

FRONT LINES



Fairfax County Fire and Rescue

January 2018



Welcome

**NEW PUBLIC SAFETY
HEADQUARTERS**

FROM THE FIRE CHIEF

Richard R. Bowers, Jr.



Where have we been and where are we going?

Another year has passed and we have accomplished quite a bit. With another year ahead of us we turn the corner to begin new initiatives and completing those already in progress.

The highlights of the year are a direct result of the teamwork by everyone when a 911 call came in. It takes a team to make sure anyone that summons us for help receives the most expedient, courteous and professional help from the men and women of the department.

Our team is strong because of the dedicated career, volunteer, civilian, and CERT staff we have in the fire and rescue department.

We will always be a team that is mission ready, mission focused, and has a mission execution that is done flawlessly!

I hope everyone and their families had a Happy Holiday and New Year! Thank you for your dedicated service!

Richard R. Bowers, Jr.
Fire Chief

"We will always be a team that is mission ready, mission focused..."

FIRE CHIEF'S EXPECTATIONS

**BE READY, BE SAFE
BE FIT AND HEALTHY**

**BE KIND
AND RESPECTFUL**

**EMBRACE DIVERSITY
AND MENTOR**

**EXECUTE THE BASICS
PERFECTLY**

TRAIN, TRAIN, TRAIN

**WORK
TOGETHER**

**COMMUNITY
OUTREACH**



IN THIS ISSUE

- From The Fire Chief2
- FCFRD News and Updates.....4
- Backstep Kudos.....5
- 142nd Recruit School.....7
- In the Community8
- Ready, Set, Track! 10
- Hot Shots 12
- Project S.A.F.E. 14
- Firefighters Excel at
Naval Postgraduate School..... 14
- Welcome Wally! 15
- Taking Up..... 16
- In Memoriam 17
- Open House 2017..... 18
- Large Loss Fire Investigations20
- Top 10 Activity Report.....21
- Awards and Presentations22
- Anniversaries, Retirements, & New Hires.....23
- Station Profile, Fire & Rescue Station 2.....24

FIND US ON SOCIAL MEDIA

OFFICIAL HASHTAG:
#FCFRD

RELATED HASHTAGS
#fairfaxcofire, #ffxfirerescue

Instagram
@ffxfirerescue

Facebook
facebook.com/fairfaxcountyfirerescue

Twitter
twitter.com/ffxfirerescue

YouTube
Fairfax County Fire and Rescue

Wordpress
ffxfirerescue.wordpress.com

Richard R. Bowers, Jr., *Fire Chief*
Ashley Hildebrandt, *Editor/Layout/Design*
Cathy Jo Richards, *Copy and Web Editor*

FRONT LINES is the newsletter of the Fairfax County Fire and Rescue Department. Questions should be addressed to Ashley Hildebrandt. All submissions should be sent to Public Affairs and Life Safety Education, marked "Attn: Editor, FRONTLINES."

© COPYRIGHT 2018
Fairfax County
Fire and Rescue Department
4100 Chain Bridge Road
Fairfax, Virginia 22030
703-246-3801

FCFRD NEWS & UPDATES



In early December crews from Fire Station 40, Fairfax Center, were dispatched for a citizen who fell from a ladder while installing Christmas lights around the outside of the home. The citizen was transported to an area hospital with non-life threatening injuries.

After the patient was transported, crews from Tower Ladder 40 (Firefighter Arthur Claiborne, Technician Adam Bartman, Firefighter Kathryn Buist, and Lieutenant Matthew Nacy) decided to finish putting up the lights around the citizen's home. In the spirit of the holiday season, they felt it was important that the citizen and family not have to worry about how to finish putting up their holiday lights.



Battalion Chief (ret) James T. Ghi was hired as the new teacher for the Fairfax County Public School's (FCPS) High School Firefighter Program. BC (ret) Ghi has served in the fire service since 1976, including a 26-year career with Fairfax County Fire and Rescue. The program's previous teacher resigned to join the department as a career firefighter and is now in Recruit School 143.



Members of the Fall 2017 Citizens Fire and Rescue Academy graduated after spending eight consecutive Thursday evenings learning about the FCFRD. The class was treated to a firehouse dinner at Fire Station 40, Fairfax Center, by members of A-Shift. After dinner, firefighters presented graduates with certificates and a challenge coin.



In November, Technician Arthur Bruck from Fire Station 4, Herndon, B-Shift, won second place in the Dancing With A Service Member charity event in Herndon. Technician Bruck is a member of the Army National Guard. Each contestant was paired with a certified Fred Astaire dance instructor and worked with the instructor to learn a dance routine for judges to score. Technician Bruck and all of the competitors spent weeks practicing their routines. All proceeds from the event went to The Pink Fund, Fraternal Order of Police and The Police Unity Tour.



On January 17, 29 people were displaced from their homes after an apartment building fire. Due to weather conditions, a welfare officer was designated to assist with getting all of the displaced occupants out of the frigid temperatures and into a safe environment. Firefighters obtained winter coats and toys and distributed them to displaced adults and children.

THANK YOU *for your service*



Congratulations to Lieutenant Chuck Adams who retired from Fire and Rescue Station 36 after 36 years of service to the department.



Congratulations to Captain II Thomas Connolly (left) and Lieutenant Bobby Bookwalter (right) as they received their 30-year service awards.



TO: FS415 A-Shift, B-Shift, and C-Shift. Thanks to all personnel at FS415 for their hard work, dedication, and outstanding effort in preparing the station for our station inspection.
FROM: Captain II Wayne Whetsell, FS15

TO: Capt. Terrance Fayson and I would like to submit a backstep kudos to Capt. Steve Henry, Lt. James Low, and the crew from FS424-A for the judicious overhaul they performed during the house fire at 8422 Osman Dr. on 11/23/2017. These actions made the origin and cause examination much easier for the investigators.
FROM: Lieutenant Jeff Carney, Fire Prevention

Please send submissions to: backstepkudos@gmail.com.

