

FRONT LINES



Fairfax County Fire and Rescue

September 11, 2017



EMS
AT ITS BEST

FROM THE FIRE CHIEF

Richard R. Bowers, Jr.



Community
Outreach
*Every Day,
Every Incident!*

The very essence of what we are here for each day is to serve the public as public servants. The Fire and Rescue Department is an integral part and fabric of the community and our community outreach activities reinforce the critical nature of being connected with our communities.

The men and women, civilian, career, and volunteer, all do a tremendous job connecting with the community. Our focus has been and will continue to be "prevent the 911 call!" Reaching out prior to a 911 call and connecting with our residents brings calm to those relationships we have fostered during the worst moments of their life.

Helping and caring for some of our most vulnerable is priceless and provides the needed support that they may not have or had. This is what our department and the fire-EMS profession is about.

Please continue your efforts to make a difference in the lives of so many with our community outreach efforts! Thank you!

Respectfully,

A handwritten signature in black ink that reads "Richard R. Bowers, Jr." with a long, sweeping horizontal line extending to the right.

Richard R. Bowers, Jr.
Fire Chief

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**



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Richard R. Bowers, Jr., *Fire Chief*
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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, FRONT LINES."

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FCFRD NEWS & UPDATES

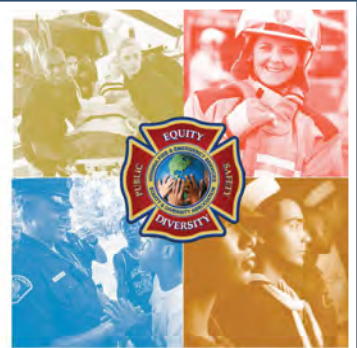
NEVER FORGET 9.11.01



On September 11, Fire and Rescue personnel across Fairfax County took the time to honor those who lost their lives 16 years ago. Firefighters participated in events and created displays at fire stations that helped to remember and reflect on the bravery and sacrifices made by civilians and first responders. Additionally, Captain I Mike Davis was featured on ABC 7 recounting his experience on that day.



OCTOBER 15-18, 2017
VIRGINIA FIRE EQUITY & DIVERSITY CONFERENCE
 Sponsored by Newport News Fire Department



ACHIEVING THE NEXT LEVEL: Leadership, Inclusion & Education



Early Conference Registration
 or Groups of 5 or More:
\$150
 (until 9/1/17)
\$250 regular

Marriott at City Center
 Room Reservation:
\$91/night

- WHO SHOULD ATTEND**
- Fire
 - EMS
 - Law Enforcement
 - Military

- WHAT TO EXPECT**
- Educational Sessions
 - Engaging Conversation
 - Networking Opportunities

- ACTIVITIES**
- Pre-Conference Sessions
 - Firefighter Physical Challenge
 - Workshops that provide Continuing Education Credits

 @VFEDConference |  @VFEDConference | www.VFEDConference.com
 757.975.5030 | www.nnva.gov/fire

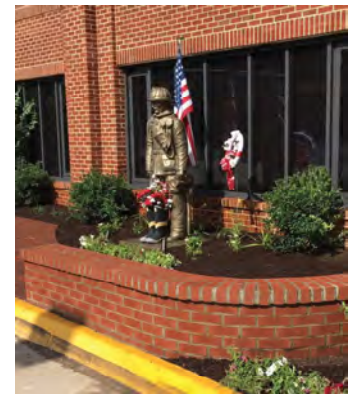
FAIRFAX FIRE TAKES HOME HONORS AT 2017 WORLD POLICE AND FIRE GAMES

Congratulations to all of our 2017 World Police and Fire Games winners! Master Technician Alison Jaquays won a Silver Medal in the 50M sprint swim. Technician Hannah Davis won a Gold Medal in NoGi JiuJitsu. Technician Felix Clement won a Bronze Medal in basketball. He was part of a Northern Virginia team with players from Prince William County Fire and Rescue Department and George Mason University Police.



A CHANGE OF SCENERY AT FS22

The scenery has changed at GSVFD, Fire Station 22. The station is proud to announce the completion of its engraved brick memorial garden. The project was two years in the making with efforts lead by Operational Volunteer Rick Machado.



VA-TF1 HELPS AFTER HURRICANES

August and September were busy months for VA-TF1. In August, a 14-person team was sent to Houston, Texas to assist with the aftermath of Hurricane Harvey. The team returned safely on September 5. On September 6, an 80 person team was deployed to assist in San Juan, St. Johns, and St. Thomas following Hurricane Irma.



RETIREMENT ASSOCIATION HOLDS MEMORIAL SERVICE AND PICNIC

The Retirement Association held its Annual Memorial Service and Picnic on Saturday, August 20, 2017, at the Brandy Volunteer Fire Department. A few of those in attendance were (left to right) Deputy Chief Eugene Gray, Battalion Chief Chester Chinn, Sergeant Vince Guidi, Captain Jim Myers, and Captain Jim Woodard.

IN THE COMMUNITY



Everyone had a great day at the Gum Springs Community Center Back-to-School event on August 23, 2017. Children received free hair cuts and school supplies to start their year off right! The kids played and had a good time as well. Thanks to everyone who helped us make this event successful!



Over the summer Fire Station 40, Fairfax Center, did an awesome job playing host to numerous visitors, including representatives from other fire departments, camps, boy scout troops, girl scout troops, and adorable family members.



The Fairfax Way, Moving Forward.



On Friday, August 25, the department sponsored a backpack and school supply back-to-school event at the Southgate Community Center to get the Reston community kids ready to go back to school. At the end of the day, over 200 backpacks were handed out by firefighters and police officers. Thanks to all who assisted!

The Pink Heals Tour made its third visit to Fairfax County stopping at our Government Center on July 21. While in the area, they made a special stop at Fire Station 21, Fair Oaks, to surprise Master Technician Alison "AJ" Jaquays, who is a breast cancer survivor.



Mount Vernon District Supervisor Storck stopped by Fire Station 19, Lorton, on August 25, to visit the crew from A-Shift and enjoy some firehouse cooking.



On August 9, Public Affairs and Life Safety Education staff, along with Fire Station 5, Franconia (C-Shift), had a great time at the Lee Pyramid Back-To-School fair providing kids with supplies and safety information.



