

FRONT LINES



December 15, 2014

Fairfax County Fire and Rescue Department

Community Outreach at it's Best: Coats, Shoes Provided to Local Children in Need



(Photos by Elliott Rubino)



Richard R. Bowers, Jr.

"The hard work and efforts performed everyday by the uniformed career, volunteer, and civilian staff is recognized and appreciated."

From The Fire Chief . . .

It has been a busy couple of months with numerous responses to fire, rescue, and EMS incidents. The hard work and efforts performed everyday by the uniformed career, volunteer, and civilian staff is recognized and appreciated.

We are turning the corner on a number of our strategic plan initiatives. Our strategic accomplishments are numerous. We were able to open Fire Station 42 in October 2013 with staffing for the engine and fully operationalized the station in July 2014. Three new Pierce tiller trucks have been ordered for Fire Stations 29, 10, and 25. These tiller trucks will provide a tactical advantage for our personnel and they will also be equipped with extrication tools and stabilization equipment. Additionally, we established a standardized special services check out manual for the department.

We were successful in obtaining two SAFER staffing grants for the ladder trucks and graduated the largest Fairfax County Fire and Rescue Department Recruit Class ever! The new Bailey's Crossroads Fire Station 10 was constructed and we opened the station in October 2014 during the county-wide Fire Prevention open house. Fire Sta-

tion's 4 and 19 are moving forward as well. The newly constructed huge addition to the Training Academy was dedicated on September 11, 2014, and is serving our training requirements today and is built for tomorrow's training needs. To that point, we have initiated a partnership with VCU for an incumbent ALS training school.

The troops continue to do an awesome job with the Safety In Our Community (SIOC) and Wellness In Our Community (WIOC) outreach efforts. We now have five documented SIOC smoke alarm saves that the troops installed in residences where there was not a working smoke alarm.

Tremendous job by everyone as this

life safety community outreach program is saving lives. And thousands of File of Lives have been updated and created for our residents with the WIOC program, too.

We have

placed a third 24-hour on-duty Safety Officer to support the men and women of the department. The Safety Section also developed and delivered a department Gear Removal Training Program for the injured firefighter as well as a comprehensive Firefighter Cancer Awareness and Prevention Program. Great stuff!

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!**

Richard R. Bowers, Jr., *Fire Chief*
Dan Schmidt, *Editor*
Cathy Jo Richards, *Layout and Design*

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"The Fairfax Way, Moving Forward."

Fire and Rescue Station 12, Great Falls, and Fire and Rescue Station 39, North Point, received a Lucas II battery powered external heart compression machines recently through the generosity of volunteers and residents of Great Falls. Fundraising by volunteers allowed for the purchase of the lifesaving device. In early October, Technician Terry Ewell, North Point, and Technician Richard DiRusso, Fire and Rescue Station 36, Frying Pan, revived a patient using the Lucas device from asystole to purposeful movement prior to the patient arriving at the hospital. Technician Mark Gaunter, Fire and Rescue Station 12, Great Falls, Master Technician Jeffrey Repine, Fire and Rescue Station 39, North Point, Master Technician Brian Bonifas, North Point, use Firefighter Vincenzo Malvosio, North Point, as a training aid during EMSCEP, November 19, 2014.



We were successful in developing a Five Year Public Safety Staffing Plan. Our priority staffing need is our truck staffing and placing a firefighter/paramedic as fourth on the ladders.

One additional hugely successful accomplishment we have worked together on is our Insurance Services Offices fire suppression rating. The Fairfax County Fire and Rescue Department is the first Fire Suppression ISO Class 1 rated Fire Department in the Commonwealth. Well done!

Finally, to date there have been numerous victim rescues that the men and women of the department have removed from building fires, resuscitated young and old victims at EMS incidents, removed victims trapped in vehicle collisions, and saved numerous four-legged friends at various incidents. Our troops are saving lives and property and I am so proud of their work.

Oh, and remember failure is not an option - the 2015 Fairfax WPFs are here!!! ♦

Respectfully,

Fire Chief Richie Bowers

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The George Mason District 2014 Boy Scout Fall Camporee is Labeled: "Hurricane George"

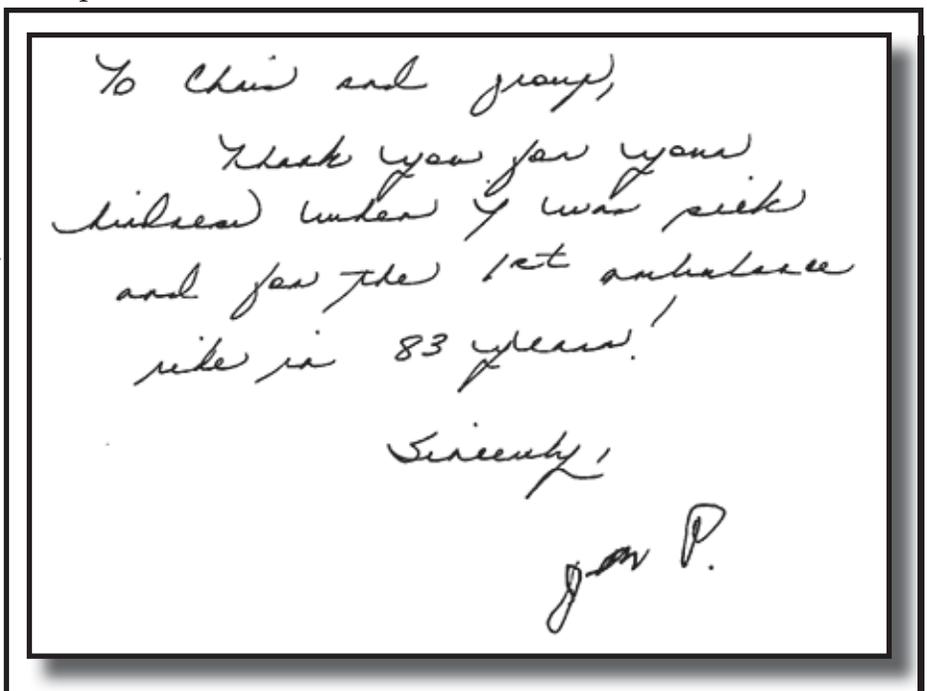
By Rolf Madole and Steve Richardson
CERT Volunteers

One Friday, Hurricane George made landfall and hit a select area in Fairfax County, specifically the Fire and Rescue Academy. With prior warning, Boy Scout Troops from the George Mason District and surrounding districts mobilized and reported for duty to train and provide for disaster response. At least that was the scenario for the George Mason District 2014 Boy Scout Fall Camporee. On a Saturday morning, 102 local area Boy Scouts and 38 adults signed in and were divided into 13 teams. Each team received a safety briefing and were directed to report to various disaster stations with Fairfax County Firefighters and Community Emergency Response Team (CERT) providing guidance and instruction at each one. Scouts were given challenges in disaster response techniques such as search and rescue, minor fire suppression, victim extraction and movement, and medical care. Scouts were also given an opportunity for response drills and fire engine operations as well as an orientation to Fairfax's Police Helicopter Division, to include the Bell 429 helicopter. Once every team completed all the assignments, they reported to the academy high bay where they were to debrief what they had learned.

The day wasn't over for the scouts. A "no-notice" exercise was kicked off requiring scout teams to respond to a four story building search and rescue scenario. Scout teams, under the leadership and direction of 13 CERT volunteers and supervision of county firefighters, applied what they learned earlier that day. Teams were required to check in for accountability and assigned to stations for search and rescue,

medical, and logistics, emphasizing objectives of search, fire suppression, victim extraction, victim triage, sorting and transportation. By the end of the two hour exercise, scouts were able to find and extricate 55 victims simulated by rescue manikins, plywood figures and traffic cones representing different victim condition categories. Of the 55 simulated victims, 44 were transported to a medical station for triage and sorting, and 14 were carried to two different hospital stations.

With the exercise complete, scouts retreated to the academy high bay for a warm dinner prepared by the Order of the Arrow and then to the traditional boy scout campfire for songs and skits. Scouts reported back to the bay where they bedded down for the night chaperoned by adult scout leaders and fire department personnel. The overall objective was to promote disaster awareness among scouts and provide them with the exercise requirement for the scouting emergency preparedness merit badge. ❖



Firefighters Assist, Support Truckin4Troops

By Deputy Chief Keith H. Johnson
Support Services

On Saturday, September 6, 2014, several members of the Fairfax County Fire and Rescue Department assisted our disabled veterans and "Truckin4Troops" with a NASCAR event at Richmond International Raceway (RIR). Led by Master Technician Cliff (Chip) Sweeney and assisted by Deputy Chief Keith H. Johnson, Battalion Chief Fred Brandell, Lieutenant Gene George, Technician Clarke Slaymaker, and retired Battalion Chief Tyrone Harrington, this wonderful organization enabled our wounded servicemen and women to enjoy a day at the races.

