

FRONT LINES



Fairfax County Fire and Rescue

June 2017



FROM THE FIRE CHIEF

Richard R. Bowers, Jr.



Fire Service Cardiovascular and Cancer Awareness and Prevention

There is much talk and written materials on a local, regional, and national level related to cardiovascular disease and cancer awareness. There is also plenty of prevention information and techniques for the fire and ems service. We are no different than any other fire service agency when it comes to dealing with heart attacks and cancer. You certainly cannot 100 percent prevent either of these. However, there are preventative steps we can all take.

Doing daily exercise, to include cardio, and having a healthy nutritional intake are fundamental to prevention. In our profession and the amount and types of exposures we experience necessitates preventative actions on each of our part. Adhering completely to BSI procedures, wearing your breathing apparatus from start to completion in an IDLH, showering after a fire, cleaning your

gear regularly and of course the most basic of all, WASH your hands frequently!

Too many of our women and men have experienced or been stricken with a cardiovascular event or have battled a type of cancer. Let's beat these diseases by doing our part and being a champion for preventing heart attacks and cancer in the fire and emergency medical service fields!

Be a champion - prevent it and beat it!

Respectfully,

Richie Bowers



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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Workers install the Firefighters Memorial at the site of the new public safety building.

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

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

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



39th

ANNUAL CHAMBER OF COMMERCE VALOR AWARDS

BRONZE MEDALS OF HONOR



Lieutenant Ji Y. Lee

Lieutenant Ji Y. Lee, along with the Police Department's Second Lieutenant Charles H. Riddle, and Detective David J. Faulk, were awarded the Bronze Medal of Valor for their courage, perseverance, and commitment to serve and protect our community. Their efforts during a potentially life-threatening event resulted in saving the life of an extremely uncooperative subject without regard for their own safety.



Lieutenant Sean E. Ferguson



Firefighter Fidel A. Blanco

Lieutenant Sean Ferguson and Firefighter Fidel Blanco were awarded the Bronze Medal of Valor for their courageous actions during a tractor-trailer and trash truck collision. Lieutenant Ferguson and Firefighter Blanco demonstrated bravery and quick thinking. They rendered life-saving aid without regard for their personal safety and were able to secure the situation.

BRONZE MEDALS OF HONOR

Members of Fire Station 10, Bailey's Crossroads; Fire Station 14, Burke; and Fire Station 18, Jefferson, were awarded the Bronze Medal of Valor for their bravery during a drowning incident. Each firefighter displayed exemplary professionalism and many took high risks to save a life. Under chaotic conditions with limited information, all involved displayed the dedication and commitment that transcend the core values of the Fire and Rescue Department.



**Captain I
Bruce A. Neuhaus**



**Lieutenant
Diron D. Powell**



**Master Technician
Mark G. Campett**



**Master Technician
Daryl T. Casey**



**Master Technician
Herbert M. Knerr, Jr.**



**Master Technician
Michael C. Lewis**



**Master Technician
Peter G. Zagorites**



**Technician
Sean P. Allen**

LIFE SAVING AWARDS



**Deputy Chief
Andrew L. Duke**



**Captain II
Mark E. Kordalski**



**Captain I (Retired)
Walter E. Johnson**



**Lieutenant
Scott F. Primrose**



**Technician
James L. Campbell**



**Technician
Travis L. Franks**



**Technician
Michael A. Garcia**



**Technician
James E. Pfister**



**Technician
Adam J. Slivers**



**Technician
Vicki L. Swain**



**Firefighter
Sidney B. Boyd**



**Firefighter
Robert L. Knupp**



BEFORE THE EMERGENCY ROOM

Teaching Future Doctors About Prehospital Care

On Thursday, April 27, units from the Second and Fourth Battalions of the Fairfax County Fire and Rescue Department, along with PH1 Aircare and StarKid Pediatric Critical Care Transport Service lead a two hour "Introduction to Emergency Medical Services" for Virginia Commonwealth University School of Medicine medical student orientation.

Dr. Dan Avstreich, Deputy Director of the Emergency Medical Services (EMS) Division, taught a 30-minute class on the roles and capabilities of a 21st century EMS system, highlighting opportunities for future physicians of all specialties to contribute to pre-hospital medicine. The students visited the Inova Heart and Vascular Institute ambulance bay where personnel from Fire Station 18, Jefferson, Fire Station 30, Merrifield, and Deputy Chief Brad Cochrane discussed advanced life support 911 response from the initial phone call to the patient handoff at the hospital. They impressed students with their knowledge, capabilities, and commitment to metrics, including getting out the door within 60 seconds of dispatch and a less than five minute response to chest pain ECG. After a complete tour of the EMS equipment, personnel from Rescue Squad 18 discussed the principles, priorities, and tools used to extricate victims from motor vehicle crashes, so that critically ill trauma patients can get to the emergency room as quickly

as possible. Tower Ladder 30 also lowered the bucket down at full extension so students could see its rescue capabilities.

