

FOR AND ABOUT THE EMPLOYEES OF THE JACKSONVILLE FIRE AND RESCUE DEPARTMENT

April 2011

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INSIDE: Prevention's Eng. Cynthia Downer IAFF Claims 7th Guns 'n' Hoses Title Promotions

DEAR FELLOW FIREFIGHTERS



A department as busy and as large as JFRD has plenty of statistics.

Over the last several months, we have replied to numerous statistical surveys from other fire and rescue departments as well as *Firehouse Magazine*. The compiled data allows departments to compare, self-assess and strategize. It's also interesting to see other budgets, staffing levels and, of course, call volumes. Many firefighters take pride in riding on the busiest unit or being on one of the busiest departments in America.

The stats that really get my attention are response times.

We all know how important time is in our profession, and I am concerned about JFRD's response times because they are a few minutes longer than NFPA standards. We also know that Fire Communications is processing calls as quickly as possible, and that the field is getting out of the house as quickly as possible. So it's really a matter of supply and demand, which is the focus of JFRD's Fire Study Report.

From late 2007 through much of 2008, JFRD's Executive Team focused on creating the Fire Study Report. It's a combination of internal analysis plus recommendations from TriData, a consultant we have used to examine our capabilities and to help us project future needs. Unanimously approved by City Council in November 2008, the Fire Study Report's top objective is improving response times through the strategic allocation of more fire stations, apparatus, and personnel. We know that travel time is where we most need to improve, and the Fire Study Report is our method. Our 90th percentile travel time is 6 minutes, 44 seconds or less for the first arriving unit. NFPA recommends 4 minutes or less for travel time.

The economic downturn, combined with decreasing property tax revenues and increasing employee-related costs, has strained the city's budget. This has delayed the Fire Study Report's implementation over the last two years, but I still consider it one of my top strategic initiatives. And while I am grateful that our department historically absorbs fewer budget reductions than others in the city, I really would prefer to get JFRD's necessary expansion on track sooner than later. It will not be easy, but my Executive Team and I are committed to identifying options for funding the Fire Study Report.

This budget crisis will eventually pass, but I am hopeful that we can find alternatives before then. Meanwhile, let's remain committed to doing our very best with existing resources and providing the highest level of quality service.

Sincerely,

Dr. Charles E. Moreland Director/Fire Chief

Cover Photo: Engine 25's Firefighter David Spencer opens a hydrant as part of required flow testing for a citywide ISO audit. The process is a comprehensive review of JFRD's firefighting capacity and will result in an updated ISO rating for Duval County.

March's edition of ON SCENE was not published.

ON SCENE

Measuring and Evaluating BODY COMPOSITION

What does the number on the scale really mean?

When it comes to overall health, your total body weight is not nearly as important as the composition of that weight. Instead of monitoring your scale weight, you should monitor your body composition or how much of your weight is fat and how much is lean mass. Our lean mass consists of bone, muscle, connective tissue, and organs. Our fat mass is comprised of two types: essential and non-essential. For males and females, essential fat values are 3 percent and 12 percent, respectively. Fat above the essential values is considered non-essential. An acceptable range of non-essential body fat for men is 10-22 percent and 20-32 percent for women. Body fat percentages above the acceptable ranges increase our risk for obesity-related disease such as diabetes, high blood pressure, and even some cancers.

How to determine your body composition.

Body composition can be assessed through various methods. Common methods include body mass index (BMI), waist circumference, skinfold measurements, bioelectrical impedance analysis, hydrostatic weighing, and the BOD POD. BMI and waist circumference do not measure body fat percentages.

BMI assesses weight relative to height. A BMI of 25 or greater is classified as overweight, and a BMI of 30 or greater is classified as obese, according to the American Heart Association. BMI offers a general idea of risk for obesity-related health problems, yet fails to distinguish the composition of your weight. Someone with a BMI greater than 25 – the overweight classification – may actually have an ideal body fat percentage. Individuals that have a developed a large amount of muscle mass from strength training, and have kept their body fat percentages low with diet and cardiovascular exercise are an example. The measurement of waist circumference is useful for determining risk of obesity-related illness due to the location of excess fat. Waist circumference can be measured by placing a cloth tape measure around the waist, directly over the navel. According to the National Institutes of Health, waist circumference should be less than 40 inches for men and less than 35 inches for women. Excess abdominal obesity places an individual at greater risk for high blood pressure, metabolic syndrome, type 2 diabetes, high cholesterol, coronary artery disease and premature death.

One of the easiest ways to measure body fat percentage is with skinfold calipers, which gauge the thickness of skin and fat folds at various sites on the body. The sum of the measurements can then be converted to calculate body fat. This technique is fairly quick and can be accurate to within +/-3 percent. It's important to have a trained technician take the measurements for accuracy. The same technician should record future measurements to ensure accuracy.

What can you do with your results?

