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Firefighter's Newsletter

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The Luck of the Irish Green!



The Politics of Training: Volunteer Departments

By Jason Zigmont

Finding the balance between requiring members to be properly trained and not scaring members away can be very difficult and a common problem for volunteer departments. Chief Tinsley from Tennessee recently e-mailed me with a series of questions from his department that are all too common.

"Training is a big problem in departments from all the time I have been around. The new set of SOG/Handbook that I am putting together has to be approved once finished by the city council. We are a volunteer dept. but are owned by a small city.

The problem that I am having is that I want to require all members to attend a certain amount of trainings in-house per year and also a certain amount of training hours per year. I have some members that are hardcore and will be at every training when the doors open, but on the other hand I have two or three members that never show up for training but will show up on locations for a fire call to help.

I told the city council that all members will have to meet the training and attendance requirements or they would have to be put on the inactive list. These select members that never show up to trainings do have fire training from the past and are certified firefighters. The city council says that with the rules I want to come up with for our handbook such as requiring members to meet certain requirements on training and attendance would be running people away from the dept.

The city council thinks that anyone at anytime should be able to volunteer their services to the dept. I do agree that we can use any and all help whenever we can get it but I believe that if they want to be a member then they should have to obey by the training and attendance rules or not volunteer. So how or what can I use to make this work? I know of the importance of training and that it is a liability and safety measure.

Basically the city council thinks if Joe Blow off the street wants to join the dept., he can and if he can only make one or two trainings a year and show up on occasions at call then that is all that is of importance. But I do not see it that way.

It has to be across the board for everyone so that my butt is covered as well as the city's if by chance one of these members ever screwed up somewhere down the line. So what is one to do when you have members or so-called members that do not want to make the time to train and attend but then also you have the

Doing the Job!



city council say that it is OK for them to only show up just when they want to? Any advice would really be appreciated."

Chief Tinsley's problem definitely represents just one of the many balancing acts that fire chiefs are expected to do daily and deserves to be answered within this column to allow as many folks as possible to learn what can be done."

To address the issue I would suggest a three-step approach:

1. Identify what the state and federal minimum training requirements are for your area.
2. Inform the city council of the minimum requirements and their potential liability if these requirements are not met.
3. Develop a competency-based training system for each of your firefighters to meet or exceed the minimums.

Determining what your state and federal minimum training requirements are can be easy if you know the regulations, or difficult if you need to start from the ground up.

The first question is whether or not your state is an "OSHA state" and if your department has to comply with OSHA regulations. The second would be any requirements from your specific state and your insurance carrier. Fortunately OSHA, and most other regulations, state members must "prove competency" at set intervals rather than "attend training," which will help your department find ways to meet the minimum.

Your city council needs to understand that it is ultimately responsible for the fire service. This responsibility is both to provide fire service to protect the community and to protect the firefighters themselves. Should a member be injured or a fire not handled appropriately, most likely the city will be named in the lawsuit, as will your department and you as Chief. The first thing to occur in any injury or death of a firefighter is to pull the member's file, including training record, which can be a huge issue.

Once you have the minimums in hand and an educated city council, the goal would be to create a program to demonstrate competency at regular intervals of each and every one of your members. This does not mean that each member has to sit through eight hours of training on blood-borne pathogens every year, but they must show competency, an issue which I covered in a [previous article](#).

This does mean your members may have to attend more training or be tested out, but it is for the protection of everyone. Your SOGs or bylaws should clearly state the need to meet these minimums and, given a reasonable amount of time to make up missed training or testing, your members should be pulled off the line until they prove competency.

The three-step plan outlined is not going to be popular with everyone, but it is fair and the bare minimum for safe operations.

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“Mom, Dad... I’m Gaelic!”

Apps for Fire/EMS

911 Toolkit: This app has a lot to offer. Hydraulics, Water Delivery, Tactical Checklists, & Training Quizzes. The Tactical Checklists tell you what to do on different types of scenes from vehicle fires to landing zones. The Training Quizzes cover Firefighter, Fire Officer, Driver/Utility, EMT-Basic, & Paramedic Quizzes. Perfect for someone just learning or seasoned personnel who want to stay sharp.

Emergency Radio: I have a police scanner at the house, but now I have one on my iPhone too. Comes with me everywhere & I never miss a thing. One great thing about this app is that unlike my scanner at the house, I can listen to almost anywhere. FDNY, NJ, California, pick a place!

