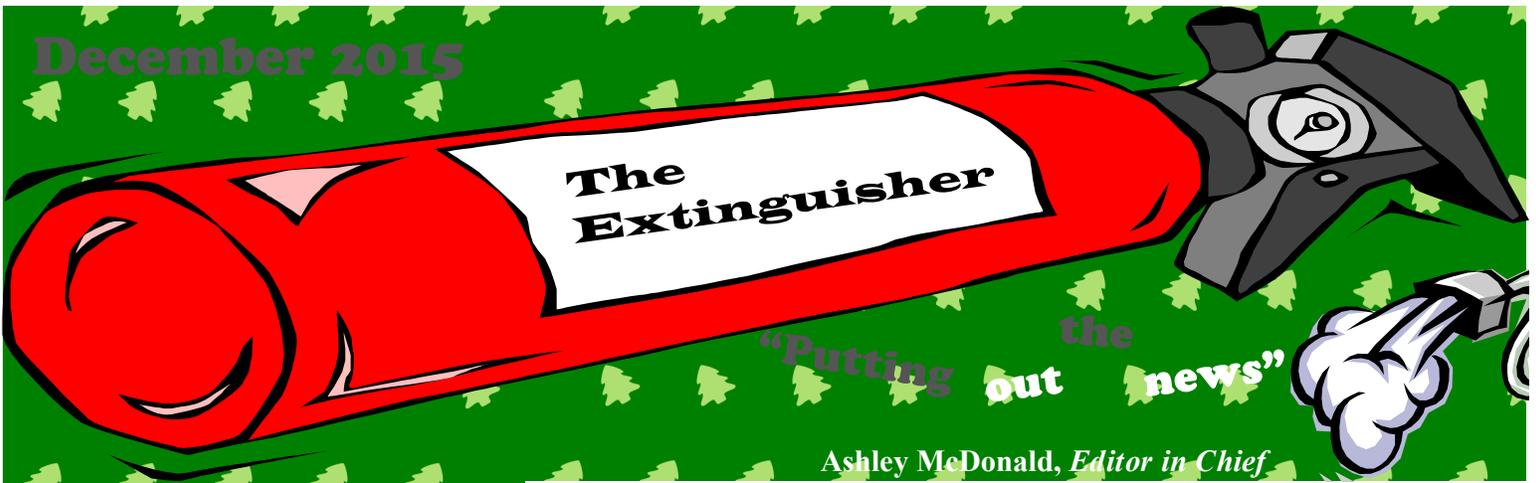


December 2015



Birthdays

- Matt Young 12/4
- Charles Powell 12/5
- Shandrea Womack 12/6
- Jeff Bratcher 12/8
- Kurt McMahan 12/8
- Carl Peas 12/8
- Sean Wheeler 12/8
- Melvin Holmes 12/13
- Matt Welcome 12/14
- Corian Barrett 12/16
- Adam P. Brown 12/20
- Marshall King 12/20
- Craig McBride 12/20
- Dale Maynard 12/21
- Matthew Twomey 12/22
- Nicole Miller 12/24
- Jason Norris 12/24
- Lee Douglas 12/25
- Joel Patnode 12/25
- David Frost 12/27
- Josh Jackson 12/29
- Adam Petrig 12/29

City Holidays

MFRD Administrative Offices will be closed

Thursday, December 24
Christmas Eve

Friday, December 25
Christmas Day

If you need immediate assistance, please visit MFRD Headquarters at 202 E. Vine Street or contact 615-849-2661.

CAPTAIN CANTERBURY RECEIVES STARS AWARD

PRESS RELEASE FROM CITY PIO MIKE BROWNING

Captain Robert Canterbury of the Murfreesboro Fire & Rescue Department has been named STARS award recipient for November 2015. Mayor Shane McFarland recognized Canterbury during the November 19th meeting of the Murfreesboro City Council with the STARS award for Outstanding Performance: "Succeeding Through Attitudes Reflecting Service Excellence." The nomination stemmed from Canterbury's off-duty action to rescue two victims of a burning car crash.

Canterbury is another example of representing the City in a positive light, exhibiting the core values and creating a better quality of life for citizens.

Murfreesboro Fire and Rescue Chief Mark Foulks presented Captain Canterbury with a Meritorious Service Coin and a Commendation Letter which stated: "Due to your swift reaction and quick thinking you helped save two lives. This is the perfect example of your servant's heart and your passion for helping your community whether you are on or off duty."