The transportation was conveniently arranged to and from the race. The participants were invited to take part in the following activities: preparing and sharing in a cook-out, a friendly though competitive game of cornhole, meeting several NASCAR drivers in the pits, watching the race, and most importantly sharing friendship and companionship with each other. Our goal was to simply provide an enjoyable and exciting day for the veterans, and to let them know that we, as the Fire and Rescue Department and engaged citizens, appreciate what they have done for each of us and our country.

Truckin4Troops began in January of 2011 and is a non-profit 501 (c) (3) organization that is dedi-

cated to supporting and serving our wounded servicemen and women by creating family functions and events such as bonfires, cookouts, swimming, boating, etc., to get the wounded and their families out of the hospital for well-needed rehabilitation. The goal is to utilize their extremely huge F-650 pickup trucks, along with a 15-passenger handicap accessible bus, to transport the wounded veterans and their families to our events or coordinate our efforts with other non-profit organizations in need of transportation to the Truckin4Troops events.

The Truckin4Troops foundation focuses its funding directly to the local wounded veterans during their stay at Walter Reed National Military Medical Center in Bethesda, Maryland and other local VA hospitals. This volunteer-based organization focuses its efforts towards ensuring that our troops, military families, wounded warriors and veterans understand our appreciation for the sacrifices they have endured for our freedoms today.

To learn more about the Truckin4Troops organization, please visit <http://truckin4troops.com/>. Thanks to Chip Sweeney for allowing the Fire and Rescue Department to participate in this worthwhile and enjoyable event. ❖



Department members supported disabled veterans through Truckin4Troops by hosting a NASCAR event at Richmond International Raceway, September 6, 2014. Planning and leadership of the event was provided by Master Technician Chip Sweeney, and assisted by Deputy Chief Keith Johnson, Battalion Chief Fred Brandell, Lieutenant Gene George, Technician Clarke Slaymaker, and Battalion Chief (Ret.) Tyrone Harrington

"The Fairfax Way, Moving Forward."

DASH Diet Can Provide Good Return on Investment

Nicole V. Brown, MS, RDN, LD, ACSM-HFS
Public Safety Occupational Health Center
Registered Dietitian/Nutritionist

Chances are good that you know someone who has hypertension (high blood pressure). In fact, if you are in a room with other adults right now, look around: statistically one out of three will have hypertension. Maybe that person is you. It could certainly be a coworker, friend or a family member. Nearly one in three Americans have *prehypertension*. So, now we are up to almost 2/3 of the adult US population who has elevated blood pressure.

What is the AHA recommendation for healthy blood pressure?

This chart reflects blood pressure categories defined by the American Heart Association.

* Your doctor should evaluate unusually low blood pressure readings.

You might know that Fairfax County spends over \$1M a year on medication to help manage

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

high blood pressure for our fire and rescue personnel alone. In light of the prevalence of elevated blood pressure and the cost associated with it, I thought I would share what is known about lifestyle interventions (things we can take action on) to reduce high blood pressure. These are different from things out of our control such as how many calls you go on, the nature of the calls, who is cooking dinner for the shift (that could be stressful or relaxing!), when our teenagers get into trouble, . . .that list goes on and on and requires some different coping skills.

The lifestyle intervention list shown in the table below is rather compact and there are resources and concrete steps people can take when they have high blood pressure. These steps are also useful to help *reduce* the risk of developing high blood pressure—what is referred to as a “silent killer.”

There are five key lifestyle interventions that research has shown can influence blood pressure. As you can see, the DASH Diet (Dietary Approaches to Stop Hypertension) has a great return on investment and can lower the systolic (top) blood pressure number. Implementing this in fire stations and at home has distinct possibilities. Interestingly enough, weight loss and a reduction of sodium intake can also result by following the DASH Diet, so in actuality, you can improve systolic blood pressure readings beyond the 8-14 points shown below. In future articles, I will discuss other lifestyle changes to reduce high blood pressure.

Lifestyle Changes to Reduce Hypertension

Advice	Details	Drop in Systolic Blood Pressure
Lose excess weight	For every 20 lb loss of wt	5-20 points
Follow a DASH diet	Eat a lower fat diet rich in vegetables, fruit, and low fat dairy foods	8-14 points
Exercise daily	Get 30 minutes a day of aerobic activity (like brisk walking)	4-9 points
Limit sodium	Eat no more than 2300 mg/d (1500 mg is better)	2-8 points
Limit alcohol	Have no more than 2 drinks/day for men and 1 drink/day for women. A drink is: 12 oz beer, 5 oz wine, 1.5 oz 80 proof whiskey	2-4 points

Source: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (www.nhlbi.nih.gov/guidelines/hypertension)

The DASH eating plan is considered “nutrient-rich” because it includes fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and provides lots of nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber.

Trying out something new takes time and practice. I recommend you make these changes over a couple of weeks to give yourself a chance to

adjust and make them part of your daily routine:

- Add a serving of vegetables at lunch one day and dinner the next, and add fruit at one meal or as a snack. Pack these up the evening before your shift so they are ready to travel to work.
- Increase your use of fat-free and low-fat milk products to three servings a day. You’ll get protein and potassium and other nutrients in every serving.
- Limit lean meats to 6 ounces a day—3 ounces a meal, which is about the size of a deck of cards. If you usually eat large portions of meats, cut them back over a couple of days—by half or a third at each meal. The additional veggie servings can help fill up your plate.
- Include two or more vegetarian-style, or meatless, meals each week. A delicious recipe for Black Bean Burritos is found at the end of this article.

Some wonderful DASH resources

- http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf includes the number of servings from each food group for someone following a 1600, 2000, and 2600 calorie eating pattern as well as specific items to include on a daily basis.
- “Your Guide to Lowering Blood Pressure With DASH”: <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>
- <http://www.mayoclinic.org/healthy-living/recipes/dash-diet-recipes/rcs-20077146>

I hope you enjoy the following recipes. Other resources include www.eatingwell.com, www.cookinglight.com. Both are free online resources with delicious recipes. ❖

(Recipes Continued on Page 8)

From: Valerie M.
Sent: Friday, November 07, 2014 10:24 PM
To: OPA 703Fairfax
Subject: Letter of Appreciation Lieutenant Rodney Vaughn

Lt. Vaughn and other members of his Fire Department helped our family with a water emergency. His professionalism and compassion were deeply appreciated. Our family wishes to express our gratitude.

Submitted By: Valerie M.

(Continued from Page 7)

Black Bean Burritos

2 medium onions chopped
 4 cans no salt added black beans (15 oz each)
 rinsed and drained
 2 cups (16 oz container) fresh salsa (55 mg
 sodium/2 T)
 Juice of 1 lime or 4 T lime juice
 6 T chopped fresh cilantro
 12 low carb whole wheat or corn tortillas
 approximately 50 calories each
 6 oz (1 ½ cups) shredded reduced fat cheese: e.g.
 Pepper Jack or Celtic Lite Cheddar Cheese
 Optional: dollop of low fat sour cream or fat free
 plain Greek yogurt

Coat a large skillet with nonstick spray and heat
 over medium heat.

Add the onion and cook, stirring occasionally,
 for 3 minutes, or until soft. Add the beans, salsa,
 lime juice, and cilantro. Cook, stirring, for 5
 minutes, or until heated through.

Meanwhile, sprinkle 2 T cheese on each tortilla.
 Microwave on high for 20 seconds, or until
 cheese is melted.

Spoon an even amount of the bean mixture
 just off-center on each. Fold in the sides of the
 tortillas. Roll up from the bottom to enclose the
 filling.

Makes 12 burritos estimated cost for 12 burritos:
 \$18. Cost per burrito: \$1.50.

Per burrito: 230 calories, 16.6 g protein, 35 g
 carbohydrates, 16.7 g fiber, 16.4 g fat, 3.6 g
 saturated fat, 8 mg cholesterol, 365 mg sodium,
 650 mg potassium.

