

# ON SCENE



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

March 2010



**'Mongo'  
is the Man**

**Eng. Jimmy Sparks is Firefighter of the Year**



## DEAR FELLOW EMPLOYEE

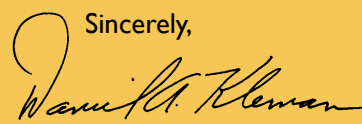
February's cover story in *Firehouse* magazine reports on the economic crisis many departments are facing. Rolling brownouts, station closures, and reductions in staffing.

In Muncie, Indiana, the fire department lost about a third of its 110 firefighters and, according to *Firehouse*, was recently "ordered to only respond to critical ALS calls." The article quotes one source as saying "That means the patient has to be unconscious at the time the 911 call is made." In Orlando, the article states, firefighters avoided layoffs this year through a compromise. They chose to forgo raises, eliminate physicals for a year and make concessions in educational expenses and uniform allowances.

Fortunately, JFRD has so far been spared layoffs and station closures. But I believe we do have a crisis with our supply of rescue units and a pressing need for additional fire stations. The Fire Study Report – which received unanimous support from City Council – addresses these deficiencies and many more enhancements for JFRD, but this expansion has been crippled as Jacksonville endures a steady stream of budget shortfalls. This causes our crisis to continue and to grow.

The concept of periodically planning for JFRD's necessary growth to meet demand and then capturing those strategic plans in a report is required by city ordinance. As you know, the 10-year Fire Study Report was extended to an 11-year plan due to budget constraints. Even though we have the required plan, we also have serious challenges with funding it, so our plan is subject to continual delay. Meanwhile, our crisis continues to grow.

We need to reach the next step, which is finding a long-term funding plan that is reliable. You've heard me mention New Year's Resolutions in previous columns, and my number one resolution this year is to get that long-term funding plan established. I am discussing options for such funding and the necessity of our department's growth with our city's leadership. I will continue to keep you informed of the progress.

Sincerely,  


Dan Kleman  
Director



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Fire 2's Dist. Chief David Rounds welcomes the "Chief" of Chick-fil-A to Station 58. The restaurant hosted a lunch for 58's crew.

Photo by Rescue 55's Capt. Nick Tison.

# From the Field



**Top Left:** Fire 6's Dist. Chief Brad Smith and Eng. Ryan Bayliss (L-31) are on scene the evening of Feb. 26 at a W-3 near the corner of 103rd Street and Tampico Road. Ladder 31 was going for fuel when its crew noticed smoke as it approached the wooded property and called for a full assignment. The 5,000 square foot structure was abandoned, and there were no reported injuries.

**Above:** First arriving unit Engine 36 immediately called a second alarm at this daycare on Soutel Drive near Moncrief Road the afternoon of Feb. 26. All 24 children and seven adults got out safely because they had routinely practiced fire drills as required. Battalion Chief Doug Pilinko had command and during the early stages of combat evacuated firefighters from inside the structure when the roof began to show signs of collapsing. It took 90 minutes to get the fire under control. Crews successfully protected adjacent structures from exposure.



**Left:** Firefighters battled a heavily involved structure on West Union Street in the early hours of Jan. 30. Initial reports indicated people were possibly trapped. But Fire 4's Dist. Chief Richard Lundy quickly evacuated firefighters once the home's occupants were discovered outside and watching as their house was destroyed. Fortunately, neither the occupants nor any firefighters were injured.



## Sparks Gets Firefighter of the Year, Hall Gets Much More

When Eng. **Jimmy Sparks** (Rescue 22) told his mother he had been named Firefighter of the Year, she had to make a choice about the awards ceremony scheduled for March 6. Use her tickets to the Moody Blues concert that same evening in St. Augustine or head to Firefighter Hall.

