian firefighter each receive an award for their superior job performance and outstanding contributions to a DoD F&ES organization. One military fire officer and one civilian fire officer each receive an award for their superior job performance, outstanding contributions, and leadership to a DoD F&ES organization. In addition, one fire service instructor receives an award for superior job performance and outstanding contributions to a DoD F&ES organization.

The winners for 2021 are listed below:

Fire Department of the Year, Small Category: Malmstrom Fire and Emergency Services, 341st Civil Engineer Squadron, Malmstrom Air Force Base, Montana

From the Director (continued from Page 1)

BHR action items, OPNAV Instruction updates, and re-start of our F&ES evaluation process ... it will also be a good time to take some well-deserved time off and spend some well-deserved time off and spend some down time with family and friends. Please continue to maintain social distancing and wear you mask in crowded situations, take the extra steps to stay safe.

As many know, we are very happy to have Gene Rausch start to come back in the office; for some limited time, as he is starting to get back to work over time. While Gene continues his recovery, this is a step in the right direction. BZ to Gene. Thanks to all the DoD F&ES Staff who serve: *Protecting Those Who Defend America...stay safe.*

Carl



Fire Department of the Year, Medium Category: Cannon Fire and Emergency Services, 27th Special Operations Civil Engineer Squadron, Cannon Air Force Base, New Mexico

Fire Department of the Year, Large Category: Joint Base Elmendorf-Richardson Fire & Emergency Services, 673rd Civil Engineer Squadron, Joint Base Elmendorf-Richardson, Alaska

Fire Prevention Program of the Year: Kadena Fire and Emergency Services, 18th Civil Engineer Squadron, Kadena Air Base, Japan

Military Firefighter of the Year: Senior Airman Isaac P. Jancouskas, 316th Civil Engineer Squadron, Joint Base Andrews, Maryland

Civilian Firefighter of the Year: Mr. Jeffery M. German, Fort Benning Fire & Emergency Services, Georgia

Military Fire Officer of the Year: Senior Master Sergeant Ryan E. Boyd, 316th Civil Engineer Squadron, Joint Base Andrews, Maryland

Civilian Fire Officer of the Year: Mr. Tetsuya Kudaken, 18th Civil Engineer Squadron, Kadena AB, Japan

Fire Service Instructor of the Year: Captain John P. Fogg III, Defense Logistics Agency Installation Management Susquehanna, Pennsylvania

Source: U. S. Department of Defense release



Why Get Vaccinated?

To Protect Yourself, Your Coworkers, Your Patients, Your Family, and Your Community

- Building defenses against COVID-19 in this facility and in your community is a team effort. And **you** are a key part of that defense.
- Getting the COVID-19 vaccine adds **one more layer of protection** for you, your coworkers, patients, and family.



Here are ways you can **build people's confidence** in the new COVID-19 vaccines in your facility, your community, and at home:

- ✓ **Get vaccinated** and enroll in the **v-safe** text messaging program to help CDC monitor vaccine safety.
- ✓ **Tell others why** you are getting vaccinated and encourage them to get vaccinated.
- ✓ **Learn how to have conversations** about COVID-19 vaccine with coworkers, family, and friends.

It all starts with you.



www.cdc.gov/coronavirus/vaccines

BG Firefighters Climb to the Top at NSA Bahrain FESD

By: Ameera Al-Kooheji

Beginning as a safety inspection team with a handful of fire extinguishers and golf carts, the Naval Support Activity (NSA) Bahrain's Fire & Emergency Services Department (FESD) has grown into one of the most distinguished firefighting workforces in the region, and continues their pursuit of excellence.

Since their formation nearly a decade ago, NSA Bahrain's FESD established policies and regulations, and developed and trained a fully equipped team that epitomizes high performance and structural firefighting excellence. At the forefront of this excellence is the team of 23 Bahrain Grade (BG) firefighters who accelerated their way from the bottom to lead in top positions.

in addition to the newly formalized fire department where local nationals were to be trained for the first time to enter the fire academy as a logistical preference.

"It was tough, nobody thought we'd actually be where we are at now," said Mohamed Al Matrook who joined in 2012. "Even the previous chiefs, they thought it's never going to happen or work out."

Before entering the academy, all prospective firefighters had to go through a series of aptitude and physical tests including an agility test, a rigorous test of a trainee's physical fitness where they undertake a stair climb, rescue drag, equipment carry, and many other tasks while being



NSA Bahrain Fire & Emergency Services team in April, 2022.

"We've been able to do things at the fire department with our BG firefighters that no other installation has been able to do," said Shannon Orndorff, Chief of Fire & Emergency Services at NSA Bahrain. "The work these guys have put into getting to these positions is just phenomenal, especially in the span of a decade, going from a new guy with no experience in the fire service to being company officers and battalion chiefs."

Faced off against many obstacles since the start, the BG force was initially considered inconsequential. A mere

timed and wearing a heavy vest to simulate the weight of a firefighter's equipment. After the agility test, came the medical test.

"One of the big challenges for all of us was the medical," said Yusuf Saleh, a firefighter who joined in 2012. "None of us knew anything, it was tough."

But perhaps the most difficult of all, according to the team, was the language barrier. Unlike other installations where the local national workforce is homogenous,

Continued next page...

BG Firefighters Climb to the Top at NSA Bahrain FESD (continued from Page 4)

Bahrain has a diverse local nature and not all BGs came from the same cultural background.

“The English barrier was hard, the cultures were different, and we all came from different backgrounds,” said Saleh.

However, with relentless training, exchange of knowledge, and continued practice, they were able to overcome and form an even stronger bond that extended to the whole department.

“It’s just amazing how we cope with each other,” said Al Matrook. “It’s a family, it’s a bond and a vow between us all the firefighters that we will always be there for each other and this is our place.”

Today, the synergy between general schedule (GS), BG and active duty military has been achieved to the fullest in the department as Orndorff explains.

“We have Bahrainis, we have Sri Lankans, Indians, Pakistanis, Filipinos, and I think that makes our workforce even stronger. Because everyone has to work with different cultures, languages, perspectives, viewpoints, our diversity is probably our biggest strength.”