Source: Adapted from [More Healthy Homestyle
 Cooking](#) by Evelyn Tribole

Nutrition and Cost Analyses: Nicole V. Brown,
 MS, RDN, LD, HFS

Fire Fit Baked Macaroni with Red Sauce

1 lb extra -lean ground beef (92% lean or more)
 1 cup diced onion
 1 box (14 oz) whole-wheat elbow macaroni
 1 jar (24 oz) marinara or spaghetti sauce
 8 oz can no salt added tomato sauce
 12 T Parmesan cheese

Directions

Preheat the oven to 350 deg F. Lightly coat a bak-
 ing dish with cooking spray.

In a nonstick frying pan, cook ground beef and
 onion until the meat is browned and the onion is
 translucent. Drain well.

Fill a large pot ¾ full with water and bring to a
 boil. It is not necessary to salt the water. Add
 the pasta and cook until al dente (tender), 10-12
 minutes, or according to the package directions.
 Drain the pasta thoroughly.

Add the cooked pasta and spaghetti sauce to the
 meat and onions. Stir to mix evenly. Spoon the
 mixture into the prepared baking dish. Bake un-
 til bubbly, about 25-35 minutes.

Serve with a sprinkle of 1-2 tablespoons Parme-
 san cheese on top.

Makes 12 cups. Nutrition facts per cup:
 Calories: 240, Total Fat: 6 g; Saturated Fat :2.3 g;
 Protein: 14.5 g; Carbohydrate: 32 g; Dietary Fiber:
 4.7 g; Sugars 6.3 g; Sodium: 320 mg

Cost of entire recipe: \$13.80. Cost per cup: \$1.15

Adapted from Mayo Clinic DASH Recipes



Should I Stay or Should I Go? – The Clash of Transport Decisions

By Dan B. Avstreich, MD FACEP
Associate Medical Director

Should I stay or should I go? – It's not just the catchiest chorus of 1982 - it's one of the most complex medical decisions we make. And, this decision – the intersection of logistics and science - is one that we, more than any other part of the emergency care continuum, own. We have to overcome crumpled dashboards and spiral staircases. We have to consider weather, wind and warm zones. On a daily basis, we have to balance a race against the clock with citizen and responder safety. We own these decisions. We are these decisions – and our patients depend on them being the right ones.

There are treatment guides in all parts of medicine. When should a trauma patient go to interventional radiology to stop splenic bleeding versus right to the OR for ex-lap with splenectomy? How good is the Mangled Limb Severity Score at guiding salvage surgery versus amputation? (It's pretty good). But, none of these scoring systems have a column for the number of stairs between the patient and the OR or the amount of ice on the road and the speed of traffic whizzing past you. That's what we own. It means the decisions can be a lot more complicated.

Until the fire service has valid, evidence-based decision rules for when to load and go and when to stay and play, our frontline providers will have to rapidly weigh lots of factors, both medical and logistical, to best serve our patients. Here is my three-step approach:

1) What, exactly, is the problem – I know this sounds overly simple, and believe me, there are plenty of times in the ED where we don't know what the problem is, either. But, a lot of times, we can. This person is in cardiac arrest because of ventricular fibrillation. This person was shot in the groin and is bleeding out. This person overdosed on opioid pain medicine and is not breathing which is leading to hypoxia-induced PEA.

2) “Do I have the knowledge and equipment to treat this problem?” I have a defibrillator. I can't tourniquet this wound because it's too high and he's worsening despite direct pressure. I can ventilate this patient with two people and a BVM and support him until I can get Narcan administered. If the answer is “yes,” then do it. Right there unless the scene is unsafe to do so. If the answer is “no,” then comes the difficult part:

3) What are the risks and benefits of moving? Is there anything I can do to mitigate the risks? We wouldn't leave a spurting leg wound to bleed uncontrolled while we carried the patient down stairs. We should strive for the same thinking in CPRs. Tourniquet the leg? Now it's safe to move. Have the Lucas on the patient? Now we can head toward the hospital. Unless it's time to shock him again, which is always the priority. Can't do CPR and move? Then is it really best to move them?

There are plenty of times we can't know the problem, no matter how sharp the provider, no matter how much we practice. It would be near impossible to reliably identify every patient whose cardiac arrest is due to a massive PE and who should be a “load and go” from ED thrombolysis. But every day this year, our department will run a patient – a v-fib arrest, a trauma patient in hemorrhagic shock, a STEMI, a COPD patient teetering before CPAP – that a correct decision on what to do when and before what else will save their life. It's a decision our providers own and we should hit out of the park each time. The ED may always be “definitive care” (or the entry point to it), but it's the “stay” or “go” that determines their odds of a good outcome when they hit the door! ❖

Fairfax County CERTs Shine in Largest-Ever Graduation Exercise

Joe Loong, Social Media Specialist
Blog Editor, Fairfax County CERT Volunteers Blog

A 30-degree Saturday morning at the Lorton Training Site gave 68 students of Fairfax County Community Emergency Response Team's (CERT) Fall 2014 classes something really chilling: The prospect of having to find, triage, tag, treat, and transport over 170 victim actors, in the largest CERT graduation exercise to date.

Over the previous seven weeks of classroom and hands-on training at the Fire Academy, the CERTs had learned disaster response skills meant to help them assist their neighborhoods in the event of a major disaster that delays first responders. Now, in the aftermath of a simulated hurricane at the wrecked buildings at the former Lorton Youth Correctional Facility, CERTs had

to use those skills -- including triage, disaster medical operations, and light search and rescue -- to rescue those 170 victim actors, drawn from FEMA Corps, police cadets, active-duty military, school kids, and theater groups from around the region, and done up in realistic wound makeup.

Under the eyes of their Fire & Rescue Department instructors, CERTs had to set up incident command, send out search and rescue teams, and provide patient care until the end of the exercise, where they transferred command to Fire & Rescue personnel from Station 41.

The day was cold but all attendees found the event valuable training for regular citizens who want to increase the preparedness and resilience of Fairfax County. ❖



At the Fairfax County CERT final graduation exercise, CERTs Mike Cerino and Incident Commander Brad Smith transfer command to Fairfax County Fire & Rescue Department Captain Christopher Pittman.



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November 5, 2014

Chief Richard Bowers
4100 Chain Bridge Road
Fairfax, VA 22030a

Dear Chief Bowers:

Thank you so much for your recent letter announcing the results of an evaluation reviewing Fairfax County's structural fire suppression delivery system. It is a credit to your organization to have achieved the rating that you did.

This report is an acknowledgment of how lucky we are in Fairfax County to have our Public Safety personnel and their leaders. Thank you so much for sharing this report, and congratulations!

Sincerely,

Sharon Bulova

Cc: Mr. Dave Rohrer, Deputy County Executive for Public Safety

From: Janet C.
Sent: Monday, November 10, 2014 08:54 PM
To: Bowers, Richard
Subject: well done Hannah Davis and Kelly Johnston!

Richard R. Bowers Jr.
Fire Chief

We would like to acknowledge the fantastic team of Fire & Rescue personnel that helped my family on October 1, 2014 at Chantilly High School. Our 15 year old daughter was in the school clinic complaining of a racing heart. The clinic aid and public health nurse called EMS when it was apparent that the arrhythmia would not resolve on its own.

Enter Hannah Davis and Kelly Johnston from Fire Station 415. They were so professional in explaining the situation to my husband and me while providing excellent care for our daughter. They were a calming force in a very scary and unfamiliar situation.

They transported my daughter to Fairfax Hospital and were so supportive when we seemed to have more questions than answers. We cannot thank them enough for making the transition from school to ambulance to hospital ER drama-free (hard to do with high school students). They even stayed with us while we waited for our daughter to be diagnosed and treated.

We were especially impressed when we found out that Hannah has only been with the department for 1 year. We appreciate that her heart is absolutely in the right place and we are so thankful that she and Kelly assisted us that day.

Sincerely,
Janet & Jim C.



While conducting ladder company operations in the community, firefighters from the fourth battalion, C-Shift, befriended a future firefighter. Daniel, an aspiring firefighter, toured the apparatus and took part in some of the less rigorous drills. A good time was had by all.