For Gail Sparks, it was an easy decision to watch her son accept the Lt. Joseph F. Stichway Award and the Lt. Andy Graham Distinguished Service Award. But not long after she had given the tickets to a family member, her son called her about the date change to March 5, the day *before* Moody Blues. Though she faced the possibility of not getting the tickets back, that was just fine with her.

“The fact that he was willing to do this for a friend really made me proud,” she said. “I was thrilled when he decided to donate because I have a sister who is a kidney recipient.”

Many have heard how last summer Sparks donated one of his kidneys to his best friend Eng. **John Hall**, who was coping with renal failure and dialysis. While this gesture earned Sparks Firefighter of the Year, it got Hall much more.

“Before surgery, I wasn’t living. I was just surviving,” said Hall (Engine 37). “Jimmy definitely saved my life.”

Sparks was back in the field six weeks after the July 14 surgery and says he feels great. Hall returned to the field in early January – after a year of light duty. Though the first half of 2009 was tough, Hall says the last six months were a relative

breeze. “I went 180 degrees in terms of my energy and how I felt. I could function all day without taking a nap,” he said.

After last summer’s transplant, Sparks began to hear whispers about being nominated for Firefighter of the Year, but he was surprised to learn it was true. “It’s cool being named Firefighter of the Year, but I think there’s a lot of people who’ve done better things,” he said.



**Hall**

Hall sees it a bit differently. The line of duty awards are well deserved, he said, but the actions which can lead to the recognition are really just part of the job. “We all do our jobs,” he said. “Not everybody’s going to do what Jimmy did.”

What’s more, not everybody could help Hall because there are strict requirements for kidney donor matches. Hall is still amazed that his best friend was also the first match for his transplant. “That still gets to us all,” said Hall.

The average waiting time for a kidney is 1,121 days, according to the U.S. Department of Health and Human Services. As of last month, the department reported there were 83,427 people in the U.S. who were on a waiting list for a kidney, nearly 3,100 of them in Florida. Thanks to Jimmy Sparks, John Hall isn’t one of them. By the way, Gail Sparks got her tickets back.

# 2010 Firefighter Award Recipients

## BRONZE MEDAL OF BRAVERY

Lt. Alan Jones, E-17

*For his actions at a structure fire on July 2, 2009.*

FF Eric Reddish, E-17

*For his actions at a structure fire on July 2, 2009.*

Lt. David Howell, Sr, R-36

*For his actions at a drowning on May 17, 2009.*

FF Bryan Wagner, E-36

*For his actions at a drowning on May 17, 2009.*

FF Wayne Brown, E-36

*For his actions at a drowning on May 17, 2009.*

Capt. Robin Gainey, E-4

*For his actions at a drowning on Nov. 30, 2009.*

## CERTIFICATE OF COMMENDATION INDIVIDUAL

Eng. Vann Kirkland, E-17

*For his actions at a structure fire on July 2, 2009.*

## CERTIFICATE OF COMMENDATION UNIT

L-18 – Capt. Terry Dennis, FF William Cary, FF Robert Dopson, FF Jason Gray

E-9 – Lt. Steven Piotrowski, Eng. Andrew Miska, Eng. Ryan Bayliss  
*For their actions at a structure fire on Jan. 16, 2009.*

E-27 – Capt. Michael Lesniak, Eng. Rick Murphy, FF Jack Mounce  
*For their actions at a third alarm fire on Nov. 3, 2009.*

## CERTIFICATE OF APPRECIATION INDIVIDUAL

Lt. Dean Bunk, E-36  
*For his actions at a drowning on May 17, 2009.*

Eng. David Hoskins, R-36  
*For his actions at a drowning on May 17, 2009.*

Lt. Jerome Lodge, E-24  
*For his actions at a drowning on May 17, 2009.*

Eng. Clarence Hodge, E-24  
*For his actions at a drowning on May 17, 2009.*

FF Daniel Kasiska, E-24  
*For his actions at a drowning on May 17, 2009.*

Capt. Evans Howard, E-20  
*For his actions at a structure fire on April 23, 2009.*

