

# ON SCENE



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

August 2010

## More Lightning Strikes



Upon Arrival



**Inside:** Hydration and Heat • Engine 28's National Standing • Capt. John Broxson



## DEAR FELLOW EMPLOYEE

JFRD's Professional Growth and Development Plan is three years old this month.

I want to congratulate each individual who has pursued the plan and reaped the rewards of his or her efforts. Whether you've earned your paramedic certification or an advanced degree, completed company officer training, aerial ops, pump ops, or taken the EVOC refresher, you have not only

advanced your personal training and education, you have become even more valuable to our department. It's not just self-improvement, you're helping JFRD on its journey to be one of the best fire and rescue departments in America.

You might recall how our Professional Growth and Development Plan referenced a report from years ago. It described the fire service's practice of promoting personnel and then using on-the-job training as ineffective. Instead, the report recommended "systematic skills building and preparation" as a superior method for career advancement.

In the last three years, JFRD personnel have engaged in that systematic approach. Some might say that the endeavor is merely taking classes to qualify to sit for exams, but I believe it's much bigger than that. The participants in our Professional Growth and Development Plan are helping to establish a culture that creates better supervisors and better leaders. It's a culture that continuously motivates employees to be the best they can be on the job.

When our Professional Growth and Development Plan was overwhelmingly approved by the union membership in 2007, its time-sensitive requirements seemed rather distant. Look at the plan now, and you'll notice how many promotional requirements are in effect. I recognize that our budget situation is posing a challenge for some promotional opportunities, but the simple truth is if you want to seize those opportunities in the future, then you must meet the requirements. Many members of JFRD are preparing to meet those requirements, slowly but surely.

There may be uncertainty about when the next promotional tests will be given, but wise employees are focusing on being prepared. Consider how quickly the first three years of Professional Growth and Development have passed. Then think about how you envision your JFRD career advancing in the next three years.

Sincerely,

Dan Kleman  
Director

**ON SCENE is now distributed exclusively by e-mail.**



**Managing Editor**

**John Bracey**

**Design**

**Richard J. Weaver**

**Contributing Photographers**

**John Bracey**

**District Chief Steve Gerbert**

**Wes Lester**

Story ideas or suggestions?

E-mail: [onscene@coj.net](mailto:onscene@coj.net) or call 630-2969



**Ocean Rescue's Matt Kramer is on the lookout at Huguenot Park on Aug. 1.**

**Cover shot: Firefighter Howard Smothers (TL-9) gets positioned to check hot spots following a July 31 structure fire in Springfield that was ignited by lightning. Lt. David Westberry is behind Smothers, but not visible in the photo, and Ladder 4's Capt. Ray Lutzen is observing from the window. Since June, JFRD has responded to approximately 20 structure fires attributed to lightning.**

# Happiness is a Full Head of Hair

Cayden Seng is having a good hair day. In fact, he's celebrating several weeks of good hair.

Diagnosed with a rare form of cancer last year, the 5-year-old son of Firefighter **Sean Seng** (Engine 28) lost his light brown locks from radiation and chemotherapy. Cayden evaluated his condition in basic terms then and now.

"He knew that when the hair on top of his head returned, he'd be getting better," said Sean Seng, whose son's story first appeared in the August 2009 issue of *ON SCENE*.

"Fuzzy," is how Cayden describes and celebrates his hair coverage, including a cowlick up front. "It sticks up," he says.

Cayden is better these days. His chemo and radiation are done for now, and his mother, Leslie, remarks about how "He is starting to be himself again. He's starting to smile again."

While Cayden has been a regular at Wolfson Children's Hospital since his May 2009 diagnosis, he recently attended a much happier occasion at the facility for a JFRD **HazMat Team** tradition. Station 7 has hosted ice cream parties for pediatric patients at Wolfson for several years. This time around, the team donated nearly \$600 to the hospital in the name of Cayden's late grandfather and Leslie's father, retired JFRD Capt. **Davis Love**, an original member of HazMat who succumbed to cancer in January. Leslie said that her father, even while he was ill, helped her stay positive about Cayden's battle. The Sengs say that coping comes easier because they are surrounded by hundreds who care.