GIRLS FIRE & RESCUE ACADEMY



In July, the department held its first Girls Fire and Rescue Academy. The class was such a success that there are plans to do another one for summer of 2018!

To the Members of the Fairfax County Fire & Rescue Department,

Thank you for all your hard work and dedication to make the first girls camp a memorable one! I'm not usually one to step first time I've thrown myself out there - it's the best choice I've ever made. Everywhere we went we were treated with kindness and respect, which made us feel more at home. That's exactly what the Department is - it's a home to all that family that's dedicated to helping their community and others around the world.

You've all ignited a new passion in me about working with the Department in the future. This passion is like a fire, and I promise it's the only fire I'll ever fight.

I loved every second of the program (even PT). It was very educational, but also super fun and rewarding. I did things I never thought I'd do like going up 45 ft in a tower. I also tried new things that I was hesitant to at first such as going into dark confined spaces. My favorite parts were being able to try on all the gear, even if it's sweaty and stinky, but now I don't look like total BEC's, just saying, running under the engine's water gun after spending the day in the sun, and hearing everyone's stories.

I'd love to return to next year's camp if you'd take me as a helper/volunteer. I also plan on volunteering during my high school career.

So I hope to see many of you guys again. Thanks for making this year's camp such a memorable experience!

-Joane Gray





WHAT TO DO TO REDUCE HEART DISEASE, HYPERTENSION, DIABETES, AND CANCER

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

In the last issue of Front Lines, I discussed what to eat more of to reduce risk for different chronic diseases. This article focuses on what to eat less of to reduce risk. At each fire station, you'll find a binder labeled "Nutrition Primer." One of the many resources in the Nutrition Primer is a chart titled "Health Promotion: What to Do . . . to Reduce Risk Factors for Five Chronic Diseases, and in Some Cases, Help Treat Them." Chronic diseases include: cardiovascular disease, hypertension, diabetes, prostate cancer, and colorectal cancer. The first step is to find out what your baseline is. Using an online tool such as www.myfitnesspal.com you can log your food and beverage intake for a few work days and a few off days to get a sense of how much saturated fat, how much sodium, and how much alcohol you are consuming and compare to the recommendations below.

What to do . . .to reduce risk factors for five chronic diseases

Eat Less Saturated Fat Aim for less than 5% of calories per day (less than 11 g for a 2000 calorie intake, and less than 14 g for a 2500 calorie intake). Saturated fats are typically solid at room temperature: examples are butter, cheese, beef, fatty sweets (a chocolate croissant or donut) and foods that are made with hydrogenated oils and tropical oils (e.g. coconut oil). Our liver uses

saturated fat to make LDL-Cholesterol (LDL-C is the "bad" cholesterol). LDL-C transports cholesterol through the blood and deposits it in the arteries to form plaque which in turn can increase risk for heart disease. It can also increase risk for diabetes. So, having less than 5% of our calories from saturated fat may help lower LDL-C and reduce risk for heart disease. By limiting the amount of saturated fat we eat, we can reduce the amount of cholesterol our body makes. Keep in mind, it isn't the cholesterol in the food that is so important to watch. . .it is the saturated fat. Here is a chart that provides ways to reduce saturated fat. For people also concerned

Food Category/Portion	Saturated Fat (g)	Calories
Cheese (1 oz or ¼ c grated)		
Regular cheddar cheese	6.0	114
Cabot/Kraft 2% Reduced Fat Sharp Cheddar	4	90
Trader Joe's Celtic Lite Sharp Cheddar	2.5	70
Ground meat (3 oz cooked)		
Regular ground beef (25% fat)	6.1	236
Ground Turkey (15% fat)	3.4	180
Ground Venison	3.4	159
Extra-lean ground beef (5% fat)	2.6	148
Ground Turkey Breast (1% fat)	0.0	90
Milk (1 cup)		
Whole milk (3.24%)	4.6	150
Reduced Fat (2%) milk	2.9	125
Low-fat (1%) milk	1.5	100
Fat Free Milk	0.0	90

Food Category/Portion	Saturated Fat (g)	Calories
Breads		
Croissant (medium)	6.6	231
Bagel, oat bran (4")	0.2	227
Frozen desserts (1/2 cup)		
Regular ice cream	4.9	145
Frozen yogurt, low-fat	2.0	110
Halo Top	1.0	60
Sorbet	0.0	120
Oils/Spreads (1 T)		
Coconut Oil	12	120
Olive/Canola Oil	2/1	120
Butter	7	100
Light Butter	3	50
Benecol Light (0.85 g)*	0.7	50
Promise Activ Light (1.0g)*	0.5	45
Chicken (3 oz cooked)		
Fried chicken (leg with skin)	3.3	212
Roasted chicken (breast no skin)	0.9	140
Fish (3 oz cooked)		
Fried fish	2.8	195
Baked fish	1.5	129
Eggs		
Egg (1 large)	1.5	70
Egg White (3 T)	0	25

***Plant sterols**

with weight reduction, note the calorie savings by making some substitutions. Eat Less Sodium Aim for less than 2300 mg/day. If you have high blood pressure and/or are being treated for it, aim for <1500 mg/day. To put this into context: ¼ teaspoon salt has 600 mg sodium. A tablespoon of soy sauce has 960 mg sodium, a tablespoon of "less sodium soy sauce" has 450 mg, and a tablespoon of Organic Coconut Aminos has 300 mg. Simple substitutions can go a long way. It takes our taste buds about four weeks of eating less sodium to adjust to the lowered amount. Shaking a bit of salt on our food at the table can account for about 5% sodium intake vs the amount of sodium already present in the food ingredients/convenience foods that represents 75% of sodium intake.

Drink Less Alcohol If you consume alcoholic beverages, aim for 1 drink a day (ladies) and two drinks a day (guys). A drink is 5 oz

wine, a shot (1 ½ oz liquor) or 12 oz beer. If you don't drink, don't start! Limiting alcohol can be so far-reaching reducing risk for four out of the five chronic diseases we are targeting: heart disease, hypertension, diabetes, and colorectal cancer. Making a wine spritzer (Wein Schorle is what we called it in Germany) is easy and refreshing: half sparkling water and half wine. Alternating a beer with sparkling water or tap water can help promote hydration, reduce calorie intake and alcohol intake.