142nd RECRUIT SCHOOL



Firefighter/Medic
Brandon V. Harris



Firefighter
Kenneth G. Howard



Firefighter/Medic
John J. Jones III



Firefighter
Kyle R. Knox



Firefighter
Won K. Noh



Firefighter
Evan B. Bache



Firefighter
Trina Y. Beall



Firefighter/Medic
David C. Breslin



Firefighter
James M. Brittenham



Firefighter
David A. Brown



Firefighter
Alexander M. Omar



Firefighter
Alan Pai



Firefighter
Christopher R. Payne



Firefighter
Mario J. Pineda



Firefighter
Andrew S. Rozewicz



Firefighter
Julian N. Butler



Firefighter
Manuel J. Castellon, Jr.



Firefighter
Jesus E. Castro



Firefighter
Stephen M. Ching



Firefighter
Andrew M. Cruikshank



Firefighter
Dreanna W. Salang



Firefighter
Nicholas M. Schaff



Firefighter
Nicholas J. Stricklen



Firefighter/Medic
Timothy J. Sweeney



Firefighter/Medic
Bryan P. Thomas



Firefighter/Medic
Nathan J. Decker



Firefighter/Medic
Muhammad I. Dizicheh



Firefighter
Joshua J. Dyer



Firefighter
Justin L. Dyer



Firefighter
Rosanna S. Forsyth



Firefighter
Tavia L. Turner



Firefighter/Medic
Patrick D. Von Bank



Firefighter
Donovan T. Withrow

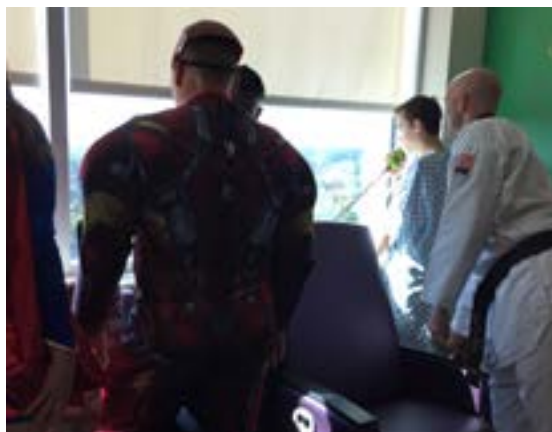
The 142nd Recruit Class graduated on September 29, after six months of extensive training. Firefighters were trained to respond to fires, hazardous materials incidents, vehicles crashes and extrications, swift water rescue, confined space rescue, and emergency medical incidents.

IN THE COMMUNITY

IN OCTOBER WE WEAR PINK



Throughout October, fire and rescue department personnel wore pink shirts to show their support of the breast cancer awareness campaign.



FIREFIGHTERS & SUPERHEROES TO THE RESCUE

In October, firefighters volunteered to visit INOVA Children's Hospital dressed up as superheroes to brighten the day of the young patients. The firefighters spent hours going room to room visiting the children and their families.



FIREFIGHTERS BUILD ACCESS RAMP FOR SPECIAL NEEDS CHILD

In late August, Battalion Chief (BC) Kit Hessel, Battalion 1 C-Shift, heard about a local family that needed assistance for their special needs child, Tyler. Tyler uses a wheelchair and needed an easier way to get in and out of the family's home.

BC Hessel went to work recruiting department members to help build an access ramp. He organized a group of firefighters to get together and build Tyler a new ramp. Other members of the community pitched in to help Tyler. Lumber for the ramp was generously donated by a local Home Depot and lunch was provided by Fairfax County Firefighters and Paramedics IAFF Local 2068. Lieutenant Mark Plunkett took responsibility to haul the lumber to the home. The family was thankful and overwhelmed by the outpouring of support to help Tyler.



SPREADING HOLIDAY CHEER

In December, firefighters in the Fourth Battalion spread holiday cheer throughout their community. Firefighters distributed toys to deserving children - with a little help from Santa of course.

FIRE STATION 11 HOSTS ANNUAL HOLIDAY TOY DRIVE

On Tuesday, December 12, Fairfax County Fire and Rescue Department personnel hosted a toy and winter coat distribution event for local kids in need at Fire Station 11, Penn Daw. Firefighters distributed over 2,500 toys, 700 new coats (on top of the 2,500 provided in October), and 100 bikes for deserving children. Public safety partners, Fairfax County Police Department, and Fairfax County Sheriff's Office, also joined in the fun. In addition, Caring Angels Therapy Dogs were on hand to lend a helping paw. The winter coats were provided, in partnership, with Operation Warm. Even Santa was on hand to help out!





Nicole V. Brown, MS, RDN, LD ACSM EP-C, PSOHC Nutrition Consultant

Are you curious about the amount and quality of food and beverages you consume? Do you know how active you are? If so, you are in luck as there are so many wonderful ways to self-monitor and many of them are free! Tracking what you eat for as little as a week can give you the knowledge to compare your results with what is recommended to promote your health. In part one of this two part series, I will discuss food and beverage tracking.

There is no perfect way to track food and beverages. Choose the option that is best for you. Carry a small notebook and pen, use the notes section on your smart phone, or use a free app such as MyFitnessPal or SparkPeople. People with diabetes can check out free apps such as Glucose Buddy and One Drop. Record what and how much you eat, where you are, and the time of day.

If you decide to use an app, often during the initial set up, you will be asked to enter height, weight (use your "dry weight" i.e. what you weigh in the morning after you wake up and go to the bathroom), age, gender and activity level. You will also be asked to pick your activity level. I recommend choosing sedentary to get an idea of calories required to maintain your current weight without physical activity. All this information is used to calculate basic calorie needs. You might be asked to choose if you want to lose, maintain, or gain weight. If you are trying to promote weight loss, an initial target would be about 5-10% of your current body weight (i.e., 10 to 20 pounds for someone who weighs 200 pounds). Reducing intake by 500 calories a day could promote about one pound of body fat loss per week. A rate of ½ to 2 pounds of weight loss a week is ideal for promoting mainly body fat loss and minimizing loss of lean body mass (LBM). Incorporating resistance training also reduces loss of LBM.

