

FLASHPOINT

VOLUME 22, ISSUE 7

MARCH 2017

PHILADELPHIA-DELAWARE VALLEY SFPE CHAPTER

MARCH 2017 MEETING

DATE: TUESDAY MARCH 14, 2017

LOCATION: JACOBS ENGINEERING GROUP,
THREE TOWER BRIDGE, SUITE
3000, CONSHOHOCKEN, PA

TIME:

5:30 PM: FELLOWSHIP TIME

6:00 PM: DINNER

DINNER PROGRAM:

Our program this month will be on Engineering Ethics. Our presenter/moderator will be Jim Davidson. Jim will present case studies for discussion. Attendees are encouraged to review the SFPE's Code of Ethics, which can be found at:

<http://www.sfpe.org/?page=CodeofEthics>

COST: \$25.00 FOR DINNER AND PROGRAM

RESERVATIONS BY: 12:00 NOON, FRIDAY MARCH 10, 2017

PLEASE RESERVE WITH:
LOU ANNAS, VIA EMAIL AT
LAnnas@bearindustries.com

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SPRING 2017 TRADE SHOW AND SEMINAR

The Society of Fire Protection Engineers Philadelphia-Delaware Valley Chapter invites you to the Spring 2017 Trade Show and Seminar, to be held on Thursday April 27, 2017 at the Doubletree by Hilton, 301 West Dekalb Pike, King of Prussia. Come learn from nationally-recognized leaders and see the latest fire safety technology available from 25 vendors. Up to 6 Professional Development Hours awarded.

Cost for attendance: \$100.00 Register with credit card or PayPal on-line at: <https://www.eventbrite.com/e/sfpe-pdv-spring-2017-trade-show-and-seminar-tickets-32165142808>

This event benefits the John D. Cook, III and Philip Gaughan Scholarship Fund.

Please tell your friends and colleagues.

PRESIDENT'S SPARK

This meeting was held at the Great American Pub on Thursday 2/16/2017. We changed from the normal 2nd Tuesday of the month to account for Valentine's day so that all our members could spend time with our families. We charged a \$30 fee for this meeting since the food costs were higher. Our meeting at Jacobs will revert back to \$25 per meeting. The speaker for February was Chris Jelenewicz, SFPE Technical Director and Editor of Fire Protection Engineering magazine. The presentation was on the great things that SFPE National is doing for the fire protection engineering community. The food at the American Pub was wonderful and the attendance was excellent even with the different date and location. I would like to thank everyone for the continued support of our meetings. Everyone deserves a Hats Off for such overwhelming support. The Trade show is looking very good with many vendors already signed up. There will be an opportunity for all of us to get some training (PDH Credits). Make sure you plan to attend if you can.

CONSTRUCTION CONCERNS: PENETRATIONS OF RATED WALL AND FLOOR ASSEMBLIES BY: GREGORY HAVEL

Building and fire [codes](#) require the construction of some interior walls and floor-ceiling assemblies to resist the passage of fire for a certain length of time, usually expressed in hours. These rated assemblies usually separate rooms, apartments, means of egress (including exit corridors and stairways), and the different levels (floors) of the building. The resistance of the assembly to the passage of fire is rated in hours, and is determined from tests like ASTM E-119 (also listed as National Fire Protection Association (NFPA) 251, *Standard Methods of Tests of Fire Resistance of Building Construction and Materials*, through the 2006 edition), which uses a fire of increasing temperature over time as shown in the Time-Temperature Curve, Figure 4.1.1, in NFPA 251—2006.

A building's utilities—including heating, ventilation, air conditioning, electrical, plumbing, fire protection, data, and communications—rarely originate and terminate in the same fire-rated compartment; but usually pass from compartment to compartment, penetrating both rated and non-rated partitions and floor-ceiling assemblies.

The method of preventing the passage of fire and products of combustion around and through pipes, electrical conduits, ducts, and cables is usually determined in new construction and remodeling by the architect and fire protection engineer, based on building, fire, and NFPA 101 *Life Safety Code* requirements. Usually, they select tested and approved methods and materials from the UL *Certifications Directory*, available online at <http://database.ul.com/cgi-bin/XYV/template/LISEXT/1FRAME/fireessrch.html>. During repairs and building and systems maintenance, the Authorities Having Jurisdiction (AHJ) expect that the same level of protection will be maintained as in the original [construction](#).