In summary, the best way to put these recommendations into practice is to identify one or two areas you want to focus on e.g. saturated fat, sodium, alcohol, and then track food and beverages while you gradually make substitutions/eat less (frequency and/or portions) of the items above. Forming the habits of healthful eating takes time and practice and we don't have to be perfect at it to get results.

Resources:

Please contact me if you would like the Sensible Sodium Substitutions handouts, some heart healthy recipes or additional resources. For individual nutrition consultations, many health insurance plans include coverage and often, there is no co-pay. Aetna, Cigna, and BCBS are examples. You can contact the insurance company to find in-network dietitians. You can also contact me for assistance in this regard. WebMD has the following slide show that explains cholesterol and heart disease risk: www.webmd.com/cholesterol-management/ss/slideshow-cholesterol-overview

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Registered Dietitian Nutritionist, Licensed Dietitian
American College of Sports Medicine Certified Exercise Physiologist
Nutrition Consultation Fairfax County Public Safety Occupational Health Center
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CHAPLAINS CORNER



Keith
Morrison

Bill
Barton

Bill
Korpi

Robin
Ruah

Harry
Chelpon

Jerry
Foltz

Piers
Osborne

Smith
Banks

Scott
Primrose

Over the past several months, we chaplains have experienced much with many of you. We've experienced the joy of visiting families in the hospital as they've welcomed a new life into this world. We've visited families who are journeying through the illness of a loved one. We've been honored with being asked to participate in the celebration of the lives of ones who have passed. Through all these experiences, we've also had the opportunity to reflect on our own religious readings, the comments of colleagues and friends and the observations of firefighters and EMS people we've interacted with. We were touched, although not surprised, by the depth and breadth of love and support we saw for our colleagues.

With our varied religious traditions and our imaginations in full stride, we frequently speak about the number of recruiting poster figures the fire department has in scripture and how much all our members, both career and volunteer, do to embody that spirit.

In scripture, our favorite fire department recruits would be:

- Four friends lowering a paralyzed man down to Jesus in order to be healed, despite the monstrous crowd and having to remove the roof of the house to get him in (obviously these men would be truck or TROT folks)
- A Centurion, arguably one of the most intimidating figures in the Roman Legion, showing compassion and humility by asking a non-Roman and lowly carpenter (Christ) to heal his servant, regardless of others'

perceptions of him (perhaps a future officer).

- The good Samaritan, without hesitation concerning his own safety or expectation of repayment, showing mercy to the man who was robbed and beaten by thieves, (either a fire medic or the chaplain's best friend, the canteen driver)
- Noah and Moses (clearly swift water guys)

The lessons provided here have been heard often and by many. These specific examples come from the New and Old Testaments. However, the most important thing to remember is that, although the words may be different, the teachings are inherent in almost all religious traditions. And yet, in our line of work and with all of our traditions, we sometimes take them for granted. Let us remember what we are called to do: Be merciful as your Father is merciful; Love your neighbor as thyself; There is no greater love than to lay down one's life for one's friends.

Make no mistake, when the tones drop, despite all of the training and all of the drills and all of the pre-plans, lives are laid down for someone else. That's what you do. You've all been called. You show up every day with your lunch box and you go to work – for someone else - be it one of the citizens or one of our own. You are there.

With this calling in mind, we pray that God bless you and keep you all safe.

The Fire Chaplains of FCFRD

CERT WINS VOLUNTEER FAIRFAX AWARD

The Fairfax County Community Emergency Response Team (CERT) was honored as the outstanding Fairfax County Government Volunteer Program for 2016 at the annual Volunteer Fairfax Awards Breakfast held at the Waterford on April 21, 2017. CERT, a Citizen Corps program managed by the Fairfax County Fire and Rescue Department, prepares residents to safely help themselves, their families, and community during emergencies when first responders are delayed or overwhelmed due to the size or nature of the emergency.

In 2016, the Fairfax County CERT program:

- Donated almost 22,000 hours via 621 active CERT volunteers, for an estimated value to the county of over \$550,000.
- Delivered ten-community-based CERT classes at government centers, churches, Ft. Belvoir and other venues.
- Assisted the Fairfax County Fire and Rescue Academy instructors in teaching six CERT classes.
- Trained 226 new volunteers in 16 classes, enhancing Fairfax County's resiliency by expanding the community of prepared, self-sufficient citizens; ready to help their neighbors in a disaster.
- Hosted and participated in 57 continuing education classes for CERT volunteers during the year.
- Participated in 39 annual events throughout Fairfax County, providing outreach and operational support to events, including Celebrate Fairfax,



Herndon Festival, Fall for Fairfax, Springfield Bridge Walk, National Night Out, Fire Station Open Houses, etc.

The Fairfax County CERT program also hosted CERTCON 2016, a two-day conference for the mid-Atlantic/National Capital Area region. CERT also taught a Pet First Aid/CPR class in support of establishing a Community Animal Response Team (CART). Volunteers assisted in smoke alarm testing and installation after a fatal fire in the Comstock neighborhood. CERT volunteers also served as role players in the National Guard's 2016 Sovereign Guardian exercise, VA-TF1's re-certification exercise and a Washington Metropolitan Area Transit Authority (WMATA) Silver Line Metro train drill. These and other exercises and drills supported Fairfax County CERT members enhanced realism, helped build first responder critical skills, and ensure their readiness to respond to emergencies. Additionally, CERT volunteers partnered with the Fairfax County Health Department and Medical Reserve Corps (MRC) in the first-ever Community Assessment for Public Health Emergency Response (CASPER).

CERTs trained in applying trauma simulation make-up, continued to provide moulage services for local, state and federal public safety and emergency management organizations. During EMT classes, examinations, and CERT exercises they created realistic injuries that could be treated by first responders to improve the training experience. 2016 also saw an increase in CERT volunteers obtaining their amateur radio (Ham) radio licenses significantly expanding Fairfax County volunteer emergency communications resources.

Fairfax County's CERT program is well deserving of this award from Volunteer Fairfax for 2016.