FF Scott Miller, L-30  
*For his actions at a structure fire on April 23, 2009.*

FF Chad Parker, R-59  
*For his actions at a structure fire on April 23, 2009.*

Division Chief Brady Rigdon  
*For his actions at a mass casualty incident on June 5, 2009.*

Dist. Chief Jacob Blanton, R-104  
*For his actions at a mass casualty incident on June 5, 2009.*

Dist. Chief Robert Lane, R-105  
*For his actions at a mass casualty incident on June 5, 2009.*

Dist. Chief Darrell Holsenbeck, F-7  
*For his actions at a mass casualty incident on June 5, 2009.*

Capt. Richard Beaudoin, E-32  
*For his actions at a traffic accident on June 19, 2009.*

Lt. William Futch, R-32  
*For his actions at a traffic accident on June 19, 2009.*

Eng. Larry Williams, BR-43  
*For his actions at a cardiac arrest on August 16, 2009.*

FF Michael Cunningham, BR-43  
*For his actions at a cardiac arrest on August 16, 2009.*

FRCO Karen Johnson  
*For her actions during a 3rd alarm fire on Nov. 3, 2009.*

FRCO Angilyn McFarland  
*For her actions during a 3rd alarm fire on Nov. 3, 2009.*

FRCO Michele Rogers  
*For her actions during a 3rd alarm fire on Nov. 3, 2009.*

FRCO Lisa Vanmiddlesworth  
*For her actions during a 3rd alarm fire on Nov. 3, 2009.*

## CERTIFICATE OF APPRECIATION UNIT

L-31 – Capt. Tammi Reyes, Lt. Shawn Duprey, Eng. Ryan Bayliss, FF Mark Elliot

BR-31 – Eng. Ron Langdon

R-25 – Lt. Jeffrey Campbell, Eng. Daniel Dantzer  
*For their actions at a cardiac arrest on July 19, 2009.*

E-150 – Capt. Jim Smith, Eng. Stephen Cooney, FF Thomas Romano

R-50 – Lt. James Kane, Eng. Bruce Jones  
BR-50 – Eng. Gerald Morris  
*For their actions at a cardiac arrest on July 17, 2009.*

E-7 – Eng. Benjamin Kodatt (Acting Lt.), FF Paul Wilson (Acting Eng.), FF Allen Mason, FF Anthony Batycki

HAZ-7 – Eng. Richard Barrett

R-7 – Lt. Christopher Woods, Eng. Lawrence Mack

R-24 – Capt. Johnny Battle, Eng. Anthony Ragans

E-26 – Lt. Louis Mallory, Eng. Larry McGriff, FF Winston Judge

R-32 – Capt. Eric Williams, Eng. Derek Nowell

R-34 – Lt. Herbie Douglas, Eng. Sherri Bell

R-36 – Lt. Charmaine Felguth, Eng. Tony Stivers

E-53 – Lt. Napoleon Kornegay, Eng. Glen Thomas, FF Stephen Collins

BR-53 – Eng. Michael Brown

L-10 – Lt. Franklin Patterson III, Eng. Jason Hale, FF Joshua Brand, FF Theodis Harris

L-18 – Lt. Patrick Gouin, Eng. Robert Tarkington, FF James Mooneyham, FF James Bennett  
*For their actions at a mass casualty incident on June 5, 2009.*

Station 4 – Dist. Chief Richard Lundy, Capt. Raymond Lutzen, Lt. James Renaud, Eng. Eric Prosswimmer, Eng. Heath Mooney, Eng. Shawn Hulquist, FF Justin Smith, Eng. Mark Osteen, FF Peter Bilodeau

E-11 – Lt. Sam Mays, Eng. Sherryl Lanier, FF Christian Swary

E-13 – Lt. Steven Piotrowski, Eng. James Rhoden, FF Michael Wells

R-13 – Lt. James Taylor, Eng. Arnold Schaffhauser

Marine 1 – Lt. James Virgalla, Eng. Timothy Thomas, Eng. Scott Johnson  
*For their actions at an industrial incident on August 17, 2009.*

