

FRONT LINES



March 15, 2015

Fairfax County Fire and Rescue Department

Field Operations at its Finest and Best





Richard R. Bowers, Jr.

“Thank you for the outstanding work and efforts by everyone! Let's move forward and work together on our established priorities for 2015!”

From The Fire Chief . . .

It has been nothing less than brutal weather conditions that have challenged the men and women of the FRD during emergency re-

sponses. Even with the significant weather conditions and challenges, the troops have always stepped up and done an awesome job. Thank you for the excellent service and hard work during this period of time.

We have turned the corner on several of our FRD strategic initiatives. I would like to highlight a few, e.g., WPFGs, operational response transition to a one and one fire based EMS service delivery system, increased ladder truck staffing and recruit classes, additional investments in our apparatus, improvements in our fire stations and work sites, increased training opportunities in the FRD and the Special Operations Section, and the highly successful evaluation of our fire suppression ISO rating of Class 1 in our urban and suburban areas of the county. These are tremendous initiatives that have moved us forward and positioned the FRD for a positive pathway to success today and in the future.

Several serious apparatus response collisions, and injuries suffered secondary to training have left us with some serious personnel injuries. This

concerns me as your Fire Chief. We will learn from these incidents and implement the recommendations for improvement to reduce injuries and establish best safety practices during response, operations, and training.

As we start the new year I have established our priorities and fo-

cus for 2015. These are as follows:

- Community - Service before self!
- Troops are number one!
- One Department One Way!
- Training
 - Sets and reps
- Operational Readiness
- Technical competence
- Safety Health and Wellness
 - Injury and collision prevention/reduction
 - T411 & Swift Water Training CCR
- Recommendations
 - Nutrition
- Staffing and Strategic Plan Initiatives
- WPFGs Implementation
- Accreditation

The Fairfax County Fire and Rescue Department is embracing and practicing the application of electronic document distribution and archiving.

The department is reducing our department printing and mailing costs by using electronic distribution.

To that end, effective next issue, FRONT LINES will primarily be published online. I realize this may be a little inconvenient but this electronic transition will provide more efficiency that makes sense. Additionally, Front Lines can be viewed and printed by going to <http://www.fairfaxcounty.gov/fr/deptinfo/newsltr.htm>

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

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

FRONT LINES is the newsletter of the Fairfax County Fire and Rescue Department and is published by the department's Public Affairs and Life Safety Education staff. Questions regarding deadlines or publication schedule should be addressed to Cathy Jo Richards at 703-246-3801. All submissions should be sent to Public Affairs and Life Safety Education, marked "Attn: Editor, FRONT LINES."

“The Fairfax Way, Moving Forward.”

We have a focus for 2015 and a number of initiatives are well underway. Please maintain your situational awareness and embrace crew resource management. Executing the basics is an everyday fundamental practice, and when training, concentrate on sets and reps to increase your technical competency in your functional position.

Thank you for the outstanding work and efforts by everyone! Let's move forward and work together on our established priorities for 2015!

Respectfully,



Fire Chief Richie Bowers



Sneak Peek...Tiller Truck 429. Tiller Truck 429 and Tiller Truck 410 will be arriving in the county in the next few weeks. Operators will undergo extensive training and we look forward to the trucks going into service this spring.

Front Lines Deadlines

The remaining 2015 deadlines are 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.



Volunteers of the Greater Springfield Volunteer Fire Department (www.GSVFD.org) recently received a grant from the Firehouse Subs Safety Foundation for the purchase of two LUCAS-2 automatic chest compression systems from Physio-Control. The two LUCAS-2 devices valued at \$32,000 were presented for use on Medic 422, Engine/Truck 422 and Volunteer Ambulance 422 (Pictured: FF Ben Sisson, Vol. EMT Kate Turk, Vol. Chief Blake Payne, Vol. EMT Rick Machado, Capt. Derrick Colden, E-Tech. Richard Lathrop)

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2015 WPFG Frequently Asked Questions

What are the World Police & Fire Games?

The World Police & Fire Games (WPFG) are a multi-sport Olympic-style athletic program, held biennially, to promote physical and mental well-being of professionals in Police and Fire Services around the world. The WPFG provides a competitive and social environment to encourage and pay homage to the camaraderie among these men and women, through sports. (WPFG General Rules, 2013). The Fairfax 2015 World Police & Fire Games will encompass 12,000 athletes from 70 countries playing in 61 different sports.

When are the World Police & Fire Games?

The Fairfax 2015 World Police & Fire Games will be held over a 10 day-period from June 26 - July 5, 2015.

Can I participate in a sports competition?

- As a member of public safety you not only can participate, you are encouraged to participate in any way you feel comfortable doing so. The WPFG rules state to be eligible to compete in a sporting event you:
 - Must be a publicly employed law enforcement officer or firefighter
 - Must have formal law enforcement officer or firefighter training
 - Must have their PRIMARY occupation as that of a law enforcement officer or firefighter
 - Law enforcement officers must have "arrest authority" within their jurisdiction
 - Must be at least 18 years of age as of the first day of competition
 - Must be actively-employed or retired from law enforcement or firefighting to be eligible
 - Must have been sworn in or appointed as a law enforcement officer or firefighter by an eligible agency:
- **Academy Time** - If your agency requires successful completion of an academy curriculum prior to swearing in, the applicant must complete this training before being eligible to enter the WPFG (WPFG General Rules, 2013).

Can I volunteer to help?

There are many opportunities to volunteer and assist with the WPFG Fairfax 2015 team. As we move closer to the start of the games those opportunities will grow. At the current time the three public safety agencies within Fairfax County have approximately 70 members working in staff and volunteer positions on the Fairfax 2015 games. This number will need to increase substantially. The opportunities to get involved can be short term and simple, or more complex if you prefer to become more involved or have a specific expertise as we have opportunities to suit every skill set or commitment level. To volunteer please call the Fairfax 2015 office at 202-480-WPFG (9734) tell them you wish to volunteer and we will match you with the right person to get involved. You may also go to the website at www.fairfax2015.com and at the bottom of the home page you will find a "Games Volunteers" link on the left side.

Will I be able to take leave during the time-frame of the World Police & Fire Games?

The leave policy governing the FRD will dictate leave during the Fairfax 2015 games. Exchange of Shift policies will not be affected.

When is athlete registration for World Police & Fire Games?

Athlete registration opened in October 2014. Please go to the website at www.fairfax2015.com for more information on athlete registration. Please be advised that there is an associated Entry Deadline that must be observed by all participating athletes, which is normally 12 weeks prior to the first day of competition.

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FXCFRD WPMFG Sports Participation

As of February 9, 2015, there are 112 members of Fairfax County Fire and Rescue Department signed up to participate in 35 different sports including:

Angling - Fresh Water
 Archery
 Baseball
 Basketball - 5v5
 Bowling
 Cross Country
 Crossfit
 Cycling - Mountain Bike
 Cycling - Street Bike
 Darts
 Flag Football
 Golf

Half Marathon
 Ice Hockey
 Lacrosse
 Martial Arts - Karate
 Martial Arts - Submission Grappling
 Martial Arts - Tae Kwon Do
 Motorcross
 Rowing
 Shooting - Clays
 Shooting - Rifle Large Bore
 Shooting - Skeet
 Shooting - Trap

Soccer - Outdoor
 Softball - Slow Pitch
 Stair Race
 Swimming
 Tennis
 Toughest Competitor Alive
 Triathlon
 Ultimate Firefighter
 Weight Lifting - Bench Press
 Weight Lifting - Push/Pull
 Wrestling



The Fairfax Fire Ice Hockey team battled the DC Police Ice Hockey team October 14, 2014, at the Verizon Center, in preparation for the 2015 World Police and Fire Games in June. Fairfax won 2-0. Battalion Chief Keith Ludeman refereed the exhibition game, as Firefighter Josh Wallace (FS32-C) looks on.