Based on a sedentary activity level, the 200-pound person needs approximately 2000 calories to maintain

their weight (using the rough 8-12 calories per pound formula). Consuming about 1500 calories a day of food and beverages would promote approximately one pound of body fat loss a week. Keeping in mind the potential for a busy fire fighter shift, it's important to be conservative about creating a daily calorie deficit. In the big scheme of things, a slower rate of weight loss may make the most sense in order to have energy to do one's job. Taking time also means the healthful habits that promote weight loss become ingrained which will help with weight loss maintenance.

TYPES OF TRACKERS

Food, beverage, and activity trackers such as SuperTracker, SparkPeople, or MyFitnessPal can be used on the computer or smart phone. I recommend setting up both because the computer or iPad versions have enhanced features. The apps have great value because you can take your phone with you and record intake on the go. This improves accuracy and reduces the chance you will forget to track some food and beverages. With some trackers, for example MyFitnessPal and SparkPeople apps, there is a bar code scanner. Using your smart phone, you can electronically transmit the nutrition information from a bar code on a packaged food item into your food database. SparkPeople and MyFitnessPal are free trackers or you can purchase the "premium" version.

There are many different way to track. Some people track what they consume while they are eating or shortly thereafter. Some people wait until the end of the day and try to recall what they ate and drank. One of the most effective practices when using a tracker is to enter meals, snacks, and calorie containing beverages ahead of time which builds awareness of calories and nutrition composition including protein, fat, carbohydrate, fiber, and sodium

and reduces spontaneity around eating, which can lead to weight gain for many people.

The day before a tour starts a firefighter could enter what she or he plans to eat for meals and snacks aside from the shared shift meal and determine a certain calorie amount for everything but dinner. Armed with this knowledge you can decide on portions to consume for the shift meal. You can also create meals and snacks for off days keeping in mind there may be differing calorie needs depending on the level of activity. A very nice feature is the ability to save meals and snacks and copy them to a future date. For example, you could enter each of the items you use for a turkey sandwich: bread, mayo or mustard, turkey, cheese and then save that as a meal "turkey sandwich." You can then access the meals database you created and import the information into your lunch tracker. This practice saves time and improves accuracy, too.

A few tips include: you don't have to capture every thing eaten in order to benefit from tracking intake. Some people are not able to find the specific food item they ate and enter the closest item. For example, if you went to a family owned restaurant for a burger and fries, you could size it up and search for the closest option from a chain restaurant e.g. Five Guys, Burger King, or McDonalds and you could get "close enough." At a fine restaurant, you can ask your server how much salmon or steak is being served (you can call the restaurant ahead of time, too), approximate the amount of rice or potatoes, and salad and salad dressing and enter that information into the tracker. Closer to home, you can analyze a recipe using the tracker and determine the calories and nutrition facts for a serving. This is great when you have a family favorite because you can also modify the recipe e.g. reduce the amount of oil or use a lower fat cheese or less sugar or salt and come up with a more healthful option. A new development that is a huge time saver: if you found a recipe online you can copy and paste the recipe URL into MFP and it transfers the recipe nutrition facts into your database. This feature promotes more accuracy and is completed in about 30 seconds!

WEIGHT MANAGEMENT, HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, DIABETES, & FUELING FITNESS

The National Weight Control Registry (www.nwcr.ws) includes about 12,000 "Successful Losers" (people who have lost at least 30 pounds and maintained that loss for a year. The NWCR notes that during active weight loss, the majority of the Successful Losers track food and beverage intake. When they get to the weight they want to maintain, they stop tracking but continue to weigh themselves at least weekly. If weight starts to creep up the Successful Losers again use food and beverage tracking to pull weight back down. The time

invested using the trackers in the past will really pay off when returning to using it in the future.

For people who want to modify their intake to help treat or prevent high blood pressure, the trackers can inform how much sodium is being consumed. The newly released parameters for high blood pressure, 130/80, mean that many more people will be diagnosed and benefit from lifestyle interventions, such as consuming less than 1500 mg sodium per day, losing weight, and eating potassium rich foods.

People who want to reduce LDL cholesterol can track saturated fat and fiber intake to help improve their lipid profile. Those with diabetes can see how much carbohydrate and fiber they are consuming at meals and snacks and make adjustments to promote better blood sugar levels and improved HgA1c.

Trackers can be used when training and competing in athletic events to make sure you are meeting calorie and macronutrient needs on a daily basis as a tactical athlete.

One key feature in using these tools if you are focusing on weight loss is to track physical activity using a different tracker or unsync your activity monitor from the food tracker. The tracker's calorie and nutrient targets automatically adjust upward which can be distracting and sometimes confusing.

Final Thoughts

- Avoid perfectionistic thinking: aim to do your best to track what you ate and drank
- The databases have some inaccurate information/they aren't 100% correct
- Don't look back. If you stop recording for a day or two, restart on the current day or meal, don't try to remember what you ate several days prior
- Think strategically. Enter food and beverages ahead of time especially for a special occasion.
- Practice at it. The more you use the trackers, the more accurate you'll be
- Review a week's intake and see if there are any helpful patterns e.g. it might make sense to invest time tracking shift days or off days
- Talk to your shift and see if everyone is up to using a tracker; encourage the cook to use recipes that have nutrition facts
- Offer to track what a shift meal includes and share it with the group

Please contact me with questions and feedback!

Nicole V. Brown, MS, RDN, LD ACSM EP-C
Fairfax County Public Safety Occupational Health Center
nicole.nutrition.fitness@gmail.com or 703.969.6114

Hot Shots



On Friday, October 20, units from Fairfax County Fire and Rescue Department and Fort Belvoir Fire Department responded to a townhouse fire in the 7700 block of Lemoyne Lane in the Newington section of Fairfax County. Units arrived on scene and reported a fire in the basement of a two-story, end unit townhouse. Firefighters contained the fire to the basement. Fire Investigators determined that the fire was accidental in nature and started in the basement. The cause of the fire was a malfunctioning blender. Damages are approximately \$303,562.



On December 26, 2017, units were dispatched for a tractor-trailer fire on Interstate 95 prior to Lorton. Units arrived to find a tractor-trailer fully involved in fire. Crews worked quickly to contain and extinguish the fire. There were no injuries to civilians or firefighters.