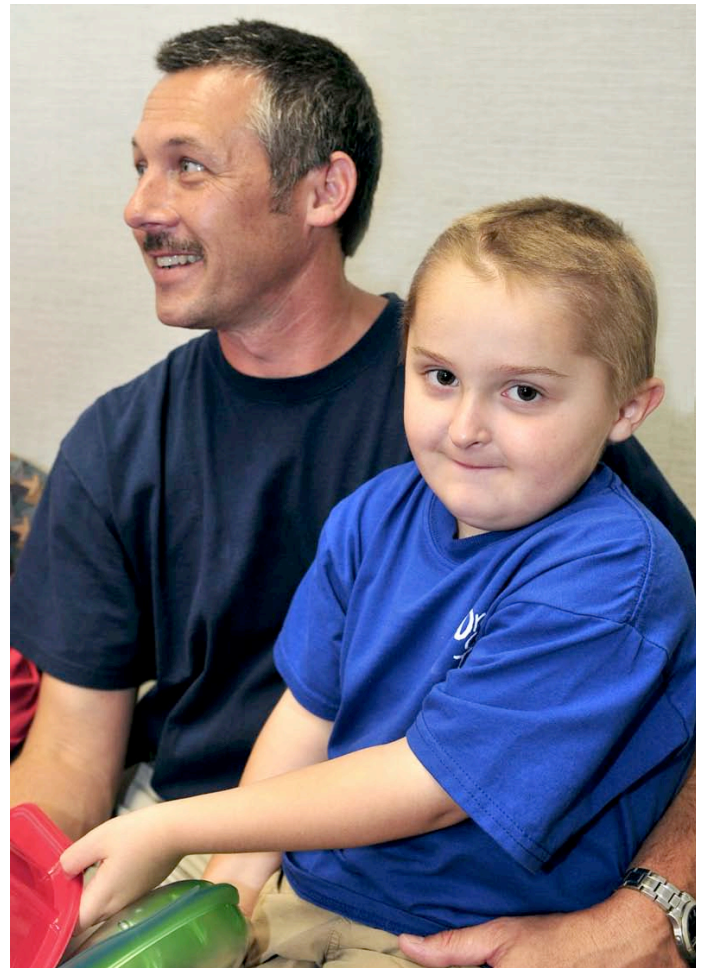
"There are so many people, who don't even know me, who stepped up so that I could be with my family during all of this," Sean Seng said. "It's amazing. This is truly a unique department."

"I would like the department to know that because of their help and other kind people, I was able to stay home with Cayden and care for him," Leslie Seng said. "Otherwise, I don't know how we would have made it. I have yet to return to work because caring for Cayden is very consuming, but I love and cherish every moment I spend with him."

The Sengs measure victory over their son's condition in blocks of time. Last month, Cayden had the first of his quarterly cancer screenings. A scan showed no signs of activity in the residual mass that still occupies the base of Cayden's skull. The next three screenings will be monumental, his father said, as most reoccurrences happen in the first year of remission.

After three years in the clear, Cayden's survival chances increase to 90 percent. If the cancer returns, his chances of survival drop from 65 percent to 20 percent. That is a reality that Cayden will face the rest of his life, and a burden his parents cannot escape.

"I personally live in fear everyday," said Leslie Seng. "I'm just struggling because cancer is a nasty disease that you cannot predict. So many kids are not making it. But all kids are different, and hopefully, he'll be one who makes it."



Firefighter Sean Seng (Engine 28) and his son Cayden have changed appearances since August 2009, when *ON SCENE* featured the story of the boy's battle against cancer. Now Sean and his wife Leslie are hoping Cayden's cancer doesn't return.



## Preventing **HEAT STRESS** During Exercise

Your body responds in a stressful manner when affected by hot weather during exercise, especially if you're not acclimated to high temperatures.

Heart rate increases due to a lack of blood flow to the working muscles and an increase in blood in the skin. The common stages of hyperthermia (too much heat) include cramps, which usually occur in dominant muscles; heat exhaustion, sweating abundantly with cool or clammy skin; and heat stroke, where the skin becomes dry and red, sweating ceases, and core temperature rises. Your body's core temperature can reach as high as 105 degrees. Loss of consciousness can occur and the risk of death is high. There are preventative measures to help your body acclimate to heat.

Experts recommend avoiding outdoor exercise if the ambient temperature exceeds 90 degrees and the humidity exceeds 75 percent. If exercise must be performed in these outdoor conditions, use extreme caution. An easy rule of thumb is to avoid exercising outside between 10 a.m. and 4 p.m.