In most types of construction and occupancies, these penetrations of non-rated partitions and floor-ceiling assemblies require no special procedures; although some occupancies and AHJ will require smoke seal or fire caulk around each pipe, conduit, duct, and cable on both sides of the penetration. The methods and materials used to seal around these penetrations may vary between listings in the *Certifications Directory*.



READ MORE AT: <http://www.fireengineering.com/articles/2016/12/building-construction-penetrations.html>



NEWS RELEASE

Feb. 8, 2017

FOR IMMEDIATE RELEASE

Media Contact:

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NAWIC Celebrates Women in Construction Week March 5-11

FORT WORTH, TEXAS — The National Association of Women in Construction (NAWIC) will celebrate Women in Construction (WIC) Week March 5-11, 2017. WIC Week is the most important date on the NAWIC calendar. This week helps NAWIC advance its mission to enhance the success of women in the construction industry.

“NAWIC has enhanced the success of women in the industry for more than 62 years. We are proud to highlight contributions of women to the industry during Women in Construction Week,” said NAWIC President Connie M. Leopard, CIT.

The focus of WIC Week is to highlight women as a visible component of the construction industry. It is also a time for local chapters to give back to their communities. WIC Week provides an occasion for NAWIC’s thousands of members across the country to raise awareness of the opportunities available for women in the construction industry and to emphasize the growing role of women in the industry.

“Women work in every facet of construction in critically important roles,” said Leopard. “NAWIC’s goal during WIC week is to raise awareness and visibility of the women in these roles. This increased visibility will promote the recruitment of more women and encourage others to start careers in construction. This will ultimately ease the workforce shortage in the industry.”

NAWIC chapters across the nation will celebrate WIC Week with a wide variety of activities. Community service projects, jobsite tours, membership drives, children’s activities, hands-on workshops, fundraisers and school programs are some of the ways local chapters will observe WIC Week. Local chapters are also appealing to their local, state and national representatives to issue official WIC Week proclamations. Visit www.nawic.org to locate a NAWIC chapter near you.

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Founded in Fort Worth, Texas in 1955, NAWIC is an international association serving 125 chapters in the United States. NAWIC also has affiliates in Australia, Canada, New Zealand, South Africa and the United Kingdom. To learn more about NAWIC, visit www.nawic.org. For more information, please contact Communications Director Autumn Daughetee at (800) 552-3506.



SPRING 2017 TRADE SHOW AND SEMINAR

THURSDAY APRIL 27, 2017
DOUBLETREE BY HILTON PHILADELPHIA – VALLEY FORGE
301 WEST DEKALB PIKE · KING OF PRUSSIA, PA 19406

Seminar Program:

- Jason Floyd** Jensen Hughes, Fire Dynamics
Jeffrey Henne UPenn, Health Care Issues
Mitch Hubert Solberg Foam, Environmental Issues of Firefighting Foam
Jeffrey Kochalek ECS, Sprinkler System Corrosion Issues and Prevention
Gary Lederman Croker, Pressure Regulating Valve Technology
Jason Lupa Siemens, Occupant Egress Elevators and Fire Alarm
Wes Marcks Honeywell/ Xtralis, Air Sampling Detection for Health Care
Ami Martincheck PA Department of Health, Update on the 2012 Life Safety Code
Jim Peterkin TLC Engineering, Health Care Fire Safety
Martin Tomasic Tornatech, Fire Pump Controllers Victaulic, Water Mist Fire Suppression Systems
Luke Woods Underwriter's Laboratories, Fire Rated Duct

Trade Show:

25 Vendors, including fire alarm, fire suppression, fire pump, special hazard, specialty fire protection equipment, and more...

SCHEDULE:

7:30:	Coffee/Breakfast; Trade Show open
8:00 - 9:00:	Session 1 Speaker track A & B
9:05 - 10:05:	Session 2 Speaker track A & B
10:10 - 10:30:	Morning break/ Trade Show
10:40 - 11:40:	Session 3 Speaker track A & B
11:45 - 12:50:	Lunch in the Trade Show room
1:00 - 2:00:	Session 4 Speaker track A & B
2:05 - 3:05:	Session 5 Speaker track A & B
3:15 - 3:30:	Afternoon break/ Trade Show
3:40 - 4:40:	Session 6 Speaker track A & B
4:45	Close

Come learn from nationally-recognized leaders and see the latest fire safety technology available from 25 vendors. Up to 6 Professional Development Hours awarded.