On Sunday, December 31, units were dispatched to a fire in a garden apartment located in the 7000 block of Rhoden Court in the North Springfield section of Fairfax County. Units arrived on scene to find a three-story, garden apartment with smoke showing from the front and roof. A second alarm was requested bringing additional resources, including units from the City of Alexandria and Fort Belvoir Fire Department. Fire Investigators determined the fire was accidental and started in the attic. The cause of the fire was an electrical event. Damages are approximately \$127,258.

Units from Fairfax County and Fairfax City Fire Department responded to a fire on Jermantown Road in the Oakton area on January 18, 2018. The cause of the fire was determined to be accidental and caused by an electrical event. Damage was estimated at \$18,750.



Units were dispatched to this crash in Centreville on the evening of October 18, 2017. Firefighters worked to remove the victim from the vehicle.



On January 1, 2018, around 4:20 a.m., firefighters responded to a fire in the 4900 block of Columbia Road in the Annandale section of Fairfax County. During a primary search of the single-story home, they discovered the victim who had succumbed to injuries. The fire progressed to a second alarm. Units from the City of Alexandria Fire Department were also on scene. The victim was a 94 year-old male.



This house fire occurred on November 23, 2017 in the Mount Vernon area of Fairfax County. Fire investigators determined that the fire was accidental in nature and started behind the oven range in the kitchen. The fire was caused by an electrical event in the outlet junction box supplying power to the appliance. Damages were estimated at approximately \$93,750.



On December 25, 2017, units responded to a fire in a commercial building in the 8100 block of Richmond Highway. The two alarm fire engulfed the building and closed the northbound lanes of Richmond Highway. Damages were estimated at \$2,326,612.

PROJECT S.A.F.E.

Helping Third Graders Stay Safe

by Firefighter Garrett Woo

Last school year, the Fairfax County Fire and Rescue Department brought back an important educational program for third grade students in Fairfax County Public Schools. Project S.A.F.E. (Student Awareness of Fire Education) is designed to teach students important fire safety skills and to understand what to do in the event of a fire or other emergency. A group of six firefighters have already been hard at work this school year traveling to a variety of county schools teaching vital life safety skills that will hopefully last a lifetime.

During the program, third graders are taught how and when to check for working smoke alarms (check it every month!), match and lighter safety, how to make a home fire escape plan, and how to crawl out to safety under the smoke from a fire. The students are then given a packet to take home so they can conduct a home fire safety check. They also work with their parents to develop their own home fire escape plan.

I got into this program last year during its re-launch as a way to get myself more involved with the department, but I quickly realized how valuable the information we are giving these kids really is. Many of the kids I have taught so far know basic things like stop, drop, and roll, but didn't have any working knowledge of what a smoke alarm was or what they



Firefighter Garrett Woo gives a Project S.A.F.E. demonstration to third graders at Newington Forest Elementary School.

should do when it goes off. I joined the fire service to help people in their time of need, but if we can continue to educate kids (and adults) on preventing an emergency call, or what to do to if an emergency occurs to minimize injuries/fatalities during a fire, then I really feel like I am serving the community at all angles.

My favorite part of the class, after the lesson, is dressing up in full firefighter turnout gear and the Self-Contained Breathing Apparatus (SCBA) – the air bottle. The kids are always amazed when I put everything on and put on my face piece and start to breathe the air from the SCBA. It's my job to show them we are here to help and not be afraid or hide from us. I may spend my off days to do this, but if I can prevent even one injury or death, then the program is well worth it!

FIREFIIGHTERS EXCEL AT NAVAL POSTGRADUATE SCHOOL

by Jared Goff

Members of the Fire and Rescue Department have enhanced their knowledge and leadership skills through the programs at the prestigious Naval Postgraduate School Center for Homeland Defense and Security (NPS-CHDS). Recently, Deputy Chief Jason Jenkins completed the Executive Leaders Program (ELP) which enhances senior leaders' ability to identify and resolve homeland security problems. Assistant Chief Chuck Ryan will graduate from the ELP program in the Spring of 2018.

Captain II Jared Goff completed a Master of Arts Degree in Security Studies and graduated on December 15. During the 18-month Master's program, Jared collaborated with homeland security officials from across the nation on policy, strategy and organizational design challenges. He wrote a thesis titled, "Prospective Vigilance: Assessing Complex Coordinated Attack Preparedness Programs." Captain II Tracey Reed will graduate from the Master's program in 2019 and is researching a process to

identify potential violent insider threats for public safety agencies.

CHDS, located at the Naval Postgraduate School (NPS), is the nation's homeland security educator. Master's degree students develop critical thinking, leadership, and policy skills during a rigorous 18-month program. Each graduate completes a thesis on a current issue facing their jurisdiction. The theses often translate into policy and practice. The CHDS is sponsored by the U.S. Department of Homeland Security (DHS), National Preparedness Directorate, within the Federal Emergency Management Agency (FEMA).

ABOUT NPS: The Naval Postgraduate School provides unique advanced education and research programs in order to increase the combat effectiveness of the U.S. and Allied armed forces as well as enhance the security of the United States. For information, visit www.nps.edu.

Welcome Wally!

THERAPY DOG ASSIGNED TO FIRE STATION 32, FAIRVIEW

The Fairfax County Fire and Rescue Department would like to introduce you to the newest resident at Fire Station 32, Wally. Wally is a fully trained and certified golden-doodle therapy dog. He was donated to the department by the Caring Angels Therapy Dogs, sponsored by Sit Means Sit. Wally comes Fire Station 32, Fairview, as part of a pilot program instituted by the Fire and Rescue Department that hopes to use a highly trained and certified therapy dog to benefit on-duty personnel at the fire station. The department's Behavioral Health Office is evaluating the use of these specially-trained dogs to reduce the cumulative stress firefighters experience witnessing traumas and tragedy throughout the course of their careers.

Wally has been specifically trained by Caring Angels, in collaboration with selected Fairfax County firefighters, for the fire station environment. He lives in the fire station 24 hours a day, 365 days a year with shift personnel. Each shift has a designated, trained handler who is responsible for Wally's daily care.