Throughout the entire orientation, students learned about operating in personal protective equipment and the unique hazards faced in the pre-hospital environment. The orientation was a huge success. Students rated the event as the best part of their intense immersion into clinical medicine.

"Amazing! All the staff involved shared helpful information and helped me understand better the important work they do and the spirit and pride with which they do it. Inspiring."

- Student Review

IN THE COMMUNITY



On April 27, the department participated in the annual "Take Your Child to Work Day" event. Fifteen children came to experience their parent's work environment and see what they do. The children were treated to a fire safety puppet show by Life Safety Education staff members, a visit with the Fire Chief, and pizza for lunch! A good time was had by all!



Chief Bowers greets each new member of the 142nd recruit class on their first day.



Battalion Chief Willie Bailey accepts laptops donated from Triumph Enterprises in McLean. The laptops will be used to help youth in Fairfax County.



A big thanks to Mission Barbecue for raising \$769.67 for the Firefighters Fund of Fairfax County. A check was presented to members of the department on May 4.



Fire Station 16, Clifton, hosted a MOMs club visit at their station.



Firefighters and Life Safety Education personnel met with residents, gave tours of their equipment, and taught fire safety at the Fairfax County Fair on June 10.



Firefighters and Chairman Bulova participated in the annual Annandale Bed Race on May 20. All proceeds from the race supported Virginians with Intellectual Disabilities.

ADOPT HYDRANT

Fairfax County Fire and Rescue Department



Technician Sean Allen and Firefighter Roger Gent received their certificate for adopting a hydrant near their station, Fire Station 23, West Annandale.



Fire Station 25 personnel present a resident with a certificate for adopting a hydrant near her home.



Captain II Danny Cox and crew members from Fire Station 11, Penn Daw, distribute adopt-a-hydrant program certificates to three residents in their first due area.



Hot Shots



Reston House Fire: April 19, 2017

On April 19, units responded to the 2200 block of Marginella Drive in the Reston area for reports of a house fire. Units found fire showing from the two-story, single-family home. Damages were estimated to be approximately \$237,466. The cause of the fire was determined to be accidental, involving a treadmill in the sun room of the home.



Burke House Fire: May 19, 2017

On Wednesday, May 17, at approximately 6:39 a.m., units from Fairfax County Fire and Rescue and the City of Fairfax Fire Department responded to the 10700 block of Spring Oak Court in the Burke Centre section of Fairfax County for a fire in a townhouse.



Fire and Rescue Station 26 Fire: May 14, 2017

In the early morning hours of May 14, 2017, firefighters were awakened by smoke alarms sounding at Fire and Rescue Station 26, Edsall Road. Everyone escaped unharmed. The fire originated in the Rescue Squad and was caused by faulty wiring in the unit.



Lightning Strike: May 18, 2017

On May 18, units responded for a possible house fire in the 6200 block of Sudley Church Court in the Fairfax Station area. Units arrived to find a natural gas line outside the home burning off escaping gas. The gas appeared to ignite after a nearby tree was struck by lightning. The fire was approximately 10 feet from the home.



On Friday, June 9, units from Fairfax County Fire and Rescue and Prince William Fire and Rescue responded to a reported house fire in the 14700 block of Pickets Post Road in the Centreville area of Fairfax County. Damages as a result of the fire are estimated to be approximately \$419,375.

CITIZEN HONORED WITH LIFE SAVING AWARD

Fire Station 25, Reston (C-Shift), EMS401, Battalion Chief 401, and Battalion Chief 407 honored local Reston resident, Jodi Rakoff, with a Citizen Life Saving Award, on behalf of Fire Chief Richard Bowers. Jodi performed CPR on a female patient who collapsed in front of her house while walking with a group of friends. Jodi's quick actions, along with advanced life support care by fire and rescue personnel, resulted in the resuscitation of the patient.

Jodi's mother and husband, Simon, were present as Fire Station 25 presented Jodi with her award.



March 23, 2017

Fairfax County Fire and Rescue Department
Office of the Fire Chief, 7th Floor
4100 Chain Bridge Road
Fairfax, VA 22030

To all involved:

I am writing to thank you all for saving my son's life!
On December 6, 2016 at approximately 10:00 pm my son Joe was involved in a horrific car accident. It had rained all day and he decided to go out for a bite to eat. While rounding a curve on Beulah St. his Mazda 3 hydroplaned and he flipped several times.
Thank God someone called 911 and rescue was there within 10 minutes. The Jaws of Life had to cut the roof off of his car to get him out. With your help and the grace of God he managed to escape with only 2 pelvic fractures, a shoulder injury and of course lots of cuts and bruises.
I know that you do this day after day, night after night in all kinds of weather/conditions not knowing the outcome of each situation. Please know that you are greatly appreciated for all that you do. Joe is my only son and I couldn't live without him.
Again, I can't thank you enough for saving my son's life!