Large Loss Fire Investigations

Date: July 18, 2014 **Box:** 3114 **Address:** 12432 Wendell Holmes Road **Type:** Residential
Cause: Accidental **Value:** \$308,000 **Loss:** \$50,000 **Status:** Closed

Date: July 28, 2014 **Box:** 2694 **Address:** 6494 King Louis Drive **Type:** Residential
Cause: Undetermined **Value:** \$0 **Loss:** \$50,000 **Status:** Inactive

Date: July 29, 2014 **Box:** 0943 **Address:** 4000 Buckman Road **Type:** Residential
Cause: Undetermined **Value:** \$243,105 **Loss:** \$50,000 **Status:** Inactive

Date: August 10, 2014 **Box:** 3602 **Address:** 2480 Wheat Meadow Circle **Type:** Residential
Cause: Accidental **Value:** \$2,400,000 **Loss:** \$1,200,000 **Status:** Closed

Date: August 18, 2014 **Box:** 2505 **Address:** 2052 Golf Course Drive **Type:** Residential
Cause: Undetermined **Value:** \$780,000 **Loss:** \$180,000 **Status:** Inactive

Date: August 19, 2014 **Box:** 0411 **Address:** 12322 Valley High Road **Type:** Residential
Cause: Accidental **Value:** \$495,200 **Loss:** \$100,000 **Status:** Closed

Date: September 7, 2014 **Box:** 1623 **Address:** 12413 Old Yates Ford Road **Type:** Residential
Cause: Accidental **Value:** \$450,000 **Loss:** \$250,000 **Status:** Closed

Date: September 26, 2014 **Box:** 3216 **Address:** 11601 Popes Head Road **Type:** Residential
Cause: Accidental **Value:** \$240,645 **Loss:** \$100,000 **Status:** Closed

Date: October 26, 2014 **Box:** 0400 **Address:** Vine Street **Type:** Residential
Cause: Under Investigation **Value:** \$900,000 **Loss:** \$75,000 **Status:** Open

-----Original Message-----

From: David F.

Sent: Tuesday, September 16, 2014 9:27 AM

Subject: Many Thanks

I am writing this email to thank the team that picked me up in an ambulance. The professionalism and efficiency of the medics was astonishing. It was clear they knew EXACTLY what they were doing! I don't think I was in the back of that ambulance 2 minutes before they had an IV in, aspirin, EKG, etc. The rescue guys made it very clear they were there to save my life (thankfully I did not have a heart attack), but they did it with such professionalism and compassion I wanted them to be recognized. They made me feel safe, if that makes any sense.

Please see to it that those guys know how grateful I am.

Sincerely,

Dave F.

PS: I am an aerospace engineer and don't write very well, but I think you get the picture.

Fire & Rescue Station 10, Bailey's Crossroads Grand Opening

Facts-at-a-Glance

Address:	3601 Firehouse Lane Falls Church, VA
Station Operational:	October, 2, 2014
Assigned Personnel:	Minimum of 12 personnel per shift (36 total)
Equipment:	Engine, Ladder Truck, Two Medic Units, Reserve Ambulance
Building Size:	16,676 Square Feet
Description:	The station has four-bays (with two drive-through bays), administrative offices, physical fitness room, a training classroom, and dual-purpose hose tower for training and hose drying. The single-story station sits on a tight 1.2 acres and uses every square foot of usable site area. The building is targeting LEED Silver Certification. Sustainable design strategies include: site selection, water use reduction, regional building materials, recycled content materials, high solar-reflectance roofing materials, and VOC interior finishes.
First due area:	5 square miles. Target areas include: government facilities, Skyline Complex, and two nursing homes.



"The Fairfax Way, Moving Forward."

Fire & Rescue Academy Grand Opening



Chairman Sharon Bulova, County Executive Ed Long, and Fire Chief Richie Bowers and others cut the ribbon and dedicate the newly renovated Fairfax County Fire and Rescue Department Academy, 4600 West Ox Road, September 11, 2014, in an outside ceremony.



Bill Burton (Ret.) was honored for his vision of coordinating, planning, and executing training programs for the department. A room at the Academy was named in his honor, September 11, 2014.



First Deputy Chief Eugene Gray (Ret.) was recognized for his many contributions to recognizing the importance of a physical fitness program within the department. A room at the Academy was named in his honor, September 11, 2014.



Volunteer Chief Bill Sheads (Ret.) was presented a plaque for his leadership and lasting influence in training firefighters throughout his tenure. A room at the Academy was named in his honor, September 11, 2014.

(All photos on this page by Angela Ballard, Academy)

"The Fairfax Way, Moving Forward."

Hot Shots



Firefighters responded a house fire, September 7, at approximately 11:55 p.m., at 12413 Old Yates Ford Road. Two occupants were transported to the Washington Hospital Burn Center with non-life threatening injuries. A firefighter was also transported to INOVA Fairfax Hospital with a non-life threatening injury. A dog and two rabbits perished in the fire. A malfunctioning portable air conditioner caused the fire. Damage was estimated at \$250,000.



Firefighters fight a four-story garden apartment at 13842 Jefferson Park Drive, Herndon, Nov. 10, 2014. There were no injuries. Fire is under investigation.



Units from the seventh battalion extricate a trapped female passenger after hitting a tree on Henderson Road, September 25, 2014. (Photo by Captain II Richard McKinney)



Firefighters extricate two patients from the white sedan following a T-bone crash with a FedEx truck at Route 123 and Chapel Road, October 22, 2014. (Photo by Captain I Jack Walmer)



Good Samaritan and Kudos.....Battalion Chief Fred Bran-dell does a good deed by reaching out to a resident by changing her flat tire.



Firefighters from Truck 424, Fire and Rescue Station 24, Wood-lawn, conduct salvage and overhaul after responding to a house fire, at 5124 Remington Drive, October 6, 2014. (Photo by Master Technician John Boyer)

“The Fairfax Way, Moving Forward.”

Supporting Breast Cancer Awareness



FS05, A-Shift



Firefighters from Fire and Rescue Station 24, Woodlawn, use Ladder Truck 424 to photograph students and staff at South County Middle School in pink forming the word "hope" on October 7, 2014. A film crew producing a documentary called Pink and Blue will use the footage in the film.



FS04, C-Shift



FS01, C-Shift



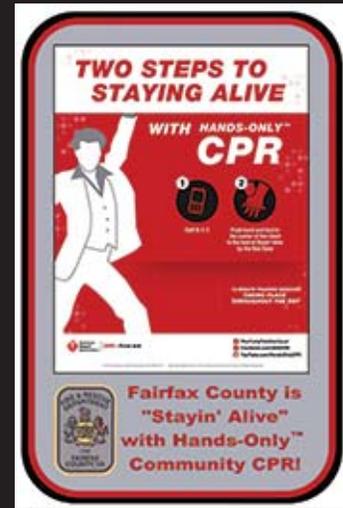
FS14, C-Shift



FS23, B-Shift

"The Fairfax Way, Moving Forward."

Hands-Only CPR Flash Mob



A flash mob was created September 23, 2014, at Tysons Mall I, at the Plaza, near the Shake Shack, an outdoor community events center. Firefighters and paramedics, VCU students, and Tyson mall staff, appeared from nowhere with manikins, and started an en masse, community Hands-Only CPR event. The Hands-Only CPR was done to the beat of the Bee Gees' hit song "Stayin' Alive." The Hands-Only CPR training continues as a Wellness In Our Community (WIOC) initiative for residents. (Photos by Angela Ballard, Academy)

"The Fairfax Way, Moving Forward."



Firefighters from Fire and Rescue Station 18, Jefferson, paid a visit to a young girl struck by a vehicle October 22, 2014. The girls and her brother were hit by a vehicle in the 4300 block of Shade Drive. Both were in good spirits and enjoyed the attention. Parents whole heartedly approved of the visit and the sharing of the photo.

Birth Announcements

Salman Khan (FS29-C) and his wife are pleased to announce the birth of their son, Shahzaib Ameer Khan, on September 11, 2014.

Captain I Pete Masters and his wife, Michelle, welcomed their daughter, Mackenzie Gabriella, into the world on October 27, 2014.

Steve and Jennifer Dennis welcomed their son, Kyle Stetson, into the world on November 9, 2014. (Steve works in Information Technology and Jennifer works in Human Resources.)