Ice Hockey is the most popular among Fairfax County Fire.

Sign up to be a volunteer.

The 2015 World Police & Fire Games will need over 3,000 volunteers backing up the 12,000 public safety athletes over the 10 day competition!

Be a part of this exciting international event and meet people from around the world while acting as an ambassador for Fairfax County!

VOLUNTEER opportunities exist in multiple areas of interest including:

- Protocol
- Venues and Competition
- Registration and Accreditation
- Athletes Village and Volunteer Support
- Media Relations
- Logistics and Transportation
- Special Events

For more information, or to submit your application, please visit www.fairfax2015.com/volunteer.



"The Fairfax Way, Moving Forward."

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What is the cost to participate as an athlete in the Games?

- The “REGISTRATION FEE” and “EVENT FEE” are established by the WPFG federation as we get closer to the games. The registration fee is a one-time charge of \$110 for every entrant into the Fairfax 2015 games. The Event Fee is a separate fee charged for every event entered by a competitor. The registration fee in Belfast at the 2013 games was approximately \$135 U.S.
- Additional sport fees may be charged to offset Fairfax 2015 expenses that exceed normal cost or pay for officiating of that sport. Examples of sports typically having additional fees are: Bench Press (Officials), Golf (Greens Fees), Trap, Skeet, Sporting Clays (Birds), Motocross (Venue costs).

I often get asked by vendors how their company can get involved in the World Police & Fire Games to provide for-profit services or donate time, money or services, who should I tell them to speak with?

You can have them call the WPFG Fairfax 2015 office at 202-480-WPFG (9734) and have them speak with someone in the corporate development division or direct them to the website at www.fairfax2015.com. Have them go to the top of the home page under “Get Involved” and click on SPONSORSHIPS. This will put them in direct contact with the corporate development division and help provide other important information as well. They may also send an email to sponsor@fairfax2015.com.

I have family and friends with professional skills, how can they volunteer their time?

- To get engaged in the Fairfax 2015 games they will use the same contact information and links that you as a public safety employee would use.
- There are many opportunities to volunteer and assist with the World Police & Fire Games Fairfax 2015 team. As we move closer to the start of the games those opportunities will grow. At the current time the three public safety agencies within Fairfax County have approximately 70 members working in staff and volunteer positions on the Fairfax 2015 games. This number will need to increase substantially. The opportunities to get involved can be short term and simple, or if you prefer to become more involved or have a specific expertise as we have opportunities to suit every skill set or commitment level. To volunteer please call the Fairfax 2015 office at 202-480-WPFG (9734) tell them you wish to volunteer and we will match you with the right person to get involved. You may also go to the website at www.fairfax2015.com and at the top of the home page you will find a tab marked “Get Involved.”

For team sport competition, can athletes from different jurisdictions compete on the same team?

- Combined teams may be formed by actively-employed competitors from more than one agency representing Police and/or Fire within a country. This includes doubles events, which are considered a “2-person team.” In theory, a softball team could be comprised of competitors from as many as 20 agencies. **Competitors on Combined Teams must all be from within their country.** (Note: For the purpose of combining teams, the “country” of the agency is the country of the competitor, whether or not entrant currently resides in that country) (WPFG General Rules, 2013).
- “Retired” competitors combining to form doubles or teams may combine with any other entrants from any eligible agency in any country (WPFG General Rules, 2013).

How can I get involved in the World Police & Fire Games-now or closer to the start of the games?

To get involved in the games use the contact information provided above under “How do I volunteer to help.” If you are not sure and would like to speak with someone within your Public Safety Department please feel free to call someone you know working in the Fairfax 2105 office or you may call one of the agency people listed below to answer any questions you may have:

Jerome Williams (FRD) 561-436-7144

Bruce Blechl (FFX PD) 571-722-6550

Richard Merrell (FRD) 703-232-2785

Tony Shobe (FFX SO) 703-324-2485

When can I register to become a volunteer?

You may call the Fairfax 2015 office or visit the website anytime now and until the games to register to volunteer to assist. Please understand that the sooner you call the better as some positions will fill up fast. The Fairfax 2015 office is located in room 251 at the Government Center.

What are the rules that govern use of the WPFG logo?

All logos, (and any part of them) accessible on the site (“Materials”) are protected by copyright, trademarks and other intellectual property rights and are the proprietary materials of Fairfax 2015 and/or our licensors. (Fairfax2015, 2014). As we move forward toward the Fairfax 2015 games we understand

that the members of our three public safety agencies will want to use the logo when producing station/unit shirts, hats, other materials; however we ask that you contact the WPFPG Fairfax 2015 office prior to doing so. In NO WAY, can any logo or information be altered.

Where are the sports venues for the Games?

All sport venues are listed under the "Sports" tab on the Fairfax 2015 website. www.fairfax2015.com. Once on the website, simply register your account and proceed to the sports tab to check out the venues. Most venues listed have aerial photos, live video and a detailed description of the sport venue. You will find that most venues are professional grade venues for the sport they host.

As a competitor, what can I expect in terms of competition?

As a competitor you can expect the very finest athletes from over 70 countries to compete in the Fairfax 2015 games. Many of the athletes compete year round in their respective sport and have trained professionally for years to compete.

What are the opening and closing ceremonies?

- The WPFPG Fairfax 2015 opening ceremonies will be held at RFK stadium on June 26, 2015. It will be a professionally choreographed, first class show in a historic stadium.
- Opening ceremonies serves many purposes. For the athletes, it is an opportunity to be officially welcomed by the host and be afforded a chance to socialize with other athletes at the WPFPG Fairfax 2015. For the host, it is an opportunity to showcase the WPFPG for its sponsors, government agencies and business community, volunteer staff supporting the games and the citizens in the area.
- Closing ceremonies will be held at the Wolf Trap amphitheater on July 5, 2015 and again, is a vital part of the WPFPG. At the closing ceremonies we will celebrate our successful games and assist the next host (Montreal 2017) in building excitement for their event. Passing of the WPFPG flag will take place at this event where Fairfax will lower the flag and literally hand the flag over to Montreal's dignitaries for use at the 2017 games. The event will conclude with extinguishment of the WPFPG flame.

What and where is Athletes Village?

- Athletes Village for the Fairfax 2015 games will be at Reston Town Center with the Reston Hyatt as the host hotel. The Reston Hyatt will serve as headquarters for the Fairfax 2015 games where athletes register and gather.
- The Athletes Village serves as a focal point for the Fairfax 2015 games. This is where athletes can come and spend off play time socializing and meeting competitors with like interests from every country involved. The Reston Town Center will have an active nightlife with more than adequate shops and restaurants to choose from.

Will there be transportation available to transport athletes to and from sports venues?