Register On-Line at:

<https://www.eventbrite.com/e/spfe-pdv-spring-2017-trade-show-and-seminar-tickets-32165142808> (VISA, MASTERCARD, AMEX, PAYPAL)

(Yes, that is "SPFE" for the link!) **COST: \$100.00**

For Additional Information email: jlasalle@LaSalleEng.com or jfairchild@jensenhughes.com

BENEFITS THE JOHN D. COOK III AND PHILIP GAUGHAN SCHOLARSHIP FUND

FIREFIGHTER MENTAL HEALTH: WE ARE STRONGEST WHEN WE SEEK HELP BY: NATHAN FUIST

My name is Nathan Fuist. First and foremost, I am a father, a husband, a family member, and friend to many. I started with the Shrewsbury (MO) Fire Department (SFD) in St. Louis County in 2010, and I have been its medical officer since 2012. Prior to that, I worked in emergency medical services (EMS) for four years, and then as a volunteer firefighter. I work with an amazing group of firefighters who I trust with my life. I currently work on promoting diversity in the fire service and through Local 2665 as the secretary/recorder for its human resources committee. I am also a part of its PEER Support program, which strives to provide mental health support for our firefighters. I volunteer with the St. Louis County Critical Incident Stress Debrief and the Firefighter Funeral Assistance teams. With my friends' help, I have conducted research and developed a class designed specifically for first responder mental health and suicide awareness.

Since becoming a firefighter, I've wanted to do more for other firefighters after noticing a troubling trend: mental health and suicide awareness education was lacking. St. Louis County has had a surprising number of suicides in the past 10 years; most recently, we had two in a one-month span. I found that firefighter suicides outnumber line-of-duty deaths, and are only the ones voluntarily submitted to the FFBHA.org. This is based off numbers I have obtained through organizations such as the Firefighter Behavioral Health Alliance and through other fire service articles. Suicides are on the rise; this impacts not only the person in need but also their friends, family, and coworkers.

So, you may ask, "Why is this what I have chosen to focus on?"

When I was 15 years old, my family suffered a tragedy. On November 15, 1999, we received a knock on the door and, when I answered, I immediately thought I was in trouble. I hung my head as I told my mom the police were here. As she went outside to talk to them, a friend and I watched from the other room. That is when I saw my mom throw her face into her hands. For some reason, I knew exactly what that meant—my dad was not coming home. My mom came running in toward me and all I asked was what happened. That is when she said something I would never forget, "Your dad shot himself and he is dead."

It was on that day that, through this tragedy, I found a mission in life. I would not be ashamed of how he died, but rather I would teach others that suicide comes from depression, and that depression is a treatable illness. As an awkward preteen and young adult, my dad had been there while I struggled with my own depression and anxiety. Prior to going to school, he helped me tremendously every morning to muster up the courage to go. He would explain to me that there was so much more to life than school and that everything that I was experiencing was only temporary. Yet, he never told me about his own depression or how he dealt with it which, in a way, makes sense. Why would a father tell his depressed son that the things he said to help his son he may not believe himself? The problem was that he only told my mom that he was seeing a psychiatrist after suffering a traumatic brain injury in 1996.

I wish I could say that I went to therapy afterward and that things started to get better. But unfortunately, at this point, that is not true. Shortly after his death, my mom was diagnosed with breast cancer. She fought a long and hard battle with the disease but, after three years, she died peacefully with her family by her side. At 19, after caring for my mom for quite some time, I needed to figure out how to live my life on my own. Had I not received help from my sister, I don't know how far I would have gotten. She continues to be a monumental figure in my life, and we are closer than we have ever been. After some soul searching, I came to the conclusion that becoming a firefighter would be my way of helping others. Public service is in our family. Many close relatives are or have been in the military, the health care field, and the police force.

Prior to being able to help others, I still needed to help myself. My sister played a huge role in helping me; she helped find me a therapist that fit my needs, and she reminded me to make an appointment with my doctor about the possibility of needing medications for anxiety and depression. Things started to come together, and I was able to start down the path to becoming a firefighter.

FIREFIGHTER MENTAL HEALTH: WE ARE STRONGEST WHEN WE SEEK HELP (CONT.) BY: NATHAN FUIST

After beginning my first career fire position with the SFD, it did not take much time for me to try and find other ways I could help people in our profession. This is the time when I went to instructor classes to develop my own course. I also had privilege of meeting Jeff Dill when he came in for his class "Saving Those Who Save Others." He then introduced me to Dan DeGryse of the Rosecrance Florian program. DeGryse has worked with firefighters' addiction and mental health for years while also ensuring their anonymity. For DeGryse, keeping them in comfortable surroundings was of the utmost importance. These two men have been paramount in helping me with my class and many other aspects of my health and career.