Sincerely,

B. Jeanne R.



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

by Nicole V. Brown, MS, RDN, LD ACSM EP-C

In 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 (CVD), hypertension (HTN), diabetes (DM), prostate cancer (PC), and colorectal cancer (CR).

Consume More Fruits and Vegetables (Duh)!

Fruits and vegetables are nutrient rich, a source of water and a variety of vitamins, some minerals and in many cases potassium. In their natural state, they typically have little sodium. Buying frozen fruits and vegetables can be cost effective and means we'll have some veggies available when the fresh ones run out. Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated. Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables (spinach, broccoli, kale), starchy vegetables (corn, peas, potatoes), red and orange vegetable (red bell peppers, carrots), beans and peas, and other vegetables. Check the label to see if there is any salt added to the frozen vegetables and look for the brand with the least <20 mg sodium per serving. Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, dried, freeze-dried, and may be whole, cut-up, or pureed. Canned fruits in water or in fruit juice are available at most supermarkets and help us avoid added sugars. Barriers to eating fruits and veggies include the good intentions of eating them only to have them spoil. So, learning the best conditions to store them can improve shelf life and decrease the need to toss them out.

When shopping for produce know the Dirty Dozen and the Clean 15. The Environmental Working Group tests produce items each year and divides them into the Dirty Dozen (what to buy organic and therefore reduce exposure to harmful pesticides) and the Clean 15 (what are okay to buy conventional). There can be a big price difference in organic vs conventional, so for many people, that is an important consideration. One recommendation is to think about how often you eat an item on the Dirty Dozen list. If it's frequent then it would make sense to purchase organic. Also, the younger someone is the more lifetime exposure they will have to the pesticides, so investing in the Dirty Dozen for younger family members makes a lot of sense. In elementary school and middle school, my daughters, Callahan and Reilly, took celery and carrots every day to school. So, it made sense to buy organic celery.

Consume More Plant Proteins

Increasing intake of Plant Proteins can also reduce the risk for CVD, HTN, and DM. Some practical approaches include Black Bean Burritos (recipes is in the Nutrition Primer or email Nicole for a copy) or trying a Meatless Burger (look for one that has about 100 calories, less than 250 mg sodium and at least 10g protein). Rinsing a can of beans e.g. kidney beans or garbanzo beans will remove 40% of the sodium. You can also find no salt added beans in the supermarket. For a chili recipe, we could reduce the amount of meat and substitute with additional beans to boost the plant protein and fiber content. If you like to eat oatmeal, add Peanut Powder (sometimes sold as PB2 or Jif Peanut Powder) to oatmeal to boost plant protein but save on calories from fat. Two tablespoons of regular peanut butter has 200 calories and 8 grams of protein while 2 tbsp peanut powder has 45 calories and 5 grams of protein.

Consume More Fish

My favorite saying is “fish is the ultimate fast food.” Depending on how it’s prepared, it can be SO HEART HEALTHY! Most fish is very low in saturated fat and is an excellent source of protein. Getting comfortable with preparing fish can take some time and practice. Once you’ve gained some confidence, it is a super quick protein and so healthful! Aim for at least 2-3 servings a week. A serving is 3 oz. Check out the Fire Fit Spicy Garlic Shrimp (Chicken or Tofu) recipe in the Nutrition Primer. It takes about 10 minutes to prepare and is so delicious. If you’re a salmon fan, my favorite recipe is Marinated Salmon: 4 T Canola Oil, 2 T reduced sodium soy sauce, 2 T lime juice (lemon works, too), and 1 T chopped fresh ginger. Put those ingredients into a zip loc bag with 1 lb of salmon pieces. Marinate in the refrigerator for 30 minutes per side (up to two hours of marinating time is ok). Line a baking pan with foil. Preheat the oven to broil and put the marinated salmon on the foil and broil or pop it on the grill for about 7-8 minutes. Voila! A delicious, heart healthy piece of salmon is the result. For guidance on safe sources of fish, go to www.seafoodwatch.org. This resource, from the Monterey Bay Aquarium, is just outstanding in providing guidance on which fish to buy e.g. tilapia from Ecuador, Canada, and the United States is safe.

Consume More Fiber/Replace Refined Grains with Whole Grains

Fiber only comes from plant foods. It has far-reaching health promotion influences including risk reduction for cardiovascular disease, hypertension, diabetes, and colorectal cancer. If you use a tool such as www.myfitnesspal.com, on the diary settings, change “sugar” to “fiber” and start tracking your intake. This will give you an idea of your baseline fiber intake. I have already mentioned increasing plant proteins such as beans and they are also a wonderful source of fiber. Eating more fruits, especially berries, will boost one’s fiber intake. Gradually increase fiber (and water) intake over time so your GI tract will get used to it. When shopping, look for the first ingredient to say “whole wheat flour” rather than “wheat flour”. An example of a delicious whole wheat bread is “Dave’s Killer Bread.” There are a variety of choices including thin-sliced (60-70 calories a slice) and Power Seed and other choices that have 100-120 calories a slice. You’ll get up to 5 grams of fiber per slice and 5 grams of protein, too, meaning a sandwich made with this bread could start off with 10 grams of fiber and 10 grams of protein before anything is put on the bread. The Overnight Oatmeal With Berries (recipe above) provides 9 grams of fiber. The health benefits of fiber are far-reaching. Fiber helps us feel full and can help reduce calorie intake, it keeps us regular (reducing risk for colorectal cancer) and can help reduce cholesterol.