A comprehensive transportation plan has been in development for over a year. There will be transportation to and from sporting events as well as to the Metro Silver Line station where athletes and guests can access the metro to travel and sightsee. The plan will continue to be developed and will include the ability to access the metro system, but also have options for private accommodations such as deals on car rentals for those wishing to manage their own transportation.

Where can I find what sporting events are available for me to participate in?

All 61 sporting events are listed on the Fairfax 2015 website www.fairfax2015.com. once you go to the website, simply register your account and join your sport. You will find all information available, including the individual sport rules, sport coordinators, an open chat room where you can meet others interested in that sport and exchange information to better assist you.

Is there a forum for me to chat with other athletes about the World Police & Fire Games?

Yes, on the Fairfax 2015 website www.fairfax2015.com. Once you go to the website, simply register your account and join any sport(s) interested in for specifics about that sport. You will find all information available including the individual sport rules, sport coordinators, an open "chat room" where you can meet others interested in that sport and exchange information to better assist you. You may surf the website in the community room to have a general chat session with others interested in the Fairfax 2015 games.

The Critical Importance of Effective Incident Size-Up, Initial Incident Action Planning, and Efficient Incident Communications (PART I)

By Deputy Chief Charles W. Ryan
Special Operations Division

This is Part I of a two-part article created for the purpose of enhancing the first-arriving company officer's situational awareness at multi-company response incidents. Part II of the article will appear in the next issue of *Front Lines*. In this first segment, we review the topics of scene size-up and initial incident action planning. Part II of the series will discuss effective incident communications.

The decisions made and actions undertaken by first-arriving companies in the first few minutes of a significant, multi-company response incident can easily dictate how the next several hours may unfold. The initial arriving company officer's decision making sets the tone for the initial phases of the response and sets in motion a series of actions (or inactions) that will have an impact on the mitigation efforts that are undertaken by his or her crew, later arriving companies, and ultimately the command or chief officer(s) who respond to the event. These initial decisions will always be based on a wide variety of factors, but of critical importance will be the company officer's ability to effectively size up the incident, to apply an appropriate decision making methodology, and to efficiently communicate the size up and initial action plan to incoming companies and chief officers. Compounding the complication for the company officer is the time factor...."the first five minutes." The three elementary steps mentioned above must be conducted rapidly and there is little room for error.

This two-part article will address each component (size up, decision making and incident action planning, and communications) and hopefully give the reader greater appreciation for a skill they may have been using for 20 plus years and not realized it or offer the reader who is an aspiring or newly-promoted company officer a better understanding of what is necessary, from the fireground perspective, to set the right stage for the best achievable incident outcome..

Size-Up

Scene size-up is the cornerstone of fire department operations at any incident. A great deal has been writ-

ten over the years about what specific elements the firefighter or company officer should consider when sizing up a scene. Many have catchy acronyms, some do not. I have seen a variety of "suggestions for size up," some having as few as four or five elements, but even when narrowed down to four or five, those suggested size up considerations still encompass what has become known as the "traditional" thirteen points of size up. No matter how diligently we endeavor to streamline the information processing component of being a fire officer, the basics must always be considered. Whether you prefer to use the common acronyms WALLACE WAS HOT or COAL WAS WEALTH is irrelevant. What is mandatory, however, is that you take the 13 elements into consideration when formulating your initial incident action plan.

For purposes of this article we'll go with COAL WAS WEALTH: Construction, Occupancy, Apparatus (and staffing), Life hazard, Water supply, Auxiliary appliances, Street conditions, Weather, Exposures, Area (including height), Location of fire within the structure, Time, and Hazards/Hazardous materials. Every one of these elements should be considered during initial scene size up. The key to successful size up comes through practice and experience. A seasoned veteran should be able to quickly process these items based on a quick sensory scan of the scene upon arrival. A newer officer will need slightly more time to process these elements and may even miss some cues. However, with practice and experience, the processing time will gradually decrease. Articles, chapters of books, and entire books have been written on the subject of size up. The professional fire officer (irrespective of whether you are a career or volunteer firefighter) will take the time to become a student of the job and will absorb as much of the detailed information that is available to further learn about each element of size up and how it is relevant to fireground decision making. This article will not delve into each of the elements, but is intended simply to identify them for the reader and hopefully encourage the reader

to delve deeper into the topic.

It must be remembered that there is not a lot of time, usually, to process this information, decide on a plan of action, communicate that plan, and initiate action. While it is very true that in 99.9% of cases, putting the fire out makes everything better fairly quickly, the days of simply charging-in to “put the wet stuff on the red stuff” are gone. Building construction techniques, manufacturing elements for interior furnishings and exterior decorative features, and the changing world in which we live have all combined to move the line from what was once considered “aggressive” to what is now considered “reckless.” Taking time, however briefly, to consider your 13 elements of size-up will keep you on the sunny side of the “reckless” line. It is your obligation as a fire officer to make informed decisions anytime you are preparing to commit firefighters for whom you are responsible into harm’s way. They are counting on you to get it right, and silently behind them are spouses, parents, children, loved ones, and friends similarly counting on your decision making abilities and leadership.



On the other hand, *classical decision making* is a more time-consuming and mentally laborious “if-then” process, and is automatically reverted to when the observer has either not previously encountered the situation being observed, or the observer cannot closely parallel what is being observed to a past similar experience. This unconsciously causes the thinker to slow down and try to obtain more information to help align current observation with past experience or knowledge.

A question often posed is, “which decision making process is better?” There is no clear answer. It depends on a variety of factors, with the most critical being the experience of the person making the decision.

If the decision maker has not previously encountered the same or similar situation, or their training or education has not exposed them to a similar situation, they have no prior memory to tap into. Another factor is the availability of time in which to make decisions. The greater the amount of time that one has to make a decision, the more appropriate it is to take advantage of the time to really think through the process to arrive at a sound initial plan.

Initial Incident Action Planning

Once the officer has completed the scene size up, an initial incident action plan must be formulated. Two very basic types of organic decision making processes have been identified through years of research and study: naturalistic decision making and classical decision making. *Naturalistic decision making* has been formerly referred to as “recognition primed decision making” or “RPDM.” Those of us with more gray hair than dark hair recall the analogy of RPDM to “slides in the slide tray.” Younger folks may better appreciate the analogy of “files stored on ‘the cloud’.” Simply stated, naturalistic decision making relies on the individual’s past experience with the same or similar circumstances to make valid decisions based on the observations being made. If the officer has “been there, done that,” the decision making process is completed quickly, almost effortlessly, and initial action planning flows smoothly.

To illustrate the “which is better” question, consider the following scenarios. The fire officer in the first scenario works at one of the busiest engine companies in the city. He has over 20 years of experience, 10 of which have been as a company officer. He has been to many fires in single family dwellings as well as multiple family dwellings. His response district has a wide variety of occupancies, but it is generally densely populated with many three and four-story apartment buildings that are mainly 30 plus years old. His engine company responds to a reported fire in an second floor apartment of a four-story building in a complex that he has been to many times for working fires, and on arrival the report is confirmed by visible flames and smoke showing from two windows on the second floor. Absent something completely unexpected oc-

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curing, this is a “been there, done that” event for the officer. He will be able to quickly size up the incident (indeed, many of the 13 elements will be “automatic” in his size up), draw on his years of past experience with similar fires, and quickly decide on and initiate a plan of action.