Top 10 Activity Report

July - September 2014

Ambulance		Engine Company		Rescue Squad	
Unit	Calls	Unit	Calls	Unit	Calls
A 422 E	96	E 409	801	R 421	410
A 417 E	74	E 410	774	R 426	402
A 402 E	71	E 411	739	R 411	345
A 414 E	54	E 422	700	R 418	325
A 421 E	52	E 408	699	R 401	301
A 405 E	32	E 429	651	R 414	265
A 410 E	32	E 430	639	R 419	221
A 413 E	28	E 413	622	R 439	198
A 438 E	22	E 421	618		
A 408 E	20	E 417	613		

Medic		Ladder Company		Battalion Chiefs & EMS Captains	
Unit	Calls	Unit	Calls	Unit	Calls
M 422	617	T/TL 429	490	EMS 405	383
M 410	580	T/TL 425	478	EMS 404	352
M 426	580	T/TL 410	474	EMS 403	309
M 430	578	T/TL 430	393	EMS 406	302
M 421	556	T/TL 422	371	EMS 401	274
M 404	544	T/TL 440	371	EMS 402	254
M 410 B	536	T/TL 408	362	BC 404	215
M 409 B	529	T/TL 436	341	BC 403	187
M 417	527	T/TL 411	334	EMS 407	162
M 425	527	T/TL 401	288	BC 402	152

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.

Front Lines Deadline

The 2015 deadlines are February 15, May 15, August 15, and November 15. Please submit articles or text to Dan Schmidt at Dan.Schmidt@fairfaxcounty.gov or Cathy Richards, Cathy.Richards@fairfaxcounty.gov.



Community Outreach Program Highlights



Technician Cheryl McWilliams (FS02,B-Shift) shares the spotlight with Stephanie Sanchez and Varlene Sanchez. They pose for a snapshot after getting their hair cut at the Back To School Haircuts event. They will graciously donate their pony tails to Lochs of Love.



Firefighter Jerome Bethea, Fire and Rescue Station 22, Springfield, shows children from Grace Presbyterian the ladder truck, October 15, 2014. The crews also provided a fire safety presentation to the children and teachers. (Photo by Jeffrey Mongold)

2014 Fill the Boot Campaign for Muscular Dystrophy Association



All gathered for the kick-off of the 2014 MDA "Fill the Boot" campaign at Fire and Rescue Station 1, McLean. (Photo by Elliott Rubino)



Firefighters push hard for another big Fill the Boot Labor Day weekend. The totals for 2014 came to \$488,245--another first place finish. A big thank you goes to Local 2068, Fire Chief Bowers and Senior Staff, the Fairfax County Board of Supervisors, the Fairfax County Fire & Rescue Retirement Association, Fairfax County Police Department, FOP Lodge 77, the volunteer canteens of the FRD, Subway Restaurants, SunTrust Bank and the spouses and families that supported to make the campaign run seamlessly.

Awards & Presentations

Meritorious Service Awards

Fire Station 29 - 35th Anniversary

Fire Station 29 Staff

Captain II Gregory W. Hunter
 Lieutenant Richard S. Slepetz
 Technician Derrick W. Payne
 Technician James A. Moss, Jr.
 Technician Stephen C. Hartman II
 Firefighter/Medic Justin G. Reed
 Firefighter Nolan J. Copeland
 Firefighter Samantha J. Mills
 Firefighter Archie S. Fellows

Unit Citation Awards

Vehicle Accident with Entrapment

Incident Commander

Captain II Patrick T. Kelly

Engine 436

Captain I William D. Vannoy
 Master Technician Adam C Heming
 Firefighter Nathan M. White
 Firefighter Adam M. Wright

Rescue 436

Lieutenant Michael D. Miller
 Lieutenant Eric M. Wyatt
 Technician Ian R. Brill
 Technician Thomas P. Feehan



Lieutenant Rick Trudeau, Fire Station 411 B-Shift, received the Firemark Award from Liberty Mutual for his rescue of a homeowner and his three Bernese Mountain dogs on January 27th, 2014. He not only rescued the dogs, he helped provide for the dogs' care after the fire. From left to right: Captain Mark Menton (FS411-B), Marie Ludwig, Liberty Mutual, William Barker, Liberty Mutual, Jeff Maisel Homeowner and one of the rescued dogs, Lieutenant Rick Trudeau (FS411-B), Technician John D. Leary Jr. (FS411-B), and Fire Chief Richie Bowers.

House Fire

Engine 404

Lieutenant Douglas M. Washington
 Master Technician Kevin D. Makely
 Firefighter/Medic Seth A. Bowie
 Firefighter Ken T. Savittiere

Truck 425

Lieutenant Rudy Iturrino
 Firefighter Travis T. Nguyen
 Firefighter Kevin E. Nishiyama



Four firefighters honored at Mount Vernon-Lee Chamber of Commerce Awards Ceremony, October 24, 2014. (From left to right) Fire Chief Richie Bowers, Neal Sweeny, Volunteer Firefighter of the Year; Master Technician George Moore, Meritorious Service Award; Technician Vicki Callow, EMT/Medic of the Year; Captain I Lester Flint, Company Officer of the Year; and Deputy Chief Richard Roatch (not pictured is Lieutenant Rick Trudeau, Firefighter of the Year).

"The Fairfax Way, Moving Forward."

Safe Driving Awards

**Safe Driving
Career Achievement Award**

Master Technician William D. Brinton

10-Year Safe Driving

Master Technician Luis A. Mata
 Technician Edward T. Deskins, Jr.
 Technician David A. Neilan
 Technician Kevin J. Steinhilber
 Technician Peter Torres
 Firefighter Gregory B. Affeldt



Lieutenants Haywood Marshall and Jeff Carney graduated from the 26-week Fairfax County Criminal Justice Academy in October, and will be assigned as fire investigators in the Fire Marshal's Office. From left to right: Battalion Chief Kerwin McNamara, Deputy Chief Mike Reilly, Marshall, Carney, and Fire Chief Richie Bowers.



Tom Conry, (left) GIS Manager for DIT, Chairman Sharon Bulova, (second from left) BOS, and Gordon Jarratt, (far right) DIT's Enterprise Systems Director, present the GIS Excellence Award to Keg Good, Eric Fisher, Shelby Zelonis, for Best Integration or Application Development during a recent DIT awards ceremony at the Government Center. The team created an ArcGIS Online Website for personnel to access commonly requested GIS data. Data and information that can be viewed and accessed include: fire box boundaries, hydrant locations, a tour all 38 fire stations, and the ability to perform training exercises by firefighters and staff.



5-Year Safe Driving

Technician Eric J. Edwards
 Technician David Jimenez
 Technician Brian M. Snyder
 Firefighter Lawrence N. Basil
 Firefighter Tanya D. Hall
 Firefighter/Medic Daniel G. Keyes
 Firefighter Rodney D. Washington



Master Technician Linda Post, Fire and Rescue Station, 38, West Centreville, receives the Sons of the Revolution EMS Provider of the Year Award recently.

"Taking Up"



Keith Cross
Captain II

Entry Date: January 12, 1981

Retirement Date: October 7, 2014

Recruit School Number: 53rd

Assignments: 15-B, 14-A, 26-A, 1-A, 34-A, 1-A, SAFO-C, 1-C

Likes about the fire department: I enjoyed the variety of emergency incidents that we encountered, especially those that challenged us mentally and physically. Firefighters are great innovators that will use the tools they are given and find a way to accomplish the most challenging tasks. The days that I will remember most were the most challenging ones. Running fires and EMS calls during major blizzards, the most difficult and the most unusual extrications, sliding across an icy roadway after setting the brakes on the engine, those "campaign operation" hazmat incidents, and running a dozen calls after midnight while the rest of the county slept.

Will miss about the fire department: I will miss working with all of the great people in this department. The teamwork, the camaraderie, and the sense of family that develops when you spend so many hours together with your co-workers. My

favorite times of the day were morning line-up and dinner. Some days that is the only time we all had a chance to sit down together and talk, laugh, and joke around.

Plans for the future? I don't have any immediate plans. I am just looking forward to traveling and doing a few projects around the house.

Words of wisdom: 1. Working for Fairfax County Fire and Rescue Department doesn't make you a great firefighter, but it gives you the opportunity to be one. 2. Everyone comes to this job with a different set of skills. Some have a higher level of education and technological skills. Others are more mechanically inclined. Working on your weaknesses and sharing your knowledge and skills with your co-workers will improve the entire team. 3. Taking the extra few seconds to don the appropriate BSI or PPE can save you a lot of pain, suffering, and paperwork.