"Captain Canterbury's actions on November 14 exemplify his dedication as a public servant," said Chief Foulks. "While off duty, he risked his life to save the lives of others. I'm proud to have him as part of our department."



Photo courtesy of Jim Davis

Captain Canterbury has served the City and the Murfreesboro Fire & Rescue Department as a firefighter since June 1994 and was recognized for his outstanding work as a Captain and firefighter for the Department. Captain Canterbury was nominated by Ashley McDonald.

In the nomination, the following narrative explanation was provided:

"Robert "Bobby" Canterbury had just pulled in the driveway, Saturday, November 14, 2015, when he heard a terrible crash out in front of his house on Hwy 269. He saw where an SUV came to a rest in front of a tree at the end of his driveway. He could see fire coming from the motor compartment and could tell that at least one person was pinned in that vehicle and another in the other vehicle. He immediately called 9-1-1 to report the accident and ask for help, but he also jumped into action.

Pictured (L to R): Captain Bobby Canterbury, Mayor Shane McFarland, and Fire Rescue Chief Mark Foulks

CONTINUED ON PAGE 3...

TAILBOARD TOPICS: NOVEMBER ANSWER

Q. What is it called when heat and smoke in a high pressure area flow toward areas of lower pressure?

A. FLOW PATH

MFRD PERSONNEL SKYDIVING ADVENTURE

BY: CAPTAIN/SHIFT INSPECTOR BRIAN LOWE

On Sunday, November 15, 2015, a group of Murfreesboro firefighters made the trip to Tullahoma, TN for a day of skydiving. This trip developed earlier in the year when Ann Decker, the wife of Captain/Shift Training Officer Bob Decker (retired), bought Bob and their son Robbie Decker gift cards to jump. Bob and Robbie extended the invitation to the rest of us so that they would not have to go through the anxiety of being “first-timers” alone. Shift Commander Daryl Alexander, Captain Blake Insell, Captain/Shift Inspector Wade Williams, Firefighter Andrew Kindle, and myself, joined Bob and Robbie at the Tennessee Skydive Hanger at the Tullahoma regional airport.

The TN Skydive staff was very professional. All the coaches had engaging personalities and knew just what to say to nudge you along. After all, making your first skydive jump from 14,000 feet can be scary. It took three trips to get the group through their jumps. The ascent took about 25 minutes with the descent taking way less. While waiting my turn, I thought that I heard a flock of geese entering the area. Turns out, it was Bob screaming at about 5000 feet off the ground. Just joking! Bob was so excited, I thought that he would take another turn. When the dust settled, everyone was smiling and ready for the next adventure.



Pictured (L to R): Robbie Decker, Retiree Bob Decker, Captain/Shift Inspector Brian Lowe, Firefighter Andrew Kindle, Captain/Shift Inspector Wade Williams, Shift Commander Daryl Alexander, and Captain Blake Insell.



Assistant Chief Kaye Jernigan had a special visitor in honor of her 50th Birthday (November 21).

Don't worry AC, we still think you're a SPRING CHICKEN!!!

STEPHENS NAMED FIREFIGHTER OF THE MONTH FOR DECEMBER 2015

Firefighter Brent Stephens has been named Firefighter of the Month for December 2015. Brent was nominated by Assistant Chief Allen Swader for entering certifications into FireRMS and organizing certifications and classes in a network file.

Swader said, “This information is used to maintain our ISO rating, for training pay purposes, on grant applications, benchmarking reports, annual reports, etc. Brent worked tirelessly for several months on this project.”

Stephens has been with the department since October 2013.



Tailboard Topics

Q. What is "Cushing's triad"?

CANTERBURY CONTINUED...

He and his family started bringing buckets of water out to the car that was on fire, trying to douse the flames. He knew he had to get the male driver out and he and another man tried to get the door off of the vehicle, but were unsuccessful. Bobby went to his shop, got his tractor and chains and went back to the vehicle. He hooked the chains to the door, snatched the door with the tractor a few times and got it off. They were able to get the man out safely before the passenger side of the vehicle caught fire.

[In] the other vehicle was a young woman around 18. She was pinned as well and in and out of consciousness. Bobby assisted with patient care until EMS and the Fire Department came on [the] scene. Lifelight was eventually dispatched to take the young woman to Vanderbilt [University Medical Center]. Bobby was off duty, but his Firefighter instincts and quick thinking allowed him to assist citizens in need. This was a great reflection of his personal character and also the professionalism of the men and women of MFRD.”



