

ON SCENE



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

November 2010



Engine 30's Firefighter Arley Baker is on the move following a W-3 in Arlington.

Inside: Powerful People • 'Tug's' Battle of the Bulge • Capt. Roosevelt Prier, Jr.



DEAR FELLOW EMPLOYEE

"Stressful" is an accurate description of the last few months.

With the latest "yes" vote in the Firefighter through Captain bargaining unit, I hope some of the stress will be reduced. There will be no layoffs through the term of the union contract, and the personnel who were laid off or demoted last month have had their employment and ranks reinstated. So there is resolution, but it is bittersweet.

Accepting a salary reduction and taking on more financial responsibility for health care is difficult. These factors will force many of our employees to make financial adjustments to adapt. We cannot dismiss our immediate reality, but I am hopeful that the worst is behind us. Eventually, we should be able to restore much of what we have lost to budget cuts. Meanwhile, let's focus on how we can do our very best with what we have.

For example, how about challenging yourself to continuously improve your customer service? If you're an officer, consider how you can train and motivate your crews to perform even better. This performance can encompass everything from patient care to maintaining your apparatus in the best possible condition to ensuring that the uniform you have earned the right to wear reflects the very best it can on this department.

Everyday, we have numerous opportunities to strengthen our professional relationship with the citizens we encounter, whether it's emergency response, direct patient contact, an inspection or simply being visible in the community. Positive relationships can lead to more public support, and that is always valuable.

So much of the fire service involves making the best of any situation, including this economic dilemma that JFRD and other departments across the country are weathering. If you consider financial trends, either locally or nationally, many say we are beginning to see the start of ultimate economic recovery. It may still be a long time coming, but I believe it is coming. I hope that soon we can change the JFRD conversation from cutbacks to growth, such as JFRD's Fire Study Report, which is our long-term strategic plan based on the expansion proposed in the Tri-Data study. I intend to continue the discussion of fully implementing that plan because I refuse to be anything other than optimistic. My glass is not half empty. I hope yours isn't either.

Sincerely,

Dan Kleman
Director



Managing Editor

John Bracey

Design

Richard J. Weaver

Contributing Photographers

John Bracey

Wes Lester

Story ideas or suggestions?

E-mail: onscene@coj.net or call 630-2969



Engine 21's Firefighter Roger Lewis, Jr. collects donations on University Boulevard at Philips Highway as part of IAFF Local 122's and the department's commitment to the Muscular Dystrophy Association and the Fill-the-Boot campaign.

Cover: Engine 30's Firefighter Arley Baker eagerly assists with rolling hose following a W-3 in Arlington. Behind Baker: Tanker 29's Eng. Tony Pate, Engine 30's Eng. Jason Langford and atop Engine 30, Engine 1's Eng. Billy Green. There were no reported injuries or transports.

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HEAVY

DUTY



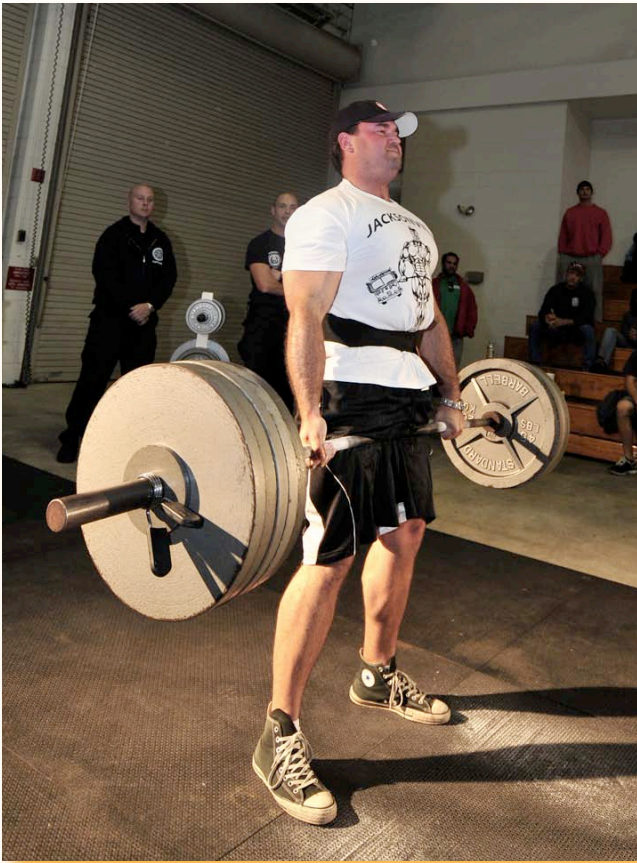
JFRD personnel participated in numerous events during the recent National Firefighter Games hosted in Jacksonville. One of the more strenuous competitions was powerlifting. The team included Health and Wellness Coordinator Tom Fonger, Firefighters Joseph Stewart and Anthony Principe, Lieutenants Chris Lewis and Chris Woods, Captain Billy Cockman, District Chief Greg Roland, Firefighters Ryan Haynes, Kyle Callahan, Barakan Whitehead and Gentry Grimes.