Consume More Unsaturated Fats (Replace Saturated Fats with Unsaturated)

Fats that are liquid at room temperature, such as olive oil and canola oil, tend to be unsaturated and contain mostly monounsaturated fatty acids (MUFAs) so they are considered heart healthy. Nuts can be heart healthy especially almonds and walnuts. They can also be a calorie bomb! One way to manage amounts is to keep a ¼ cup measuring cup in the nut container to help promote eating a measured amount vs just reaching into the container many times and eating small handfuls of nuts. By replacing some saturated fats found in red meat, full-fat dairy, butter, and fatty sweets, with MUFAs, the bad (LDL) cholesterol can be reduced and cardiovascular disease risk may be reduced. Avocados are a food rich in MUFAs. Pay attention to portions when eating foods rich in fat (even the heart healthy options) since they are so calorie dense.

Consume More Potassium-Rich Foods

Consuming 4700 mg potassium a day can reduce risk for cardiovascular disease and hypertension. Translating those numbers into servings of food can be challenging because the current nutrition facts label doesn’t usually include the amount of potassium in a food serving but the new label will! Consuming more fruits and vegetables, fish, whole grains, and can easily boost potassium intake. Avoid taking a potassium supplement unless you discuss this with your doctor or a registered dietitian nutritionist. If you are taking a medication for managing blood pressure, keep in mind some blood pressure medications are potassium saving and others are potassium wasting. Some rich food sources of potassium include

- V-8 juice (11.5 oz can) 1180 mg potassium
- Sweet potato (5 oz) 694 mg potassium
- Plain, lowfat yogurt (8 oz) 573 mg potassium
- Halibut, (3 oz) 490 mg potassium
- Banana (medium) 422 mg potassium
- Spinach (½ cup) cooked 419 mg potassium
- Milk, fat free (8 oz) 382 mg potassium

The best way to put these recommendations into practice is to identify one or two areas you want to focus on like increasing fruits and vegetables. Get a baseline intake of how many servings you eat a day and review the suggestions above and start to gradually implement them one or two at a time in order to increase fruit and vegetable servings and therefore reduce risk for developing many chronic diseases. Forming the habits of healthful eating takes time and practice.

TAKING UP



Rebecca Kelly
Captain II

Entry Date: April 23, 1990

Retirement Date: April 23, 2017

Recruit School: 79th

Assignments: 10, 8, 29, 11, 29, 8 27, 21, 15, 2, 40

Likes About the Fire Department: The opportunity to come to work and your main focus is to help others, keep yourself and those you work with safe, and learn some really awesome skills.

Will Miss About the Fire Department: The feeling that comes from helping others in their time of need, standing in the gap for those who are going through hard times. Friends! The camaraderie you experience in this career on the calls and in the fire house.

Plans for the Future: Spending time with family and friends. Helping others, volunteering at church and my son's school. Cooking, travel, gardening. Staying healthy! Enjoying life!

Words of Wisdom: Don't put things off, savor each day with loved ones. Take good care of yourself you mean a lot to the ones who love you. Be kind, give grace, none are perfect!

What Got You Interested in the Fire Service? Being able to make a good living by helping others and having an exciting career.

Who or What Made an Influence in your Career? Every person I have worked with all the way through; too many to name, don't want to leave anyone out! I have learned much in the 27 years I have had the privilege to be a part of this great department.



Michael Marks
Captain II

Entry Date: March 17, 1986

Retirement Date: May 1, 2017

Recruit School: 65th

Assignments: 24, 14, 18, 10, 21, 39, Safety 1, Safety 2, Safety 3

USAR 1986 - 2012: Rescue Specialist, Rescue Squad Officer, Operations Chief

Likes About the Fire Department: The camaraderie of the shift and shift dinners together.

Helping someone on their worst day. The challenges of not knowing what the day will bring but being able to handle it. Shift work and four day breaks!

Will Miss About the Fire Department: Shift dinners and the banter around the firehouse table. The friendships that have been made over the years. Helping someone on their worst day!

Plans for the Future: Travel, work around the house, ride my Harley across this wonderful country and back. Enjoy retirement!

Words of Wisdom: Take care of each other, it's not a competition! Stay healthy, once you lose that everything else gets harder. Officers, that gold badge does not make you better than your crew, but it DOES make you responsible for them! Remember your Safety Officers are there to make sure you have a long, healthy career AND retirement!