Your body composition results can be used to identify risk, personalize your exercise program, or evaluate how well your current exercise and nutrition program is working for you. If your percentage is within the normal range, then continue with your current plan. If you are not within the normal range, then take a closer look at what you can do to make some positive changes to your current activity level and diet. Try to use more than just a weight scale to assess body composition. Remember it is possible for your scale weight to remain constant while making changes in fat mass and muscle mass. Healthy changes in body composition take time and dedication, but the positive impact on your health and quality of life are worth the effort.

Outreach Checklist V Frying pan Pot holders V Oven mittens V Talking smoke detector V Bootsie the Clown suit

Donovan explained how reviving our child-like mindset involves meditation and recalling some of our earliest memories – not the easiest of tasks. "When we're growing up, we're told to act our age, so we're building walls the whole time," he said.

It's been about 10 years since Downer took the class, but she did find her inner-child. She also says that having 10 grandchildren and five great grandchildren, all of whom she sees often, makes the child-like connection easy for her. And one of the best rubber-meeting-the-road examples of Downer's close relationship with children is a job she held before her JFRD career.

"I loved children as a school bus driver," said Downer, who drove elementary and middle school students for about three years. She kept order on the bus by laying down the rules, which included orderly behavior. Downer says the responsibility of piloting an oversized vehicle also prepared her for driving fire apparatus. Her eight-year stint as a forklift operator for Sears before JFRD was

also a good foundation. In addition to stacking pallets in a warehouse, she also had to manually lift heavy items such as tires and batteries, so she developed upper body strength.

In her decade as a public educator in Fire Prevention, Eng. Cynthia Downer has reached out to thousands of people with the message of fire safety.

Engineer Cynthia Downer's checklist is tough to match.

The tools listed above are what this fire safety public educator employs to spread her message of prevention. When sharing how to best combat stove fires or discussing the merits of smoke detectors, Downer's clad in her Class A uniform. Bootsie the Clown (last item on above list) is reserved for younger crowds. Downer's colleagues say the clown is no joke.

"They remember everything Bootsie says," said Lt. **Thomas Staples**, whose fire inspector job sometimes follows Downer's trail through the schools, where he's heard about her visit and advice. "They remember 'Stop, drop and roll' and 'Stay low and go."

Clowning is indeed serious business in the fire service. In Florida, training involves a 40-hour class, which includes writing and performing safety skits, face painting, crafting a costume and learning or re-learning to think like a child again.

"We call it finding your inner child," said Capt. Scott Donovan, Fire Marshal in Winter Park, Fla. and an instructor for the "Public Education through Clowning" class given through the Florida State Fire College. "You can't be 40-ish and be a clown without thinking like a 5-year-old."



Downer has never assumed the role of Sparky the Dog, but the outfit is ready for willing participants.

It was 1990 when she took her strength and desire to a firefighting orientation class at Florida Community [now State] College at Jacksonville, where she and her childhood friends Glenda Hopkins and Wanda Butler – now JFRD retirees – learned what the career entailed. Dozens more absorbed the basics that day.

"I looked around and wondered how many of us are going to make it," Downer said.

On Dec. 17, 1990, she arrived at "The Rock" for her first assignment on Engine 1.

"The first year was study, study, study," Downer said, referring to territory, apparatus and all that a rookie must digest. "Hydrants were everywhere. In I's territory, you remembered where they *weren't* at the time."

Over the years, Downer would become a paramedic and ride Rescues 1, 15 and 19 as well as Engine 20.

"She could always do what needed to be done: dragging hose, putting up a ladder ... she was right there with me," said Engine 23's Capt. **Roderick Moore**, who was Downer's Lieutenant at 20.

Moore also remarked how outgoing Downer was with people, especially children, when the crew would go to a stand by, the grocery store or encounter the public. As a female firefighter, young children and women seemed to be drawn to Downer. Moore remembers how she would always encourage young people to do their very best in school.

In 2001, Downer took an opportunity to switch gears, transferring to the Fire Prevention Division and entering the world of inspections and public education. In addition to giving fire safety presentations to people of all ages, Downer staffs JFRD's Juvenile Firesetters program, teaching young people about the dangers of fire. She also inspects schools and, most importantly, still enjoys interacting with people.

One of Downer's recruit classmates from 1990 admires her willingness to engage the public.

"Every interaction with the citizens we serve is an ideal opportunity to make a great impression like Cynthia did when she was in the field and in her current role as a public educator," said Director/Fire Chief Dr. **Charles E. Moreland**. "She is an outstanding example to follow."

Downer says it's simply in her nature to reach out to others.

"I love all people, and I love speaking to people," she said. "It's something I got from my grandmother."



Downer attended a 40-hour class at Florida State Fire College to learn public education through clowning.

SELECTION SUCCESSION STATES ST



Down two after two, this year's Guns 'n' Hoses was a slow start for firefighters.