Left: Firefighter Ryan Haynes makes deadlifting nearly 400 pounds look easy. Above: Capt. Billy Cockman breezes through a bench press of 315 pounds and is spotted by Lieutenants Todd Smith and Chris Woods and Eng. Ben Kodatt. **MORE PHOTOS NEXT PAGE.**

Healthy Recipes Every Month From IAFF

www.iaff.org/hs/fts/MenuPlanner/menus/menuNovember2010.asp



Clockwise: You could count the plates, but suffice it to say that Firefighters Gentry Grimes, Anthony Principe and Barakan Whitehead came on strong during the powerlifting portion of the National Firefighter Games.





**'TUG'
DROPS
45
POUNDS**

Foam 37's Eng. Tim Smith has reduced his body fat percentage 15 percent, lost 4 inches in his waist and gained 7 percent muscle mass since January. *He's also won another battle.*

Engineer **Tim Smith**, a/k/a "Tug," had tried to lose weight before, but each time, the man who drives Foam 37 would lose his own drive to shed the pounds. He needed a push or maybe a tug. His motivation shifted into high gear after Firefighter **Dominique Brown** was assigned to Engine 37 about 18 months ago. Smith noticed her exercise routine.

"He asked to join me, and he really dedicated himself," Brown said. "I'm kind of pushy, but he wanted to do it."

Brown, who does plenty of cooking on her shift, also opened Smith's eyes to better nutrition. After changing his diet and taking advantage of the Training Academy's fitness assessments

and customized exercise programs, Smith had dropped 45 pounds by May. He was feeling great, physically and mentally. Then came the results of his LifeScan physical.

Smith learned that he had kidney problems and further testing revealed a tumor the size of a lemon in one of his kidneys. Smith never had any symptoms or signs that anything was wrong with him. He said his doctor told him surgery was the best option. A biopsy was risky because cutting into the tumor, if cancerous, could cause the deadly cells to spread.

"I was a mental wreck," Smith said.

Smith immediately committed to surgery. Meanwhile, he and his wife began drafting a living will and sharing the news with their three children. Two weeks later, Smith had surgery and one of his kidneys removed because the tumor turned out to be cancerous.

"I guess I'll always be indebted to the LifeScan staff for their due diligence," said Smith, who encourages everyone to get a physical. "Without that, they wouldn't have found my issue until it was too late due to the lack of signs and symptoms."

His other success was not gaining weight during his recuperation. That's because on his way to losing 45 pounds, Smith developed good habits, like giving up sweet tea, other sugary items and bacon and sausage. After about four weeks on light duty, he returned to work and regular exercise.

In addition to the weight loss, his body fat has dropped 15 percent, he's lost 4 inches in his waist, and he's gained 7 percent muscle mass – progress that he credits to working with **Tom Fonger**, JFRD's Health and Wellness Coordinator.

"It's a total transformation I've gone through," Smith said. "I feel like there are about eight 5-pound bags of sugar that I no longer carry around."

His motivation has also been sustained by Training Division Chief **Elly Byrd** who made a commitment to Smith.

"I told him we would work long-term with him and help him achieve his fitness goals," Byrd said. "Each day he comes here or works out at the station or at home, he's moving toward those goals and reducing his risk of heart disease and other health problems, the same problems many firefighters face."

It's a total transformation I've gone through. I feel like there are about eight 5-pound bags of sugar that I no longer carry around.