Fire EMT: This wonderful little app will teach you fire based EMT critical thinking by throwing a scenario at you & you have to QUICKLY come up with the best answer. For example: You are enroute to a patient having chest pain. 3 minutes prior to arrival, you observe a motor vehicle crash with probable injuries. What should you do?

Protocols: These are the medical protocols for all types of medical call possibilities. Abdominal pain through Pediatric Major Trauma. What to look for, what to do, who to call for additional help if needed. This is specifically for Suffolk County & includes phone numbers, codes, etc. Although I'm not in Suffolk County, I still find the protocols section very helpful.

FPC (Fire Pump Calculator): Calculation tool for determining discharge pressure for firefighting pumps.

Police Scan: Another Scanner app that lets you listen in anywhere. This one includes a "Near Me" button which is great when you're out & about. I'm not talking about locally such as at the grocery store, but if you're on a road trip or on vacation, it will pull up a list of available police, fire, & EMS frequencies wherever you happen to be ... even if you're not quite sure where that is at the moment.

It is possible you may lose members, but I would much rather lose members than have an injured firefighter due to improper training.

Ga. firefighters blame deadly fire response on communications breakdown

Officers claim they were not given enough information for the initial call

By FireRescue1 Staff

DEKALB COUNTY, Ga. — Two of the firefighters dismissed following a house fire that killed an elderly woman have blamed a communications breakdown for the botched response.

A crew from DeKalb County, Ga., Fire Rescue were dispatched last month following an early morning call from Ann Bartlett, 74, reporting a fire in her home.

The unit left after failing to find signs of fire. But when crews returned after a second 911 call five hours later, the house was ablaze and the woman was later found dead.

Five firefighters and senior officers were terminated following an investigation, including Acting Officer-in-Charge William J. Greene and Capt. Tony L. Motes.

The pair told Atlanta's Fox5 Wednesday they were not given enough information for the initial call and that they did carry out a thorough search for signs for fire.

Capt. Motes told the station that they could not find the exact address given to them by a dispatcher, but that units on the scene did look for any signs of fire in the area.

Officer Greene said critical information, such as the fact the woman was calling from her house, was not relayed by dispatch.

"The distress that was conveyed to 911 was not conveyed to the units in the area," he told Fox5.

DeKalb County officials dismissed the members following an investigation, citing "neglect of duty" and ruled they had failed to establish incident command as required by departmental guidelines.

**She is pulling to the right
a little!**



Look Outs

This is your newsletter let us know what you want to see in it or just drop a line to let us know what you think. Send your emails to Jay Diemert at ftf@firefighting.net.

You can also check us out at our website www.fanningtheflames.synthasite.com.

We are posting your tattoo, motorcycle and patch pictures at the site.



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DeKalb Fire Chief David Foster resigned shortly afterward, with officials saying he had endured a rocky relationship with county administrators.

Ga. firefighters sacked over deadly fire response

DeKalb County officials cite 'neglect of duty,' Chief David Foster has now resigned

By Marcus K. Garner
The Atlanta Journal-Constitution

DEKALB COUNTY, Ga. — Citing "neglect of duty," DeKalb County officials on Friday terminated four firefighters involved in a fatal Dunwoody house fire that firefighters first responded to five hours earlier and were unable to find a blaze.

Also Friday, authorities said Dunwoody police have opened a criminal investigation into the fire with the help of the DeKalb County District Attorney's Office and the DeKalb Fire and Rescue Department.

Ann Bartlett, 74, died when a fire swept through her home in the 1600 block of Houghton Court after firefighters responded to her emergency call early Sunday morning and left when they couldn't find a blaze.

Firefighters returned five hours later, after a second 911 call from neighbors, to find Bartlett's house fully engulfed in flames. Her body was found in the home's remains after the fire was extinguished.

Acting Officer-in-Charge William J. Greene, Capt. Tony L. Motes and Battalion Chiefs Lesley Clark and Bennie J. Paige were fired following an investigation into the fire response time.

Earlier in the week, Greene, Motes and Clark had been placed on administrative leave with pay, along with another DeKalb County Fire and Rescue officer, Capt. Sell Caldwell, as the department conducted an internal investigation. Officials did not respond Friday to multiple telephone inquiries about Caldwell.