But while proving to have the aptitude for the job, the department structure was missing the meritocracy that could potentially make them excel. With no GS personnel staying more than two years and a small amount of room for upward mobility, the BG force remained on the career ladder and needed to be nurtured and constantly challenged to ensure competence.

“What we realized is that our BG firefighters now are guys with almost 10 years of experience and we needed to make a shift,” said Orndorff. “We needed to align the fire department to where the BGs would really be the continuity that kept it together and moving forward for the next 10 to 15 years.”

With the vision to have the BG force run the fire department one day, Orndorff worked towards solidifying

this concept and assigning the first BG chief officers and BG company officers, and establishing a career ladder that allowed all the BGs to progress in their career.

Today, NSA Bahrain’s FESD is one of only a few installations where local nationals can get promoted to captains and battalion chiefs. In addition, a recently approved Total Compensation Comparability plan for foreign national employees to operate on a 24/48 schedule in Bahrain was put in place to support critical operational demands and to solidify the career ladder for our BG firefighters.

“My vision is really to have these guys maintain the same level or service regardless of when the fire chief leaves, the battalion chiefs leave, the inspectors leave, and the captains leave because they are the continuity of this department and they have claimed ownership over it,” said Orndorff.

With this major step and shift in policies and dynamics, the BGs have admittedly become even more eager to learn and grow.

“The fire chief gave us a voice,” said Al Matrook. “We feel more valuable than before. We feel more appreciated. And when you feel appreciated you wanna move up. This place means something to me. We believe it’s our place, we grew up here.”

Work ethic, pride and motivation are the main traits the BGs are known for. Taking ownership of a department before it was even established and taking a positive role in wanting to help others and continuously grow are the essence of what it means to be a firefighter.

“The remarkable thing here is that we brought a group of individuals into a fire department that was in its infancy. The founders were building a fire department at the same time they were training its newest members,” said Orndorff. “The key thing to remember is, it’s not the fire department that built the BGs, the BGs have built this fire department.”

Suicide Prevention: Know the Warning Signs

If you are experiencing any of these signs, please don't wait to find support:

- Withdrawal, or self-isolation from friends, family and colleagues
- Marked changes in mood, increased sadness
- Increased or excessive substance use
- Aggressive, impulsive or reckless behavior
- Comments or thoughts about suicide
- Feelings of being out of control
- Difficulty with concentration, usual activities
- Issues with sleep

There are many potential risk factors for a mental health crisis or suicide, such as cumulative trauma or being injured on the job. There are also protective factors, such as social support from those who understand, access to confidential services and physical wellness. Reach out for support, check on your peers, check in with friends and family.

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable

CPSE Learning Opportunities

The Center for Public Safety Excellence (CPSE) is excited to bring you the latest learning opportunities to advance your department and career.

Quality Improvement for the Fire & Emergency Services Workshop - 3 Days, In-Person. For details and to register for these workshops, go to the Course Catalog at <https://university.cpse.org/>.

June 13-15 NAS Fort Worth JRB Fire & Emergency Services, Fort Worth, TX (DoD Only)

June 15-17 Ramstein Air Base Fire Department, Ramstein, Germany (DoD Only)

August 9-11 USAF Academy Fire Department, USAF Academy, CO (DoD Only)

September 13-15 Westover ARB Fire & Emergency Services, Chicopee, MA (DoD Only)

November 1-3 DLA Richmond Fire & Emergency Services, Richmond, VA (DoD Only)

November 7-9 Parris Island Fire & Emergency Services, Parris Island, SC (DoD Only)

On-Demand Webinars and Resource Documents

Available at: <https://university.cpse.org/Accreditation>

We encourage you to take the time to access these free resources in the CPSE University:

Writing the Four-Part Answer - A webinar explaining development of the four-part answer for the self-assessment manual.

Performance Statements - A webinar explaining development of performance statements.

Creating a Strategic Plan - A webinar explaining the creation of a community-driven strategic plan.

Developing Strategic Plan Goals and Objectives - A

Continued next page...



Memorial Day, observed on the last Monday of May, honors the men and women who died while serving in the U.S. military. Memorial Day 2022 is Monday, May 30.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. The date of the first Decoration Day was chosen because it wasn't the anniversary of any particular battle.

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

Some records show that one of the earliest Memorial Day commemorations was organized by a group of formerly enslaved people in Charleston, South Carolina less than a month after the Confederacy surrendered in 1865.

-The History Channel



2022 Firefighter Safety Stand Down, June 19-25

Resources: www.SafetyStandDown.org

Theme: **"Situational Awareness: The Foundation of Good Decision Making."**

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.



Daily focus areas:

Monday: Structure fires.
 Tuesday: EMS.
 Wednesday: Wildland incidents.
 Thursday: Roadway response.
 Friday: Acts of violence.

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).

NSA Annapolis Runs on Multi-Victim Tree Into House

By: Kevin Grinder, Fire Chief, Naval District Washington

On Monday April 18, 2022 at 2132 hours Navy Rescue Engine 47, Engine 461, Medic 46, and Battalion Chief 46 out of NSA Annapolis responded mutual aid to Anne Arundel County (MD) to the 800 block of Holly Drive West in Cape St Clair for a “tree on a house” with a report of 3 victims trapped. E-191 (Anne Arundel County) was the first unit to arrive and confirmed that a large tree had crashed through the roof of the house trapping three patients on the second floor, significant structural damage, and a fourth victim sitting on the front porch.

Battalion Chief 46 (Grinder) arrived and was assigned as the Rescue Group Supervisor with E-191, RE-47, and E-461. Units were assigned to make their way to the second floor of the residence and begin rescue operations for the three missing victims. Units found a large tree had crashed through the roof and trapped three people under the tree and scattered roof and wall debris. After approximately ten minutes of digging through debris and creating a chain gang to pass debris out of the way, crews located a 5 year-old child and safely removed him to the outside; the child was conscious and alert and had no visible injuries.