CARING ANGELS THERAPY DOGS

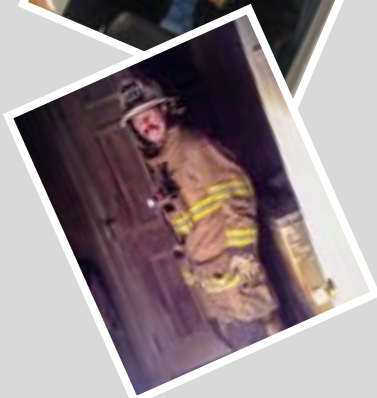
The Caring Angels Therapy Dogs organization primarily trains therapy dogs to assist military personnel and veterans that are battling the effects of traumatic exposures. For more information, visit www.caringangelstherapydogs.org



TAKING UP



Jeffrey Klopp
Lieutenant



Entry Date: October 13, 1986

Retirement Date: January 2, 2018

Recruit School: 68th

Assignments: 11-C, 11-A, Battalion 3-A (Relief), 38-A

Likes About the Fire Department: What I have liked most about the Fire Department is the opportunity to help people when they are having a really bad day, or even the worst moment of their life, and hopefully making things better for them. I have always liked the excitement and adrenaline rush and sometimes even danger this career allows us to experience. But absolutely, most of all, I love the people I've worked with. I've had the opportunity to work with some of the finest, most outstanding people it's ever been my good fortune to meet, and THEY are what make this job outstanding.

Will Miss About the Fire Department: Of course, I will miss the excitement and thrill of running calls, but most of all, I will miss the people I've worked with, and the shared sense of purpose. I really do consider these people family, and I will miss the day to day camaraderie, and the stories around the dinner table. I will miss the ability to look out for these guys, and help them in any way I can. I will miss being a part of this family.

Plans for the Future: I plan on getting reacquainted with some old hobbies, spend more time with my family, and work part time for the National Park Service. I also plan on being there, if any of my guys still working ever need me!

Words of Wisdom: You are a part of the greatest profession on Earth. Love this job, and respect this job! Maybe not the ten thousand things that are always "flowing downhill", but love doing the job, running the calls, and always look out for the people you work with. It doesn't matter whether you're the officer, or the brand new rookie, the people sitting on the rig with you are your family, and your responsibility. Take that responsibility seriously! Keep your eyes open, stay sharp, and be safe.

What Got You Interested in the Fire Service? My older brother, Darryl, was a volunteer with O.W.L. when I was growing up. He was then hired by Alexandria Fire Department, eventually retiring as a Captain. Watching him, and looking up to him as I grew up, were all the incentive I needed to seek the fire service as a career for myself.

Who or What Made an Influence in your Career? Being assigned to Penn Daw straight out of recruit school had a huge influence on my career. I spent nearly twenty years at 11, working with some of the sharpest, most aggressive firefighters in the department. I worked there as a firefighter, haz-mat tech, and master tech. I had the opportunity to be in charge of an ambulance (BLS, not a medic!) early in my career, crew and operate an engine, truck, and rescue, and yes, back then, even a boat!

I've worked on tremendous shifts at Penn Daw, and West Centreville, and all the great people I've worked with will always be family to me. At the risk of forgetting some people, I do have to thank some people that I've looked up to, or whose example I've tried to follow throughout my career. Thank-you Scotty Lawson, Keith Johnson, John Guy, Domenick Iannelli, Jimmy Low, George Sisson, John Morris, all the guys from 38-A, and of course my drivers, Jamie Flynn, Dan Hahn, and Mark Briskey. I will forever be grateful to all of you for your dedication, professionalism, example, and friendship.

IN MEMORIAM



Captain Lester R. Brown (Retired)
Date of Passing: August 30, 2017



Captain Harry I. "Sonny" Mahon (Retired)
Date of Passing: January 16, 2018



8221 Willow Oaks Corporate Drive
Fairfax, Virginia 22031



August 20, 2017
Captain Danny Cox
Captain Chris Pittman
Penn Daw Fire Station
6624 Hulvey Terrace
Alexandria, VA 22306

Dear Captain Danny Cox and Captain Chris Pittman

I am writing to commend John Winstead for the expert and compassionate care that he extended to me when I had a car accident on July 23 of this year. Having an accident is in itself a high stress situation. And I was responding in a heightened emotional state and was upset enough to be unable to tell if I was injured or not. I had been watching the scene around me and the other person involved in the accident was yelling, cursing and crying. I was too scared to leave the car.

I was asking for a CIT first responder and when I asked John if he was, he said "yes." When I asked if he understood why I was asking he also said "Yes." Almost immediately I was able to tell myself that "this was going to be okay" and begin to relax.

With just those few words, I was able to alert him that my mental health is an important part of my health care history. Even when not in a crisis, it can be so hard to express this kind of thing to a stranger. It helped me to be able to receive care at the scene of the accident

I am so grateful that Fairfax County has placed a high priority to have its entire police and fire/rescue staff be able to take the Crisis Intervention Training. This universal approach normalizes the experience of anybody involved in a crisis situation and significantly impacts health care outcomes, in a positive way for those of us in recovery from mental health difficulties.

Cindy Orth, RN, MSN
Advanced WRAP Facilitator
Certified Peer Recovery Specialist



OPEN HOUSE 2017

On Saturday, October 14, all 38 Fairfax County fire and rescue stations participated in the annual Fire Prevention Week Open House event. Many County residents stopped by their local fire station to meet the firefighters that serve them, get an up close look at the fire trucks and equipment, learn about fire safety, and enjoy the festivities!

FIRE PREVENTION OPEN HOUSE



And the Winners are . . .