Sgt. Mike Carlson, a Dunwoody police spokesman, said officers were dispatched --- as per department routine --- to Bartlett's address six minutes after the firefighters, who were sent out at 1:05:36 a.m. The officers returned to their patrol when firefighters said there was no fire.

"Two Dunwoody police officers arrived on the scene and found several DeKalb County Fire Department vehicles preparing to leave," Carlson said. "The Dunwoody police officers were advised by a firefighter from Ladder 18 that they could not locate any fire and were going back in service."

Carlson said police typically conduct criminal investigations of any death reported in Dunwoody, but he could provide no further details because the investigation was open.

In her 911 call, made at 1:03 a.m. Sunday, Bartlett said, "I set the house on fire with the thing from my nose," referring to the oxygen concentrator she used when she slept.

Wednesday night, the Fire Department completed an internal investigation of its response to the fatal fire that said Greene, Motes, Caldwell and Clark "failed to establish incident command as required by departmental guidelines."

Seeing no signs of fire when they initially arrived on the scene at 1:15 a.m., firefighters drove around the cul-de-sac without getting out of the fire engine or walking up to the home to investigate, according to the investigation.

Bartlett's family believes she would still be alive had firefighters done their jobs. Although county officials offered a public apology Thursday to the victim's family, her daughter Ruth Bartlett has called for an individual apology from the officers involved.

"Getting some of the report has been comforting," the daughter said. "An apology would give us some closure."

Headset for Drivers and Pump Ops

Is Your Department Communicating?

There is no question that communication is one of the most addressed and frustrating issue in the fire service. One area were it can be improved is with our apparatus drivers and pump operators.

If you have ever tried to juggle the radio, hear what is going on and drive or run the pumps then you know the aggravation of poor communications.

One of the ways that departments can improve this area is through using a wireless headset. This frees up the operators hands to do the activities that they are required to do.

This makes communications much safer as well as clearing up the transmission of information. A good set of phones will also cut out the sound that is around the operator. This will save hearing over time.

How to buy headsets

By Bob Smith
APCO International Director of Strategic Development

With advances in technology, today's tactical telecommunicators are faced with a variety of choices in headsets. Whether wireless or wired, the varieties range from traditional single to dual sided over muff style, over the ear, boom microphones, in ear microphones and even in the ear bone conduction microphone systems.

When it comes to making the decision on which type of headset to purchase, here are the main things to consider.

1. Comfort

When it comes to headsets, there is no more important component to consider than the experience a user has after an extended period of use. With many wearing styles to choose from an operator must take into consideration their headsets potential to interfere with additional needs such as helmets, gas masks, hazmat suites or even case were they may be exposed

to water.

2. User Input

If the communications center manager never wears a headset, then maybe they should have the most amount of direct user input on what type of headsets are needed. In most cases operators are required to use headsets 8, 10 to even 12 hours each day, this consideration needs to also be taken into account when making a purchasing decision. This is not to say that there should be no executive-level input, but it should be focused on narrowing options down based on budget and technology requirements with final decisions on type and style left up to the frontline staff. This level of input will also serve as a small morale boost for employees to know their ideas are considered and their comfort is important to management.

3. Sound Dampening/Amplifying

Remember, people working in a communications center communicate. Considering that this communicating is carried out by numerous people on both the telephone and the radio, and takes place in a confined space, means noise levels will be intense. At the same time, there is a need to amplify telephone callers and field responders on the radio during high-stress periods and other instances when yelling is not an option. Finding a headset that balances these two requirements is imperative.

Relatively no other piece of equipment in today's communications center is subjected to the level of use and abuse as that of the telecommunicator's headset. For that reason, they should be resilient, effective and comfortable. There are many different types and styles available to choose from, but narrowing down your choices to those that meet those three basic requirements will make the decision process simpler.

A Game of Inches

By Nicole Dancey

“When you look out the other way toward the stars you realize it's an awful long way to the next watering hole.” – Loren Acton

Life is precious. Each of us only gets a relatively short ride on Earth. How do we know if we are living life to its fullest? It seems as though we have created a system of measurements for absolutely everything on Earth (whether it be inches, pounds, psi, liters or light years) but I'm not sure that we can measure the value of life like that. I believe we should be more concerned with qualifiers that must be felt and experienced (like courage, trust, friendship, adrenalin or fear).