Word started spreading that I was working on ridding the stigma surrounding mental health and suicide. People were referred to me for my knowledge on mental health and the references to help them. Since then, Local 2665 allowed me to share my testimony of being a survivor of my dad's suicide to attending members at three of their monthly membership meetings. "Nervous" is not a strong enough word to explain how I felt about going up in front of about 200 members. However, after each speech, I received a standing ovation, and many members approached me to hug me and share their experiences of their own mental illnesses. Some even wished that education on mental health had existed at the beginning of their own careers.

Things began to look up. I was given the opportunity to teach at the fire academy, which was well received by the students. Just as the man who approached me after the testimony who has wished he had the education on mental health during his career, these new recruits now have resources that they can use as they start their journeys.

Unfortunately, this is when things started to take a turn.

I felt great helping other people, but something else started to weigh on me. Not being able to properly grieve my *own* parents' deaths, my anxiety, depression, and the countless calls that we I was running started to add up. In 2016, I started noticing something about myself. I wasn't as happy about life. I was newly married, and although that was amazing and I love my wife deeply, my mind was in a fog. I was unable to recognize what I was experiencing. I slowly felt that I didn't want to leave the house. Going out with friends seemed less important. At work, I talked less to my coworkers, and instead of being in the TV room, I went elsewhere. I was getting more agitated at home and at work. I know that by reading this, it may seem obvious what had been going on. But for the people who are experiencing the symptoms at the time, it may not appear unusual to them. My anxiety had been increasing, and yet, it was decreasing my attitude toward life.

Please stay tuned for Part 2, which will be posted next Wednesday, March 8.

<http://www.fireengineering.com/articles/2017/03/firefighter-mental-health-we-are-strongest-when-we-seek-help-part-1.html>

TRIVIA QUESTION!!
WHAT PHILADELPHIA
SPORTS DUO WERE
KNOWN AS THE "HOUND
AND THE HAMMER"?

SEE PAGE 8 FOR THE
ANSWER!



March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SOUTH JERSEY ASCET MEETING	2	3	4
5	6	7	8	9	10	11
12	13	14 PHILA-DELVAL SFPE CHAPTER	15 DELAWARE ASCET MEETING	16	17 ST. PATRICK'S DAY	18
19	20	21 BERKS ASCET MEETING	22	23	24	25
26	27	28 PHILADELPHIA ASCET MEETING	29	30	31	

MARCH 1ST: SOUTH JERSEY ASCET MEETING

MARCH 14: PHILADELPHIA-DELAWARE VALLEY SFPE MEETING

MARCH 15: DELAWARE ASCET MEETING

MARCH 17: ST. PATRICK'S DAY

MARCH 21: BERKS ASCET MEETING

MARCH 28: PHILADELPHIA ASCET MEETING





**Society of Fire
Protection
Engineers**

**PHILA-DELAWARE
VALLEY SFPE**

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MISSION STATEMENT

The Philadelphia/Delaware Valley Chapter purpose is to advance the art and science of fire protection engineering and its allied fields, for the reduction of life and property losses from fire, to maintain high ethical standards on engineering among its members and to foster fire protection education.

Recognition of fire protection engineering as a discrete engineering discipline is a prime goal. Engineering disciplines exist because there is a special body of knowledge based on the fundamentals of mathematics, physics, chemistry, engineering science and economics.

The chapter strives to facilitate sharing of sound engineering experiences and knowledge between its members and the fire protection community in general with an active program of education and scholarship activities.

MARCH IS WOMEN'S HISTORY MONTH!

Seeing as March is Women's History Month, below is a short story of a woman trying to make a change in a male dominated fire protection career!

Firefighter Erin Regan is used to being the only woman on the job.

It doesn't bother her. But it is a constant reminder that firefighting is still an overwhelmingly male-dominated profession.

There are over 1.1 million firefighters in the United States. Only 7% are women, according to the National Fire Protection Association.

"I realize that firefighting isn't for every girl, but most girls never even consider it to be a possibility," said Regan, who is one of 38 female firefighters out of 4,000 employed by the L.A. County Fire Department. "I want to change that."

Regan has been a firefighter for eight years, and last year, she and a few other female firefighters in her department pioneered a program called "Girls Fire Camp."

TO LEARN MORE ABOUT ERIN'S STORY, PLEASE SEE THE LINK BELOW:

<http://money.cnn.com/2016/06/07/smallbusiness/female-firefighter-erin-regan/>

TRIVIA ANSWER:

FLYERS BOB KELLY AND
DAVE SCHULTZ