The second scenario involves an officer with eight years of experience, only two of which have been in a supervisory role. Her prior assignments have been in suburban districts comprised of neighborhoods of detached single family homes, strip shopping centers, and state highways. On the date in question, she is working overtime in one of the department’s stations located in a commercial/industrial zone. Her engine company is dispatched for a reported auto accident at an at-grade rail crossing, and as they approach the scene, she observes a stake-body truck that has clearly been struck by a freight train. The damage to the cab of the truck, which is overturned and lying at the foot of the rail bed approximately 100 feet from the grade crossing, is extensive. While the train has not left the tracks, it is apparent that one of the tank cars in the consist close to the overturned truck is leaking some form of liquid product that is quickly vaporizing. The only immediate potential life hazard is to the truck driver, who is pinned in the wreckage. There are no occupied exposures nearby, and the train’s engineer is running toward the fire engine as they arrive on the scene.

The second example illustrates the perfect scenario for classical decision making. The officer does not have any experience in the setting described. She is in unfamiliar territory with a crew she just met a few hours before, and the incident setting is not one commonly encountered not only by the officer, but by the department in general. It is highly unlikely that apart from academic or coffee table discussion, the scenario or one similar to it has been encountered by this fire officer. Although her brain will initially attempt to



utilize naturalistic methods to help make sense of the problem, she must mentally slow down and digest the scene bit by bit, gathering as much evidence as possible, before initiating action. This is certainly an instance where “rushing in” could prove fatal to firefighters.

Once the decision making process is selected (often unconsciously), then the observer can begin to plan a course of action. In some cases, the proper course may be to do nothing at all. Only the varied aspects of an incident will be able to dictate that. However, the fire officer must remember the basic incident strategies when formulating the initial action plan: rescues, exposures, confinement, extinguishment, and overhaul (RECEO). These strategies must be considered while being mindful of the overarching incident priorities: life safety, incident stabilization, and property conservation. Every decision made must address the inci-

dent priorities through the applied incident strategies. If not, there is no point to the action.

The fire officer, whether utilizing naturalistic or classical decision making methods, should be steadily focused on initiating actions that will provide the greatest likelihood for a successful outcome. A constant risk-benefit analysis must be implemented.

Remember; risk a lot to save a lot. Risk little to save little. Risk nothing on what is already lost.

Operational excellence and flawless execution of the basics of scene size up and initial incident action planning are what best protect the interests of the citizens we serve along with facilitating, to the best extent professionally possible, our obligation and sworn oath as officers to take care of our fellow firefighters. Practice size up on every call you run and take full advantage of training opportunities, classroom, simulation-based, and under “live” conditions. It will make you a better officer. Thinking about what you think about will only improve your game.

Part II of this series will appear in the next issue of *Front Lines*. ❖

From the New Director of Strength and Conditioning

By Carl H. Sheppard "Shep" MS CSCS PES
Director, Strength and Conditioning
Wellfit Center



So you're probably thinking here's another "Let me tell you all about me" article from someone. Well, I hope that's not how this comes across. Nevertheless, I am still new to your organization (and to

most of you) so I wanted to take a few moments of your time to introduce myself to a broader audience, and convey a few ideas regarding my goals and visions for the Tactical Strength and Conditioning (TSAC) mission here at Fairfax County Fire and Rescue Department (FCFRD). So, my opening statement notwithstanding . . . let me tell you all about me.

I hold a Bachelor's Degree in Exercise Science/ Kinesiology, a Master's Degree in Exercise Science with a focus on Performance Enhancement and Injury Prevention, and am also Masters Prepared in Medical Science, having attended P.A. School at East Carolina University. I spent 9 years in the U.S. Army as a Combat Medic and Physical Therapy Specialist. I was selected to be a permanent part of the Sports Medicine Team for Armed Forces Sports and The U.S. Army's World Class Athlete Program, where I spent the remainder of my Army career. Upon leaving the military, I practiced in a Sports Medicine Clinic in Colorado, and then a Hospital-based Health/Wellness facility in North Carolina, where I trained everyone from spinal-cord patients to Special Forces operators from Ft. Bragg.

My focus is biomechanics and kinesiology and this is reflected in my TSAC programming. I pay close attention to force-length relationships, power production, stabilization systems, force vectors, planes of motion, energy systems, and kinematics (efficient position of limbs and appa-

ratus). This "engineer's approach" also leads me to ask "why" in response to almost every idea, suggestion, or notion which is presented to me. It's a good question to ask and an even better one to be able to answer. I encourage every athlete and patient in my care to ask that question of me. It keeps me thinking, keeps my programming effective and evidence-based, and tends to root out much of the fad-addled, superstitious riff-raff that still permeates the fitness universe. It can be a confusing time for the athlete/fitness enthusiast, but the upside is that there are now more "tools" in the coaching toolbox than at any time in recent memory. None are absolutely wrong, and none are universally correct. This provides many ways for athletes to realize their performance goals; different approaches, philosophies, modalities, and systems. And that's what I consider you all to be - athletes.

The physiologic and psychological demands of a firefighter on the fire ground, in many ways, rival those of the just about any world-class athlete. My intention therefore, is to treat you all like world-class, tactical athletes. We have many things in the works that we will be rolling out to you as the year progresses, including: station visits with Tactical Performance Training events; an expanded Work-Performance workshop format for the summer; and a Facebook page, dedicated to our facility, on which we will be publishing all Tactical Exercise Science information, training videos, and collaborations from our Peer-Fitness Trainers and others.

I've admired and respected fire and rescue personnel from afar for some time and to have been given the opportunity to play a role in this massive machine is a privilege. I read and heard many great things about your department before I started here and though I've only been here a few months, I have no doubts about their

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Not Every Challenge is a Test

By Technician Philip Brown
Fire and Rescue Station 22, Springfield

Some Examples to Consider:

S Example one: A fire company is training at a local building that is soon to be demolished. One of the exercises involves making cuts in a metal structure over their heads from a ladder. This requires a number of movements and body positions that are not common or comfortable to most of us. The saw is difficult to maneuver and control, especially overhead. It is hard to maintain balance and an advantageous body position when working from a ladder. One crew member in particular becomes increasingly frustrated with the difficulty in performing this task. As they become more discouraged, they seemingly shut down for the rest of the training, not benefitting much from the opportunity.

Example two: A fire crew led by a senior and respected fire officer is dispatched for a fire in their first due. Upon arrival, they find smoke showing from the rear of the home, but no heavy body of fire or any signs of impending deterioration of conditions. The engine stretches the attack line and aggressively advances upon the seat of the fire. While inside, a flashover, or rapid fire event, or whatever you feel like calling it today, occurs within the compartment the engine crew is occupying. The crew exits the structure with assistance, their gear showing signs of obvious exposure to extreme heat. Members of the crew are transported to the hospital for evaluation, sustaining only minor injuries from an event that could have produced much worse. Shortly after being medically cleared and released from the hospital, the company officer seeks out another officer who was on scene when the event occurred. He wants to know what he missed that led up to the event, and what he could have done differently to prevent putting his crew in that position.