My name is Nicole Dancey. I am a firefighter and Medical Co-Responder with the Elkwater Volunteer Fire Department (Cypress County), where I also live and work in the beautiful Cypress Hills Provincial Park – Alberta. I have been on the department for almost 3 years now. I joined the department because I want to make a difference in the world. I want to help others in their times of need and give back to my community. I want to belong to something great. I want to continue my lifelong journey of learning and challenging myself every day. I want to have excitement in life. I want to be a role model and inspire others to live their lives to their fullest potential.

I will admit that I was really nervous when I first decided requested to join the department. What would it really be like? Could I actually do it? Would I be treated differently because I was female? What if? What if? What if? Then I realized that life is too short not to try! I knew I would regret it when I was older if I had never tried.

I will never forget the first fire practice that I attended. Our chief had arranged for mock runs with a smoke machine which required drafting water from Elkwater Lake. The guys took me under their wing and began to coach me and provided sufficient information to let me do some things on my own in a safe manner. I continue to be impressed by the members of our department, who all come from such a variety of backgrounds. Some of us work for the park, some ranch in the area, some are members of the hutterite colony and some are cottagers in the community. Each person brings their own unique skills / expertise / experiences and personalities and when combined we create an excellent team. One of the things that continue to amaze me is the dedication and spirit of volunteers.

Our response area is large and diverse. We have forests. We have some of the last remaining native grasslands in the country. We have 3 lakes in the park and 2 others in our area. We have hills and cliffs. We have thousands of visitors every year as well as a cottage community. There are numerous year-round recreational opportunities in the area, including downhill skiing, ice fishing and water sports. We have a highway running through our area to the American border crossing. Because of all of this, we need to be trained in a wide variety of areas. I continue to be impressed by

the practices that our chief and command members run. We practice things such as ice rescue, high ropes rescue, vehicle extrication, fire suppression, medical response and so on. We work together to help and challenge each other to continue learning and bettering ourselves, our team and our department. We are also very active in supporting Muscular Dystrophy. In fact, after last year's amazing success, we are looking forward to our 2nd annual Walk for Muscular Dystrophy on Parks Day, July 17th, 2010. I am very proud to be a member of the Elkhwater Volunteer Fire Department.

Each of us have been given a chance take a ride through this game of inches. How will each of us make use of our time here on Earth? Clear skies, Nicole Dancey.

“There is only one corner of the universe you can be certain of improving, and that is your own self.” –Aldous Huxley

“Do not try to satisfy your vanity by teaching a great many things. Awaken people's curiosity. It is enough to open minds; do not overload them. If there is some good inflammable stuff, it will catch fire.” – Anatole France

Watch for rewired home electricity

By Robert Hayes

We responded to a fire January 5 and discovered that the electricity at the house had been "jumped" with a metal plate, energizing the entire household as the ground was not hooked up.

We had the local power company respond but they were not able to disconnect the power at the pole due to heavy smoke at the power source.

One hour and 15 minutes into the fire we had the fire suppressed enough that the electrical crew could clip the power, killing the electricity.

When we released the scene they took the house off the grid completely.

This kind of incident is just a heads up as to the state of our economy, in which people might resort to this type of theft that would potentially injure fire crews.

Even Firefighting is an iPhone App

Firefighter 360 is a new firefighting game specifically developed for the iPhone 3GS using a unique Augmented Reality engine.

In this life-saving fire-person shooter, you play as a firefighter, rather than gunning down enemies, you environment. As you physically turn around 360 degrees with your iPhone, you have to methodically extinguish the flames you see, thanks to the camera. The fire itself isn't just a static "enemy" to be dealt with. Flames will propagate and spread if you don't put them down completely, the fire itself is capable of doing you harm if you're not careful.

Judge orders FDNY to hire minorities

Where Did the Page Two Picture Go?

J. Diemert

You may remember about two weeks ago I sent out an email asking for your opinion. I was very please to receive your input. I have read through all the emails and have given them all a lot of thought. I have taken a hard look at Fanning the Flames and where it can go in the future.

All things grow and change. I know that I won't make everyone happy with the changes that I have decided to make to the ezine. I have been told a number of times that the pictures on page two weaken the ezine. There are a number of people who said they could take or leave them or they would rather that they were not there at all.

My goal is to entertain and educate and if there is something as small as one photo that is limiting the distribution or offending readers then the choice becomes simple to make. As one reader said, "If they want to look at half naked men or women they can google them." That really helped solidify my decision. If there is anyone who no longer wishes to receive the ezine because of the removal of the picture then I guess you weren't reading the articles anyway and it probably wasn't doing you a lot of good.

