

# The Rip And Run

DIABLO

Fig. 7

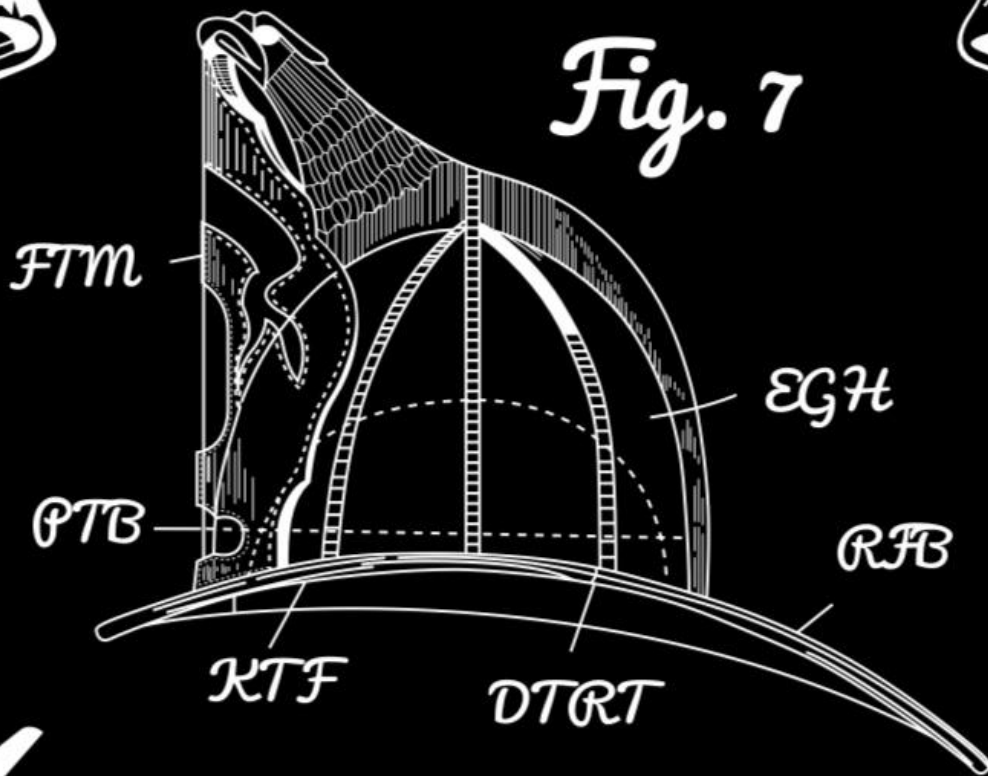




Photo taken of our President Jason Conner and Secretary Rob Weybret on the roof of a house fire in Antioch on 7/20/19. Two story, lightweight, modern construction, tile roof, with a garage and attic fire. Aggressive ventilation supporting aggressive interior fire attack. Strong work!

**W**elcome to the first edition of the Rip and Run. My name is Vinny Aiello and I am the Education Trustee for our Diablo FOOLS chapter. I am a huge baseball fan, not just for the game but for the process. Baseball is a game that requires talent and relentless hard work. Getting the call up to the pro squad is an unbelievable achievement, and those who make it are probably in the .01 percentile. It's a great amount of work to make the team, but really the work has just begun. Take Derek Jeter for example, arguably the best short stop to ever play the game (I will accept Ozzie Smith). Some of Mr. Jeter's accomplishments are Rookie of The Year, 5 rings, 14 time All-Star, and 5-time Gold Glover. Let's just say he is a badass on and off the field. With all his accomplishments in a short amount of time, his work ethic never slowed. For 20 seasons, he took routine ground balls in every practice and before every game. Routine grounders, not triple play somersault cartwheels. As a 5-time Gold Glove Winner and a 14-time All-Star, he still took routine grounders on his last game before retirement. The same can be said about Jerry Rice, Michael Jordan, and Tiger Woods to name a few other accomplished athletes. What about us? Are we taking fire service routine grounders? Has throwing ladders, stretching lines, donning SCBA's, and running tools become too menial for us? Did our drive and work ethic stop after rookie school? What if Mr. Jeter took that approach? My Big 5: Lines, Ladders, SCBA/PPE, Tools, and Building Construction. Make these a big part of your career and don't let up. Be relentless and gritty.

Believe me, I am not a fan of all the point and click training that is new to the fire service and my hope is not to add to the problem. The Rip and Run is designed to be a supplement to our routine grounders. I will only add beneficial information that will help our brains keep up with our callused hands. I have challenged myself and I challenge you to take fire service routine grounders and master the basics for 30 seasons.