After digging through further debris a female was located (the only initial access was to a partial view of her face and left forearm). Firefighter-Paramedic Massengale made his way over the debris and into a position on top of the tree trunk where he was able to establish an IV, and begin pushing fluids as well as pain management medications while an extrication plan was developed. Due to the extensive damage the ceiling and floor joists below had to be stabilized before further extrication efforts could begin. County crews also used a sling method to ensure the tree could not fall any further into the structure, as heavy wind and rain continued throughout the incident. FF-PM Massengale consulted with Baltimore Shock Trauma Center via radio and received orders for additional medications and procedures to treat for crush protocol. Massengale maintained his position on top of the tree and maintained patient care for over one hour while stabilization and extrication efforts continued, until she was extricated and patient care was transferred to Medic 46.

The female patient was transported to the R. Adams Cowley Shock Trauma Center by ground ambulance (due to weather); at the time of transport she was in serious but

stable condition.

Once the female was removed, crews were able to make access to the male victim who was obviously de-



ceased, with injuries incompatible with life. Crews worked another 15 minutes or so to free him and get him removed from the residence.

Units operated on the scene for a total of 3 hours. During this incident NDW Annapolis, Annapolis City, and Anne Arundel County Fire Department crews worked seamlessly together due to the extensive training and day to day interaction the crews have through robust mutual aid agreements. FF-PM Massengale has been submitted to CNIC for a Life Saving Award, and additional crews have been submitted for Significant Achievement Awards.

CPSE Learning Opportunities (continued from Page 7)

webinar explaining how to develop effective goals and objectives for a strategic plan.

Tech Writing 101 - provides an overview of the Advanced Technical Writing Certificate Program at George Mason University.

CPSE is looking for agencies to host the Quality Improvement for the Fire and Emergency Services workshop in 2022. If you are interested in hosting a 2022 workshop, download the hosting agreement for more information.

For questions or assistance contact info@cpse.org or 703-691-4620.

SUBASE Firefighters, Back-to-Back Working Fires in New London, Groton

Groton (CT) Navy Region Mid-Atlantic Fire & Emergency Services' District 6 personnel from Naval Submarine Base New London (SUBASE) assisted in emergency response to two community calls for mutual aid fire-fighting on Thursday May 5, 2022.

In back-to-back calls, Station 23 and Station 24 firefighters and apparatus supported extinguishing fires at the historic Lighthouse Inn on Guthrie Place in New London and at a multi-unit residence on Thames Street in Groton.



SUBASE Commanding Officer, Capt. Kenneth M. Curtin Jr., shared a cup of coffee and his appreciation for their community response with base firefighters on May 9th.

"It's always nice to know that in an emergency greater than the resources immediately available, Southeastern Connecticut Fire Departments have each other's back," said Curtin.

He noted recent extensive training efforts and a comprehensive exercise, in which Navy firefighters and Sailors worked together with local civilian firefighters and first responders to combat a notional major fire aboard a base submarine.

"Whether it's their support for us inside the fenceline, or our support for the community outside it, mutual aid is symbiotic," said Curtin. "Well done to District Chief Tommy Clapsadle and all the fire department members here at SUBASE. Thank you for your dedication to not only 'Protecting Those Who Defend America,' but also to protecting the great community in which we live and work."



If you are in crisis, there are resources you can turn to.



The National Suicide Prevention Lifeline offers free, confidential crisis counseling 24/7/365 — and you don't have to be in crisis to call. 1-800-273-TALK (8255)

If you don't want to talk on the phone, you can also text. Crisis Text Line offers free 24/7 mental health support. Text "10-18" or "SCRUBS" to 741741 for help.

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide. Call 1-206-459-3020 or 1-877-230-6060.

NATIONAL
SUICIDE PREVENTION
LIFELINE

1-800-273-TALK (8255) suicidepreventionlifeline.org



Veterans
Crisis Line

1-800-273-8255 PRESS 1

Fire & Emergency Services Academy Graduates to Augment Fleet with Reserve Support

By Lt. Clara Navarro, Commander, Navy Installations Command

Seven students graduated from the Navy Reserve (NR) Commander, Navy Installations Command (CNIC) Fire Academy on board Naval Support Activity (NSA) Annapolis, on April 29, 2022.

The Fire & Emergency Services (F&ES) program aims to train and equip Navy Reserve personnel as a firefighting force capable of rapidly mobilizing in cases of natural or manmade disasters, as well as provide relief and support for routine base functions. It was founded in 2007.

The course runs annually. It lasts nine weeks and qualifies graduates with six major certifications: First Aid Provider, Hazardous Materials (HAZMAT) Awareness, HAZMAT Operations, HAZMAT Mission Specific Competent Personal Protective Equipment, Firefighter 1, Firefighter 2, and Aircraft & Rescue Firefighting. These graduates will also be awarded the Navy Enlisted Classification (NEC) 786B: Shore Based Airport and Aircraft Firefighter.

Program Manager. “Students enter scenarios that challenge their natural instinct to save themselves and are encouraged to focus on saving others. The skills learned



U.S. Navy Sailors assigned to Commander Navy Installation Command on April 29, proceeding a ceremony for the Navy Reserve CNIC Fire & Emergency Services Fire Academy Graduation class of 2022. Photo by Petty Officer 2nd Class Griffin Kersting.

“This training builds the future force of Navy Reserve firefighters,” said Aviation Boatswain’s Mate Senior Chief Anthony Pena, the CNIC F&ES Military Firefighter

during this course can be used on the first day of their operational careers.”

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Maryland Enacts Law Restricting PFAS Chemicals

By: Kevin Grinder, Fire Chief, Naval District Washington

On Thursday April 21, 2022 Maryland Governor Larry Hogan signed into law SB-273/HB-275, the “George Walter Taylor Act” Prohibitions and Requirements – PFAS Chemicals. Walter Taylor was a Fire Fighter and Fire Inspector assigned to Naval Air Station Patuxent River, MD and member of IAFF Local F-121 who tragically lost his battle with Metastatic Neuroendocrine Cancer at age 46 on Memorial Day 2020.

This bill will protect Marylanders from toxic PFAS (per- and poly-fluoro-alkyl substances) chemicals by prohibiting the use of firefighting foam laced with PFAS; banning the use of food packaging that contains PFAS; and prohibiting the sale of carpets that contain PFAS. The bill will also require anyone who sells personnel protective equipment to provide a written notice to the buyer.