It has also been suggested that I start featuring different apparatus and the gear that they carry. This is a good idea and I have made appeals before for people to send information about their vehicles and their crews. I have found that sending out requests is easy, getting people to send you material is not as easy.

It is my hope that the changes to Fanning the Flames will make it a better resource for firefighters. My mandate all along has been to bring information to all interested firefighters who wanted to learn and continue to learn between training exercises.

Thank you, it has been a fun ride so far and I can't wait to see where we are going next. J.D.

Dirty Turnout Gear is Not a Badge of Honor

Dirty turnout gear is dangerous. If you think about it we protect ourselves from the harmful toxins that we work in by covering up and using breathing devices and then we put on the same toxin covered clothing to ride to the next fire or train in. It doesn't make sense in this day and age.

We have great new turnout cleaning products on the market and a line up of professional companies waiting to wash it for you. NFPA 1851 states that your turnout gear should be washed in proper cleaners twice a year to be compliant. When was the last time you washed your gear?

Why can't I use regular soap to wash my gear? The soaps must conform to particular PH levels and all detergents must be removed. Dish soap is one of the most dangerous detergents that can be used to clean turnouts. Residue that is left in the gear and dried, is flammable! Store bought laundry detergents have dyes and perfumes in them and if you smell that clean soap smell that means something was deposited in your gear and remains. Many store bought soaps have coloursafe bleach or Oxy brand bleach which is not NFPA 1851 acceptable. For goodness sakes, don't use a fabric softener. The fabric is softened because a product is deposited in the fabric and is usually oil based. Once again, it is flammable.

I don't know about you, but I do not want to turn myself into a human candle at the next fire I go to after I clean my gear.

Where do I wash my gear? Don't even think about taking it home and running it through your machine. The gear is heavy and hard on the machines. It is also carrying toxic material there is a good chance this will be transferred to your next load of family laundry. Also, if you don't use the proper temperatures they won't come clean.

If in doubt or you don't have a machine at your hall, send it out to be done at a professional turnout gear cleaning company. They can do amazing work on things that you never thought would come out.

The judge said he wants the city to hire two black and one Hispanic candidate for every five applicants who pass the test until there are 293 minorities

By Janon Fisher
The New York Post

NEW YORK — A Brooklyn federal judge wants to impose a temporary hiring quota on the FDNY to make up for what he has called an "intentional" pattern of discrimination against black and Hispanic firefighter applicants.

Under the order handed down yesterday, Judge Nicholas Garaufis said he wants the city to hire two black and one Hispanic candidate for every five applicants who pass the test until there are 293 minorities added to the ranks of the FDNY.

The judge based his figure on the number of blacks and Hispanics who the government has estimated would have been hired if the department's 1999 and 2002 examinations were not discriminatory, as Garaufis ruled last week.

The city has until Feb. 5 to respond to the court order.

The quota was just one of the corrective actions that Garaufis laid out in a 57-page ruling in response to a bias suit filed against the city in May 2007 by the feds, the Vulcan Society, which represents black firefighters, and the Center for Constitutional Rights.

Also under the judge's ruling, approximately 7,400 minority applicants who sat for the two racially skewed exams may be eligible for monetary damages.

And minority applicants who were rejected under the old exam and are accepted to the department under the new test will also be eligible for retroactive seniority benefits, including back pay, but not rank.

"They're just getting what they should have gotten seven years ago," said Darius Charney, a lawyer for the plaintiffs.

In his decision, Garaufis wrote: "There has been one persistent stain on the Fire Department's record. When it comes to being a New York firefighter, blacks and other minorities face entry barriers that other applicants do not."

City lawyer Georgia Pestana said it's reviewing its options.

"[New York] will always place in the forefront not only the need to obey the rule of law, but the need to ensure that only qualified individuals become New York City firefighters."

Garaufis will appoint a monitor to assure the city's compliance.

Both the FDNY and the Uniform Firefighters Association declined to comment.

Are There Any Dangers to Me and My Crew

Dangers for EMS crews on Fire and Rescue Scenes

J.Diemert

I work in an area with a separate fire and EMS program, although we share a building. Our EMS crew is second to none. They are well trained and well equipped. We have done a lot of work together on many different scenes. I have the upmost respect for them and what they do.