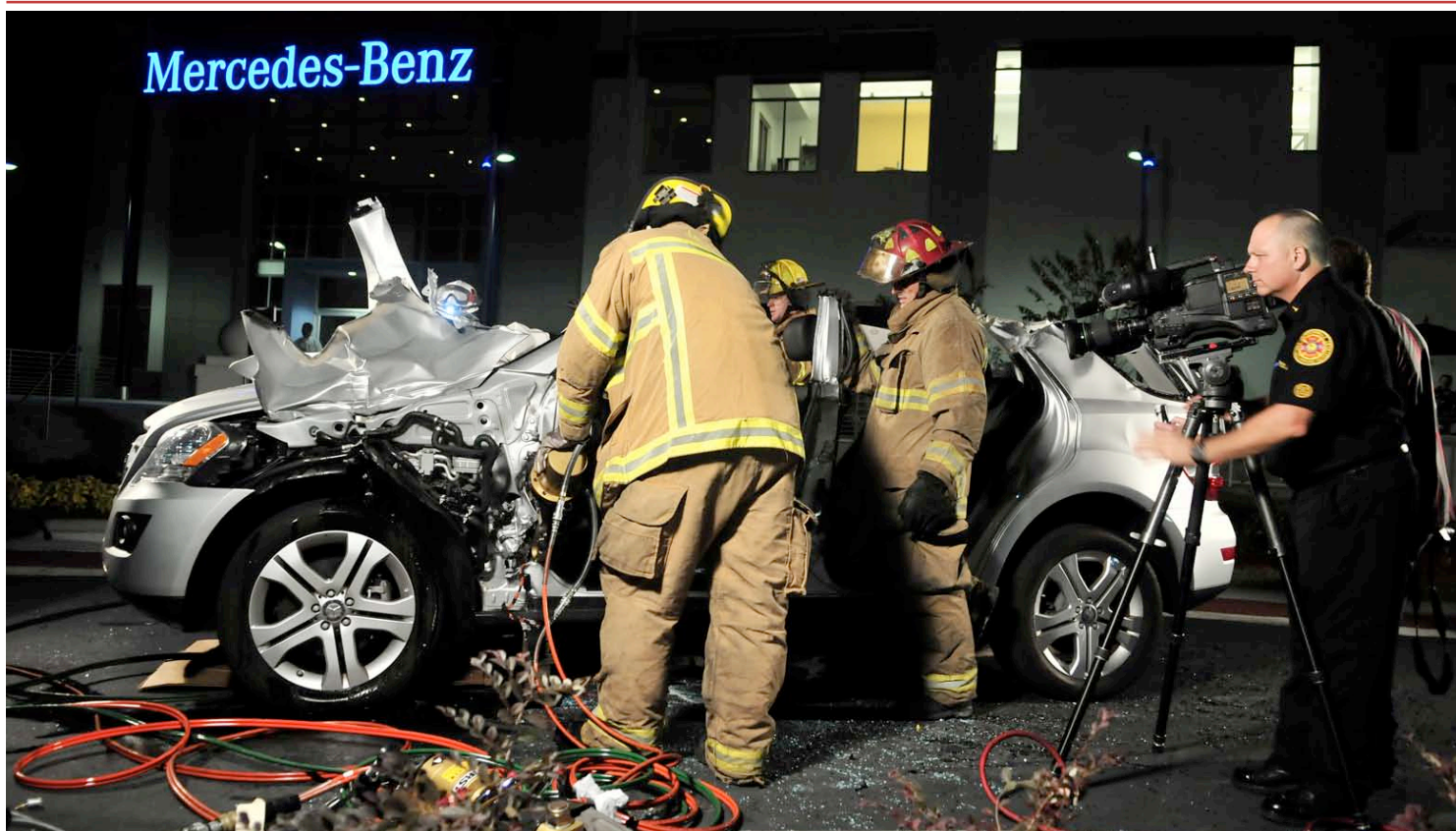
Smith is on medication for high blood pressure and cholesterol, but he said his doctor told him that some medications could be reduced if he drops 15 more pounds. Smith ultimately wants to weigh about 225, which means losing 35 more pounds. He's bought exercise equipment for his house, and said his wife and children are all using it – another source of motivation for him.

– Eng. Tim Smith

"Tim is one of those special people who can maintain the stamina required to go from weighing more than 300 pounds to 250 and lower," Fonger said. "It's exciting to watch an individual gain control of his life."

Smith is excited that he finally found what he needed to lose weight and get healthy. "I was just looking for somebody to motivate me and keep me motivated," he said.

In this case, it was a bunch of people.



Fire 1's Roving Lt. Todd Smith and Engine 7's Capt. Steve Riska were two of several firefighters who recently dismantled a hybrid gas-electric Mercedes-Benz vehicle as part of extrication training to learn how to safely cut into battery-powered vehicles. The exercise was conducted at the Mercedes-Benz facility near Jacksonville International Airport. Roving Lt. Mike Peery is no longer working with video at the Training Academy, but he made a cameo appearance to tape the action.