The STARS Service Excellence program is intended to recognize outstanding employees who embody the city’s standards for service excellence and exemplify the city’s core service values. The purpose of the STARS award is to recognize and reward those employees who go above and beyond their normal job duties in providing outstanding customer service to internal and external customers.

In receiving the STARS Award, Letter of Commendation and Meritorious Service Coin, Canterbury expressed embarrassment for all the attention and said he “didn’t do anything that his fellow firefighters’ wouldn’t have done in similar circumstances.”

Congratulations to Captain Robert Canterbury for being named the recipient of the STARS Award for Outstanding Performance.

32ND ANNUAL TOYS FOR TOTS PROGRAM

Murfreesboro Fire & Rescue Department (MFRD) is celebrating 32 years of helping children through the Toys for Tots program.



There is still time to register...Tuesday, December 8, Wednesday, December 9, and Thursday, December 10 from 5:00 p.m. to 7:00 p.m. at First Cumberland Presbyterian Church (907 E Main Street). Anyone wishing to register for toys for their children shall bring with them to the registration a photo ID, proof of address, each child’s birth certificate, proof of guardianship and proof of hardship (evidence of government assistance or free and reduced lunch program, etc.). The giveaway will be held on Saturday, December 19 with the location, times, and details given out at the registration. You MUST BE PRE-REGISTERED and have a valid ticket for each child in order to participate in the 2015 toy giveaway.

People wishing to donate toys may do so by dropping new, unwrapped toys off at any business with a designated Toys for Tots box or at any of MFRD’s nine fire stations.

Although the program has been very fortunate to have members of the community, churches, and businesses volunteer each year, there is always room for more assistance.

“I would like to invite anyone that can offer their assistance to volunteer for this year’s event,” said MFRD’s Toys for Tots Representative Michael Bartlett. “I guarantee you will have fun and enjoy the fellowship, and most of all, your heart will be filled with the happiness that you bring to the children.”

Bartlett said volunteers are needed from 5:00 pm until 7:00 pm Monday, December 7 through Friday, December 11 and Monday, December 14 through Friday, December 18. Volunteers are also needed from 6:00 am to 6:00 pm on the date of the giveaway (December 19). Volunteers will be decorating the site and sorting toys into gender and age specific group. If you would like to volunteer, request drop off boxes for your business or organization, or learn more about the program contact the organization at toysfortotsrc@gmail.com.

ACHIEVING RADIO DISCIPLINE BY: MICHAEL CAPOZIELLO

(ORIGINALLY PUBLISHED IN *FIRE ENGINEERING* JUNE 2015)

SUBMITTED BY DRIVER CLAY ESTES

Your success on the fireground as a firefighter or an officer centers around your training and self-discipline. Part of your responsibilities while practicing self-discipline is to make sure you wear your gear the right way, bring the right tools for the job at hand, and be in the right position. Self-discipline also applies to use of the radio and is often overlooked or not taken seriously by many.

How many times have you shaken your head in amazement at what was coming across the radio/scanner? How many times have you been entertained by the "screamers," those individuals who make it sound as if half the town were burning down when they are calling in a trash can fire to the dispatcher? How about a fire scene where it seems as if everyone is "stepping" over each other's radio transmissions again and again for the duration of the alarm? It may be entertaining on your end, but I'm sure it's not a productive process on the other end-the fireground.

Many times, proper radio skills and procedures are overlooked during drill sessions. To some, "If you can talk, you can use a radio." It's no big deal, and there is no need to practice. How about the excuse, "Training time is valuable; we don't have time to practice something as simple as that"? Unfortunately, some departments can't afford multiple radios and don't have enough to go around.

Teaching and learning proper radio procedures and skills may not be as cool and as exciting as practicing forcible entry techniques or tearing a car apart with your extrication equipment; however, they're critically important parts of the overall picture of your department's operations and of being successful on the fireground.

Tips for Maintaining Radio Discipline:

Keep Calm and Carry On

Stay as calm as possible when transmitting messages, even in the most critical and hectic of times. It is true that your troops will get excited if you get excited. At the very least, we all should have been trained in Radio 101: Stop, think, and listen before you speak. Take a few seconds to think about what you want to say. Listen to what is being played out over the air waves. Wait for clear air time, making sure orders or important size-up information or instructions are not being given to another unit. Then transmit your message slowly and clearly in your normal speaking voice. If you need to take a deep breath before you transmit, do so. Do whatever you need to do to calm yourself down. No one but you will know you are doing this.