Take it easier when exercising outdoors as compared to exercising in air-conditioning. A 10-minute warm-up should be done in the shade. If possible, all exercise should occur in a shaded area.

Light, loose-fitting clothing should be worn to promote sweat evaporation. Also, the loose fit helps circulate air to the skin. Cotton or wicking fabrics are optimal.

To avoid overexposure to the sun, use a sunscreen of at least SPF 15. Wear a brimmed hat to shade your face from the sun. Wearing a wet bandana or ice pack on the neck will also help cool you.

Hydration is the most important variable in heat stress prevention during outdoor exercise. It is critical to drink plenty

**Hydration is the most important variable in heat exposure prevention during outdoor exercise and during the physical rigors of firefighting. It is critical to drink plenty of fluids while exercising, even if you do not feel thirsty.**

of water while exercising, even if you do not feel thirsty. It is recommended to drink 16 ounces of water an hour or two before exercising in the heat. If your session exceeds one hour, sports drinks should be considered. During exercise, consume 8 ounces of water every 20 minutes. Within 30 minutes of exercising, consume an additional 16 ounces of water.

Following these recommendations will help prevent heat stress while exercising outdoors. Remember, signs and symptoms of heat illness include, but are not limited to, weakness, nausea, cramps, dizziness, headache, and elevated heart rate.

If these symptoms occur, stop exercising and go indoors. Wet your skin and fan yourself. Drink plenty of water. If the illness has not subsided within one hour, contact your doctor.

**JULY WAS  
HOT**

**JFRD responded to 77 incidents of Heat/Cold Exposure. That's nearly twice the 40 calls in July 2009.**

# ENGINE 28 JFRD's Call Volumes Rank 17th Nationally 15<sup>th</sup> Busiest in U.S.

Firehouse Magazine's National Run Survey lists JFRD Engine 28 as the 15th busiest engine company in the country, according to the July issue. E-28 responded to 4,446 runs in 2009, more than any other JFRD apparatus.

Firehouse has conducted the survey for 29 years and divides a variety of fire department statistics over several consecutive issues. This year's survey represents 287 departments across 47 states, the District of Columbia and six Canadian provinces.

San Francisco is home to the busiest company – Engine 3 – with 8,911 calls last year. The city by the bay has an estimated population of 808,976, and its fire department is 1,468 members strong. They answered 221,439 calls in 2009.

Jacksonville's population is about 900,000, JFRD has 1,296 members and answered 113,529 calls in 2009. In terms of total

calls per department last year, New York topped the list with 1,473,525. Miami-Dade ranked seventh with 235,678 calls. JFRD ranked 17th.

Now, back to the Southside Roadrunners. They're not only home to the busiest engine company as of 2009, but also the busiest District Chief, Fire 3, who logged 1,720 runs last year.

July's Firehouse issue also featured ladder companies, and JFRD's Ladder 30 was listed as the 49th busiest with 1,864 runs. Miami-Dade Fire Rescue's Aerial 2 is the busiest ladder in the country, responding to 5,312 calls last year.



Roy Douglas is Engine 28's Captain

## Professional Growth and Development

Capt. **Ken Devin** earned his bachelor's of Applied Science in Public Safety Administration – Emergency Medical Services Management in May from St. Petersburg College in St. Petersburg, FL. Devin is JFRD's EMS Quality Improvement, Data & Privacy Officer.

Lt. **Broderick Edwards**, who oversees JFRD's Special Events Section, earned his master's degree in Management and Leadership from Webster University on August 7. So did Edwards' wife, **Angela**.

If you've earned your bachelor's or master's degree or higher as part of the Professional Growth and Development plan, please share the details with ON SCENE at [Onscene@coj.net](mailto:Onscene@coj.net).



Devin



Edwards

**2010 NATIONAL FIREFIGHTER GAMES**  
Jacksonville, Florida  
November 1 - 15, 2010

5k 10k run	Darts	Mountain Bike	Sporting Clays
Adventure Racing	Dodgeball	Pistol	Stair Race
Archery	Fishing - Bass	Poker	Swim Meet
Arm Wrestling	Fishing - Inshore	Pull Ups	Table Tennis
Basketball	Fishing - Offshore	Push / Pull	Tennis
Bench Press	Football	Racquetball	Track Meet
Billiards	Golf	Rifle	Trap Shooting
Bowling	Hockey	Skeet Shooting	Volleyball
Cornhole	Horseshoes	Soccer	Wrestling
Cycling	Kickball	Softball	

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## 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](mailto:Onscene@coj.net).