Police maintained the lead until backto-back decisive victories in the fifth and sixth bouts from JFRD Firefighters Robert Kappelmann (Engine 5) and Lamar Roberts (Engine 36) tied fight night. Police briefly regained the lead after the seventh bout, when JSO's Carl "The Cobra" Graham, the oldest competitor at 45, defeated his 31-year-old opponent. Then the firefighters, including Engine 25's Jack Mounce and Engine I52's Anthony Principe, launched a fourin-a-row romp through the ring.

With four bouts left, Fight Night stood at 7-4, IAFF. Two subsequent victories by police made the I4th bout pivotal, placing Nassau County Fire Rescue's David Sallette in the position of helping win a title for IAFF. His opponent was Graham's son, Sean. Sallette prevailed, and IAFF earned its seventh Guns 'n' Hoses trophy in I3 years. Police claimed the final bout, finishing the night with seven bouts to IAFF's eight.



GUNS

HOSES

Clockwise from top: Engine 25's Firefighter Jack Mounce cools down after his Guns 'n' Hoses victory. Firefighter Robert Kappelmann (Engine 5) hoists his belt and slows FOP's early momentum. Engine 36's Lamar Roberts enjoys his time in the spotlight as well as his champion's belt.

WESIDE

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PROMOTIONS

BATTALION CHIEF

Emory D. Holsenbeck	F-1B
John M. Pickett	F-5C
Nealy M. White	F-1C
DISTRICT CHIEF	
Michael B. Allen	F-7B
Edward E. Cobb	R-105C
Robin R. Gainey	F-9A
Ronald D. Gordon	R-104C
Andrew C. Harrold	F-8B
Brandon T. Nelson	F-9C
CAPTAIN	
Randy Carney	E-33B
Billy C. Cockman	TA
David D. Dickinson	F-1A
Robert F. Gillis	L-44C
James S. Grant	R-5A
Erik I. Hunter	R-17B
Troy A. Jenschke	R1-B
Kristopher S. Jolly	E-22C
Richard R. Lundy	E-37C
Reginald S. Thompson	E-27C
LIEUTENANT	
Bonnie M. Blackwell	R-103A
Candice C. Buckner	R-32-C
Arthur F. Cardoza	R-19-C
Omayra B. ConnerP	revention
Andrew A. Cox	R-5-B
Daniel R. Guthrie	R-36-A
Tracy L. Hooten	R-7-C
Yasuko J. Kabisch	R-103-A
ENGINEER	
Daryl W. Cyrus	R-52A
James K. McGlothlin	R-20B
Justin A. Hager	R-30B
Kevin L. Hodges	R-27B
Trevor G. Hyer	R-31C
Bryan D. MacDonald	R-23B
Andrew W. Mizell	R-22A



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CALL VOLUMES March 2011

ENGINES (Top 30)	EI7
E28	EI3
E31	E4
EI9	E2
E51	E7
E22	EI54
E21	E59
E32	E58
Е9	RESCUES (Top 25)
EI	R19
E30	R31
EI0	R2353
EI8	R36
EI52	RI
E27	R28
E36	R4
E34	R30
E44	R20
E42	R21
E25	R24
E20	RI7
E24	R22
E150	R7

RI3							•	•	.298
R15								•	.296
R34								•	.293
R5									.291
R5 I									.290
R32									.285
R27									.273
R25									.269
R54									.265
R50									.251
R42									.250
R52									.250
LAC	C	וכ	E	R	2	5			
L28									.162
L30									.146
L3 I									.140
L44									.139
TL2									.117
L34									.114
LI0									.106
L32									98
LI.									94
L4 .									94

TL993
LI8
TANKERS (Top 5)
Т5279
T3168
T4266
T3461
T28
BRUSH TRUCKS (Top 5)
BR4293
BR31
BR5074
BR3273
BR3557
MARINE UNITS
M3I0
MI9
FIRE PREVENTION
Inspections302
Plans Reviewed .348
Investigations 26

FIELD CHIEFS

F3			•	•	•	•	•	•	•	•			6
RI	04	1	•	•	•	•	•	•	•	•	•	.8	4
F6			•	•	•	•	•	•	•	•	•	.7	7
RI	05	5	•	•	•	•	•	•	•	•	•	.7	6
RI	03	3	•	•	•	•	•	•	•	•	•	.7	4
F4	•	••	•	•	•	•	•	•	•	•	•	.7	I
F9			•	•	•	•	•	•	•	•	•	.6	7
F5			•	•	•	•	•	•	•	•	•	.5	8
F2	•		•	•	•	•	•	•	•	•	•	.5	7
F١			•	•	•	•	•	•	•	•	•	.5	I
F8			•	•	•	•	•	•	•	•	•	.5	I
F7	•	••	•	•	•	•	•	•	•	•	•	.5	0

MONTHLY TOTALS

Total:9,857
NON EMR319
FIRE
EMS

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