What got you interested in the fire service? My father was a firefighter in Washington, DC. He also rode with Annandale VFD and taught them how to use their first ladder truck. I tagged along with him on some fires and visited the firehouse quite a bit. I always found it very exciting and I was accustomed to having to be flexible with holiday plans and other activities when he was working. He worked 3 days, 3 nights, 3 off so getting up at 4 a.m. on Christmas to open presents was not unusual.

Who or what made an influence in your career? My father,

Retired DCFD Battalion Chief and Kennedy Space Center Fire Chief convinced me to apply to Fairfax County Fire and Rescue Department. During my career there were many who influenced me: Ron Ruffner, Jimmy "Cool Breeze" Irwin, Mike Mohler, "Bonzo" Mullins, Art Varnau, Joe Gleske, John Price, Larry Jenkins, just to name a few.



Keith H. Johnson
Deputy Chief

Entry Date: May 31, 1983

Retirement Date: December 12, 2014

Recruit School Number: 59th

Assignments: 10, 28, 36, 11, 14, 8

Likes about the fire department: Our department has an incredible affinity for helping people not only in their time of need, but we have also strived to make a difference in our community, our County, our State and in our Nation. We realize that its not only about helping people during the worst times of their lives, but saving lives and making a difference is about fire prevention practices, life safety education, community outreach, and taking care of the citizens we are paid to serve. We should never forget that we are considered leaders in the communities where we work where people of all ages depend on us. We are good at what we do!

Will miss about the fire department: Most certainly the people we work with, the unforgettable friendships that we have made over the years, and having a sense of purpose in our lives. I have been blessed to work in the best divisions and on the best shifts I could ever ask for. When someone fell down, we picked them up; when they needed help, we pitched in and helped; when they were sad, we cheered them up; and when a job or task needed to be accomplished, we got it done. The fire department is truly a family, and never forget each other on and off duty.

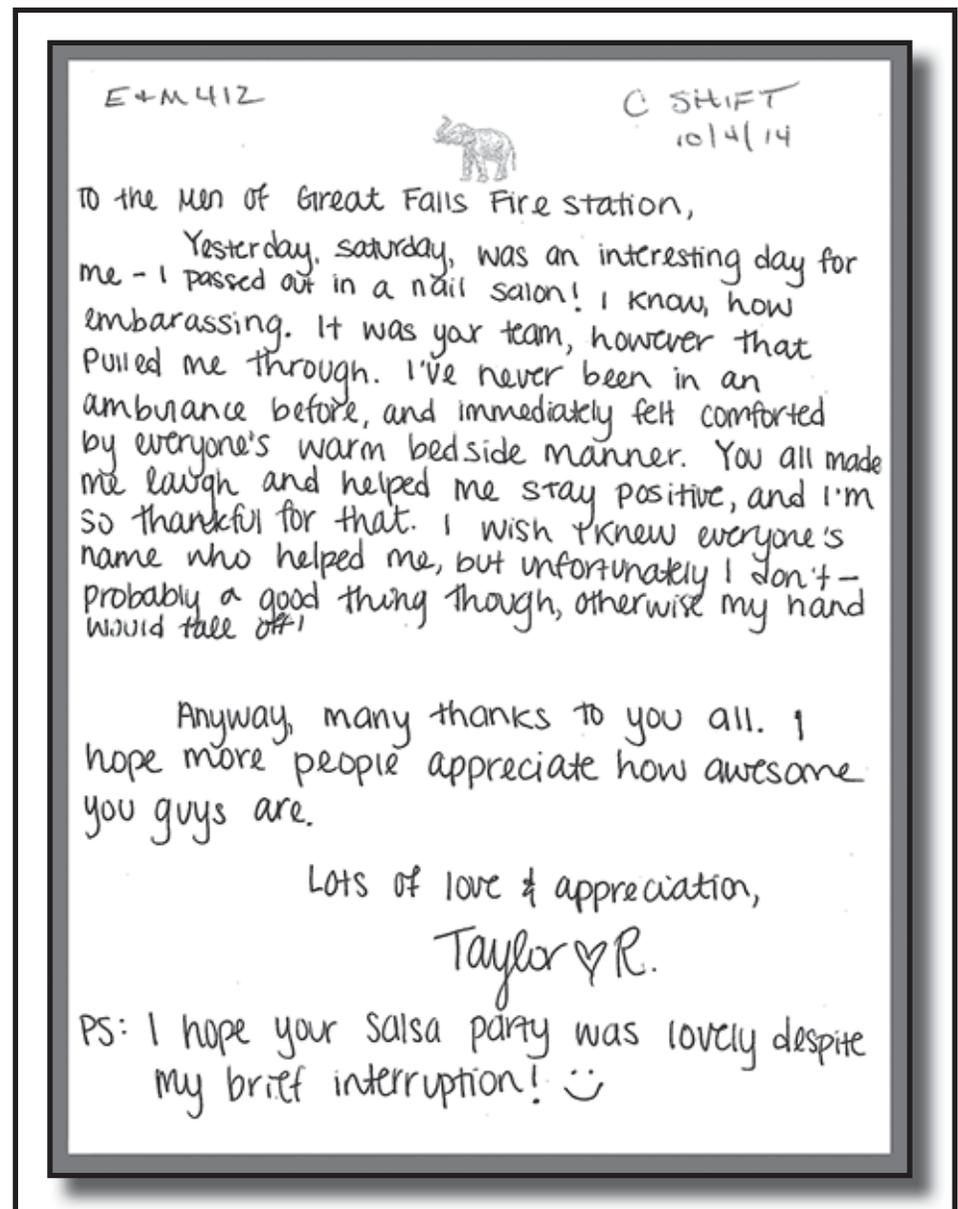
Plans for the future? I have taken a position as the Assistant Chief of Operations for the Loudoun County Department of Fire, Rescue, and Emergency Management. I look forward to taking what I learned in Fairfax County from each of you and helping another department grow and achieve the same successes that we have gained here in Fairfax County. Of course golf and avoiding deer while riding my motorcycle and bicycle are always a goal to try and achieve.

Words of wisdom: I have a motto that I have tried to utilize in my career. It is to "treat others as you want to be treated." Always look for the bright spot in everything that you do and remember to enjoy your career and have fun. Life is too short to not enjoy this journey. Never stop learning and continue to advance your skills as everything we do is constantly changing. Be a mentor and share your knowledge.

What got you interested in the fire service? Being a fourth generation firefighter, I grew up with my dad as a mentor in the fire service in Long Island, NY. I always told the 3rd grade students that we were sent to instruct that I achieved my childhood dream of becoming a firefighter and that they also can achieve their dream, if they simply work hard and never give up! This is so much more than a job, it is a lifestyle and for many a dream come true!

Who or what made an influ-

ence in your career? While there are so many to list, some early mentors that stand out are my father Raymond Johnson, Chip Rollison, Ashby Thompson, Charlie Rose, Richard Hunter, Mark Pullman, Glenn Gaines, Scotty Lawson, Forest Verhine, Carl Maurice, Dave Rohr, Ron Mastin, Jeff Coffman, Michael Seabright, Michael Reilly, Dwight Hulvey and many other shift members throughout my career, all of which had a positive impact on my career. Thanks to each of you!



BACKSTEP KUDOS

Submission to Backstep Kudos is simple. Three items of information are needed to submit a kudo: "To," "For," and "From." Submissions should be one or two sentences—maximum. Backstep Kudos do not have to follow the chain of command. All Kudo submissions must be sent to backstepkudos@gmail.com.