What Got You Interested in the Fire Service? My oldest brother was a volunteer firefighter in Blacksburg, VA, which drove my interest so I became a volunteer in the county and fell in love with the job!

Who or What Made an Influence in your Career? There were so many over the years - my brother, Bob, Dave "Snowbird" Collins, Chris Bastin, Ben Dye, Tom Wolfe, Gerry Morrison, Danny Bickham, Todd Hall, Mike Deli, Joe Kaleda, John Mayers, Gary Dize, Danny Gray, my crew at FS21-C, and Brian Bonkoski.



Christian Waelder
Firefighter/Medic

Entry Date: May 1, 2005

Retirement Date: May 1, 2017

Recruit School: 114th

Assignments: 5, 40, 19, 40, 39

Likes About the Fire Department: Each and every day was a new day. The true gift of helping out in a time of need.

Will Miss About the Fire Department: The friends I have worked with.

Plans for the Future: I am an owner of a horse and cattle ranch in Durango, Colorado. Working and training horses.

What Got You Interested in the Fire Service? My uncle was a firefighter in the City of New York.

Who or What Made an Influence in your Career? Chief Harrington, Captain Painter, Chief Buckley, Technician Al Doughty, Technician Terence Ewell.

THANKS FOR ALL YOUR SUPPORT

Well I am not sure how to start this but most all you know that my wife, Laura Conrad, peacefully passed on February 5 around 3 p.m. surrounded by family and friends. I am not sure how I would have made it the last 11 months without the Brotherhood and friendship from my second family the Fire Department. I can remember just after we got the diagnosis in March of 2016, a department member and very close friend came up to me and offer to send Laura and myself on a trip anywhere. She said she was happy to just stay home with her friends and family but told him thanks.

My shift has been a great support for my family and I also. Not long after we found out about her cancer one of the guys wrote a prayer for Laura. He brought everyone at the fire station that day into one of the offices and read the prayer that he wrote for my wife. It really hit me hard. Thank you for the prayer for my wife. You know who you are.

What doesn't seem like anything meant so much to Laura and myself. Someone dropped everything multiple times to give my wife a massage, which made her feel like a queen for the day and took her mind off what was going on with her body. Words cannot express what this meant to me.

The guys that took hours and days away from their families to take me out to lunch, dinner, or just spend time with me was a blessing in disguise. They would reach out by phone calls or just a text to say "Do you need anything?" or just say "What's up? Hope you're having a good day." It took my mind off of the problems at home. There was a group of department member's that went above and beyond, like setting up exchange of shifts, dinners and lunches, or whatever my wife or myself requested.

The family along with myself would like to thank the members of this Great Department (Fairfax Fire and Rescue) that came out to the viewing and the funeral to help us with our sorrow and to also celebrate my loving wife's life. Thank you from the bottom of my heart. Finally, the department offering up the First team and any other support we may have needed. **There still is a strong Brother and Sisterhood in this Great department of ours.**

Sincerely,
Captain I David Conrad

SHARE YOUR PICTURES WITH US

Public Affairs and Life Safety Education is always looking for interesting action and event pictures. Share your pictures with us and we will make sure you get recognized. Include the date, location, event, etc., with your picture. Please submit to:

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



TO: Angela Ballard (Assistant Producer – Academy), Lieutenant Ray Foster (29-C), Master Technician Angel Melendez (29-C), Firefighter Tommy Chong (29-C) for their work on very short notice and a compressed timeline to produce an effective video that helped make the Officer In-services into a better training session. **FROM: Lieutenant Marc Davidson**

TO: Christiane Eichmann (ADR) and Elizabeth Gallop (ADR) for their work and collaboration with the Officer Development Section to help make the new Officer I (under Delegated Authority) and the Officer In-service into better learning platforms for our future and existing officers. **FROM: Lieutenant Marc Davidson**

TO: Lieutenant Jason Abitz (11-C) and Lieutenant Kristi Bartlett (40-A) for their hard work and effort in leading the behind-the-scenes effort as the coordinators of the 141st Recruit School Graduation. In particular to recognize Lt. Abitz's effort which started and ended on Truck 11 before and after the event and still produced a quality event despite the extra workload. **FROM: Lieutenant Marc Davidson**

TO: Master Technician George Hood for creating a new staffing board which consolidates the volunteer and career boards and tracks the BMT, and the rest of 13-B for all their hard work preparing for station inspection by re-painting the first floor with a new red, white and blue paint scheme. **FROM: Captain II Lynch**

TO: Safety & Personnel Services Thank you for your hard work and dedication on the injury data analysis exercise. **FROM: Captain II Jared Goff**

TO: Captain I Dave Bentley, Wheelman Ry Chapman, and 29 (A-Shift) For putting up with me on E429 while I fumbled through my Lieutenant training on the busiest engine in The Emerald City. **FROM: Lieutenant Dan Sova**