These two examples start off very similar. Both individuals have a good base of experience that prepares them for the activity they are carrying



out. Both are competent and respected members of their crew. Both are faced with a challenge that pushes them to, or even beyond their current body of knowledge and skill. The difference is that one of these individuals benefitted from the challenge they faced, and the other did not. The difference is in their reaction. Can you identify with one of these examples? The information that follows will help explain why people react differently to challenges like these, and how you can benefit the most from challenges you face.

It's All in Your Head

These examples exhibit two prevalent mindsets that psychologist Carol Dweck suggests you can classify every individual with. The firefighter in the first example exhibits what is called the "fixed mindset." People with this mindset have the underlying belief that a person's attributes are ingrained in them, that they are static, and they are permanent. They believe that some people are born smarter than others, some are stronger, some are better leaders, some are better at learning new things. But despite the differences in people, they have one thing in common: you are what you are.

Those that display this thinking might not even be aware that they feel this way, but their environment and upbringing have made this impres-

sion on their subconscious. And if we believe attributes are permanent, this mindset urges us to look like they are the best, even if that means hiding our flaws. When faced with a challenge that causes our flaws to come to the surface, fixed mindset individuals feel as though they have been exposed, and judged to be lacking in some measure. Every challenge is a test. Every adversity, no matter how large or small, proves either how great you are, or what a failure you are. Other people's success may make you feel like you have to prove yourself to be better than them. And when pushed beyond your limits, you have failed. And when you fail, there has to be a reason, there has to be someone or something to blame besides yourself, because there is no way you can admit that you are anything less than perfect.

The individual in the second scenario displays what is known as the "growth mindset." People with this mindset think that attributes are acquired, not inherent. They believe you can get smarter, you can get stronger, you can become a better leader, you can learn new things. It just takes a lot of work. For those with this growth mindset, they are aware of their flaws, but instead of shrinking back from situations that might expose them, they push themselves to face them, and get better. They ask for help from others. They appreciate being shown a new way to do things. When they make a mistake, they keep their head held high and try again until they succeed. They put in the time and effort with the finished result of their work in mind, not the overwhelming fear of making a mistake at every moment.

Case studies show that, although there are people who are successful with the fixed mindset, you have a far better chance of overcoming adversity with a growth mindset. An example of a fixed mindset person who achieved success is that of tennis legend John McEnroe. Although he was a very skilled tennis player, I call him a legend not because of what he accomplished in the game, but because of the legendary rage which was ever present with him. In tennis you have no teammates to cover your flaws, so when he failed, he lost control. He screamed at the ref-

erees, he broke his rackets, he blamed the wind, or he complained there wasn't enough wind. Whenever he failed, it was never his fault. Eventually, he admitted that as his career declined, he stopped practicing, stopped training. He didn't want to face his weaknesses, so he just stopped.

Clearly our mindset affects us, both in everyday life, and on the job. Perhaps the part of the job where a person's mindset becomes the most evident and where it can have the largest impact is in training. Training is designed to challenge us, to help us grow. However, with a fixed mindset it is easy to misinterpret those challenges as tests, and therefore try to hide our flaws. Those with the growth mindset see these same challenges as something totally different; an opportunity to get better.

Grow Your Mind(set)

There is good news if, like me, you recognize the fixed mindset in yourself. These mindsets are not permanent. If you have a fixed mindset, you can recognize it, and work to overcome it. It isn't easy, and it isn't natural, but recognizing fixed thinking is most of the battle.

If we have a tendency to exhibit a fixed mindset, we can take active steps to overcome it. When you are struggling with something and that feeling comes up in the back of your mind that everyone is watching, and judging, and thinking how stupid you must be, take a deep breath, realize that this challenge is not a test. It is an opportunity. An opportunity to grow. Ask for help. When help is offered, accept it. Don't shut it down or try to shift the blame from yourself. Don't listen to that voice in your head telling you that you should be better than this, and you need to hide from your shortcomings. Instead, face your flaws head on. If you were driving to work and got a flat tire, upon realizing you didn't have a jack, you wouldn't keep driving to the station, and then when others noticed, try to convince everyone that your jack got out of the trunk and ran away, so you couldn't change the tire. You would stop, ask someone for help, and keep going. So ask for help, accept it, and keep growing.

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In the realm that we inhabit called the fire service, when your flaws are displayed, they become fair game for everyone to highlight at your demise. This jesting with and at each other's expense is not in itself wrong. When done without hurtful intent, it engenders camaraderie, an informal atmosphere in the firehouse, and entertainment to break up the long shifts. However, for those with a fixed mindset, this playful joking can be the enemy of effective training. It can cause them to shut down, and lose all the value of the training. Over time, it can make them want to avoid training all together.

Recognize the effect that this type of behavior may have on you. Instead of letting it discourage you, try to replace the negative feeling of being flawed with positive actions. For instance, if you are having trouble forcing a door and you notice some of your brothers and sisters making little comments and laughing, instead of letting it shut you down, think "well since they are paying attention and see my flaws, maybe they can see a way I can overcome them." Be proactive. Ask them for help. Have them show you how they do it. This gives both of you an opportunity to grow.

On the opposite side of the coin, if you are an instructor, or are participating in training and someone else is struggling with a task, don't ruin their day for them. Instead of deeming them deficient, making snide remarks, or pushing them further by applying more and more pressure, encourage them and look for a way to help them. When we point out others flaws, especially ones that they are already painfully aware of, we could ruin that entire training for them. They may shut down, and now instead of using the opportunity to get better, they just feel embarrassed and miss out on an opportunity to gain a skill that may one day save their life, or maybe even yours.



"Well they should grow some thicker skin and stop being so sensitive." Remember that these mindsets are often subconscious. They don't even realize they are shutting down, it just happens. So instead of jumping on them, help them to overcome the challenge they are struggling with, and then once they are successful and feeling confident, feel free to let the good natured chastisements commence.

Often when we are in the fixed mindset, we put others down, or make comments about others to make ourselves feel better. I have been guilty of this myself, thinking "if everyone sees how many mistakes so-and-so is making, they won't look for or find my flaws." Some may feel that if they know more than the rest of the people on

their crew, they are more valuable, so they may hold back from sharing their entire knowledge bank as a way of increasing their own value. We should realize though that our value comes, not from what we know, or what we can do compared to others, but from how much we are able to learn and grow. So instead of hoarding all our knowledge, or highlight-

ing the faults of others, learn from their mistakes with them. Share what you know with everyone, and try to learn everything they know in return. By doing this, not only do we increase our own value, we increase the value of everyone around us simultaneously.

No doubt, we all want to be the best version of ourselves. By the mindset that is rooted deep in our subconscious, we may be able to identify ways that we can improve to reach our potential. Or we may recognize behaviors that are sabotaging others from reaching their full potential. To truly master our craft, we cannot afford to let opportunities to grow pass by. Not every challenge is a test. If it is not a test, then you can't fail. The only way to fail, is failing to learn. ❖

Know Your Vitamin D Numbers and Levels: Are Firefighters at Risk for Insufficiency or Deficiency?

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

In the last quarter of 2014, I conducted a small study, the Fire Fit Pilot, with 12 Fairfax County firefighters. A full description of the pilot will be in an upcoming issue of Front Lines, but I wanted to share an important outcome of the study. Eight out of twelve of our fire fighters had vitamin D levels less than 30 ng/mL. This is considered insufficient by some vitamin D experts and deficient by others. During the course of the study, vitamin D levels went down for all but 2 participants (who had a slight increase). The low initial vitamin D levels were similar to a finding in a study published in the American Chiropractor in February 2012 involving twenty firefighters in Denver, Colorado. Fifteen (75%) of those fire fighters were deficient in vitamin D at the beginning of the study. The good news was, they were given 4000 IU of vitamin D3 each day for eight weeks and then their vitamin D levels were retested. At that point, only 25% were deficient as a result of the daily supplementation.