OCTOBER'S OUTREACH

Several JFRD personnel participated in the Fire Prevention Division's safety event on Oct. 9 at Regency Square Mall, including Engine 30's Capt. Todd Robertson.

JFRD IS LAUNCHING ITS 2010 UNITED WAY CAMPAIGN

If you are able to give to United Way, please consider doing so and know that it will benefit the many in our community who are less fortunate. American Red Cross and Salvation Army are some of the best known United Way agencies, especially during a crisis. But United Way is also focused on critical issues such as early childhood success, helping students achieve, and independence for seniors.

While the city and its employees are facing financial challenges, effective fundraising can still occur through complete participation. JFRD's biggest advantage is the giving potential of its large employee population. Just multiply 1,200-plus employee contributions by a few dollars a pay period, and JFRD's United Way campaign could easily exceed \$100,000 and outpace every other city department.

When your Chief distributes your United Way pledge form, please consider supporting the campaign. Thank you.



Reaching JFRD Retirees with ON SCENE

ON SCENE wants to reach JFRD retirees, too. If you are a retiree or know one who would like to receive the newsletter online, please send e-mail addresses to Onscene@coj.net.

Getting to Know ...

Capt. Roosevelt Prier, Jr.

Assignment: Engine 58-B and Station 58's Captain

Hometown: Jacksonville, Fla.

First Assignment: Came on at Engine 23 on June 20, 1988. After a series of jobs, "I thought I had died and gone to Heaven."

A Turn of Events: On Dec. 23, 1989, snow covered Jacksonville. Prier, still a rookie, was riding up as a Lieutenant – but not driving – Engine 23 when things took a bad turn. "We were going about 15 miles per hour and turning onto Collins Road off of Roosevelt. That engine spun 360 degrees and turned over on its side into a ditch." Fortunately, no one was injured.

Before JFRD: Prier earned his bachelor's degree in political science from Florida State University in 1980. He thought about becoming a lawyer but wound up working in mental health care for a few years and then with his brother and father, who taught him the trade of finishing concrete. Then a friend told him that JFRD was hiring. While still working with his father, Prier began attending the fire academy on Stockton Street two nights a week and all day Saturday.

Recruit Training: lasted just a few tricks in the 1980s. After 8 hours at the academy, you'd go to the station for the remainder of your shift.

TeleSquad Time: After a year at 23, Prier was assigned to TeleSquad 22. "Three fires a shift were not uncommon," he said. The apparatus operated as an engine and ladder.

Promoted: to Engineer in 1993 and assigned to Engine 36. Made Lieutenant on E-36 in 1996 and stayed there for three years. "I went from being one of the men to being their supervisor."

Reaching the Beach: Prier came to Engine 55 in 1999. He arrived as the City of Jacksonville began staffing the station, formerly the City of Atlantic Beach's fire department. JFRD also hired the Atlantic Beach firefighters, though they had to step down in rank. "They never showed any resentment," Prier said. He remained at 55 until his promotion to Captain. He roved at Engines 9 and 5 until Station 58 opened in 2005.

Family: Married 24 years to Sharon, who is a Registered Nurse for First Coast Service Option, a subsidiary of Blue Cross Blue Shield. They have three children.



Call Volumes October 2010

ENGINES (Top 30)

E28382
E19375
E30344
E31323
E22311
E32305
E1299
E152289
E51289
E18282
E21274
E27272
E10271
E36271
E20262
E24257
E44249
E13247
E9243
E25240
E150230
E2227
E34219
E4219
E17218
E135214
E42213
E58202
E7196
E59194

RESCUES (Top 25)

R19368
R36352
R4350
R28342
R2341
R30340
R20334
R1326
R31314
R22312
R17306
R21304

R5298
R13297
R15284
R34282
R7276
R24274
R25270
R32269
R27255
R52253
R50245
R35236
R51234

LADDERS

L28170
L31142
L30139
L18130
L1122
L10116
TL21108
L3299

L495
L4494
L3493
TL981

TANKERS (Top 5)

T2877
T3170
T5253
T4252
T2933

BRUSH TRUCKS (Top 5)

BR5077
BR3262
BR5347
BR4343
BR4213

MARINE UNITS

M310
M17

FIRE PREVENTION

Plans Reviewed	351
Inspections (new)	294
Investigations	...31

FIELD CHIEFS

F3121
R10485
F681
F781
F469
R10367
F565
R10557
F156
F954
F849
F248

MONTHLY TOTALS

EMS7,914
FIRE1,442
NON EMR279
Total:9,635