Please send submissions to:
backstepkudos@gmail.com

LARGE LOSS FIRE INVESTIGATIONS

Date: 3/5/2017 **Box:** 41203 **Address:** 842 Leigh Mill Rd. **Type:** Residential
Cause: Accidental **Value:** \$289,660 **Loss:** \$60,000 **Status:** Closed

Date: 3/15/2017 **Box:** 42120 **Address:** 4201 Plaza Ln. **Type:** Residential
Cause: Accidental **Value:** \$302,560 **Loss:** \$70,000 **Status:** Closed

Date: 3/15/2017 **Box:** 40143 **Address:** 6501 Stratton Place **Type:** Residential
Cause: Accidental **Value:** \$734,120 **Loss:** \$203,391 **Status:** Closed

Date: 3/22/2017 **Box:** 40219 **Address:** 9821 Bridleridge Ct. **Type:** Residential
Cause: Accidental **Value:** \$377,130 **Loss:** \$165,000 **Status:** Closed

Date: 3/22/2017 **Box:** 40205 **Address:** 146 Maple Ave W Dr. **Type:** Commercial
Cause: Accidental **Value:** \$7,525,140 **Loss:** \$100,000 **Status:** Closed

Date: 3/27/2017 **Box:** 41930 **Address:** 9502 Hagel Circle **Type:** Residential
Cause: Accidental **Value:** \$128,940 **Loss:** \$75,000 **Status:** Closed

Date: 3/28/2017 **Box:** 40500 **Address:** 6400 Fleetside Ct. **Type:** Residential
Cause: Accidental **Value:** \$326,510 **Loss:** \$75,000 **Status:** Closed

Date: 3/30/2017 **Box:** 41712 **Address:** 6904 Compton Valley Ct. **Type:** Residential
Cause: Accidental **Value:** \$226,190 **Loss:** \$75,000 **Status:** Closed

Date: 4/9/2017 **Box:** 43107 **Address:** 12376 Brown Fox Way **Type:** Residential
Cause: Accidental **Value:** \$425,940 **Loss:** \$75,000 **Status:** Closed

Date: 4/10/2017 **Box:** 42214 **Address:** 6311 Hibbling Ave. **Type:** Residential
Cause: Accidental **Value:** \$251,110 **Loss:** \$206,700 **Status:** Closed

Date: 4/13/2017 **Box:** 41401 **Address:** 5516 Hollins Ln. **Type:** Residential
Cause: Accidental **Value:** \$220,850 **Loss:** \$145,000 **Status:** Closed

Date: 4/19/2017 **Box:** 43110 **Address:** 2287 Marginella Dr. **Type:** Residential
Cause: Accidental **Value:** \$284,960 **Loss:** \$189,973 **Status:** Closed

Date: 4/24/2017 **Box:** 43018 **Address:** 2809 Hyson Ln. **Type:** Residential
Cause: Incendiary **Value:** \$158,562 **Loss:** \$128,587 **Status:** Open

FRONT LINES DEADLINES

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

BE A PART OF CERT

Community Emergency Response Team (CERT) is a training program administered through the auspices of the county fire and rescue department. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations.

CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or older, and either be a Fairfax County resident, or work in the county.

For more information, you can go to the CERT website at: <http://www.fairfaxcounty.gov/fr/cert/cert.htm>



CONGRATULATIONS



The Sons of The American Revolution (SAR), Colonel William Grayson Chapter, recently presented their Public Safety Commendation awards to two members of Fairfax County Fire and Rescue. Mr. Bill Collier, SAR Public Safety Committee Chair, stopped by Fire Station 40, Fairfax Center, to present Master Technician Joel Kobersteen (Fire Station 40, B-Shift) with the Fire Safety Commendation. He also presented Technician Eric Hawkins (Fire Station 21, B-Shift) with the Emergency Medical Services Award.



On June 2, 2017, Master Tech Leo Sullivan (FS02-C) is presented with his Senior Firefighter Shield for 34 years of service.

Lt. Leslie Smith (FS25-C), receives a plaque for his 30 years of service to Fairfax County.

IN MEMORIAM



Jeffrey L. Donaldson
(retired Deputy Chief)
Date of Passing: May 21, 2017
Dates of Service:
June 21, 1976 - May 2, 2003



Delbert Elston "Bill" Sheads
Date of Passing: April 10, 2017



James B. Small, III
(retired Battalion Chief)
Date of Passing: May 13, 2017
Dates of Service:
October 20, 1962 - July 18, 1987

AWARDS AND PRESENTATIONS

UNIT CITATION AWARDS

Lorton Vehicle Crash

Captain I Derrick L. Penny
Master Technician Jermaine L. Jones
Master Technician George H. Moore
Technician Edgar Torres

Alexandria Garden Apartment Fire

Captain I Thomas P. Flint
Technician Christopher J. Adkins
Technician Nikki L. Gruver
Technician James B. McKendree
Firefighter Miriam R. Bender
Firefighter Walter A. Covert, Jr.