Roles in the Body

Though called a vitamin, vitamin D is actually a hormone. A hormone is a compound manufactured by one part of the body that causes another part to respond. Vitamin D's special role in bone growth is to maintain blood concentrations of calcium and phosphorous. The bones grow denser and stronger as they absorb and deposit these minerals. Vitamin D raises blood concentrations of these minerals in three ways. It enhances their absorption from the GI tract, their reabsorption by the kidneys, and their mobilization from the bones into the blood. Blood calcium levels influence heart function, so the body has mechanisms

in place to keep the calcium levels in the blood in a normal range—even at the expense of taking calcium out of the bones and into the blood supply.

In addition to bone density, vitamin D has additional far-reaching impacts on our health: it affects muscle strength and balance, gum health, immune function, and mood among other things. Many studies have indicated that supplementing with vitamin D in those who have insufficient or deficient levels of vitamin D can slow the progression from prediabetes to type 2 diabetes. It appears that vitamin D can improve insulin sensitivity and decrease inflammation.

Vitamin D Deficiency

Factors that contribute to vitamin D deficiency include dark skin, breastfeeding without supplementation, lack of sunlight, obesity (vitamin D is stored in body fat) and use of nonfortified milk and milk "beverages." In vitamin D deficiency, production of the protein that binds calcium in the intestinal tract slows. So, even when calcium in the diet is adequate, it passes through the GI tract unabsorbed, leaving the bones undersupplied. Vitamin D deficiency can cause a calcium deficiency.

Recommended Amounts

The Institute of Medicine publishes recommended daily allowance (RDA), which is an estimate of the amount of vitamin D that meets the needs of most people in the U.S. population. The current RDA was set in 2010.

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Table 1: RDA for Vitamin D

Age/Category	Daily Amount (IU)
1-70 years	600
71+ years	800
Pregnant and lactating women	600
Infants 0-12 months	400

Source: Institute of Medicine 2010 Recommended Daily Allowance (meets the needs of most people in the population—some people will need more vitamin D)

Sources of Vitamin D

Vitamin D can be found in small amounts in a few foods, including fatty fish such as salmon, swordfish, sardines and tuna. To make vitamin D more available, it is added to some dairy products, juices, and cereals that are then said to be “fortified with vitamin D.” But most vitamin D – 80% to 90% of what the body gets – is obtained through exposure to sunlight.

Table 2: Selected Food Sources of Vitamin D

Food	IUs per serving*
Swordfish, cooked, 3 ounces	566
Salmon (sockeye), cooked, 3 ounces	447
Tuna fish, canned in water, drained, 3 ounces	154
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	115-124
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV)	80
Margarine, fortified, 1 tablespoon	60
Sardines, canned in oil, drained, 2 sardines	46
Liver, beef, cooked, 3 ounces	42
Egg, 1 large (vitamin D is found in yolk)	41
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40
Cheese, Swiss, 1 ounce	6

* IUs = International Units.

Sunlight

Most of the world’s population relies on natural exposure to sunlight to maintain adequate vitamin D levels. There is no risk of vitamin D toxicity from sun exposure—just an increased risk for skin cancer. Even Southern California lifeguards are safe from vitamin D toxicity from the sun!

Sunscreens help reduce risk of prolonged exposure to sunlight, using those with a sun protection factor (SPF) of 8 and higher also prevents vitamin D synthesis. For most people, exposing hands, face, and arms on a clear summer day for 10-15 minutes a few times a week (and then applying sunscreen) would be sufficient to maintain vitamin D levels in the body.

Despite the importance of the sun for vitamin D synthesis, it is prudent to limit exposure of skin to sunlight and UV radiation from tanning beds.

The pigments of dark skin provide some protection from the sun’s damage, but they also reduce vitamin D synthesis. Dark-skinned people require longer sunlight exposure than light-skinned people: heavily pigmented skin achieves the same amount of vitamin D synthesis in three hours as fair skin in 30 minutes. Latitude, season, and smog may account for the finding that African American people, especially those in northern, smoggy cities, are most likely to develop rickets.

Can vitamin D be harmful?

Yes, when amounts in the blood become too high. Signs of toxicity include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. And by raising blood levels of calcium, too much vitamin D can cause confusion, disorientation, and problems with heart rhythm. Excess vitamin D can also damage the kidneys.

Interactions with vitamin D to be aware of.

Like most dietary supplements, vitamin D may interact or interfere with other medicines or supplements you might be taking. Here are several examples:

- Prednisone and other corticosteroid medicines to reduce inflammation impair how the body handles vitamin D, which leads to

lower calcium absorption and loss of bone over time.

- Both the weight-loss drug orlistat (brand names Xenical® and Alli®) and the cholesterol-lowering drug cholestyramine (brand names Questran®, LoCholest®, and Prevalite®) can reduce the absorption of vitamin D and other fat-soluble vitamins (A, E, and K).

What to Do?

Know your numbers. Ask your primary care physician to test your vitamin D level. If it is less than 30, discuss supplementation with your doctor or with a registered dietitian nutritionist. Some physicians will prescribe a dose of 50,000 IU of vitamin D once a week for 8-12 weeks. Others will recommend 5,000 IU a day for the same time frame. This amount is available over the counter in very small softgels. It is important to have the vitamin D level retested and some people will need to repeat the vitamin D supplementation for another 8-12 weeks. Please keep in mind that vitamin D is better absorbed when taken with a meal that contains some fat. The