Hot Shots



Hybla Valley House Fire: June 24

At approximately 10:58 p.m., units from Fairfax County Fire and Rescue and the City of Alexandria Fire Department were dispatched for a reported house fire in the 3400 block of Beechcraft Drive in the Hybla Valley section of Fairfax County. The fire started on the exterior wooden deck. The fire was accidental in nature and was the result of an unattended charcoal grill that ignited the deck and spread to the house. Damages as a result of the fire are approximately \$278,537.



Photos courtesy of Debi Gerald

Springfield House Fire: July 30

Around 12:06 a.m., units responded to house fire in the 7000 block of Calamo Street in the Springfield area of Fairfax County. The fire was accidental and originated in the attic. The cause of the fire was electrical in nature, the result of an "overcurrent" of a length of wire that was running through the attic space. Damages were estimated to be approximately \$61,000.



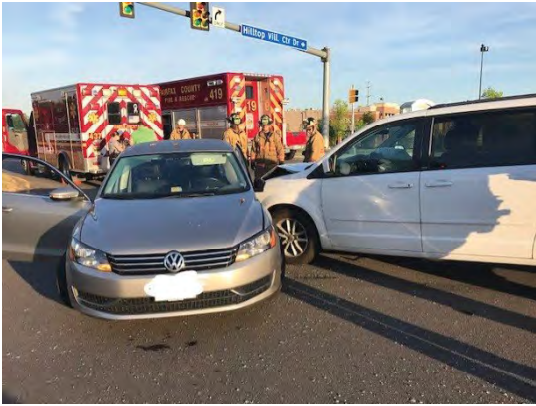
Carpet Store Fire: August 16

At approximately 5:28 p.m., units were dispatched for a building fire in the 6300 block of Rolling Road in the West Springfield section of Fairfax County. The fire escalated to three alarms due to the heat and intensive labor required to extinguish the fire. The fire was accidental in nature and was caused by a hot recessed light bulb. The hot bulb fell from the light fixture and ignited the plastic wrapped carpet rolls stored on the metal and wood racks underneath the fixture. Damages were estimated to be approximately \$45,100



Annandale House Fire: July 7

On Friday, July 7, units from Fairfax County Fire and Rescue and the City of Fairfax Fire Department responded to a house fire in the Annandale section of Fairfax County. The lone occupant escaped unharmed after being alerted by the smell of smoke. Damage was estimated at approximately \$60,000. The cause was determined to be accidental, resulting from the use of a plumbing torch which ignited combustibles in the wall.



Vehicle Crash: June 20

On June 20, units arrived at Hilltop Village and Telegraph Roads to find two vehicles that had collided at the intersection.



Apartment Fire: July 29

On July 29, units from Fairfax County Fire and Rescue Department, City of Alexandria Fire Department, and Arlington County Fire Department responded to an apartment fire in the Baileys Cross Roads area. The fire was accidental in nature, caused by combustible materials too close to an open flame device. The damage was estimated at approximately \$20,000.

Hoseline Estimates

Lieutenant Bill Schnaekel

Like any firefighter, as a relief Lieutenant, I ride on a number of different engine companies that are designed not only to meet the department's minimum standard but cater to the needs of that respective unit's first due response area. The communities that make up our county are some of the most diverse in the country. On any given day, we are responsible for neighborhoods where the setback, the distance from the engine to the point of entry, is no more than 25 feet or we are stretching a 400 foot line through a courtyard of a garden apartment as there is no better way to access the seat of the fire. Knowing that we will be called upon to any one of these conditions ahead of time, it is expected that we perform our own mental size-up and preplan so we are prepared no matter the occupancy. These actions prepare us to operate more efficiently.

Our fire chief wants us to execute the basics perfectly but what may be more important is the perspective of any group or individual visiting, working, and or residing in our community. If you had a need for the fire department, would you expect anything less than their best effort? Of course not, which is why it is imperative that we use every opportunity to train and be the finest we can be. The problem is if we do not have the time, resources, etc. we need to be a little creative. Rope used to estimate a hose line stretch is just one example of this creativity at work.

As a front line officer, I am responsible with providing the tools necessary to handle the emergency. We train from sun up until sun down but if all I did was tell you which length of line I wanted you to pull from point A to point B, what are we accomplishing? You would become very proficient at deploying attack

lines but your ability to judge how much you'll need will be no different than the day you came in. This is why it is important to address this evolution from a couple of different thought processes.



Estimating and deploying hand lines are two different things, and training must be done accordingly. One aspect is no less important than the other and if they don't share the same harmony, the effort will more than likely result in a failed attempt.

For those times that a line can't be pulled in a training environment, this may be the best alternative. Measuring wheels have their place but are inaccurate on stairs and every time the wheel skips and rotates uncontrollably. The rope that I carry is 300 feet. It consists of three separate lengths that are tied in a knot at every of 100 feet. There are several different variations of this idea out there, including different color ropes, knots, and reels. Regardless of who created the concept, you might find it as useful as me.

Estimating the stretch with rope can be accomplished in two ways. The first is the engine officer indicating the floor and area of a simulated fire with the crew guessing how much rope they'll need. The second is when members riding "the back step" demonstrate how far certain lengths will be. Simply clip the rope back on itself by the respective crosslay they'd otherwise be deploying and walk the reel out to achieve great things!

TAKING UP



John C. Guy, Jr.
Technician

Entry Date: May 31, 1983

Retirement Date: May 31, 2017

Recruit School: 59th

Assignments: 26-B, 26-A, 8-A, 11-A

Likes About the Fire Department: N/A

Will Miss About the Fire Department: Will miss working with some great knowledgeable people.

Plans for the Future: Fishing, Hunting, and spending time with my granddaughter.

Words of Wisdom: Remember those who came before you and in this job "failure" is not an option.

What Got You Interested in the Fire Service? I was a volunteer before I was hired by Fairfax County.

Who or What Made an Influence in your Career? Captain Jim Stewart, Captain Steve Rhea, Lieutenant Dominic Iannelli.



John F. Linhart
Master Technician

Entry Date: August 28, 1988

Retirement Date: August 31, 2017

Recruit School: 73rd

Assignments: 1, 13, 1, 26, 36, 11

Likes About the Fire Department: The brotherhood running calls and the people I have had the pleasure of working with.