PFAS is a group of more than 6,000 chemicals often referred to as “forever chemicals” because they do not break down in the environment, or in human bodies. The bill was led by Senator Sara Love (D, Montgomery County), and Delegate Sarah Elfreth (D, Anne Arundel



Maryland Governor Larry Hogan meets with Walter Taylor’s family and NDW Fire Chief Kevin Grinder.

County), with support of the Professional Firefighters of Maryland.

Fire & Emergency Services Academy Graduates to Augment Fleet with Reserve Support (continued from Page 8)

This year's graduating class comprises a mixture of personnel under NR F&ES. Because this year's class was smaller in size than previous years, students received nearly one-on-one facilitation and more hands-on training time during live fire burns and practical evolutions, resulting in a distinctly high-performing and unified team.

The graduates join the more than 150 NR Sailors capable of augmenting fire stations on installations around the world. Each is assigned to one of the four detachments under the NR CNIC headquarters F&ES or the NR Europe, Africa, Central F&ES/Air Operations Unit. The unit locations were strategically chosen to best equip fleet concentration areas and support any Department of Defense (DoD) installation worldwide.

New Service Provider, New Features for TSP Website

By: Navy Civilian Benefits Center

TSP is transitioning administrative services to a new provider in order to add new features to the TSP website. This transition removes the ability to transfer your TSP data into the GRB (Government Retirement and Benefits) Platform by using the account retrieval function. However, you may manually enter your TSP contribution amounts in GRB until this issue can be resolved. The expected transition dates will be May 16, 2022 through approximately the first week in June 2022. The changes are part of a massive modernization effort that will overhaul the systems that manage and secure the TSP on the back-end.

The project will eventually bring a new TSP mobile app, a mutual fund window, new security functions and a few more features that most consumers might recognize from the online banking world. The Federal Retirement Thrift Investment Board has said participant feedback is informing the direction it's taking with some of those new features.

Some key transactions will be temporarily unavailable during this transition. These include submitting a request for a loan, withdrawal, and distribution from your TSP account. All transactions and services, including My Account and the Thrift Line, will be temporarily unavailable after Thursday, May 26, and until the first week of June, when the transition period ends. A full list of transition dates can be found at <https://www.tsp.gov/new-tsp-features/key-transition-dates>.

While your current TSP investments will remain active during this transition period, TSP will temporarily suspend investment changes toward the end of the

This year, nine additional students joined for the last portion of the Academy course, to participate in the Aircraft and Rescue Firefighting Course only. Many of these students were catching up on training and certification impacted by the COVID-19 pandemic.

The certifications earned reciprocate on the civilian side, allowing NR F&ES personnel to work at both military and civilian fire stations. Graduates often attain firefighting positions in civilian fire departments throughout the U.S. during their off-duty time.

The NR CNIC F&ES program now boasts over 190 billets, with growth expected to continue, as requests for support come from around the world. Graduates stand ready to support emergency demand signals, postured to support a variety of contingent situations. NR CNIC F&ES is always searching for qualified or highly motivated personnel to join the team - to answer the call, "Ready Now. Anytime, Anywhere."

transition period, beginning May 26, 2022. This means that your TSP investments will still be subject to market gains and losses during this brief period, and you won't be able to make changes until after the transition.

When the transition period ends the first week of June, you'll have several options for accessing and managing your TSP account, including a TSP Mobile App. Later this year, the TSP plans to add the ability for participants to purchase selected mutual funds through the TSP website.

After the upgrade, all users will need to update their login information before accessing their online account for the first time. Step-by-step prompts will be provided to help you verify your identity, update your contact information and set up your account security.

Additional information can be found at www.tsp.gov/bulletins/22-4/. If you have any questions during this transition time, contact the Thrift Savings Line Service Center: 1-877-968-3778 Monday through Friday, 7:00 a.m. to 9:00 p.m. eastern time International: (404) 233-4400 (not toll-free) or <https://www.tsp.gov/new-tsp-features/key-transition-dates>.

Additional Reporting from WTOP/Federal News Network (federalnewsnetwork.com) and military.com is included in this article. Federal News Network image.



Together We Can Make A Difference: Mental Health Awareness Month

Emergency responders are at risk of many behavioral health concerns, including anxiety, depression, burnout, post-traumatic and acute stress, addiction, relationship challenges, and others.

“Let’s look out for each other, okay?”

Everyone has baseline vitals such as pulse, respirations, and blood pressure. But, did you know that everyone has a mental baseline?

This is where we need to help each other. When you see someone who seems to be having an off day, maybe more quiet than normal, or showing signs of being stressed; a simple “are you okay?” is all that may be needed.

“First Responders are more likely to die by suicide than in the line of duty.”

It is okay to ask for help. While emergency responders may feel that there is a “stigma” when asking for help, research has shown over and over again that we cannot do this on our own. The month of May is Mental Health Month and the focus for the month will be to ensure that every member of the Fire Department; from Chief Officers, Captains, Fire Inspectors, Training Officers and the Fire Fighters are aware of available support options and that there are resources available for any Fire Fighter or family member who wishes to seek help.

If your department has a Peer Support Team, members are trained to assist in a variety of ways; from basic general discussions to recognizing when professional help may be needed.

BASIC PEER SUPPORT CAN BE DONE BY ANYONE

Everyone within the Fire Department is a Peer. Even though the department has different ranks by job title, we are still Peers to one another. It is important that we look out for one another, not only job performance wise, but also on a mental health basis. If you see someone who is not acting their normal self, please ask them if they are okay or refer them to the Department’s Peer Support Team.

TOGETHER for Mental Health



Together We Can Make A Difference

Emergency responders are at risk of many behavioral health concerns, including anxiety, depression, burnout, post-traumatic and acute stress, addiction, relationship challenges, and others.

Did you know? Firefighters are more likely to resist mental health support, according to data from USFA.



ENGAGE

If you see someone who is being “off.” engage them.



ASK

“Is everything OK?”



LISTEN

Take the time to listen to them. Refer to Peer Support if needed.



20%

Not feeling comfortable speaking to another person about their problems.



19%

Not wanting people to perceive them as being weak.