# PERSONNEL FITNESS



## MEASURING THE FIELD

About six months ago, the Training Academy began its fitness assessments on all uniformed personnel. To date, JFRD's Fitness Coordinator **Tom Fonger** has tested approximately one third of the department. The data compiled so far presents averages of body fat percentage, waist girth, number of push ups and sit ups, flexibility, vertical leap, and cardiovascular endurance, either running on a treadmill or 1½ miles around the Training Academy. None if it will be used for punitive action.

In general, firefighters with better fitness values are going to be better prepared for the physical demands of the job. In addition, fit firefighters will typically have a lower risk for cardiovascular disease, hypertension, type II diabetes, etc. At this point it appears that core strength (sit up test) and cardiovascular endurance (treadmill test) are the areas that need the most improvement.

"Those areas are best addressed through a sensible and consistent exercise program, and I am eager to help each firefighter develop such a program," said Fonger, who is an exercise physiologist.

The tables on the facing page are divided into age groups and the average data for that group. The classifications are based on public safety data collected from the Cooper Clinic in Dallas.

The results from the treadmill test are measured in estimated VO<sub>2</sub> or volume of oxygen in milliliters consumed during the test. Higher VO<sub>2</sub> values equate to better cardiovascular fitness. The longer you go on the treadmill before you hit your target heart rate, the better your cardiovascular fitness level. Firefighting activities have been shown to require VO<sub>2</sub> values of 38.5 to 45.5 or potentially much higher.

All data is for males only. At this point, the assessments contain a small sample of females. Average data for females will be compiled after all female firefighters have been tested.

If you need help with beginning an exercise program or have questions about your fitness assessment, please contact Tom Fonger at [tfonger@coj.net](mailto:tfonger@coj.net).

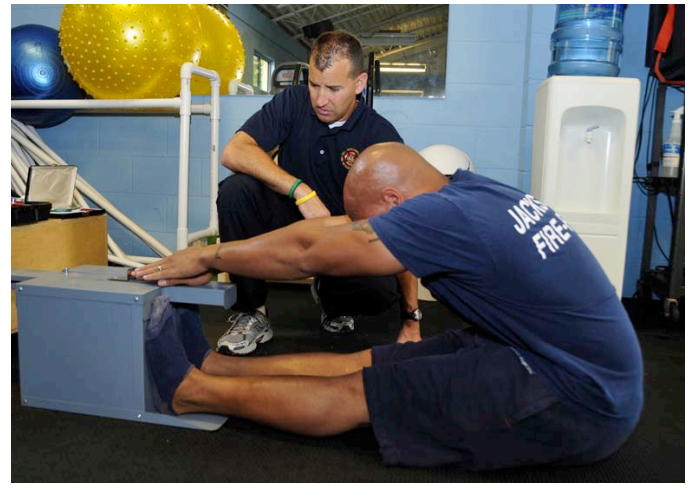


*The first 330 firefighters who completed a fitness assessment at the Training Academy have body fat percentages that average between 17.4 and 22.3 depending on the age group. That is considered "Good" to "Moderate" by Cooper Clinic standards.*



# Initial Fitness Assessment Data for JFRD

- Body Fat Percentages are Good to Moderate
- Push Ups Good to Superior
- Cardio Endurance, Core Strength Need Improvement



20-29 yrs.	Body Fat	Waist Girth	Push Ups	Sit Ups	Flexibility	Vertical Jump	VO <sub>2</sub>
Average	17.4%	35.2	42.7	34.8	18.8	18.3	39.3

Classification	Good/Moderate	Good	Good	Poor	Fair	Poor	Fair
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30-39 yrs.	Body Fat	Waist Girth	Push Ups	Sit Ups	Flexibility	Vertical Jump	VO <sub>2</sub>
Average	19.3%	37	41.6	34	17.4	18.2	37.8