# Getting to Know ... Capt. John Broxson, Jr.

**Assignment:** Engine 13-B

**Hometown:** Jacksonville, Fla.

**First Assignment:** Engine 13. "It was my first choice coming out of the Academy."

**But Not His First Time:** Broxson was introduced to Station 13 at age 9 or 10, when his father was assigned there during the mid-1970s to mid-'80s. Besides the trucks, he enjoyed the camaraderie.

**At Home in San Marco:** Broxson's spent the majority of his 14-year career at 13, including his time in rescue. He did leave for stints at Engine 4 and Engine 33, but is happy to be back at 13. "It's a second home to me. I've been visiting it most of my life."

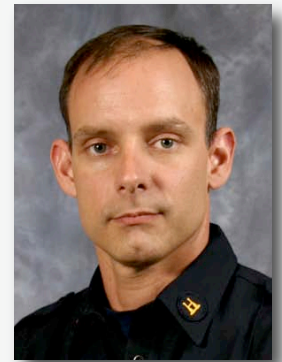
**Before JFRD:** After high school, Broxson joined the Army Reserves as a medic. The experience familiarized him with EMS and patient care. About the same time, he also earned his minimum standards and EMT certifications, but he wasn't yet sold on a career in the fire service.

**Before JFRD Part 2:** In the late '80s/early '90s, he played drums for a local heavy metal band – "Twice Lucky" – covering tunes from the likes of Motley Crüe, Poison and Tesla. Their playlist also included music from Van Halen and Led Zeppelin. While trying to cut a record in Atlanta, the band disbanded due to personality conflicts. Then Broxson kept a promise to his father – use the backup plan: join JFRD.

**On Leadership:** Using his first officer, Capt. Robert Hicks, as an example, Broxson says that "honesty, knowledge and experience" are high on the list of being an effective leader. Broxson's plenty honest, saying he's still striving for the knowledge and experience.

**His Mentor:** Capt. Ken Middleton. "He's the best benefit I've gotten out of this job. They can pay me, give me a pension, but he's a big brother to me."

**Family:** married with one daughter.



## Call Volumes July 2010

<b>ENGINES (Top 30)</b>	E2 .....233	R21 .....306	L32 .....89	
E28 .....383	E42 .....230	R34 .....298	L18 .....88	<b>FIRE PREVENTION</b>
E30 .....364	E27 .....226	R13 .....296	TL9 .....76	Plans Reviewed 338
E22 .....328	E150 .....224	R20 .....296	L4 .....72	Inspections (new) 318
E19 .....324	E34 .....223	R24 .....289	<b>TANKERS (Top 5)</b>	Investigations ...24
E21 .....319	E7 .....213	R32 .....281	T28 .....85	<b>FIELD CHIEFS</b>
E31 .....309	E5 .....187	R15 .....264	T52 .....63	F3 .....141
E10 .....307	E58 .....185	R25 .....261	T44 .....52	R104 .....98
E51 .....294	E55 .....183	R51 .....257	T31 .....39	F6 .....70
E1 .....282	<b>RESCUES (Top 25)</b>	R52 .....256	T42 .....39	F9 .....66
E152 .....282	R28 .....367	R35 .....250	<b>BRUSH TRUCKS (Top 5)</b>	R103 .....65
E18 .....276	R19 .....353	R50 .....234	BR50 .....86	F4 .....60
E32 .....269	R1 .....345	R71 .....223	BR42 .....65	F7 .....59
E25 .....264	R30 .....339	<b>LADDERS</b>	BR32 .....60	F2 .....58
E36 .....260	R36 .....335	L28 .....201	BR43 .....45	R105 .....58
E44 .....258	R5 .....333	L30 .....139	BR31 .....41	F5 .....50
E4 .....255	R4 .....331	TL21 .....137	BR53 .....41	F1 .....41
E9 .....255	R31 .....327	L31 .....125	<b>MARINE UNITS</b>	F8 .....40
E20 .....248	R2 .....323	L44 .....124	M3 .....11	<b>MONTHLY TOTALS</b>
E17 .....242	R22 .....323	L10 .....112	M40 .....6	EMS .....7,787
E24 .....241	R7 .....315	L34 .....102	M1 .....3	FIRE .....1,522
E13 .....239	R17 .....312	LI .....99		NON EMR ...283
				<b>Total: .....9,592</b>