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### Quote of the Day

“Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come.” *Dwayne “The Rock” Johnson*

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### Engine Work – Usable water off tank supply

Most type 1 pumpers are equipped with a 500-gallon tank, but are we really able to use all 500 gallons to put water on the fire? Although it seems like a small amount, we are losing 30 + gallons of our tank before we even crack the jamb of the door with



our halligan. There are two main reasons for this loss and that is: charging the line and checking the line. Ok let's nerd out.

Charging the line – When we call for water utilizing the tank, the line works great until our tank is empty (obviously). Once the tank is empty there is nothing to push through the line to get the remaining water out. With no water in the tank there is still 200' of hose with residual water in it. Here are two examples showing the amount of unused water left in the line with a 200' lay.

1.75" Attack line  
50' of hose = 6.25 Gallons left in the line  
200' of hose = 25 Gallons left in the line

2.5" Attack line  
50' of hose = 12.75 Gallons left in the line  
200' of hose = 51 Gallons left in the line

Checking the line – An important skill taught to every rookie for good reason. We bleed the air from the line, check our pressure, and if you have a fog nozzle then you must check your pattern. Checking the line is a quick procedure that should be no more than five seconds. Four seconds was picked to use as our figure.

1.75" with 7/8" smooth bore  
160 GPM = 2.66 GPS (Gallons Per Second)  
2.66 GPS X 4 seconds =  
10.7 Gallons Lost while checking the line

2.5" with 1 1/8" smooth bore  
266 GPM = 4.3 GPS (Gallons Per Second)  
4.3 GPS X 4 seconds =  
17.2 Gallons Lost while checking the line

– Results –

1.75" Attack line  
25 Gal + 10.7 Gal = 35.7 Gallons lost  
500 Gal tank – 35.7 Gal = 464.3 Gal remaining  
464.3 Gal / 160 GPM = 2.9 Minutes of water  
***2 minutes 54 seconds of usable  
flowing water***

2.5" Attic line  
51 Gal + 17.2 Gal = 68.2 Gallons lost  
500 Gal tank – 68.2 Gal = 431.8 Gal remaining  
431.8 Gal / 266 GPM = 1.62 Minutes of water  
***1 minute 37 seconds of usable  
flowing water***

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## What's Your Mindset?

A friend sent me this article a few years ago from the site "Confessions of an Idiot". Although it's not directly fire service related, there are many similarities. We could simply change the title to "Firefighter vs Team Guy" and it would absolutely work. Which one are you?

## Navy Seals Vs Team Guys

There are Navy SEALs, and there are Team Guys. Both go through the same training, work at the same team, and wear the same uniform. The difference exists well beneath the selection process, the name on the side of the building, and the cloth and metal that designate a military

occupation. The distinction between the two is defined by motivation. One is there for himself, one is there for the Team. To an insider, it is obvious. To an outsider, I would imagine that it is impossible to tell the difference.

Becoming a Navy SEAL is not difficult. Enlist or commission, complete the required training, earn your trident, and your designator in the military system will be changed. You will forever have earned the right to call yourself a SEAL. For some, the journey metaphorically ends there. The title is all they wanted, the title was the singular goal. They may say the right things, but their actions tell the true story. To many, it seems like an amazing accomplishment. It is meaningful in some ways, and meaningless in others. It is a job title.

Whether you enjoy the publicity that the modern-day SEAL community receives, or it makes you sick to your stomach, it is not going anywhere. The publicity, the movies, and the books are a problem. They combine to create unrealistic expectations, which in turn create impending failures. They are a distraction, at best. They are selective in the stories they tell, much like people are selective in how they “portray” their lives on social media. The mediums are incomplete, and they lack the ability to unpack a complicated occupation.

The spotlight is dangerous because it constantly tugs at your ego, your desire to be recognized for doing something that many think is impossible. It appears warm under the spotlight, and it is seductive. I have felt it myself, and I suspect to one degree or another, everyone does. If you are not careful, a job title will become all that you have, and all that you will ever be.

The publicity attracts people who are there for the wrong reasons. It attracts people who are seeking attention, not an outlet to serve others. It attracts people who want to be known as a SEAL, because they see that “title” as their reward for service, instead of realizing that their service is the reward itself, and a privilege. They see their service as a tool for their future, something that will open doors that they likely have no business stepping through, instead of as a tool for others, designed to create space for this country and its citizens to be what they choose to be.