19%

Feeling judged by colleagues in their profession.

Five Ways to Improve Your Well-Being

May is Mental Health Awareness Month. This health observance strongly supports the idea that anyone affected by a mental health condition should be able to get the appropriate support and care they need to live a healthy, fulfilling life.

Although some progress has been made, the stigma around mental health and treatment has long existed. Many people still hesitate to seek help or even talk about their mental health conditions with loved ones for fear of being judged and facing uninformed backlash. A great way to mark Mental Health Awareness month is to talk about it. When you share insights and realities about mental health challenges, these conditions become more normalized and less mysterious.

Take care of yourself and your loved ones. If you are struggling, reach out for the care you need. If a loved one is suffering, provide an ear to listen and/or a shoulder to cry on.

The Navy's Civilian Employee Assistance Program provider is Magellan Healthcare, which provides free, confidential services to help Navy civilian employees and their household members manage everyday challenges and work on more complex issues. Here are five suggestions from Magellan that can be done every day to improve mental health:

1. Connect. Build and strengthen relationships with the people around you. Meet up with friends, have lunch with a coworker or join a group in your community. Feeling close to and valued by others, including at work, is critical to boosting wellbeing. When we devote time to these relationships, we feel happier and more secure, giving us a better sense of purpose.

2. Be active. Look for ways to be active every day.

Find something you enjoy and that suits your fitness and mobility, like running, walking, gardening, dancing and working on projects around the house. Being active every day causes changes in our brain which can positively affect our mood and decrease stress, depression and anxiety.

3. Give. Carrying out acts of kindness for other people, whether small or large, can increase happiness, life satisfaction and a general sense of wellbeing. Make someone a meal, help with a project or volunteer at an organization. You could just ask a friend or someone you work with how they are and really listen to the answer. Giving back to others can create positive feelings and help us feel more satisfied with life.

4. Take notice. Be present in the here and now. Pay attention to the world around you, nature, people and your thoughts and feelings. Becoming more aware of the present moment boosts our wellbeing by helping us enjoy the world we have around us and understanding ourselves better.

5. Keep learning. Practice new skills and seek information about topics that interest you. Try a new recipe, listen to a podcast or fix something in your home. Generally being curious and seeking out new experiences at work and in life can boost your confidence and build a sense of purpose and connect with others.

self-esteem, help you

Each of these five practices have been shown to make a positive difference in how we feel and live our life. Call your DON CEAP provider at 1-844-DON-CEAP (TTY 711) or visit www.MagellanAscend.com to get started.

Source material from Magellan Healthcare and the New Economics Foundation.

Know The Warning Signs. If you are experiencing any of these signs, please don't wait to find support:

- Withdrawal, or self-isolation from friends, family and colleagues
- Marked changes in mood, increased sadness
- Increased or excessive substance use
- Aggressive, impulsive or reckless behavior
- Comments or thoughts about suicide
- Feelings of being out of control
- Difficulty with concentration and usual activities
- Issues with sleep

There are many potential risk factors for a mental health crisis or suicide, such as cumulative trauma or being injured on the job. There are also protective factors, such as social support from those who understand, access to confidential services and physical wellness. Reach out for support, check on your peers, check in with friends and family.

Source: NAMI-National Alliance on Mental Illness

Sickell Designated Certified Emergency Manager

By: Kelly Werfel, Public Affairs Officer, Naval Station Norfolk

Navy Region Mid-Atlantic's District Chief Anthony Sickell was certified as a Professional Emergency Manager by the Virginia Emergency Management Association (VEMA) in May 2022. The VEMA's PEM designation attests to the knowledge, skills,

abilities, and achievements in the field of Emergency Management. The certification program is jointly administered by VEMA and the Virginia Department of Emergency Management.

Chief Sickell is the senior fire officer for MIDLANT's Fire District 1 which includes six stations at Naval Station Norfolk and NSA Hampton Roads.



Back in the Day: Navy Newport Mack Quad

By Tom Shand

Mack Trucks is one of the world's oldest producers of heavy trucks and began as a wagon building company in Brooklyn in 1905. While the early models of Mack trucks gained acceptance when the AC model was introduced in 1916, this design immediately became known as the "Bulldog" with over forty thousand trucks of all types being produced by Mack in this configuration. Thirteen different models of fire apparatus using the AC model chassis were developed including chemical wagons, hose cars, pumpers and tractor drawn ladders.

The AC Bulldog model was distinguished by the sloping front hood which protected the four cylinder engine rated at 74 horse power with a three-speed transmission and the rear chain drive. Rotary gear fire pumps rated at 500 gpm were most common with little protection for the crew as the vehicles did not have any windshields, and had an open bench seat for the driver and officer.

During World War II Mack Trucks produced over 32,000 trucks to support the war effort for both the United States and the Allies. While the majority of these vehicles were NM 6X6, six ton cargo trucks a number of structural and specialized ARFF units were produced for all branches of the military. The U.S. Navy received several L Series pumpers and quads during this period to protect various installations.

With the outbreak of World War II Mack moved its

fire apparatus production from Allentown, Pennsylvania to Long Island City in New York. After the conclusion of the war the demand for fire apparatus skyrocketed as many communities had not received any new vehicles for several years. After the conclusion of the war several of the apparatus built for the Navy went on to serve with neighboring municipal fire departments.

Mack L Series fire apparatus were produced between 1940 and 1954 with approximately

1,453 rigs built. By far the most popular were the Type 85 and 95 models which boasted the Mack engineered and built Thermodyne engine rated at 225 horsepower with a five speed manual transmission and dual ignition. Anyone who ever drove one of these Mack fire trucks can recall the distinctive roar of the Mack engine, and given the proper training and some luck could easily shift the transmission without having to use the clutch. Despite competition from American LaFrance with their cab ahead 700 series apparatus, Mack fire trucks dominated the market for many years due to the rugged design and construction of their vehicles.

During 1942 the Newport Naval Station in



1942 Mack 95 LS serial number 1017, Naval Station Newport, RI (then Naval Training Station Newport). 204,115 recruits trained at Newport during World War II. Today Naval Station Newport is still home to the Naval War College as well as Officer Candidate School, the Naval Academy Preparatory School, Naval Justice School, and multiple other training / education commands, as well as NOAA and U.S. Coast Guard vessels. Photos from the collection of Ted Heinbuch.