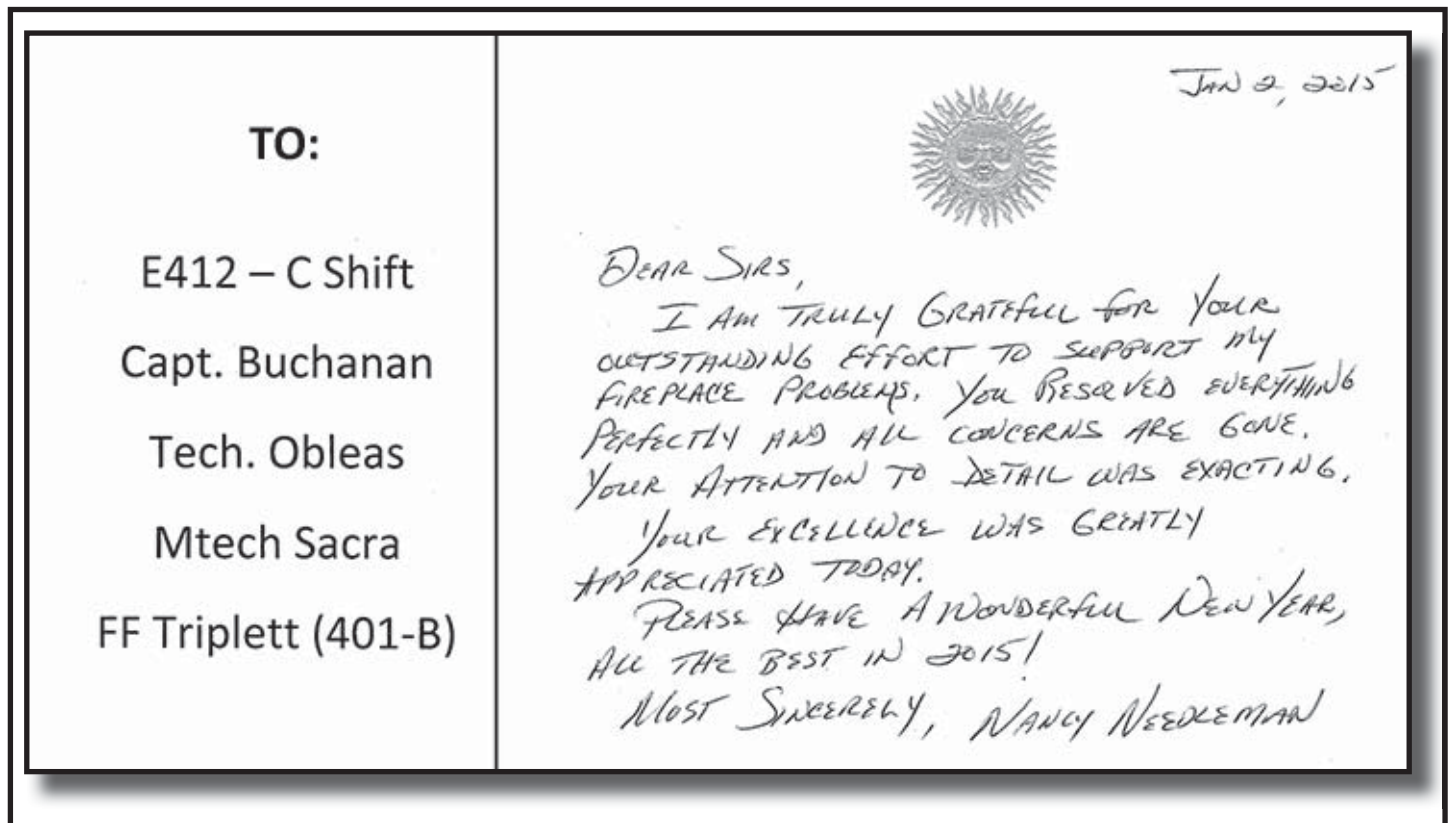
best type of fat to promote this enhanced absorption is mono unsaturated fat (some sources include avocados, olive oil, and canola oil). After vitamin D levels have been improved, a daily supplement of 1000-2000 IU may be enough to maintain normal levels.

Final Thoughts

Vitamin D plays such an important role in our health, so it is critical we pay attention to our levels and if lab results are less than 30 ng/mL, then supplementation is most likely indicated. There are food sources of vitamin D, but to correct a deficiency or an insufficiency, supplementation with vitamin D3 is usually indicated. Talk this over with your doctor or a registered dietitian nutritionist (RDN) as Vitamin D toxicity can occur from overuse of supplements. ❖

For More Information:

- www.vitamindcouncil.org
- www.WebMD.org
- <http://ods.od.nih.gov/factsheets/VitaminD>



Hot Shots



Firefighters responded to an Alexandria area townhouse fire, at 3375 Beechcliff Drive, January 8, 2015. It took firefighters approximately 45 minutes to bring the fire under control. Seven occupants were displaced from the three damaged townhomes. One civilian and one firefighter were transported to the hospital. Damage for all three townhomes is estimated at \$460,000. The fire is under investigation.



A nest on top of a chimney catches fire and causes \$120,000 in damages to a two-story house at 13500 Virginia Willow Drive, in the Chantilly area, December 13, 2014, at approximately 7:10 a.m. All the occupants escaped unharmed. (Photos by Captain I Randy Bittinger)



"The Fairfax Way, Moving Forward."



Firefighters responded to 3010 Rose Creek Court, Oakton, for a fully involved house fire, January 6, 2014. Six occupants were displaced, however, there were no injuries as a smoke alarm provided early warning to the fire. (Photos by Debi Gerald, NOVA Fire Buffs)



Firefighters fight a fully involved house fire in the McLean area of Fairfax County, December 27, 2014. The two-story home, located at 6703 Lupine Lane, was a total loss. The cause of the fire is under investigation. (Photos are top right and bottom right and left.)

2014 FXCFRD Annual Toy Drive



(All photos on this page by Elliott Rubino)



Thanks to all of Santa's Helpers!

"The Fairfax Way, Moving Forward."



Firefighter Jordan Legan, Fire and Rescue Station 10, Bailey's Crossroads, participates in a live fire training burn, January 9, 2015, at Crestview Lane, in the Merrifield area. The Training Academy coordinated the event with participation from Fire and Rescue Station 30, Merrifield, and 22, Springfield. (Photo by Brian Mensing)

Firefighters from Fire and Rescue Station 22, Springfield, and 30, Merrifield, conduct training at a live fire burn, at Crestview Lane, in the Merrifield area, January 9, 2015. (Photos by Brian Mensing)



Firefighters reaching out to the "Greatest Generation".....Master Technician Mark Thompson, Fire and Rescue Station 28, Seven Corners, and Battalion Chief Daniel Shaw, visit with a 93-year old WWII veteran after cleaning his yard as part of the Decorate-A-Vet program, December 12, 2014.



Newly approved ISO decal that will be affixed to apparatus.

Urban Search and Rescue (US&R) New Tablet App is Internationally Recognized, Used

Volunteer Chief John Morrison,
Vienna Volunteer Fire Department

Early last year, Urban Search and Rescue (US&R) Program Manager Battalion Chief Chris Schaff approached Volunteer Chiefs John Morrison (402-V) and Blake Payne (422-V) about a potential opportunity to incorporate technology into a paper-based process. VC Morrison and VC Payne both serve on the US&R team in the planning section.

After the Haiti earthquake in 2010, the International Search and Rescue Advisory Group (INSARAG), mandated that all classified teams utilize three forms when conducting search and rescue operations at disasters. The forms are:

- **Worksite Triage Form:** Used to classify the level and rating of structural collapse within a building, so that buildings within an area can be objectively ranked.
- **Worksite Report Form:** Used to report what is occurring during each operational period for a particular work site.
- **Victim Extrication Form:** Used as a patient care record to document injuries and treatment.

In using these paper-based forms during US&R drills, it quickly became apparent that a better method was needed for recording and consolidating the data that was obtained during the drills. VC Morrison and VC Payne researched several options including off the shelf technology, hardened laptops, Microsoft, Apple and Android tablets. Not finding anything that would meet the unique requirements, they decided to develop their own Android app. They also utilized the software development knowledge of VFF Kevin Long (401-V) who develops mobile apps for Android and iOS for his full-time job.

Within three weeks of starting development, they had a working prototype for beta testing in

the March 2014 US&R Drill held at the Guardian Center in Perry, GA. Samsung Galaxy Note 10.1 2014 edition tablets were purchased along with ruggedized protective cases. The app was designed with several core principles: a straightforward user experience to minimize the training needed, primary operation in a data-disconnected environment (i.e.: no cell or Wi-Fi connections available) as is the case in major disasters, access to reference information for building markings and building triage, as well as ease of data export for quick and accurate reporting.