The life of a SEAL is hard, both physically and mentally. We work hard, and yes, we play hard. We live our lives at the outermost boundary, where many would be extremely uncomfortable. For some, it becomes the only place where you feel comfortable. It can be difficult to manage and contain when you lose that outlet, even more so when you leave and lose the camaraderie and support of those you serve with. The community is not full of choir boys, and it should never be. Mistakes will be made, and some of them will be catastrophic, and horrific. The wrong people occasionally make it through. The mistakes, and those individuals do not reflect the community as a whole. They stand as a reminder that no process is perfect, and that regardless of the size of the lawn, there will always be weeds.

These characteristics, traits, and struggles are present in every organization, inside of the military and out. They are not unique to the SEAL Teams, an organization that most consider to sit at the apex, and that is why I use them as an example. Every organization will have those that are there

for the right reason, and those that exist for self-serving purposes. Some may be in leadership positions, and some may be at the bottom rung, attempting to climb at breakneck speed. You have no control over those people, you can only control yourself, and you have a choice to make. Do you want to be a SEAL, or do you want to be a Team Guy?

A team guy does not care about job title. A team guy does not care about gear, weapons, uniforms, or any of the other countless “shiny objects” that can distract you. A team guy does not obsess over what kind of car they drive, what it says on their business card, cubicle, or office wall. A team guy cares about the mission, and the people to their left and right. They know the spotlight exists, but they are not willing to step on the heads of those around them to climb in to it. They would rather arrive together, and share in the reward, than arrive alone, and covet it for themselves. It is easy to be a SEAL, it is hard to be a Team Guy.

An organization of SEALs may sound impressive, but it’s the organization full of Team Guys that is unstoppable. Don’t chase a title, chase a purpose.

*Andy Stumpf*

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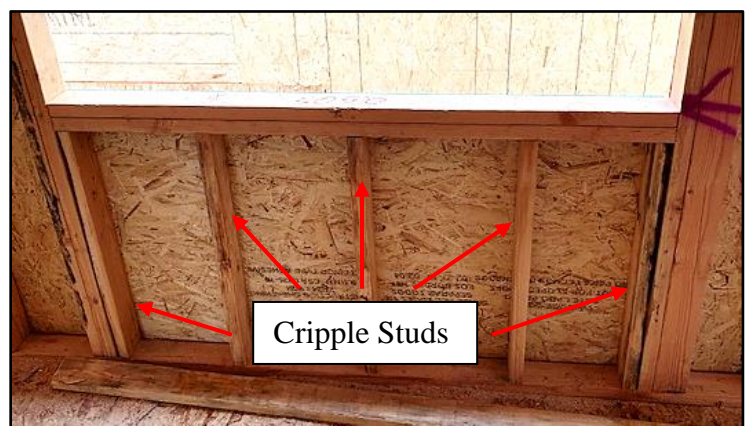
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## Window Door Conversion

The picture shown below is a window and wall of a type 5 house that is still in the framing stage. When making a window into a door remember this, “go in four to make a door”. What this means is to start your cut 4” in on each side of the window frame before making your vertical cuts. Following this rule will help to avoid cutting into cripple studs. Most homes built with traditional framing will look this way. A chainsaw is your best bet here unless it is an older stucco or type 3 construction home. A chainsaw equipped with an RDR or like blade will cut wood siding, vinyl, or new stucco without problem.

### Key Points

- “Go in four to make a door”
- The chainsaw will meet most of its resistance at the windowsill
- Be careful with burying a chainsaw. A 20” bar has potential to hit victims or firefighters that are inside
- Pull the wall out toward you instead of kicking it in. This allows easier removal of victims.



## **Diablo F.O.O.L.S Executive Board**

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**Education Trustee** – Vinny Aiello [vinnyaiello10@gmail.com](mailto:vinnyaiello10@gmail.com)

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### **Final Thoughts**

I want to hear from you on what you would like to see in future editions of the Rip and Run. I am also looking for our members to write their own articles for publishing. Do you have a topic you would like to see in future editions? Do you have pictures of you or your crew performing aggressive tactics for them? Do you have a passion or expertise in a certain area that you would like to write about? I would love to talk with you about it. Contact me if you have a topic you would like to see in the future, or if you'd be interested in contributing to the Rip and Run. Together, by sharing information, we will continue the culture of betterment, leading to better firefighters and the fire service as a whole.

Vinny Aiello



## Diablo Fools Opening Day

**Date - August 20, 2019 at 4 pm**

**Place - Del Cielo Brewing Co**

**701 Escobar st. #A**

**Martinez Ca, 94553**



*Come down to meet other Diablo FOOLS members in this social event. Bring a friend or anyone you feel may be interested in becoming a Diablo FOOL.*