To Firefighter/Medic Will Stinson, for assisting M437 with mechanical repairs at Fairfax Hospital. After realizing we would have to wait for a roving mechanic, we decided to have lunch at the hospital cafeteria. Upon overhearing neither crew members had their wallets, FF/M Stinson gave \$15 out of his own pocket. **From Tech. Brian Snyder.**

To all members of the Office of the Fire Marshal, with special thanks to Inspectors Kris Lacy and Dave Phillips - Thank you for your tireless efforts over many months to ensure the opening of the new Springfield Town Center occurred on time. Without the efforts of Plans Review, Inspections, Systems, and Revenue and Records, this would not have been possible. **From BC Brad Cochrane.**

To Burke Volunteer FRD Members, for fantastic care of 20+ patients having heat-related emergencies during a 5K race at Burke Lake Park. Great job - AS ALWAYS! **From Tech. Alisha Reakoff, FS35-B.**

To Lt. Bobby Wells (30-C), for a great job taking command on I66E with a number of motorcy-

clists down. Lt. Wells did a great job managing the resources he had. Due to heavy traffic, the command element was delayed getting to the scene. Lt. Wells had one patient enroute to the hospital and one about to be transported when EMS404 arrived on the scene. **From Captain II Gary Pemberton, EMS404-C.**

To FF Mario Board and members of FS27, C-Shift, for going above and beyond while showing care and compassion for the wife of a cardiac arrest patient in West Springfield. **From Captain II Mathew C. Barnhart.**

To R421, A-Shift (Lt. E.J. Burroughs, MTech. Mike Miller, Tech. Tom Feehan, and Tech. Ian Brill) as well as SAF402 Captain I Pat Sheehan, for their assistance with our small "issue" at the shop. Your squad experience prevented additional damage to a brand new FHMIS vehicle. **From Battalion Chief Kerwin McNamara.**

To FS30, A-Shift, for giving us your best firefighter; welcome to FS10-A Joey B. **From Fire Station 10, A-Shift.**

To Captain I Tim Fowler and Captain I Cynthia Brown - Thank you for your dedication and professionalism while serving as a Uniformed Fire Officer. Best of luck to you both in your new assignments. **From Captain II Steve McFarland.**

To Captain I Felicia Barnes and Captain I Dave Gaertner - congratulations on your promotion and welcome to the Communications Section. **From Captain II Steve McFarland.**

To FS439, C-Shift, for stepping up and delivering a great community service to the Windsor Park and Devonshire clusters at their Halloween parade. Captain Bill Lynch and his crew were very polite, professional, and welcoming to the parents and children, and added to the excitement and safety of the event. **From Captain II Kit Hessel and Nancy Cary (Windsor Park).**

To FS440 on all shifts, for your tireless efforts and dedication in the preparation, organization, and delivery of equipment and training regarding the Ebola preparedness. Thank you for the long hours getting the PPE packaged, fabricating 2 «Ebolances» for transport, shooting a

video for all personnel on donning and doffing, and preparing this year's FRO to include Ebola procedures. Your efforts and hard work are greatly appreciated! **From Battalion Chief Martin Ranck.**

To Captain Vic Miller - Thank you for taking your time to visit our Mosaic project. Your help was greatly appreciated, and your guidance will help our team work smoothly with your team when we go to begin to turn over the Mosaic building. **From Christopher Harmon/Project Superintendent MCRT.**

To Lt. Jon Stern - Thanks for all the help with training and officer development in the 7th Battalion on C-Shift. Good luck in your new assignment at Rescue 411. **From BC Keith Ludeman.**

To Chief Warnock (VC414) - Many thanks for your support at the 7th Battalion C-Shift MCI drill. Providing lunch to all the student role players allowed for a smooth transition between AM and PM sessions. **From BC Keith Ludeman.**

To Captain Mike Mohler (FS16-A) - Thank you for your persistence during the Station Captain's absence ensuring the mold issue at FS416 was addressed and alleviated. **From BC Keith Ludeman.**

To M429 and E429-C Shift (Lt. David Myers, FF Robert Broughan, Captain Mark Ebersole, MTech. Angel Melendez, FF Ben Trompeter, and FF Brian Kennedy) - On 10/22/14, the nurse at Kilmer Center called

9-1-1 because my son was having seizures. I just wanted to say "thank you" for your kindness and patience while caring for my son, and dealing with me. Thank you for being true professionals when things get scary. **From Keith Ruby, Engineer III, Office of the Fire Marshal.**

To FF Justin Richardson (FS440-B) - Congratulations on earning your black shield! **From the crews of Engine, Tower, HazMat, HazMat Support, and Medic 440-B Shift.**

To Fire Station 5 - Thank you for the recent opportunities you have provided to students at Key Center School. We had four of our students visit Station 5 recently. You conducted an informative tour, a fun scavenger hunt as well as some hands-on activities. This was a great experience for our students to participate in to increase their understanding of your importance to our community. I received very positive feedback on this visit. I appreciate your time and preparation in providing this educational opportunity for Key Center School students. Additionally, Station 5 visited our facilities with your equipment and fellow firefighters. You provided a demonstration as well as allowed some hands-on activities for our students. The smiles on our students' faces were priceless! What a great experience again for them. Thank you and your Station team for the gentleness and understanding provided to our students as they take in this experience. Thank you for being community partners with us in our desire to provide our

students with enhanced educational opportunities. **From Ann M. Smith, Principal, Key Center School.**

To Paula Woodrum (FMO) - For your recent efforts in assisting the GMU Criminology, Law, and Society Program and the students for the Fall 2014 term of Introduction to Homeland Security. Your contribution as a guest lecturer facilitated the course objectives to cover topics of emergency response and hazardous planning. The scenarios you developed were key in reviewing course information, challenging students and opening their knowledge to the realities of emergency response. **From Jessica Herbert - Professor, George Mason University.**

To Firefighter/Medic Tory Albertson - Thank you for being such an amazing friend, co-worker, and person. We are forever grateful for all of your help. **From Fire Station 32-B Shift.**

To BC Fred Brandell, Lt. Nick Weresnick, Lt. Jim Martin, MTech. Dave Higgins, FF Dawn Jimenez, FF/M Happ Radam, and FF Jeff Cocky - We appreciate your kindness and generosity. **From Fire Station 32, B-Shift.**

To MTech. Jeff Allen (442, B-Shift) - For your exceptional efforts while assisting the Fire Engineering Plans Review Branch while on light duty. You went above and beyond the call of duty, and you will be sorely missed. **From BC Brad Cochrane.**

(Continued on Page 28)

(Continued from Page 27)

To the following individuals for their contributions towards the success of the Fairfax County Fire & Rescue Professional Officers Association's 2014 Professional Development Conference.

Stress Exposure

Lt. Scott Kraut
 FM Blasetti
 FF Nate Larkin
 Tech. Kevin Petty
 Tech. Ryan Scanlan
 Lt. Ray Foster
 Capt. Chris Brown
 FF Rich Cantarella
 FM Sean Allen
 Tech-E Travis Franks
 Tech. Jason Munt
 Jim Newland
 (City of Cape Coral,
 FL, Fire Rescue)
 Frank Cancellieri
 (North Naples, FL, Fire Rescue)

Incident Command

BC Joe Knerr
 DFC Andrew Duke
 BC Dan Shaw
 DFC Robert Zoldos
 FF Dawn Blair-Jaminez
 The IVIS group

Fire Behavior

Lt. Jason Abitz
 Capt. Barry Maham
 Lt. Ray Johnson
 Lt. Tom Carver
 Lt. Rich Dawley

Lt. Marc Davidson
 Lt. Scott Kraut
 Tech. Brian Wood
 Tech. Mike Heath
 Tech. Dave Prohaska
 FF Nate Larkin
 FF Dave Saunders

Search & Rescue

Lt. Reggie Wadley
 Lt. Andrew Devlin
 Pat MacKay (Fairfax City)
 Lt. Mathew Phillips
 Wade Mundy (Fairfax City)
 MTech. Brian Chinn

Hose Deployment

Lt. Ray Johnson
 FF Jordan Legan
 Capt. Bill Vance
 FM Chris Theobald
 FF Andrew Dubinsky

Fire Protection Systems

BC Brad Cochran
 Dave Feiring
 Tim Schwarting
 Tim Cannon

Silverback Size-up

Capt. Rex Strickland
 Lt. Jason Abitz
 Lt. Tom Carver
 Lt. Ray Johnson
 Lt. Rich Dawley
 Tech. Mike Heath

Street Smart Pump

Capt. Keith Cerzullo
 Capt. Rick Lancing
 Lt. Rich Dawley
 Lt. Tim Palmer
 Tech. James Kenney
 Tech. Rachel Wicker
 FF Josh Morrison
 FF Gustavo Cambronerio Vargas

Vehicle Extrication

Lt. Rodney Vaughan
 Lt. Jeff Wharton
 MTech. Tony Doran
 Tech. Mike Eddy
 Tech. Andrew Reedy
 Tech. Ry Chapman
 Sam Pearce (Holmatro)
 Rodney Hyde (Holmatro)

Preventing the LODD

Lt. Scott Kraut
 Capt. Dave Barlow

They educated over 100 fire service personnel from Battalion Chiefs to Firefighters from jurisdictions as far away as South Carolina. **From Captain Pat Kelly.**

Facebook Feedback

Kurt M. commented on Fairfax County Fire and Rescue Department's video. Kurt M., September 24 at 2:21pm "Push Hard, Push Fast!!"