Will Miss About the Fire Department: Squad work. Having to think quickly and act, the golden hour is theirs, not yours. Searching above the fire without the protection of a hose line - what a rush. And the people I worked with, this Department has/had some of the funniest individuals I have ever meet. And driving Rescue 411 down Route 1.

Plans for the Future: No plans right now. Just camping.

Words of Wisdom: Learn your trade and train like your life depends on it. Some day it just might. Doing the dinner dishes, mopping floors and answering the phone is not picking on you. It's a right of passage everyone before you did. Don't complain!

What Got You Interested in the Fire Service? My grandfather was a volunteer in Pennsylvania. As a child, I remember watching him go by the house on the Engine and thinking that's what I want to do.

Who or What Made an Influence in your Career? Captain Gregg Lange (retired), Captain Glenn Tschann (retired), PBF Retired Capt John Cocktosten, Lieutenant Danny Urps (retired), Technician Eric Emo Moore (retired), and many more.



B. Wayne Talbert
Firefighter

Entry Date: July 11, 1994

Retirement Date: July 21, 2017

Recruit School: 87th

Assignments: 17, 38, 15, 32, 20

Likes About the Fire Department: The opportunity to become a fire boat captain and operate the fire boat on emergency/distress calls. Patrolling the Potomac River, helping others in their time of need. The fellowship of co-workers and the memories that have been made.

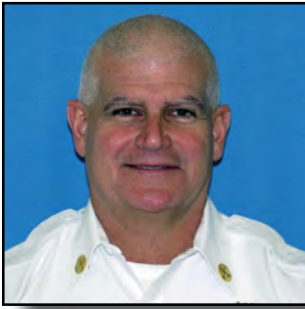
Will Miss About the Fire Department: Operating the fireboat. Dinners with co-workers, and the "two bowls" of ice cream.

Plans for the Future: Spending time with family. Riding the Harley. Building a new house. Travelling.

Words of Wisdom: Treat your shift mates and the public the way you would like to be treated. Plan ahead. "John 3:16"

What Got You Interested in the Fire Service? It was in my blood. Mom was on ladies auxiliary, uncle was a volunteer, and a cousin was a battalion chief.

Who or What Made an Influence in your Career? Lieutenant Gary Gray "Applehead"



Ralph Pisani
Captain II

Entry Date: August 15, 1988

Retirement Date: August 22, 2017

Recruit School: 72nd

Assignments: 1-A, 4-A, Academy, 36-A, Academy, 29-C, Wel-Fit, 8-A, 23-C, 8-C

Likes About the Fire Department: Working in the fourth battalion - awesome! My Shift, 8-C, some of the finest individuals in this department. Shift dinners, and I was so fortunate to have worked with so many fine members of this department.

Will Miss About the Fire Department: Engine 408 and my driver, Gary Thompson, one of the best.

Plans for the Future: Moving to Australia.

Words of Wisdom: Whatever rank you are be the best, don't be lazy or complacent. If you're only here for a pay check, then look for employment elsewhere.

What Got You Interested in the Fire Service? I started working for the fire service in Arizona; friends I grew up with got me interested. I worked five years for Frye Fire Department.

Who or What Made an Influence in your Career? General Eugene Renzi, Stan Earl, Mike Piantedosi, Tim Morrison (T-Mike), Jimmy Hedrick, Bill Bianchi, Jay Iacone, James Walsh, Mark Rohr, Dave Rohr, Tony Biller, Jim Swiggett, Lynn McConahy, Karen Brinkley, and Ramiro Galvez.

+ Conference

+ Training

+ Challenges

SAVE THE DATE: MAY 27-29, 2018



i-Women's 2018 International Conference

Hosted by the Fairfax County Fire & Rescue Department

"Embracing Success through Mind, Body & Soul"

About i-Women's 2018 International Conference

Our International Conference is held every two years, the conference is designed for women and men in career, volunteer and wildland departments who are currently, Chief Officers, Company Officers, Firefighters, Paramedics, Human Relations Officers, and Public Safety Officers to gather and share experiences, challenges and insights in a relaxed and supportive educational setting.

Call for Presentations!

Would you like to be a part of our 2018 International Conference?

Please submit your proposal to: executivedirector@i-women.org

Sessions can be either: 90, 120 or 240 minutes in length



Deadline for submitting your proposal is **August 31, 2017**

Each presentation will be offered an honorarium of \$300

*Building
Relationships
And
Uniting Leaders*



HOT Classes and More...

i-Women International Conference program includes a variety of education workshops. You will receive expert instruction on a variety of topics that will strengthen your operational and leadership skills, as well as network with members from around the world

For more information visit:

www.iWomen2018.com

Accommodations

Visitor Information:

www.visitfairfax.com

Hotels:

www.iwomens2018.com/accommodations

Mass Transit:

Washington Metro Area Transit Authority

www.commuterpass.com

Airports:

Dulles International Airport (IAD)

www.flydulles.com

Ronald Reagan National Airport (DCA)

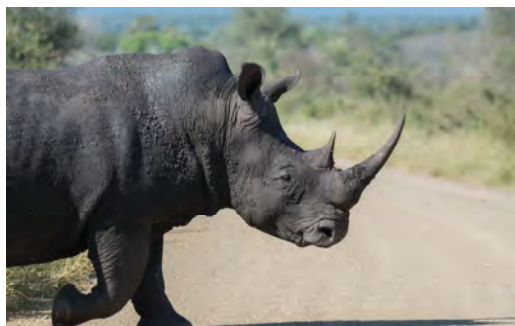
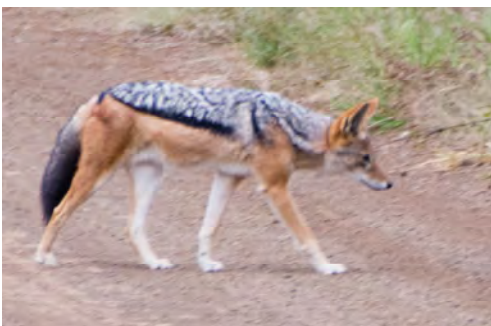
www.flyreagan.com

Baltimore-Washington International (BWI)

www.bwiairport.com



An *African Safari* to Remember . . .