STEMI Incident

Captain I. Derrick O. Colden
Lieutenant James T. Morris
Technician Katherine R. Murray
Technician Jeff S. Seabright
Technician Thomas D. Wainwright
Firefighter Samantha L. Coceano
Firefighter Christopher P. Murray
Firefighter Shanay L. Owens

Shell Station Labor Emergency

Lieutenant Randal J. Allen
Master Technician James L. Campbell
Master Technician Robert J. DeSousa
Technician David A. Miranda
Firefighter Gordon E. Bennett
Firefighter Casey P. Braswell
Firefighter Stephen N. Washenko
Firefighter-Recruit Jesus E. Castro

WILL SENG UNIT CITATION AWARD

Garden Apartment Fire

Captain II Michael J. Fischer
Lieutenant Michael Engelhardt
Lieutenant Michael A. Heath
Master Technician Travis D. Traynham
Technician Philip J. Brown
Technician Andrew G. Dubinsky
Technician Andrew W. Snell
Acting Technician Danny J. Lintot
Firefighter Joel N. Atagwe
Firefighter Daniel J. Perreault
Firefighter Ian M. Sebastian
Firefighter Clayton Thompson, III

WILLIAM "BROTHER" SCHURTZ/ PAUL NICHOLS TEAM PERFORMANCE AWARD

Captain II Patrick Sheehan
Captain I David P. Conrad
Lieutenant Robin S. Clement II
Lieutenant Ben A. Dye
Lieutenant Daniel P. Gajewski
Lieutenant John P. McDonell
Master Technician George E. Hahn
Master Technician
Jonathan H. MacQuilliam
Master Technician Christopher L. Yorty
Technician Austin A. Bigdely
Technician Louis G. Botha
Technician Ian R. Brill
Technician Travis L. Franks
Technician Kristopher C. Ganz
Technician Peter Kehne
Technician Adam Scheetz
Technician Paul J. Wenner
Technician Gregory W. Wood

LENGTH OF SERVICE AWARDS

35 Years

Captain II Mark Guditus
Captain II James J. Istvan
Captain II Michael A. Istvan
Captain I David P. Conrad
Captain I Gerard J. Morrison

30 Years

Battalion Chief Edith M. Eshleman
Lieutenant Leslie C. Smith
Lieutenant Jeffrey T. Wharton
Master Technician Robert L. Upchurch

NOVEMBER 2016 WEST POINT LEADERSHIP COURSE GRADUATES

Battalion Chief Ramiro H. Galvez
Captain II Danny J. Daniels
Captain II George O. Gonzalez, Jr.
Captain II Mark E. Kordalski
Captain II Mark A. Schroeder
Captain I Peter B. Masters
Captain I Christopher M. Sampl
Captain I Marc L. Straubinger
Lieutenant Jose C. Chavez Paredes
Lieutenant Ben G. Coffman
Lieutenant Claude R. Johnson, Jr.
Lieutenant Langston K. Malin
Lieutenant Jason G. Pryor
Lieutenant Serge S. Tcheuffa
Lieutenant Antonio D. Trammell
Lieutenant Robert Williams

Wayne R. Gore,
Communications Specialist II
Luis A. Rosales, N/T Analyst II
Kirk J. Speier, Management Analyst II
Cynthia Bird Shrout
Julia Jordano
Paul Lupe
Donald Lynn
Brian Orndorff
Shawn Stokes

PROFESSIONAL DEVELOPMENT RECOGNITION

Designations

Deputy Chief Jason R. Jenkins
Chief Fire Officer
Center for Public Safety
Excellence

Certifications

Captain II Matthew M. Lopez
*Command Officer Leadership and
Management Program*
Northern Virginia Fire and Rescue Lead-
ership Development Institute

Toni E. Garcia,
HR Generalist IV
Senior Certified Professional
Society for Human Resources
Management

Victoria L. Kammerude,
Administrative Assistant IV
Certified Professional
International Public Management Asso-
ciation for Human Resources

VOLUNTEER FIREFIGHTER GRADUATES

Caitlin M. Curran
Brandon D. Jacobs
Bailey A. Kolonich
Jessica A. Leary
Scott R. McLean
Daniel K. Muir
Kelsey L. Robins
Michael R. See
Sean M. Smith
Sophia J. Therriault

ANNIVERSARIES

37 Years

Lieutenant David M. Laufer

34 Years

Deputy Chief Daniel V. Gray
 Captain I Clyde M. Buchanan
 Technician John C. Guy, Jr.