Dave B. commented on Fairfax County Fire and Rescue Department's photo October 6 at 1:12pm. "We found out while talking with the occupant that the FRD installed the smoke detectors that alerted her to the fire. If you are of the opinion that SIOC is not actively saving lives, your argument has been refuted. And, yes, I know this is no the first time."

David S. commented on Fairfax County Fire and Rescue Department's post October 6 at 1:00pm. "Freaking Awesome for lack of a better way to say it."

Elizabeth M. commented on Fairfax County Fire and Rescue Department's post October 6 at 8:28pm. "Just look at his expression!"

Bill D. commented on Fairfax County Fire and Rescue Department's post October 7 at 11:47am. "Outstanding work!"

Bill A. commented on Fairfax County Fire and Rescue Department's Open House 2014 album October 12 at 3:30pm. "We had fun with our grandkids at Station 42. Thanks!"

Christine H. commented on Fairfax County Fire and Rescue Department's photo October 12 at 7:03pm. "Hi Sparky! Thanks for letting us visit yesterday and again today. Corey said to say Hi!"

Charles S. commented on Fairfax County Fire and Rescue Department's Open House 2014 album October 14 at 10:37am. "It's always fun for the kids and informative for the adults to visit the local station and get to know the people who put their lives on the line everyday, to help their friends and neighbors in the community."

Ann S. commented on a status Fairfax County Fire and Rescue Department shared October 14 at 8:46pm. "Awesome chili and great creativity--"

Charles S. commented on Fairfax County Fire and Rescue Department's Grand Opening of Fire Station 10 album October 15 at 10:33am. "If you didn't have a chance to go to the Grand Opening, stop by pay them a visit and thank them for their dedication to service in the Bailey's Cross Roads Community and Fairfax County."

Chuck W. commented on a link Fairfax County Fire and Rescue Department shared November 6 at 5:41am. "WOW! Thanks for the Pic's being a member of that team was of many highlights in my career. I would love to go back and watch them train again."

Charles S. commented on a link Fairfax County Fire and Rescue Department shared on November 7 at 12:40pm. "What an outstanding train facility this is for USAR, Urban Search and Rescue Team at the old Lorton Prison complex."

Letter of Appreciation

From: Ruder, Jessica
 Sent: Thursday, October 30, 2014 1:23 PM
 To: Donovan, Susan M.
 Subject: Need your help!

Hi, Susan. My name is Jessica and I wanted you to pass on a message to the head of Fire & Rescue. I witnessed the accident last Friday on Legato (right outside of the Pennino building) and FS 440 responded to the accident. The accident involved a 33 week pregnant female and her two year old son who was in a stroller. They were struck by a driver as we were pulling out of the Pennino Building. It was absolutely horrible! I assisted the girl who was struck and her son in the stroller until help arrived, but what I am writing to you for is for you to help me let the right person know how stellar they (440) did responding and how quick it was. They were perfect in every way. I worked for 7 years in a hospital as a Social Worker for the VA and I have seen my share of crisis and feel people need to know when they have done well. People are so quick to complain about medical professionals and I think it is just as important to say when they have done right. I'd be happy to talk to anyone about it, but I think you get the picture lol.

I am a Social Worker for the Department of Family Services for Fairfax County and am proud to work alongside with Fairfax Fire. Truly great individuals!!

Thank you for your help in getting this to the right person.

Jessica Ruder, BSW
 Case Manager
 Fairfax Area Agency on Aging
 Department of Family Services, Adult & Aging Division
 12011 Government Center Pkwy, Suite 708
 Fairfax, VA 22035
 703-324-5846

A Fond Farewell to Old Fire and Rescue Station 4, Herndon



Alumni from Fire and Rescue Station 4, Herndon, stop by for one last visit before it's razed. The temporary station will be located right across the street while the new station is built. Station personnel conducted an open house over the weekend of October 25 and 26, 2014. (Photos by Elliott Rubino.)

"The Fairfax Way, Moving Forward."

Anniversaries

36 Years

Firefighter Eugene W. Beach
Deputy Chief Michael T. Reilly

30 Years

Battalion Chief Mike A. Deli
Captain II Michael J. Garcia
Deputy Chief Daniel V. Gray
Battalion Chief
Philip A. Pommerening

25 Years

Captain I Cynthia L. Brown
Lieutenant Edward D. DeCarlo

15 Years

Lieutenant Adam W. Ashwood
Technician Brian J. Bonkoski
Master Technician Matthew J. Brecht

Lieutenant Annette Corwin
Technician Mickey A. Deans
Master Technician
Eric J. Doffermyre

Lieutenant Gregg J. Dojcek
Lieutenant John D. Evans, Jr.
Captain I Michael J. Fontana
Lieutenant David M. Gilmore
Lieutenant Sean C. Green

Captain II Gregory W. Hunter
Technician In S. Hwang
Technician Peter Kosenko
Master Technician
Kimberly A. Larson
Lieutenant Jessica P. Smith
Douglas E. Turner, Fire Inspector II
Technician Craig M. White
Lieutenant Eric M. Wyatt

10 Years

Mary E. Cramer,
Life Safety Education Specialist

Makram M. Fahmy,
Financial Specialist II
Kristopher L. Lacy,
Fire Inspector II
Mary C. Mangione,
Program Manager

5 Years

Technician Brian J. Bender
John O. Berthold, Fire Inspector II
Firefighter/Medic Seth A. Bowie
Technician Eli A. Bredbenner
Technician Jonathon H. Frias
Firefighter/Medic Kenneth E. Gates
Alan E. Gooding,
Management Analyst I
Technician Richard E. Lathrop
Technician Jason C. Menifee
Technician Daniel K. Platzek
Technician Adam J. Slivers
Acting Technician Jason R. Walter

Retirements

Captain II Keith Cross
January 12, 1981 - October 6, 2014

Captain II Sheryl L. Hemmingway
August 18, 1997 - August 31, 2014

Deputy Chief Keith H. Johnson
May 31, 1983 - December 12, 2014

Lieutenant Cheryl L. Kemp
August 18, 1997 - October 16, 2014

Captain I David Lange
September 24, 1979 - August 25, 2014

Lieutenant Matthew P. Malof
July 26, 1982 - September 29, 2014

Cathy S. Rose, Financial Specialist III
August 30, 2008 - August 1, 2014

Technician Randall K. Schwartz
October 15, 1984 - October 17, 2014

Captain I David P. Tobin
August 15, 1988 - November 12, 2014



New Hires

Kristen Angilletta, AA IV
Payroll

Jeffrey G. Hayes, Inspector I
Fire Prevention

Inna Kangarloo, AA IV
Support Services

Deborah H. Maiorino,
Administrative Associate
Fire Chief's Office

Brian J. Patterson,
Materials Management Driver
Resource Management

Jason Stanley, MA III
Support Services Division

Fairfax County Fire & Rescue Department

Attn: Public Affairs and Life Safety Education
4100 Chain Bridge Road
Fairfax, Virginia 22030



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Station Profile

Fox Mill Fire and Rescue Station 31

Captain II
Danny J. Daniels II
Station Commander



Station constructed: 1979

Station specialty: SHRU and EMS 401

Square miles in first due area: 11.5

Specific hazardous/target areas: U.S. Geological Survey, Hunters Woods Fellowship House (11-Story High-Rise for elderly and disabled residents), Camp Cromwell – Girl Scout Camp.

Equipment assigned to station: Engine 431, Medic 431, SHRU, and EMS 401

Total calls in 2013: 4,546

Station personnel: **A-Shift:** Captain II Danny J. Daniels II, Master Technician Paul T. Marria, Technician Rickie L. Atkins, Technician Vernon Johnson, Technician Adam J. Slivers, Firefighter Daniel G. Delboy, Firefighter Derek T. Dotson, Firefighter Robert L. Knupp **B-Shift:** Captain I Robert A. Banasic, Master Technician Robert D. Rodriguez, Technician Sean P. Berg, Technician Garrett J. Briggs, Firefighter John A. Fleming, Firefighter Mark D. Franklin, Firefighter Stephen R. Langone **C-Shift:** Captain I Thomas N. Johnson, Master Technician Jack W. Billhimer, Technician Elena M. Carver, Technician Daniel K. Platzek, Firefighter Ashlyn F. Cornett, Firefighter James R. Hill II, Firefighter Robert A. Wealand



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