I have found that they know their stuff, but it is often up to the fire crew to make sure that they are safe on the scene. I have witnessed things that would make most firefighters scream into the night.

It wasn't until recently that our EMS crew was outfitted with "real" rescue helmets. They were issued plastic drop helmets from a construction store. They now wear a Cairn's 360 R helmets and have good quality protective goggles. This came through discussions and explanations of the possible dangers while doing vehicle extrication. This was just a case of the EMS not having the information. Safety equipment is not covered in their training programs.

We have had trench rescues where the EMS ran from their ambulance and into the trench before the rescue squad could get off the truck and tell them to stop. Lucky for them there was no further caving in. It never crossed their mind that they could be putting themselves at risk. This is how medics die!

There was a situation in Kimberly BC where two medics and two mine employees were killed. At first it was thought to be H₂S gas in the small wooden shed that killed them, but it was discovered later that it was a situation of oxygen levels far too low to support life. The first employee went to take a water sample from the reclamation site. He failed to test the air with his gas meter and died. When he did not return a second employee was sent and saw him and called the ambulance and the fire department. The ambulance arrived first and he led them into the shed to rescue the fallen man. No one came out. The fire department arrived on air and removed the four bodies from the shed. This situation should have never happened and Kim Weitzel, 35, and Shawn Currier, 21 would not have been laid to rest with full EMS honours.

As firefighters we go through hours and hours of training personal safety. We know about the dangers of loaded bumpers, seatbelt pre-tensioners, driving hazards, batteries, airbags, fire and stability. A firefighter would not jump into a rolled vehicle before they knew it was stabilized, but a medic will be chewing a captain's ear off trying to get in to work on the casualty.

There is absolutely no way an officer would allow a firefighter to crawl into a confined space to get to a rescue. We check our footing with every step on a roof or on a floor that is suspect. We have learned that there are situations too many to number where we do not want to be breathing the air around us. Firefighters don't cut metal or glass without protective clothing, but EMS shows up in short sleeve uniform shirts and station pants. This is almost second nature to those of us in the fire service, but it is never taught in EMS.

I propose that if this kind of personal safety training does not begin for EMS they will continue to bury medics. Change is always long in coming where political governing bodies are concerned, so I don't see this change coming through the EMS training programs. It is up to the fire service to extend their hand to our cousins and help to educate them in scene safety. Until there is this dialogue and cross training the answer to the question, "Are there dangers to myself or my crew?" will go unanswered.





The Firefighters Cookbook

Recipes

Beef and Guinness Stew

The Guinness stout [beer](#) not only helps tenderize the [beef](#), it also gives a rich malty flavor to this chunky [stew](#). It is also flavored with onions, carrots, [garlic](#), and [thyme](#). The stew may be made on the stove-top or oven.

Prep Time: 15 minutes Cook Time: 2 hours, 15 minutes

- 2 pounds lean stewing beef
- 3 Tablespoons oil
- 2 Tablespoons flour
- Salt and freshly ground pepper and a pinch of cayenne
- 2 large onions, coarsely chopped
- 1 large clove garlic, crushed (optional)
- 2 Tablespoons tomato puree, dissolved in 4 tablespoons water
- 1-1/4 cups Guinness stout beer
- 2 cups carrots, cut into chunks
- Sprig of thyme

Preparation:

Trim the [beef](#) of any fat or gristle, cut into cubes of 2 inches (5cm) and toss them in a bowl with 1 tablespoon oil. Season the flour with salt, freshly ground pepper and a pinch or two of cayenne. Toss the meat in the mixture.

Heat the remaining oil in a wide frying pan over a high heat. Brown the meat on all sides. Add the onions, crushed [garlic](#), and [tomato](#) puree to the pan, cover and cook gently for about 5 minutes.

Transfer the contents of the pan to a casserole, and pour some of the Guinness [beer](#) into the frying pan. Bring to a boil and stir to dissolve the caramelized meat juices on the pan.

Pour onto the meat with the remaining Guinness; add the carrots and the [thyme](#). Stir, taste, and add a little more salt if necessary.

Cover with the lid of the casserole and simmer very gently until the meat is tender -- 2 to 3 hours. The [stew](#) may be cooked on top of the stove or in a low oven at 300 degrees F. Taste and correct the seasoning. Scatter with lots of chopped parsley.

Yield: 6 to 8 servings

Recipe Source: [The Complete Book of Irish Country Cooking](#) by Darina Allen (Penguin USA)