33 Years

Captain II George O. Gonzalez, Jr.
 Captain I Wayne A. Richardson II
 Lieutenant James T. Morris
 Firefighter Kimberly A. Kuranda

32 Years

Assistant Chief John J. Caussin, Jr.
 Battalion Chief James J. Masiello
 Battalion Chief James J. Walsh
 Captain II George A. Hollingsworth
 Captain I John Chabal
 Captain I Timothy J. Miscovich
 Lieutenant James R. Low
 Technician Michael W. Conover

31 Years

Captain I Peter B. Masters
 Lieutenant Eugene L. George
 Master Technician Philip C. Deveraux
 Technician James T. Franklin
 Technician David A. Neilan
 Cathy J. Richards,
 Administrative Assistant IV

30 Years

Sandra J. Ward, Engineer III

15 Years

Raymond Figueroa, Inspector II

10 Years

Lieutenant Steven J. Hudson
 Master Technician Christopher L. Yorty
 Technician Austin A. Bigdely
 Technician Iona M. Nieves
 Technician Cory S. Parry
 Technician Wesley J. Sloan
 Technician Carloalexie S. Soloman

Technician Rebecca A. Stoddard
 Firefighter Arthur L. Claiborne, Jr.
 Firefighter Nolan J. Copeland
 Firefighter Colin E. Edwards
 Firefighter Erick A. Maximo
 Firefighter Julie C. Sehna
 Firefighter Nathan M. White
 Firefighter Joseph A. Wright
 Brian E. Nast, Fire Apparatus Mechanic

5 Years

John M. Sherwood, Fire Inspector III

RETIREMENTS

Lieutenant Clifton Allen, Jr.
 April 10, 1989 - April 18, 2017

Captain II George A. Hollingsworth
 April 29, 1985 - May 26, 2017

Captain II Rebecca P. Kelly
 April 23, 1990 - April 23, 2017

Captain I Michael J. Marks
 March 17, 1986 - May 1, 2017

Lieutenant Reginald K. Rodgers
 July 11, 1994 - May 7, 2017

Technician John M. Smith III
 September 22, 1980 - May 2, 2017

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

NEW HIRES

Arsenio G. DeGuzman
 Financial Specialist IV
 Fiscal Services

Melissa L. Serich
 Management Analyst I
 USAR

Hao T. Nguyen
 Financial Specialist III
 Fiscal Services

Leonard D. Wright
 Apparatus Mechanic
 Apparatus Shop (West Ox)

Yong T. Kim
 Programmer Analyst II
 Information Technology

The Fairfax Way, Moving Forward.

TOP 10 ACTIVITY REPORT

January - March 2017

Medic		Engine Company		Rescues	
Unit	Calls	Unit	Calls	Unit	Calls
M 422	704	E 409	880	R 411	389
M 430	684	E 410	852	R 421	386
M 426	627	E 408	842	R 426	370
M 405	602	E 430	832	R 418	369
M 408	599	E 411	822	R 401	332
M 409 B	575	E 422	765	R 414	299
M 409	574	E 405	696	R 419	267
M 413	573	E 429	673	R 439	244
M 411 B	568	E 417	649		
M 425	556	E 426	643		

Ambulance		Ladder Company		Battalion Chiefs & EMS Captains	
Unit	Calls	Unit	Calls	Unit	Calls
A 410 E	96	T 425	880	EMS 404	426
A 402 E	67	E 410	852	EMS 405	352
A 421 E	61	E 408	842	BC 404	314
A 413 E	60	E 430	832	EMS 403	310
A 401 E	44	E 411	822	EMS 402	287
A 422 E	31	E 422	765	EMS 406	264
A 414 E	23	E 405	696	EMS 401	261
A 438 E	19	E 429	673	EMS 407	200
A 405 E	16	E 417	649	BC 403	167
A 437 E	16	E 426	643	BC 401	160

*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.

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
Patrick Sheehan

STATION PROFILE

WOLFTRAP

Fire and Rescue
Station 42



Station constructed: 2013

Station specialty: Rural water supply operations, support operations within Great Falls Park and Scott's Run.

Square miles in first due area: 11.3

Specific hazardous/target areas: Wolftrap National Park, McLean Bible Church.

Equipment assigned to station: CAFS Engine, Tanker, Medic, MCSU, UTV, and EMS Supervisor.

Total calls in 2016: 3,783

Station personnel: **A-Shift:** **Captain II Patrick Sheehan**, Master Technician Douglas L. Miller, Technician Carlton D. Barnes, Jr., Technician Jacques A. Cochran, Technician Eric A. Russell, Technician Serge L. Sagna, Firefighter Namaste N. Bosse, Firefighter Todd E. Clist. **Captain II B-Shift:** **Captain I Keith W. Cerzullo**, Master Technician Jeffrey S. Allen, Technician Paul M. Kaulfers, Technician Ron A. McNew, Technician Andrew L. Rose, Firefighter/Medic Zachary J. Webb, Firefighter Che D. Kerestes, Firefighter Ariel J. Rodriguez. **C-Shift:** **Captain II Charles A. Martin**, Master Technician Joseph K. Cox, Master Technician Carol A. Laymon, Technician Thomas E. Hill III, Technician Rebecca A. Stoddard, Firefighter Steven D. Sprague, Firefighter Brandon M. Winfield.

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