- Battalion 1 - FS39, North Point
- Battalion 2 - FS02, Vienna
- Battalion 3 - FS17, Centreville
- Battalion 4 - FS08, Annandale
- Battalion 5 - FS05, Franconia
- Battalion 6 - FS11, Penn Daw
- Battalion 7 - FS14, Burke



LARGE LOSS FIRE INVESTIGATIONS

Date: 9/4/2017 **Box:** 42318 **Address:** 4010 King Arthur Rd. **Type:** Residential
Cause: Accidental **Value:** \$310,380 **Loss:** \$70,000 **Status:** Closed

Date: 9/10/2017 **Box:** 41404 **Address:** 6028 Ticonderoga Ct. **Type:** Residential
Cause: Undetermined **Value:** \$248,250 **Loss:** \$50,000 **Status:** Inactive

Date: 9/17/2017 **Box:** 40218 **Address:** 2019 Gunnell Farms Dr. **Type:** Residential
Cause: Accidental **Value:** \$323,100 **Loss:** \$230,000 **Status:** Closed

Date: 10/2/2017 **Box:** 40219 **Address:** 9821 Bridleridge Ct. **Type:** Residential
Cause: Accidental **Value:** \$377,130 **Loss:** \$165,000 **Status:** Closed

Date: 10/2/2017 **Box:** 43101 **Address:** 11521 Hearthstone Ct. **Type:** Residential
Cause: Undetermined **Value:** \$299,880 **Loss:** \$80,000 **Status:** Inactive

Date: 10/8/2017 **Box:** 40900 **Address:** 2779 Carter Farm Ct. **Type:** Residential
Cause: Accidental **Value:** \$299,280 **Loss:** \$160,000 **Status:** Closed

Date: 10/20/2017 **Box:** 41919 **Address:** 7726 Lemoyne Ln. **Type:** Residential
Cause: Accidental **Value:** \$242,850 **Loss:** \$242,850 **Status:** Closed

Date: 11/3/2017 **Box:** 41012 **Address:** 6463 Lincolnia Rd. **Type:** Residential
Cause: Accidental **Value:** \$183,360 **Loss:** \$75,000 **Status:** Closed

Date: 11/23/2017 **Box:** 42433 **Address:** 8422 Osman Dr. **Type:** Residential
Cause: Accidental **Value:** \$212,820 **Loss:** \$75,000 **Status:** Closed

Date: 12/16/2017 **Box:** 41406 **Address:** 4925 McFarland Dr. **Type:** Residential
Cause: Accidental **Value:** \$219,550 **Loss:** \$219,550 **Status:** Closed

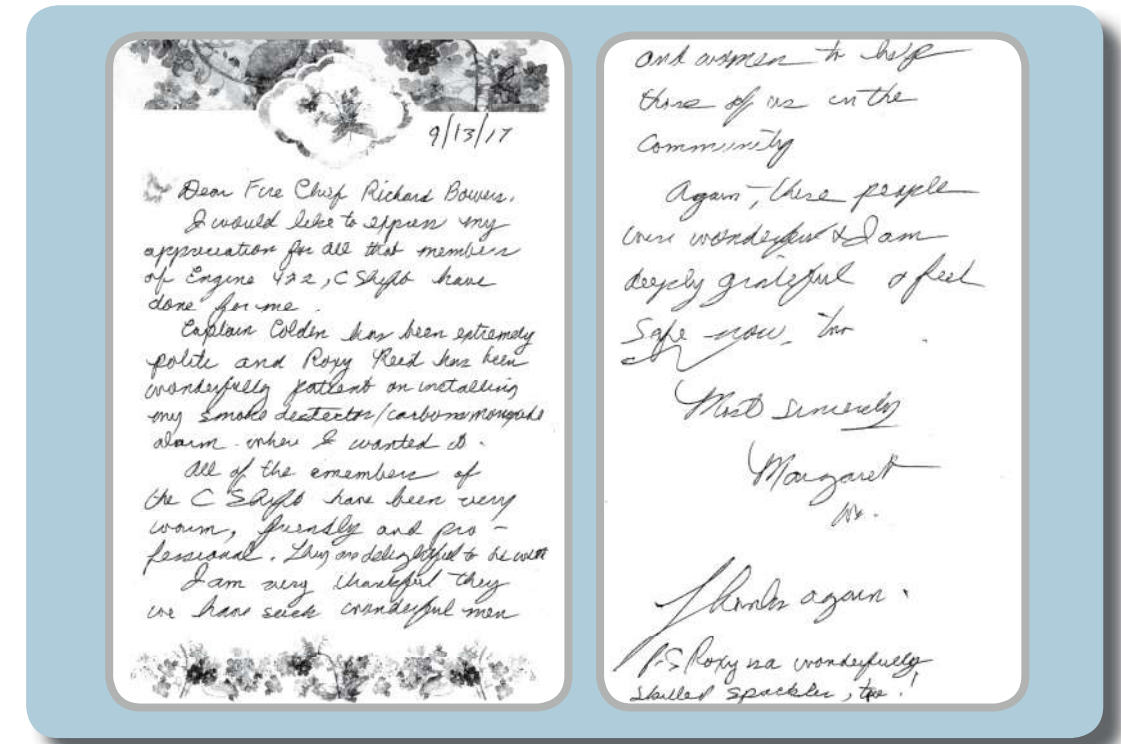
Date: 12/17/2017 **Box:** 43204 **Address:** 6029 Burnside Landing Dr. **Type:** Residential
Cause: Accidental **Value:** \$248,910 **Loss:** \$55,000 **Status:** Closed

Date: 12/23/2017 **Box:** 40323 **Address:** 10167 Bessmer Ln. **Type:** Residential
Cause: Accidental **Value:** \$284,960 **Loss:** \$189,973 **Status:** Closed

Date: 12/28/2017 **Box:** 41191 **Address:** 6102 Vernon Terrace **Type:** Residential
Cause: Accidental **Value:** \$1,782,980 **Loss:** \$180,000 **Status:** Closed

FRONT LINES DEADLINES

The remaining deadlines for the 2017 Front Lines issues are March 15, August 15, and November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).



TOP 10 ACTIVITY REPORT

July - December 2017

Medic		Engine		Rescues	
Unit	Calls	Unit	Calls	Unit	Calls
M422	1,432	E410	1,765	R426	847
M430	1,284	E408	1,741	R421	832
M405	1,264	E409	1,739	R411	779
M426	1,217	E411	1,734	R401	751
M404	1,203	E429	1,644	R418	736
M408B	1,184	E422	1,602	R414	620
M411B	1,157	E430	1,499	R419	586
M417	1,153	E404	1,450	R439	500
M408	1,151	E417	1,403		
M11	1,150	E405	1,361		

Ambulance		Ladder Company		Battalion Chiefs & EMS Captains	
Unit	Calls	Unit	Calls	Unit	Calls
A402E	134	T429	1,388	EMS404	887
A410E	129	T425	1,171	EMS405	708
A413E	121	T430	1,122	EMS403	706
A421E	117	T411	1,071	EMS402	655
A422E	105	T410	1,009	EMS406	614
A414E	83	T436	980	EMS401	602
A401E	64	T408	944	BC404	598
A438E	44	T422	861	EMS407	375
A402	21	T440	850	BC402	361
A417E	17	T405	824	BC403	326

Unit activity is compiled from the copy of the CAD data stored in the FRDs data warehouse. This includes all records where a unit has a dispatch date timestamp in cad, and this data includes all responses regardless of the incident location.