Thanks to our staff photographer, Elliott Rubino, for sharing these amazing pictures from his African Safari adventure. In April 2017, Elliott and his daughter were accompanied by Lieutenant Jason Buttenshaw and his wife on this extreme adventure vacation!

LARGE LOSS FIRE INVESTIGATIONS

Date: 5/12/2017 **Box:** 43506 **Address:** 8502 Koluder Ct. **Type:** Residential
Cause: Incendiary **Value:** \$351,630 **Loss:** \$180,520 **Status:** Open

Date: 5/14/2017 **Box:** 42600 **Address:** 5316 Carolina Pl. **Type:** Commercial
Cause: Accidental **Value:** \$742,870 **Loss:** \$180,000 **Status:** Closed

Date: 5/17/2017 **Box:** 43200 **Address:** 10709 Spring Oak Ct. **Type:** Residential
Cause: Accidental **Value:** \$202,450 **Loss:** \$202,450 **Status:** Closed

Date: 5/19/2017 **Box:** 41804 **Address:** 7455 Lee Hy. **Type:** Commercial
Cause: Accidental **Value:** \$198,780 **Loss:** \$60,000 **Status:** Closed

Date: 5/29/2017 **Box:** 43117 **Address:** 2797 Crystal Wood Ct. **Type:** Residential
Cause: Accidental **Value:** \$280,810 **Loss:** \$100,000 **Status:** Closed

Date: 6/3/2017 **Box:** 43110 **Address:** 2288 Doshia Ct. **Type:** Residential
Cause: Accidental **Value:** \$327,040 **Loss:** \$70,000 **Status:** Open

Date: 6/7/2017 **Box:** 42504 **Address:** 1608 Greenbrier Ct. **Type:** Residential
Cause: Accidental **Value:** \$473,890 **Loss:** \$100,000 **Status:** Closed

Date: 6/7/2017 **Box:** 43801 **Address:** 5116 Woodmere Dr., Apt. 104 **Type:** Residential
Cause: Accidental **Value:** \$166,007 **Loss:** \$75,000 **Status:** Closed

Date: 6/9/2017 **Box:** 41716 **Address:** 14737 Pickets Post Rd. **Type:** Residential
Cause: Accidental **Value:** \$335,500 **Loss:** \$335,500 **Status:** Closed

Date: 6/11/2017 **Box:** 43202 **Address:** 10423 Finchley Ct. **Type:** Residential
Cause: Accidental **Value:** \$269,030 **Loss:** \$50,000 **Status:** Closed

Date: 6/24/2017 **Box:** 40942 **Address:** 3415 Beechcraft Dr. **Type:** Residential
Cause: Accidental **Value:** \$235,930 **Loss:** \$235,930 **Status:** Closed

Date: 6/29/2017 **Box:** 41092 **Address:** 3709 S. George Mason Dr., #508 **Type:** Residential
Cause: Accidental **Value:** \$212,470 **Loss:** \$75,000 **Status:** Closed

Date: 07/7/2017 **Box:** 42318 **Address:** 3818 King Arthur Rd. **Type:** Residential
Cause: Accidental **Value:** \$342,020 **Loss:** \$55,000 **Status:** Closed

Date: 07/9/2017 **Box:** 41300 **Address:** 2171 Tannin Pl. **Type:** Residential
Cause: Accidental **Value:** \$6,901,953 **Loss:** \$160,000 **Status:** Closed

Date: 7/14/2017 **Box:** 42800 **Address:** 3011 Crane Dr. **Type:** Residential
Cause: Accidental **Value:** \$300,530 **Loss:** \$100,000 **Status:** Closed

Date: 7/23/2017 **Box:** 42433 **Address:** 8500 Richmond Hy. **Type:** Commercial
Cause: Accidental **Value:** \$153,450 **Loss:** \$60,000 **Status:** Closed

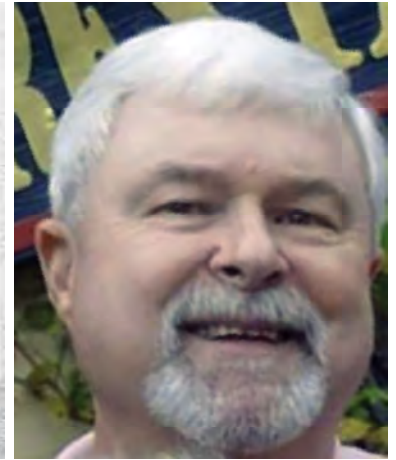
Date: 7/28/2017 **Box:** 41401 **Address:** 9535 Wallingford Rd. **Type:** Residential
Cause: Undetermined **Value:** \$283,450 **Loss:** \$110,000 **Status:** Open

Date: 8/4/2017 **Box:** 41011 **Address:** 9906 Fairfax Pky. **Type:** Residential
Cause: Accidental **Value:** \$240,730 **Loss:** \$50,000 **Status:** Open

IN MEMORIAM



Battalion Chief Dean W. Cox (Retired)
Date of Passing: June 10, 2017



Technician John "Jack" G. Markham, Jr. (Retired)
Date of Passing: July 16, 2017



Captain James Stuart Fox (Retired)
Date of Passing: June 9, 2017



Captain Robert Eugene Van Pelt, Jr. (Retired)
Date of Passing: July 21, 2017

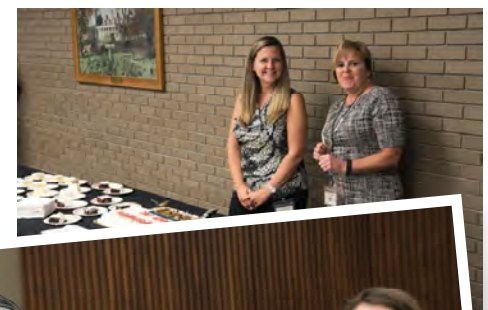
SHARE YOUR PICTURES WITH US

Public Affairs and Life Safety Education is always looking for interesting action and event pictures to include in Front Lines and on social media. Share your pictures with us and we will make sure you get recognized. Please include information such as date, location, event, etc. with your picture. Please submit to:

- Ashley Hildebrandt at ashley.hildebrandt@fairfaxcounty.gov
- Bill Delaney at william.delaney@fairfaxcounty.gov
- Cathy Richards at cathy.richards@fairfaxcounty.gov

CAREER OFFICER, FIREFIGHTER, & CIVILIAN OF THE YEAR

On Friday, August 25, the Fire and Rescue Department honored a few of its best at the 2017 Career Officer, Firefighter, and Civilian of the Year Award Ceremony. Captain I Mark A. Nash, Master Technician George E. Hahn, and Business Analyst I Maria Teel received awards for their outstanding performance. Congratulations!