If your radio is equipped with a delay, wait for this tone or chirp to stop before transmitting; otherwise, the first part of your message will be cut off. Keep the microphone an inch or two from your face when transmitting. When transmitting, be aware of possible feedback from other radios in your general vicinity. While operating on the immediate fireground, be aware of the background noise of the operation unfolding-handlines in operation, saws running, windows breaking, and the normal shouting on the fireground. Wait for a lull in the commotion. If possible, turn your back to these noises to help transmit a clear message.

It's especially important to stay calm and speak slowly and clearly while wearing your self-contained breathing apparatus (SCBA) face piece. Messages transmitted on the fire floor while wearing SCBA are hard to understand under the best of situations. Find the best position for the microphone (mic) of your SCBA. What does the manufacturer recommend? Does your face piece have a voice port for the mic? Practice giving various messages to see at which angle and position the mic transmits the clearest message.

Eliminate Unnecessary Transmissions

The radio is not a telephone; do not operate it as one. Radio transmissions must be brief and to the point. Like the "screamer" we spoke of earlier, I'm sure we have all heard the "long-winded" firefighter who seems to drag out every transmission with needless repetitive information. Once again: Stop, think, and listen. Take a moment to mentally compose what you want to say and to determine if it is relevant to the situation. I recall a transmission from my department where the officer requested the electric department to respond to a commercial building where the service line into the building was ripped off. The dispatcher was on the phone making the proper notification when the officer called again with an additional transmission, "The bricks to the building were ripped out." Okay, what action were you requesting? This added information had no effect on the response of the electric department and was not of any relevance for the dispatcher. The situation may be of concern to the members operating at this alarm, but it is not necessary to transmit it over the air.

Make sure your radio messages are directed to an individual or a particular company/unit. Do not transmit a vague message such as, "What's the status of the fire?" This sort of transmission invites multiple responses and needless transmissions. Worse, the person or company/unit you directed the message to may be the only one who did not reply because of all the needless radio traffic.

Never leave a unit waiting for a response without some sort of acknowledgment. After a few seconds of "dead air," the unit will assume that its message was not received and most likely will call again with an unnecessary transmission. Acknowledge all transmissions directed to you.

Don't use words or sayings such as the following: "Be advised," "At this time," or "Okay, received 10-4" (they all have the same meaning). Avoid words or terms that do not add to clarity, meaning, or brevity.

Watch out for those "filler" syllables like "um," "uh," or "aahhh" between words and sentences while on air. Not only do they drag out the message, but they also make you come off as if you are not sure of what you are doing. People use these fillers in everyday conversations and even in public speeches; they act to eliminate "dead space" between thoughts and ideas. There should never be any "dead space/air" when speaking over the fire radio. Keeping your messages short and to the point helps to eliminate these fillers. The longer and more drawn out your message is, the more likely you may fall into the trap of using fillers. Knowing what you are talking about is the best cure for using them.

Be confident in what you're going to say. Know how to give a proper size-up and request status reports from companies/units. Understand ahead of time the proper way to request utilities, the Red Cross, or a fire marshal before you get on the radio. You absolutely can tell the difference between chiefs/officers who know what they are doing and those who are not sure of what they are doing.

Practice Radio Situational Awareness

Situational awareness is one of the "buzzwords" in the fire service these days. What is it? It is a state of being aware of your surroundings and knowing what is happening around you at all times. It means knowing where you are in relation to the dangers that will affect your operations on the fireground.

This thought process can be applied to radio usage as well. Understand where you and your company/unit will be situated in the big picture of the alarm response. What will be your particular duties and operations? How will this impact and dictate your radio usage? Understand your crew's role on the fireground. Are you going to be the second-due engine or truck? Will you be the mutual-aid rapid intervention team (RIT)? Will you be outside ventilation (OV)? Is it going to be your job to find and shut off the utilities to the building? Will you most likely be transmitting messages while wearing your SCBA face piece? Operating in these varying situations and assignments will give you a different set of responsibilities and jobs. Each fireground position and function will also give you a defined predictable set of radio transmissions. It is very important that you understand and anticipate what will be expected of you in your duties and role in the overall firefight.