AWARDS AND PRESENTATIONS

UNIT CITATION AWARDS

Garden Apartment Fire

Captain I Steven D. Norris
Lieutenant Jason R. Abitz
Lieutenant Brian A. Gallamore
Master Technician Michael E. Garvin
Master Technician John F. Linhart
Master Technician Shawn M. Rappach
Technician Richard A. Dawley, Jr.
Acting Technician Matthew D. Arbuckle
Firefighter James C. Cox
Firefighter Daniel V. Holton, Jr.

Motor Vehicle Accident

Lieutenant Gregory B. Barnett
Master Technician Michael L. Skeelee
Technician Iris O. Shaw
Firefighter Marcus D. Wilson

Motor Vehicle Accident on Belmont Boulevard

Captain I Richard M. Trudeau
Lieutenant Steven T. Onufrey
Master Technician George H. Moore
Master Technician Nathaniel E. Perkins
Technician Allen R. Batson
Technician Jason S. Peterson
Technician Jason D. Young
Acting Technician Michael J. Cajayon
Acting Technician Jamie C. Langley
Firefighter Jason A. Reisch

I-495 to I-95 Southbound Motor Vehicle Accident

Captain II Ralph M. Pisani
Captain I Christopher M. Brown
Lieutenant James P. Korb
Master Technician Anthony L. Cabrera
Master Technician Lawrence S. McGunnigle
Master Technician Gary P. Thompson
Technician Kerri S. Bouse
Technician Kenneth E. Gates
Technician Kelyn A. Lampkin
Technician Won C. Lee
Firefighter/Medic Joseph M. Shipman
Firefighter Conrad A. Colby
Firefighter Sean A. O'Neill
Firefighter Blake W. Riggelman

Berryville Trench Rescue

Battalion Chief Glenn A. Mason
Captain II Sean T. Evans
Captain II Michael W. Whetsell
Lieutenant Michael S. Eddy
Lieutenant George E. Hahn

Lieutenant John P. McDonell
Lieutenant Lawrence G. Mullin
Lieutenant Robert G. Ritchie
Lieutenant Erick L. Weinzapfel
Master Technician Mark Deyneka
Master Technician Anthony E. Doran
Master Technician Timothy M. Kelly
Technician Davin E. Bridges
Technician Michael L. Frames
Technician Michael C. Pickering
Technician Andrew T. Reedy
Technician Paul A. Serzan
Dan Avstreich, M.D. FACEP

Loudoun County Drowning

Captain II Robert W. Kitchen
Lieutenant Ben A. Dye
Technician Brian J. Bonkoski
Technician Ekaterina T. Chelpon
Technician Nikki L. Gruver
Acting Technician David C. Bulman
Technician Adam D. Scheetz
Technician Gregory W. Wood
Firefighter Kyler C. Rodgers
Firefighter John A. Tschann

Richmond Highway Tractor Trailer Incident

Captain I Michael P. Damico
Lieutenant Matthew D. Black
Lieutenant Angel L. Medina
Lieutenant Jay Smith
Master Technician Laura B. Huggins
Master Technician John F. Linhart
Master Technician John S. Wehr
Technician Michael E. Bender
Technician Richard A. Dawley, Jr.
Technician John W. Wright
Acting Technician Thomas R. Baldwin
Firefighter Richard O. Fleet III
Firefighter Jovan A. Reid

WILLIAM "BROTHER" SCHURTZ/ PAUL NICHOLS TEAM PERFORMANCE AWARDS

Captain II Timothy O. Barb
Captain I Scott E. Schermerhorn
Master Technician Mark Deyneka
Master Technician Kimberlyn A. Klaren
Master Technician Lawrence S. McGunnigle
Technician Sergio I. Cueto
Technician Sally A. Dickenson
Technician Cory S. Parry
Technician Samuel L. Porter
Technician Jason R. Walter
Firefighter Antoine R. Allen
Firefighter Archie S. Fellows

Brian E. Nast,
Fire Apparatus Mechanic
Jimmie L. Richards, Jr.,
Fire Apparatus Mechanic

MERITORIOUS SERVICE AWARDS

Outstanding Performance as Adjunct Instructor

John J. Hudak

CAREER ACHIEVEMENT AWARDS

Excellent Performance as Station Commander

Captain II Matthew C. Burns

Outstanding Leadership

Technician Smith T. Banks II

Outstanding Leadership

JOHN C. CARR AWARD FOR SPECIAL OPERATIONS

Rescue Extrication with Active Gas Leak

Lieutenant Mark A. Fernandez
Master Technician Robert E. Pickel, Jr.
Technician John C. Guy, Jr.
Technician Shannon G. Reed

PROFESSIONAL DEVELOPMENT RECOGNITION

Designations

Deputy Chief Jason R. Jenkins
Executive Leadership Program
Naval Postgraduate School,
Center for Homeland
Defense and Security

Certifications

Captain I John Chabal
Certified Fire Investigator
International Association of Arson
Investigators

Chinaka A. Barbour,
Financial Specialist IV
Grants Management
Certificate Program
Management Concepts

33 Years

Battalion Chief Mike A. Deli
Captain I James B. Johnson

32 Years

Battalion Chief Jerome I. Williams
Master Technician George C. Hood II

31 Years

Captain II Joseph Palau III
Captain I Matthew P. Ryan
Lieutenant Ben A. Dye
Lieutenant Jeffrey F. Klopp