Rhode Island took delivery of a model LS-95 quad

Continued next page...

Asian American Pacific Islander Heritage Month

May is Asian American Pacific Islander Heritage Month (AAPIHM). The month of May was selected for this remembrance and awareness initiative in recognition of the arrival of the first Japanese immigrants in the United States on May 7, 1843, and the significant contributions made by Chinese pioneers in the completion of North America's transcontinental railroad on May 10, 1869.

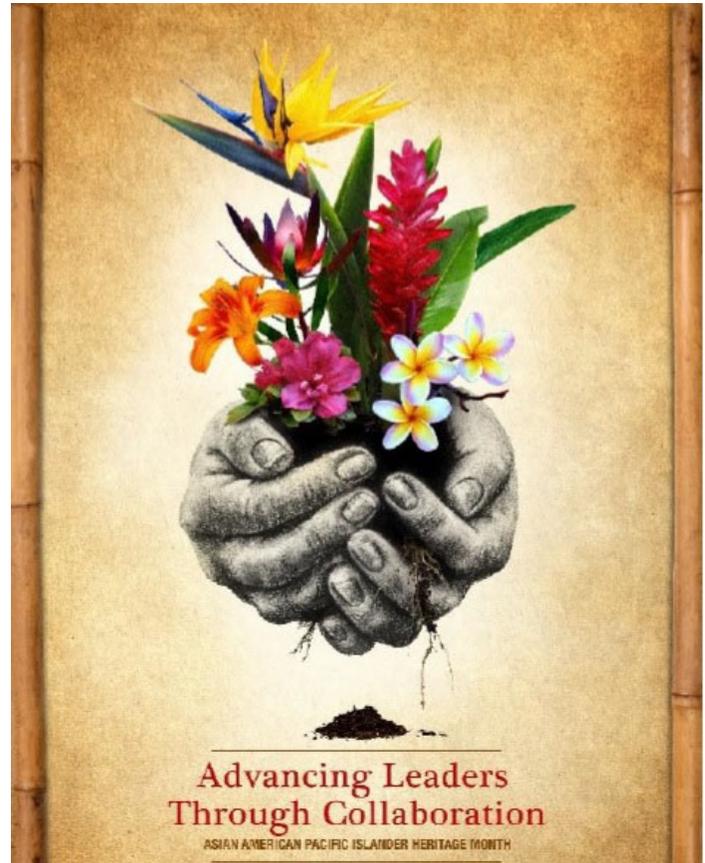
AANHPI service members and Department of Defense (DoD) civilian employees are and have been key contributors to the DoD mission dating back to the War of 1812, and we honor the dedicated service of these past and present patriotic Americans.

The American story as we know it would be impossible without the strength, contributions, and legacies of people with ancestral roots in Asia and the islands of the Pacific who have helped build and unite this country in each successive generation.

This year's theme for AAPIHM is "Advancing Leaders Through Collaboration."

Collaboration involves two or more individuals, groups or organizations actively working together to accomplish a task or achieve a goal. At its core, collaboration requires leadership. Collaboration improves team dynamics, enhances problem solving leading to increased innovation, process efficiency, improved communication, and ultimately overall success.

The observance of AANHPI Heritage Month was first established on October 5, 1978 by President Jimmy Carter in his signing of Public Law 95-419. The observance runs through the month of May and celebrates the contributions of AANHPI to our nation.



Defense Equal Opportunity Management Institute (DEOMI) image. For additional original artwork available for download from DEOMI's public website, visit www.defenseculture.mil.

Back in the Day: Navy Newport Mack Quad (continued from Page 13)

equipped with a 1,000 gpm Hale pump and 200 gallon water tank. The apparatus was very austere in appearance with no chrome or bright work. The vehicle was equipped with 228 feet of wooden truss style ground ladders in a dual ladder bank under the rear hose bed. Pump panel instrumentation included a compound gauge, master discharge gauge, tachometer and pump governor controls.

This quad carried Mack serial number 95LS-1017 and served the installation for many years. After delivery the rig was modified with the addition of a deck gun over the pump panel and gated siamese on the steamer inlet. There wasn't much to go wrong with these units and with a dedicated pump operator these L model Mack rigs would run and pump for days.

Many municipalities including Baltimore, Boston, Chicago, and New York were heavy users of Mack fire apparatus with the FDNY fleet at one time having 67 L Series hose wagons and pumpers in service. Many of these units served well into the 1980's and were rebuilt

several times to extend their service life.

While today's modern apparatus have many safety and technological features that would not have even been dreamed of back in the era of the L Series units, a frequently heard slogan is "Built like a Mack Truck" which certainly fits the rugged characteristics of these vehicles.

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Turning the Page

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



This month's featured retirees for "Turning the Page" are Asst. Chief-Fire Prevention (retired) James W. Krause, and Fire Chief (retired) Scotty Rhode. Please encourage your retired friends and colleagues to send us a note about what they have been up to. Inquiring minds want to know, and it's nice to keep in touch with our retirees, and help them stay engaged with the Fire & Emergency Services community to continue providing lessons, leadership, and mentorship.

Who: James W. Krause

Rank Upon Retirement: Chief Fire Inspector

Retired From: Naval Station Great Lakes, IL

What was the highlight of your career? There are various aspects of my career that I would consider to be a highlight. One of the earlier highlights of my career was having the opportunity to serve on the Board of Directors for the Navy and Marine Corp Fire Protection Association as a District and Regional Director, being the first Assistant Chief/Training Officer at NAS Glenview, assisting and coordinating CPR classes for the installation, and conducting live fuel fire training evolutions through a joint effort for Illinois MABAS (Mutual Aid Box Alarm System) Division III Fire Departments.

After transferring to Great Lakes Naval Station and assuming the position of Chief Fire Inspector, as Great Lakes was being revitalized as the Navy's only Navy Recruit Training Center. I worked on development of the Battle Station Training Facility (BST21). During construction the Officer in Charge of the project included me as a member of the team that was nominated and won Team Federal Employee of the Year for BST 21. I was also one of the Charter Members of the CNIC Fire Prevention Working Group.