In the real world during the heat and excitement of acting in the OV role, you may not have heard exactly what was happening on the radio the last minute or so, but you know you heard something being transmitted. If your message is not an urgent message, listen for a moment to what's being reported. Understand your radio situational awareness and where your reports will fit into the time line of the firefighting operation. This is Radio 101 once again: Stop, think, and listen before you speak. If the incident commander (IC) just asked the status of the primary searches from the first-due ladder truck, you should have the common sense to understand there will be a reply to the message. If no reply is given, most likely the IC will ask again. This is radio traffic I hope we all agree you should not "step on" by transmitting over. Don't jump in with an entirely different message. It is common sense, but sometimes our emotions and anxiousness to get a message out override commonsense thinking, especially in newer members with limited radio experience. Just because a radio is strapped to your shoulder does not mean you have to transmit something on every alarm. "Speak when spoken to" may be the way of doing business for most firefighters carrying a radio.

Each department has its way of doing things. Although all fires are unpredictable, the flow of the fire attack and its radio "sound track" follow a somewhat predetermined script. Understanding radio situational awareness will help determine where you fit in on the fireground and in the big radio picture.

Solid Radio Skills May Save Your Life

Practicing proper radio discipline on a day-to-day and alarm-to-alarm basis will help prepare you if you ever find yourself in the situation of having to call a Mayday. This will be the most stressful time you will ever have to make a radio transmission, and you may have only one shot at getting it right and having the receiving party understand it correctly.

Let your training take over: Stay calm, stop, think, and listen. Will you be able to think back to your training using LUNAR (Location, Unit, Name, Assignment/Air, Resources) or UCAN (Unit, Conditions, Actions, Needs) as a guide in helping you transmit information during a Mayday? Will you be able to control your emotions? Of course, controlling your emotions in a true Mayday situation will be nothing like controlling your emotions while transmitting a third alarm or a secondary search report; however, practicing solid self-discipline as a routine on the fireground will most likely help you to gather your composure. Remember, you may only have one shot at getting the message over the air.

Even if you are not the person transmitting the Mayday, you still have to be at your disciplined best when one is transmitted. Exceptional radio communication during a Mayday is a necessity. If you are not directly involved with the Mayday or RIT, you must continue to fight the fire. Does this mean you remain on the same channel or switch to another channel for the ongoing fireground operations? You must know your department's procedures for a Mayday incident in advance. Other members on the fireground must not clog the radio with needless transmissions at this point.

As hard as it may be, you need to have the self-discipline to remain quiet unless you have something of urgency that will help with the rescue efforts.

"Oh, That's Just the Way He Is"

When describing an individual who practices poor radio skills, we often hear the excuse, "Oh, that's just the way he is." I don't know about you, but I'm sick and tired of hearing this statement as an excuse or a "crutch" for individuals who use poor radio skills. Those people have never been taught the correct way or may be intimidated by using a portable radio. You need to correct bad habits and eliminate any fears people may have. They need to be as confident and as comfortable in their abilities to use the radio as they are in using a set of irons or operating the nozzle.

Always include radio communications in a drill no matter how complex or simple, with or without SCBA. Even in a simple ladder-throwing exercise, have the members talk on the radio to someone acting as an IC.

If you're a chief officer, request copies of complete audio recordings of alarm incidents to critique and review when needed. Face it: You know when radio communication went bad at your alarms. Don't shrug it off; review it so everyone involved can listen and learn.

Here's an exercise you can do. If you're an officer or someone who rides the front seat a lot, find a way to record and listen to yourself on alarms. This advice was given to me years back while taking an officer training class. Back in the day, we set up a tape recorder (remember those things?) next to the Plectron®. When you run out to a call, press "record." You may think you know how you sound on the radio, but many times it's quite different when you hear yourself.

Like every other task on the fireground, practice makes perfect. Strive to be the best you can be in all aspects of the fire service. Don't let the radio end of things intimidate you or be your shortcoming as a firefighter or an officer. Don't be the "that's the way he is" firefighter.

NOON EXCHANGE CLUB VETERANS DAY CHILI COOK-OFF

Congratulations to Firefighter Andy Smithson and Captain/Shift Inspector Brian Lowe on their award-winning chili entries at the Veterans Matter Benefit Chili Cook-off hosted by the Noon Exchange Club on November 11, 2015. Smithson won First Place and a night's stay at the Double Tree in Murfreesboro, and Lowe won the People's Choice Award and Titans tickets.