2016 VOLUNTEER FIRE AND RESCUE SERVICE AWARDS

Recently, Fire and Rescue Department volunteers were honored with 2016 Volunteer Fire and Rescue Service Awards. Chair of the Volunteer Fire Commission Tim Fleming, Assistant Chief Reggie Johnson, and Chairman Sharon Bulova presented the awards to the recipients. Recipients were recognized for their outstanding fire, emergency medical, and administrative service to the county. Thanks to all recipients for their service and dedication!



Winners of the 2016 Volunteer Fire and Rescue Service Awards:

- Volunteer Firefighter of the Year: Payton Smith, Dunn Loring Volunteer Fire and Rescue Department
- Volunteer Operational Officer of the Year: John Hootman, McLean Volunteer Fire Department
- Volunteer EMS Provider of the Year: Barry Brown, Burke Volunteer Fire and Rescue Department
- Volunteer BLS Provider of the Year: Katie Myers, Annandale Volunteer Fire Department
- Volunteer ALS Provider of the Year: Lynn Clancy, McLean Volunteer Fire Department
- Volunteer Rookie of the Year: Sean Smith, Centreville Volunteer Fire Department
- Administrative Member of the Year: Wanda Nelson, Franconia Volunteer Fire Department
- Administrative Officer of the Year: Keith Edgemon, Dunn Loring Volunteer Fire and Rescue Department
- Canteen Member of the Year: Anthony Ruth, Annandale Volunteer Fire Department
- Special Recognition Award: Gerry Strider, Bailey's Crossroads Volunteer Fire Department, 35 Years of Service
- Special Recognition Award: Homer Johns, Great Falls Volunteer Fire Department, 50 Years of Volunteer Service
- Special Recognition Award: Clyde Clark, McLean Volunteer Fire Department, 55 Years of Volunteer Service
- Special Recognition Award: Harry Chelpon, Burke Volunteer Fire and Rescue Department, Volunteer Chaplain

TOP 10 ACTIVITY REPORT

April - June 2017

Medic

Unit	Calls
M 422	736
M 430	713
M 429	621
M 409 B	605
M 426	603
M 408	599
M 411 B	596
M 421	592
M 405	589
M 411	582

Engine Company

Unit	Calls
E 409	931
E 411	890
E 410	875
E 430	847
E 408	832
E 429	813
E 422	792
E 404	721
E 417	707
E 415	664

Rescues

Unit	Calls
R 426	420
R 421	406
R 411	383
R 401	360
R 418	355
R 419	302
R 439	271
R 414	265

Ambulance

Unit	Calls
A 410 E	108
A 413 E	69
A 402 E	66
A 421 E	55
A 422 E	49
A 401 E	45
A 414 E	37
A 438 E	26
A 402 E	17
A 408 E	7

Ladder Company

Unit	Calls
T 429	633
T 411	575
T 425	553
T 436	531
T 430	527
T 410	510
T 408	446
T 422	419
T 440	409
T 405	392

Battalion Chiefs & EMS Captains

Unit	Calls
EMS 404	433
EMS 405	366
EMS 403	364
EMS 406	313
EMS 402	304
EMS 401	296
BC 404	276
EMS 407	185
BC 403	195
BC 405	170

Unit activity is compiled from the event history file. A unit must be dispatched to a call or added on to be counted. Mutual aid dispatches are included in the activity report.

AWARDS & PRESENTATIONS



On Monday, July 24, Fire Chief Richard Bowers presented retired Supervisor Michael Frey with a token of thanks from the members of Fairfax County Fire and Rescue at Fire Station 38 – West Centreville.



On Thursday, July 13, the department presented Mr. Phil Horowitz with a Citizen Lifesaving Award for saving a woman who had fallen into Lake Barcroft and could not swim. Congratulations!



Congratulations to Lieutenant Gene George from Fire Station 11, Penn Daw, A-Shift on receiving his 30 years of service plaque on August 28. Left to right: Battalion Chief Sam Gray, Deputy Chief Dan Shaw, Probationary Firefighter C.J. George (son), Lieutenant Gene George, and Captain II Danny Cox.

FRONT LINES DEADLINES

The remaining deadline for the 2017 Front Lines issue is November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov.) or Cathy Richards (cathy.richards@fairfaxcounty.gov)



TO: Firefighter Roberto Da Silva and Firefighter Brian Foster. For their hard work, inspirational station pride, and going above and beyond in assisting with cleaning the roof at Fire Station 37.

FROM: Master Technician Kelly Joplin

TO: Lieutenant Miranda Pelham. For your hard work and self-motivation in taking the captains exam and placing on the list even though no one told you to take it. Thanks for being a mentor!

FROM: Master Technician Kelly Joplin

TO: FS438 A-Shift, B-Shift, C-Shift. Thanks to all personnel at FS438 for their hard work and outstanding effort in preparing for our recent station inspection.

FROM: Captain II Danny J. Daniels

Please send submissions to:
backstepkudos@gmail.com.

ANNIVERSARIES

37 Years

Battalion Chief John S. Price, Jr.

36 Years

Lieutenant Charles F. Adams, Jr.