Classification	Good/Moderate	Good	Excellent	Poor	Good	Poor	Fair
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40-49 yrs.	Body Fat	Waist Girth	Push Ups	Sit Ups	Flexibility	Vertical Jump	VO <sub>2</sub>
Average	22.7%	38.4	34	28	15.9	15.3	34.9

Classification	Good/Moderate	Good	Excellent	Poor	Good	Poor	Fair
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50< yrs.	Body Fat	Waist Girth	Push Ups	Sit Ups	Flexibility	Vertical Jump	VO <sub>2</sub>
Average	22.3%	37.7	32.1	28	16	13.4	34.5

Classification	Good/Moderate	Good	Superior	Good	Excellent	Poor	Fair
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All data is for males only. At this point, the assessments contain a small sample of females. Average data for females will be compiled after all female firefighters have been tested to most accurately represent their fitness values.

## Interested in nutrition classes?

The Training Academy is in the process of coordinating some classes to help improve your nutrition habits. We are looking for suggestions and feedback. For more information, please contact Tom Fonger at the Training Academy by e-mail at [tfonger@coj.net](mailto:tfonger@coj.net).



John Holcombe practices proper fire extinguisher operations under the eye of Fire Prevention's Lt. Dennis Higgs during a safety presentation at St. Paul's United Methodist Church in Arlington. The BullEx simulator features a "digital fire" screen that allows educators to train people on extinguishers in virtually any facility. It was paid for by a FEMA/Fire Prevention Grant. Participants point the laser-equipped extinguisher at sensors positioned near the seat of the fire's image.

## CALL VOLUMES February 2010

<b>ENGINES (Top 30)</b>	E42 .....236	R17 .....290	L44 .....110	<b>FIELD CHIEFS</b>
E28 .....337	E2 .....234	R21 .....290	L34 .....106	F3 .....152
E51 .....336	E59 .....234	R28 .....284	<b>TANKERS (Top 5)</b>	F7 .....128
E31 .....334	E7 .....234	R32 .....281	T28 .....93	F6 .....89
E30 .....333	E4 .....231	R34 .....276	T52 .....71	F4 .....87
E19 .....329	E44 .....222	R24 .....274	T42 .....54	F9 .....78
E22 .....313	E13 .....206	R51 .....262	T31 .....52	R105 .....77
E10 .....305	E135 .....203	R25 .....258	T44 .....44	F1 .....73
E152 .....305	E5 .....197	R52 .....256	<b>BRUSH TRUCKS (Top 5)</b>	R104 .....71
E21 .....293	<b>RESCUES (Top 25)</b>	R13 .....251	BR50 .....99	F2 .....62
E9 .....291	R22 .....326	R35 .....250	BR32 .....80	F5 .....62
E1 .....286	R31 .....326	R54 .....237	BR42 .....74	F8 .....62
E32 .....286	R5 .....322	R58 .....227	BR35 .....67	R103 .....61
E25 .....272	R2 .....314	<b>LADDERS (Top 10)</b>	BR31 .....60	
E36 .....270	R7 .....313	L28 .....226	<b>MARINE UNITS</b>	
E18 .....261	R36 .....308	L30 .....158	M3 .....7	<b>MONTHLY TOTALS</b>
E17 .....259	R1 .....307	L31 .....152	M1 .....3	EMS .....6,742
E24 .....251	R15 .....306	L18 .....150	<b>FIRE PREVENTION</b>	FIRE .....1,333
E27 .....246	R4 .....305	L32 .....136	Inspections (existing) 793	NON EMR ...267
E20 .....243	R30 .....300	L10 .....135	Plans Reviewed 232	<b>Total: ...8,342</b>
E150 .....240	R19 .....299	TL21 .....124	Inspections (new) 214	
E34 .....236	R20 .....299	L1 .....119	Investigations ...31	