The Noon Exchange Club donated proceeds from the event (in honor of MFRD) to Veterans Matter, an organization that assists with housing veterans.



City of Murfreesboro



NEW YEAR'S DAY 5K

01.01.16

Register
online
now!

RACE INFO

Date	Friday, January 1, 2016
Time	Registration: 8:00 a.m. - 9:45 a.m. Race Start Time: 10:00 a.m.
Location	Barfield Crescent Park 697 Veterans Parkway
Registration Fee	\$25, includes souvenir long-sleeve t-shirt \$15, no shirt included
Awards	All awards are based on chip time. Overall 1st, 2nd, 3rd Male & Female Age Groups, 1st, 2nd, 3rd Male & Female 0-9, 10-19, 20-29, 30-39, 40-49, 50-59 60-69, 70+ Door prizes awarded; no purchase necessary
Refunds/Transfers	No refunds or transfer of race registrations will be allowed.
Packet Pickup	Thursday, Dec 31, 2015 • 12 pm - 4 pm Wilderness Station at Barfield Crescent Park Friday, Jan 1, 2016 • 8 am - 9:30 am Barfield Crescent Park Pavilion
Timing	Electronic Timing by A Matter of Timing Bibs must be worn on the front of your apparel, visible at all times.
Strollers / Pets	Strollers are welcome. Please line up after the walkers at the start line. NO PETS ALLOWED on the course.
Time Limit	The course will be open 90 minutes after the start.
Headphones	The use of headphones is discouraged.
Deadlines	Dec 13: Pre-register to receive a souvenir shirt Dec 30: Pre-registration deadline (no shirt option) A limited number of shirts for purchase will be available at the race.

The City of Murfreesboro New Year's Day 5k
is a Better Boro Project event.



The City does not exclude anyone from participation, nor deny the benefits of, or otherwise subject to discrimination on the basis of race, national origin, color, age, sex or disability. Any complaint alleging discrimination in any activity may contact the main office of the Murfreesboro Parks and Recreation Department located at 697 Barfield Crescent Road to receive a copy of this financial aid change policy. It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you, or someone you know, has a disabling condition and would like more information about accessibility programs or facilities please call the main office of the Murfreesboro Parks and Recreation Department at (615) 590-6332 or TDD:48-2892.

MFRD EXCEEDS SMOKE ALARM CHALLENGE FROM STATE FIRE MARSHAL'S OFFICE

Murfreesboro Fire & Rescue Department not only met the challenge from the State Fire Marshal's Office (SFMO) to install 100 smoke alarms on Saturday, November 14, but the department far exceeded the goal!

With the assistance of volunteers from the American Red Cross, MFRD installed 195 smoke alarms on Saturday as part of the SFMO's "100 for 100 Challenge." MFRD was one of 10 departments across the state that was challenged to install 100 smoke alarms in recognition of the 100th year anniversary of the State Fire Marshal's Office.

Crews from each MFRD station set out at 9:00 Saturday morning and canvassed several areas of Murfreesboro, going door to door to see if residents needed smoke alarms.

"I am very proud of the efforts our personnel made to ensure that several citizens in Murfreesboro are now equipped with working smoke alarms in their homes," said Fire Rescue Chief Mark Foulks. "We are thankful for the assistance of the Red Cross volunteers and to the State Fire Marshal's Office for allowing us the opportunity to be a part of this program."

If you missed the event, you still have the chance to have free smoke alarms installed in your home through MFRD's Project SAFE "Smoke Alarms for Everyone." MFRD even has specialty smoke alarms for the hearing or visually impaired. Contact MFRD Fire Administration Monday-Friday 8:00 am-4:30 pm at 615-893-1422 for more information.



December Anniversaries

30 Years

Kenneth Richmond

28 YEARS

Vular Anderson
Roger Toombs

24 YEARS

Leon Isaac
Doug Rivait

18 YEARS

Jamie Bigelow
Brian Creager
Jeff Harris

15 YEARS

David Cranford
Scott Duncan
Mike Keith
Tim Lampitt
Raleigh Marlin
Paul Oliver
Adam Petrig

9 YEARS

Troy Tayse

8 YEARS

Britt Gammon
Kevin Leonard
Dustin Liddell
Wesley Slager

5 YEARS

Jacob Follis
Julia Pitt