What keeps you busy these days? Since my retirement, I started woodworking as a new hobby to keep myself occupied as well as making gifts for family and friends. I also have been given the gift of grandchildren that I get to watch at least 2 days a week.

What advice would you give to a new recruit? For the new members of the Fire Service, no matter how far you advance in rank, remember where you started and always be a member of the team. Be a mentor for the members that joined after you did and listen to the older members during coffee breaks, some of the best training and knowledge is shared around the table.



Who: Scotty Rhode

Rank Upon Retirement: Deputy Fire Chief

Retired From: Federal Fire Department, Hawaii

What was the highlight of your career? My story begins with a little history lesson concerning an American LaFrance fire apparatus known as Engine #3 operating out of the Naval Housing Area just outside Pearl Harbor in February 1968. One evening in February they were summoned to an alarm to Mokulele Housing Area. They never arrived on scene however, as they were "T-boned" in the middle of an intersection on Nimitz Highway en-route to the address. How do I know this you may ask? That very same evening I was driving my dad's car after dropping off my date. Everything was fine, in fact it was a very quiet night, and I had a green light in front of me. Suddenly a fire truck appeared and stopped in the middle of the intersection, and I slammed head on into the pump panel area. The firefighters extricated me, my brother, his date and another friend. Fortunately, we were all okay. I was hired by that same fire department 11 years later but didn't bring up the accident during my interview for obvious reasons.

I entered into fire service with the 14th District Navy Region Fire Department at Pearl Harbor on March 12th, 1979. That first year I transferred to Ford Island Station #4, Navy Communication Station, Wahiawa Station #7, Barbers Point Station #10, Kaneohe Station #8, then

Continued next page...



Turning the Page – Continued

Chief Scotty Rhode (continued from Page 16)

to Station #15 at Schofield Barracks just in time for the consolidation of the Army and Navy Fire Departments into the Federal Fire Department. Wheeler was half Army and half Air Force but became Station #14 under the consolidation. Transferring to new stations and assignments, I eventually moved into the training division. In April 2000, I was fortunate to transfer overseas to Sasebo Navy Base in Kyushu, Japan, initially as the Training Chief, Deputy Chief and then as the Fire Chief. I retired as FFD's Deputy Fire Chief in August 2006.

What advice would you give to a new recruit? "Don't Miss the Truck!" Opportunity will come knocking. Have your credentials ready for when it does. That means having a current, updated resume, a practiced interview, and be physically fit.

What keeps you busy these days? About one year into retirement, I was asked by the dean of the Transportation and Trades Division at the University of Hawaii-Honolulu Community College to develop a Firefighter certification program as the Fire Program's capstone course. I became a faculty member there in January 2008 visualizing myself running the program for maybe five years, but found that I was enjoying being back in the saddle again so I applied for tenure which was approved and was then promoted to Assistant Professor. The Fire & Environmental Emergency Response Program has become the largest program on campus.

My daughter, Kayla, used to say that she'd never go out with a firefighter because all we did was talk business. How boring! One day she asked if she could bring a young man over for dinner so he could meet me. Mike was a nice-looking surfer kid going to school part-time while bartending nightly on a tour boat cruising off the reefs of Waikiki. After asking him several questions, I asked him if he had ever considered becoming a firefighter. One thing led to another and Mike subsequently registered into the fire program and subsequently was hired into the Honolulu Fire Department. He and Kayla have been married for over ten years now and are raising two great kids. Two of my sons work for Federal Fire and continue to serve as they progress in rank. Eric, my oldest, is currently a Senior Fire Protection Specialist at CNIC, while his younger brother, Jeremy, is a District Chief at Federal Fire Department Hawaii.

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

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

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

Bill to Standardize Federal Retiree Cost of Living Raises Introduced

By: Erich Wagner, Government Executive Magazine

(reprinted with permission by Government Executive Magazine and www.govexec.com)

A Group of five Democratic senators on May 16 introduced legislation that would standardize the annual increase in annuity payments that retired federal workers receive across retirement systems.

The Equal COLA Act (S. 4221), introduced by Sen. Alex Padilla, D-Calif., would ensure that federal retirees in the Federal Employee Retirement System and the Civil Service Retirement System both receive the same annual percentage cost of living increase each year.

Currently, under rules that date back to 1986, the CSRS calculates cost of living adjustments based on the annual change in the third quarter consumer price index for workers. But FERS COLAs are based on an extrapolation from that adjustment: if the CSRS sees an increase of under 2%, FERS retirees will receive the full COLA. If the adjustment is between 2% and 3%, FERS enrollees would only receive a 2% increase. And if the CSRS COLA is 3% or more, FERS retirees would receive that adjustment, minus 1 percentage point.

For instance, CSRS retirees received a 5.9% boost this year to their defined benefit annuity payments as inflation ramped up. FERS enrollees only saw a 4.9% increase.

Padilla's bill, which mirrors similar legislation introduced by Rep. Gerry Connolly in the House last year, would tie both systems' annual increase directly to the CPI-W. Although the issue has long been a priority for federal employee groups, it has received renewed urgency amid the record-high inflation over the last year—this year's COLA is the highest since 1982.

In a statement, National Active and Retired Federal Employees Association President Ken Thomas endorsed the legislation.

"Due to an inherently unfair policy, Federal Employee Retirement System retirees do not receive a full cost-of-living adjustment when consumer prices increase by more than 2%," Thomas said. "That's a departure from how COLAs are determined for both Civil Service Retirement System retirees and Social Security beneficiaries . . . This policy, enacted in the 1980s with the creation of FERS, fails to fully protect the earned value of FERS annuities, which decrease in real value in times of high inflation—exactly what COLAs are intended to prevent."

Erich Wagner is a staff correspondent covering pay, benefits and other federal workforce issues.

Around Navy F&ES in Pictures

A memorial for Department of Defense firefighters who give the ultimate sacrifice is located on Goodfellow Air Force Base in Texas; the memorial was dedicated in 2006. It is located along the troop walk, upon which the fire academy students march to school every day.