25 Years

Deputy Chief Robert P. Ruwe
Battalion Chief Fred H. Brandell, Jr.
Battalion Chief Steven T. McFarland
Battalion Chief Ronnie A. Rodriguez
Battalion Chief Rex E. Strickland III
Battalion Chief Kenny J. Wolfrey
Captain II Glenn D. Kaplan
Captain II Victor M. Miller, Jr.
Captain I Colin D. Flanigan
Captain I Charles W. Horton, Jr.
Captain I Ronald D. Kuley

ANNIVERSARIES

Captain I Marc L. Straubinger
Lieutenant Matthew J. Nacy
Lieutenant H. T. O'Toole
Lieutenant Richard S. Slepetz
Master Technician Carol A. Layman
Technician Lillie Allen-Peyton
Firefighter Marlon J. Crockett

20 Years

Battalion Chief Todd R. Gorham
Captain II Jeffrey L. Mongold
Captain II Bryan J. Nix, Jr.
Captain II Oscar T. Wells
Captain I Tie L. Burtlow
Captain I Keith W. Cerzullo
Captain I Terrance L. Fayson
Lieutenant Stefan C. Gansert
Lieutenant Timothy D. James
Lieutenant Janet T. Norko
Master Technician Donald R. Crum
Master Technician Thomas A. Ferguson
Master Technician Timothy M. Kelly
Master Technician Richard A. Mungo
Master Technician Robert J. Pilsucki
Master Technician Clifford A. Watson
Technician Allen R. Batson
Technician Michael D. Brown
Technician Robert S. Browning
Technician Samuel L. Porter
Firefighter Jose Calderon, Jr.

15 Years

Captain II Brian C. Edmonston
Captain I Andrew P. Devlin
Lieutenant Christopher M. Blair
Lieutenant Jeannette M. Hannibal
Lieutenant Claude R. Johnson, Jr.
Lieutenant Robert C. Schoenberger
Master Technician Edward C. Loffies
Master Technician Laura E. Pollard
Master Technician Robert T. Seward
Technician Carlton D. Barnes, Jr.
Technician Terrance L. Ewell
Technician Duane E. Lawrence
Technician Annita L. Reynolds
Technician Serge L. Sagna
Technician Giovanni Vasquez
Firefighter/Medic Ronald S. Seghetti
Firefighter Kathy A. Averys
Firefighter Ferris A. Hayward
Jamie E. Russell,
Engineering Technician I
Dianne A. Crump, Fire Inspector II

10 Years

Amanjit S. Sohi,
Administrative Assistant III

5 Years

Firefighter Richard D. Fossum

NEW HIRES

Brian E. Talbot, Management Analyst II
Apparatus

Doris Collado, Administrative Assistant IV
Payroll

Miruna Bobes, Financial Specialist III
Fiscal Service

Kenneth W. Clark, Fire Inspector I
Fire Prevention

Steven D. Clark, Fire Inspector I
Fire Prevention

Jason R. Harrison, Fire Inspector I
Fire Prevention

Walter M. McKindree, Fire Inspector I
Fire Prevention

Gregory D. Washenko, Fire Inspector I
Fire Prevention

Keith M. Dubetsky, Fire Inspector I
Fire Prevention

RETIREMENTS

Lieutenant Charles F. Adams, Jr.
September 21, 1981 - October 11, 2017

Lieutenant Lawrence M. Braswell
October 10, 1988 - August 29, 2017

Master Technician Philip C. Devereaux
May 27, 1986 - December 18, 2017

Captain I. John E. Higginbotham
June 14, 1993 - December 6, 2017

Lieutenant Kenneth M. Laverock
April 9, 1990 - September 3, 2017

Kelly J. Lehman, FS IV
February 14, 1989 - August 22, 2017

Master Technician Michael C. Lewis
January 8, 1988 - December 18, 2017

Captain I Peter B. Masters
May 27, 1986 - December 8, 2017

Master Technician
Christopher M. Morgan
August 18, 1997 - September 28, 2017

Captain I Mark A. Nash
January 24, 1983 - September 18, 2017

Captain I Wayne A. Richardson II
April 30, 1984 - August 18, 2017

Captain I Matthew P. Ryan
October 13, 1986 - December 11, 2017

Technician Kathleen M. Vorbau
June 19, 1989 - December 11, 2017

Firefighter/Medic Christian H. Waelder
May 2, 2005 - April 30, 2017

Fairfax County Fire & Rescue Department

Attn: Public Affairs and Life Safety Education

12099 Government Center Parkway

Fairfax, VA 22035



A publication of
Fairfax County, VA



Captain II
Corey A. Matthews

STATION PROFILE

VIENNA Fire and Rescue Station 2



Volunteer Chief
John Morrison



Station constructed: 1958

Station specialty: Canteen Unit, Brush Unit, Community Outreach

Square miles in first due area: 7.2

Specific hazardous/target areas: Specific hazardous / target areas: W&OD Trail, Historic Church Street, Vienna Inn, large elderly population, large commercial area, Waters Field, town activities involving large gatherings.

Equipment assigned to station: Engine, Ready Reserve Engine, Medic, Ready Reserve Ambulance, Brush Truck, Canteen Unit, Bike Team Trailer, 1946 Maxim Antique.

Station personnel: **A-Shift:** **Captain I Samuel T. Devera**, Master Technician Eric J. Bartholomew, Master Technician Kristopher R. Keyser, Technician Giovanni Vasquez, Firefighter Jason M. Crawford, Firefighter Caroline A. Evey, Firefighter Donald W. Rohr. **B-Shift:** **Captain II Corey A. Matthews**, Technician Howard S. Chong, Technician Sergey Fedorovsky, Acting Technician Christopher J. Johnson, Firefighter Monica Harding, Firefighter Ahmed Harris, Firefighter Linda S. Lee. **C-Shift:** **Captain I Tie L. Burtlow**, Master Technician Michael R. Worthington, Technician Akilah N. Hughley-Howdeshell, Technician Leo T. Sullivan, Firefighter Elliot S. Ferrence, Firefighter Man Y Li, Firefighter Dang-Khoa Ngo.

GET CONNECTED. STAY INFORMED.



@fairfaxcountyfirerescue



ffxfirerescue.wordpress.com



@ffxfirerescue



@ffxfirerescue