35 Years

Lieutenant Gary W. Vozzola

31 Years

Captain II John R. Niemiec
 Captain II Donald L. Vaught
 Lieutenant Jeffrey R. Allen

30 Years

Battalion Chief Anthony L. Jackson
 Battalion Chief Brian P. Rooney
 Captain II Thomas M. Connolly
 Lieutenant James R. Bookwalter, Jr.
 Lieutenant James L. Dennis
 Master Technician John L. Capps
 Master Technician
 Anthony E. Doran
 Technician James M. Hayes
 Technician David D. Sweetland
 Firefighter Gordon E. Bennett
 Firefighter Mark D. Franklin

20 Years

Captain II Michael J. Fischer
 Captain II Charles C. Henderson
 Captain II Dennis M. Kotecki
 Captain II Thomas R. Mayhew
 Captain II John W. Streeter III
 Captain I David S. Gaertner

Captain I John E. Peters
 Captain I John A. Smith
 Lieutenant Scott F. Primrose
 Master Technician

Raymond K. Beaver, Jr.
 Master Technician Mark G. Briskey
 Master Technician Robert A. Clark
 Master Technician
 Jaemohn D. Cloyd

Master Technician Rolf F. Lenzsch, Jr.
 Master Technician
 Christopher M. Morgan
 Master Technician Livingston J. Rolle
 Master Technician
 Daniel R. Thompson
 Firefighter George H. Samartino
 Firefighter Keith Baughan
 Firefighter Richard G. Peterson

15 Years

Captain II Yolanda DeMark
 Captain II Mark E. Kordalski
 Captain I Felicia N. Barnes
 Captain I Hugh C. Clarke
 Captain I Lawrence L. Ellison
 Captain I Christopher M. Sample
 Lieutenant Daniel M. Sova
 Lieutenant Robert E. Wells
 Master Technician Mark Deyneka
 Master Technician Michae E. Duffy
 Master Technician
 Joel J. Kobersteen
 Master Technician Luis A. Mata
 Master Technician Douglas L. Miller
 Master Technician Miguel Obleas
 Master Technician
 Spencer L. Spinner
 Firefighter Steven J. Painter
 Firefighter James S. Pinkney II

Herbert H. Brown, Jr.,
 Instrument Technician III
 Donald H. Layman,
 Materials Management Specialist II
 Kelly J. Lehman,
 Financial Specialist IV

10 Years

Technician Shelita G. Allen
 Technician Dawn M. Blair-Jimenez
 Firefighter Richard O. Fleet III
 Firefighter Jeremy J. Godines
 Firefighter Tanya D. Hall
 Firefighter James J. Hannan III
 Technician Eric A. Hawkins
 Technician Timothy D. Kim
 Firefighter Craig S. Lazisky
 Technician Stephanie A. Leland
 Firefighter Dameon C. Lloyd
 Technician James A. Moss, Jr.
 Technician Maxwell L. Price
 Technician Tegarassen Rungen
 Technician Paul A. Serzan
 Technician Thomas Wainwright
 Technician Rachel L. Wicker
 Jimmie L. Richards, Jr.,
 Fire Apparatus Mechanic
 Stacy Harman, Fire Inspector
 Jeffrey F. Katz,
 Management Analyst III

5 Years

Technician Sean P. Allen
 Technician Shawn K. Carney
 Technician Nathaniel T. Corl
 Technician Ryan R. Filipkoski

RETIREMENTS

Technician John C. Guy

May 31, 1983 - May 31, 2017

Master Technician John F. Linhart

August 28, 1988 - August 31, 2017

Captain II Ralph Pisani

August 15, 1988 - August 22, 2017

Firefighter B. Wayne Talbert

July 11, 1994 - July 21, 2017

NEW HIRES

Soledad Araya,
 Administrative Assistant III
 EMS Administration

Yoon Kyung Choi-Lee,
 Administrative Assistant IV
 Business Services Bureau

Ximena Valentina Daly,
 Management Analyst I
 EMS Administration

Jeffrey C. Holmes, Sr.
 Internal Affairs

Huilan Li, Program Analyst III
 Information Technology

John R. Lueders,
 Materials Management Specialist III
 Urban Search and Rescue

Kayla Pham, Financial Specialist I
 Fiscal Services

Patricia A. Stickley, HR Generalist I
 Human Resources

Fairfax County Fire & Rescue Department

Attn: Public Affairs and Life Safety Education

4100 Chain Bridge Road

Fairfax, Virginia 22030



A publication of
Fairfax County, VA



Captain II
William Moreland

STATION PROFILE

MCLEAN

Fire and Rescue Station 1



Station constructed: The original building in was built in 1925, then replaced in 1948 with a newer building. The current structure was built in 1988.

Station specialty: Hazardous materials, vehicle rescue.

Square miles in first due area: 18.0 Square Miles

Specific hazardous/target areas: DHS Headquarters, CIA, Metro, Scotts Run Park, Interstates, Residential High-Rise Buildings

Equipment assigned to station: Engine, Tower Ladder, Rescue Squad, Medic, Ambulance, Utility, and Antique.

Total calls in 2016: 6,942

Station personnel: **A-Shift:** **Captain I John E. Higginbotham**, Lieutenant Daniel C. Mitchell, Lieutenant Justin B. Murray, Lieutenant Dustin Q. Reynolds, Master Technician William L. Kendall, Master Technician Alexander M. Paal, Master Technician Dana R. Unger, Technician Webster F. Brown II, Technician Daniel G. Keys, Technician Kevin T. Ngo, Firefighter/Medic Randall Gage, Firefighter Antonio J. Clavijo-Cortes, Firefighter Travis T. Nguyen, Firefighter Richard G. Peterson.

B-Shift: **Captain I Richard M. Lancing**, Lieutenant Gregory R. Bishop, Lieutenant Ji Y. Lee, Lieutenant James T. Martin, Lieutenant Thomas C. Meloy, Master Technician Richard L. Forte, Master Technician Joel M. Fry, Master Technician Spencer L. Spinner, Technician Gustavo A. Cambronero Vargas, Technician Jenna A. Jackson, Technician Jeffrey M. Williams, Firefighter Marc T. Wismer, Firefighter/Medic Scott A. Murphy, Firefighter Charles J. Cox, Firefighter Tyler W. Weaver, Firefighter Marcus S. Woods. **C-Shift:** **Captain II William Moreland**, Lieutenant Edward L. Payne III, Lieutenant Antonio D. Trammell, Lieutenant Douglas M. Washington, Master Technician Mark R. Butler, Master Technician Thomas A. Ferguson, Master Technician Brian S. Giller, Master Technician John M. Hoffman, Technician Richard E. Lathrop, Technician Kathryn A. Roose, Technician Stoddard, Technician James A. Young, Firefighter/Medic James K. McClave, Firefighter Stanley K. Manuel II, Firefighter Dale G. Shord.

GET CONNECTED. STAY INFORMED.



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