In addition to a monument, several antique military fire vehicles are on display in the memorial plaza. The Military Firefighter Heritage Foundation, a non-profit organization incorporated in 2001, partners with Goodfellow Air Force Base, the City of San Angelo, and other organizations and donors to maintain the memorial.

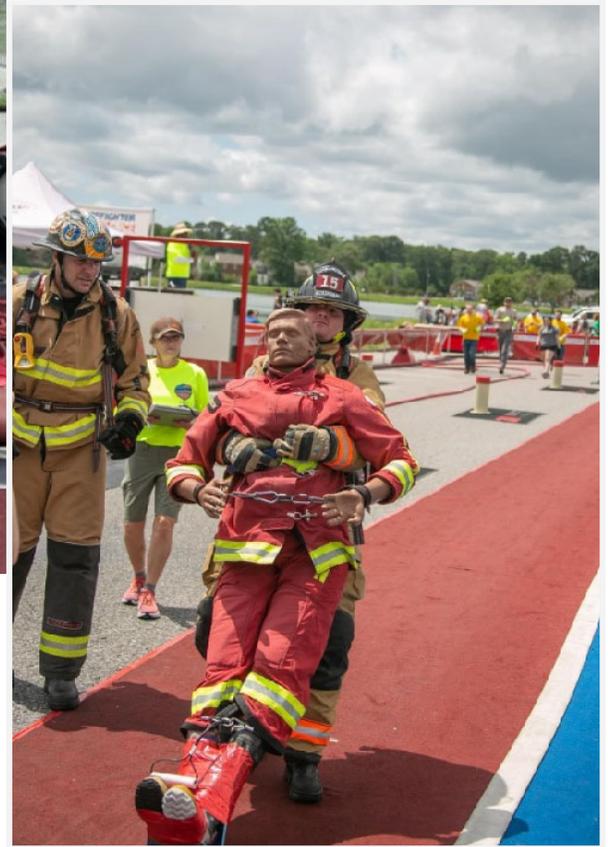


Around Navy F&ES in Pictures (cont)



Firefighter-EMT Michael Saunders, Navy Region Mid-Atlantic Firefighter Combat Challenge Team Leader, Saturday May 7, 2022:

"Well today was a long one but we did pretty good at the Firefighter Challenge. My race Friday night got postponed until this morning. I ran a 2:11. (Ended up getting 3rd for over 40) Then our NRMA Relay team had a best run of 1:59.98 (Qualified for Worlds). We raced again which earned us 3rd place for New Relay Team. Thanks to Greg Baker, Vinny Incandela and Ryan Knutson for stepping up and competing today."



U.S. Navy photo by Mass Communication Specialist 3rd Class Brandon Harris.

Photo at Left: YOKOSUKA, Japan (May 3, 2022) Electronics Technician 3rd Class Christian Farris, from Aurora, Colo., rushes to fight a simulated fire during an 8010 fire drill aboard U.S. 7th Fleet flag-ship USS Blue Ridge (LCC 19) May 3, 2022. The 8010 fire drill was created to train integrated teams of Sailors and base firefighters to fight casualties in industrial environments. Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region.

Around Navy F&ES in Pictures (cont)

Photos at Right and Below Center: On Friday April 22, 2022 the 2022 Navy Reservist Fire Academy Class traveled to NAS Patuxent River to conduct ARFF live burns. Crews from NAS Patuxent River supported the class as they participated in multiple scenarios with the Mobile Aircraft Fire Training Device (MAFTD) and the helicopter live fire prop. For this training event the MATFD is set up near a soon-to-be-demolished barracks building, which added additional realism for a plane-into-building scenario.



1968 International R 185 Navy Pumper likely built by General Safety Equipment of North Branch, Minnesota (restored in 2003) on display at Goodfellow AFB, TX.



Senior Chief Anthony Pena (Navy F&ES Staff) with a P-16A Flight Deck Crash and Salvage truck displayed at Goodfellow AFB. The P-16A truck was replaced by the new P-25A Flight Deck Crash & Salvage truck model in June 2014.

Around Navy F&ES in Pictures (cont)



Navy's Southwest Region Fire Prevention Team Summit: Fire Prevention Chiefs and Inspectors from across Navy Region Southwest attended their first summit in over 10 years. Day 1 and 2 of the summit covered standardized region processes, fire extinguishers assessment, ESAMS, Travel/DTS system, hangar assessments, Flank-speed, Purchase Card Requests, and GeoReadiness mapping.

Day 3 was dedicated to Prevention, Chiefs covering time-card audits, DMAP process and guest speakers from HR providing rules and regulations on hiring and progressive discipline processes. It was a great three days of team-building and collaboration to streamline the program region wide.

Jan Lozoya, Chief-Fire Prevention, NRSW



The Navy Region Southwest F&ES Training Division conducted live fire training in May for Battalion 11 (Naval Air Station North Island) crews.

Evolutions consisted of crash truck operations, hose line evolutions, and aircrew rescue.

Navy F&ES Points of Contact



Navy Fire & Emergency Services (N30)

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

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Deputy Director
Gene Rausch
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202-433-4781

EMS Branch	Operations Branch	Integration Branch	Military Firefighter Branch
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<p>Senior EMS Systems Specialist Gary Easley gary.m.Easley.civ@us.navy.mil 202-433-6517</p>	<p>Senior Fire Protection Specialist Dan Gaumont dan.j.Gaumont.civ@us.navy.mil 202-685-0882</p>	<p>Management & Program Analyst Derrick Coleman derrick.l.coleman3.civ@us.navy.mil 202-433-9084</p>	
<p>EMS Systems Specialist Adam Farb adam.d.farb.civ@us.navy.mil 202-685-0712</p>	<p>Senior Fire Protection Specialist Eric Rhode Eric.k.rhode.civ@us.navy.mil 202-433-0256</p>	<p>Management & Program Analyst Valerie Douglas valerie.y.douglas.civ@us.navy.mil 202-433-4782</p>	
	<p>Fire Protection Specialist VACANT</p>	<p>Program Analyst VACANT</p>	

Navy F&ES Hall of Fame



Navy F&ES Hall of Fame

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