This innovative app allows users to supplement the data collected on the three forms with photos and videos taken with the native camera. Additionally, data can be geotagged by using the device's GPS capabilities. During the exercise at the Guardian Center, when the tablet was returned to the Base of Operations, the planning manager was able to export all the data quickly. This was accomplished by automatically generating form-fillable PDFs for each record, aggregating the data from all the records into an Excel spreadsheet for consolidation, and automatically categorizing the photos and videos into directories based on the record they were attached to.

The app's use during the US&R drill resulted in an incredible time savings, which was noted by evaluators and team members.

Seeing the potential benefit to the INSARAG community, VC Morrison was asked by United States Agency for International Development (USAID) to present the app as a best practice to the

INSARAG Team Leaders Meeting in Doha, Qatar in September 2014. After receiving a tremendous amount of interest from this meeting, the app has been made available for free to INSARAG community members. US&R teams from across the



Crosspointe Area CERT Team Formed at Fire Station 41

By Jim McPheeters,
CERT Class 79

Over the past decade, Fairfax County has trained upwards of 2,000 residents in Community Emergency Response Team (CERT) skills and procedures. As part of the County's initiative to establish and sustain local teams of CERT graduates in our communities, Captain Palau hosted an inaugural meeting of CERT residents from the greater Crosspointe area in Fairfax Station. At this mid-January meet-

ing, attendees introduced themselves and shared ideas for applying their CERT training to the specific geography and potential vulnerabilities of their local community. Captain Palau shared his perspectives on how this local CERT team might contribute to the resiliency of local neighborhoods and help minimize the impact of disasters in our communities.

In less than two hours, the attendees decided to proceed with the formation and development of the Crosspointe CERT Team for the greater area. Next steps will include the recruiting of other CERT residents, informing local communities of the County's CERT program and the availability of free training, establishing sectors of responsibility and communication plans, and continued liaison with local fire stations. This team also envisions hosting tabletop exercises in the months to come. For the immediate future, this fledgling team has established a baseline network of CERT-trained neighbors.

As a side note, the Fairfax County Fire and Rescue Departments CERT program will host its 100th CERT class later this summer. ❖



Captain II Jay Palau, Fire and Rescue Station 41, Crosspointe, with members of our Crosspointe CERT Team, Andy Sakallaris (CERT 84) and Larry Rice (CERT 85).

world have begun using the app, making it the de facto standard for data collection and reporting during a disaster.

BC Schaff said, "The ability to participate as leaders in the INSARAG community is about looking at how VATF-1 can improve our service. This new technology we have provided to the INSARAG community will streamline reporting and ensure search and rescue activities are reported in near real-time. VATF-1 is extremely fortunate to have such dedicated members that go above and beyond to ensure we continue to be leaders in the US&R field."

This app and its worldwide adoption is another example of the incredible diversity of talent and innovation held within the ranks of the Fairfax County Fire & Rescue Department and how the things we do here in Fairfax can have great impact. ❖



Fairfax County's Technical Rescue Team deployed to Berryville, Virginia, December 7, 2014, to assist the John H. Enders Fire Company and Rescue Squad, in the recovery of an adult male who fell into an abandoned well. (Photo by Master Technician Kim Larson)



Captain II Mike Snapp, Fire and Rescue Station 15, Chantilly, presents Air Force Technical Sergeant Parris and Lt. Col. Webster with "Honoring Those Who Served" T-shirts in gratitude of them providing lunch to the on-duty shift during the holidays. The airmen are assigned to the Headquarters, USAF Technology Squadron, at the National Reconnaissance Office.

(Continued from Page 11)

accuracy. You have all welcomed me with open arms thus far and I feel especially grateful for the hospitality and inclusion into what I know is a tight-knit, inner circle. I come from one, and I know how precious that camaraderie is. I can't wait to see what we can do together.

I am available for consultations (solo or for a shift/station), and workshops; covering a wide range of topics: stretching and range-of-motion issues, TSAC Programming, competitive lifting, spinal and shoulder stability principles . . . and anything in between. These can be conducted here, in our classroom and training facility, or at your station. In short, we're here for you so please, let us know how we can contribute.

Stay safe, stay healthy, and stay strong. ❖

Carl H. Sheppard "Shep" MS ES
 Director, Strength and Conditioning
 Wellfit, Fairfax County
 Fire and Rescue
 703-263-7361
carl.sheppard@fairfaxcounty.gov

Top 10 Activity Report

January - December 2014

Ambulance		Engine Company		Rescue Squad	
Unit	Calls	Unit	Calls	Unit	Calls
A 422 E	541	E 409	3,183	R 421	1,626
A 417 E	326	E 410	3,078	R 426	1,626
A 402 E	213	E 411	3,064	R 411	1,450
A 414 E	210	E 422	2,768	R 418	1,288
A 421 E	199	E 408	2,753	R 401	1,194
A 413 E	192	E 429	2,682	R 414	1,006
A 405 E	145	E 430	2,629	R 419	910
A 438 E	84	E 413	2,508	R 439	874
A 410 E	73	E 405	2,489		
A 422	67	E 404	2,458		

Medic		Ladder Company		Battalion Chiefs & EMS Captains	
Unit	Calls	Unit	Calls	Unit	Calls
M 422	2,546	T/TL429	2,067	EMS 405	1,557
M 430	2,403	T/TL425	1,948	EMS 404	1,426
M 426	2,231	T/TL410	1,822	EMS 403	1,287
M 410	2,220	T/TL430	1,650	EMS 406	1,191
M 425	2,206	T/TL436	1,558	EMS 401	1,087
M 413	2,196	T/TL440	1,518	EMS 402	1,027
M 405	2,157	T/TL411	1,499	BC 404	883
M 410 B	2,155	T/TL408	1,417	EMS 407	854
M 421	2,129	T/TL422	1,416	BC 403	790
M 429	2,129	T/TL405	1,187	BC 402	626

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.

Birth Announcements

Lieutenant Dave Lauler and his wife, Dr. Julie McLean, welcomed their daughter, Olivia Grace Lauler, into the world January 28, 2015.



Large Loss Fire Investigations

Date: 11/3/2014 Box: 01-43 Address: 6609 Tucker Avenue Type: Residential Cause: Accidental Value: \$243,770 Loss: \$75,000 Status: Closed
Date: 11/4/2014 Box: 10-14 Address: 8256 Richmond Highway Type: Commercial Cause: Accidental Value: \$2,494,480 Loss: \$1,250,000 Status: Closed
Date: 11/10/2014 Box: 36-00 Address: 13842 Jefferson Park Drive Type: Residential Cause: Accidental Value: \$6,250,000 Loss: \$1,250,000 Status: Closed
Date: 12/2/2014 Box: 28-07 Address: 6067 Arlington Boulevard Type: Commercial Cause: Accidental Value: \$600,000 Loss: \$350,000 Status: Closed
Date: 12/10/2014 Box: 08-09 Address: 7611 Little River Turnpike Type: Vehicle/Commercial Cause: Accidental Value: \$21,000,000 Loss: \$62,000 Status: Closed
Date: 12/13/2014 Box: 15-08 Address: 13500 Virginia Willow Drive Type: Residential Cause: Accidental Value: \$312,100 Loss: \$120,000 Status: Closed
Date: 12/15/2014 Box: 05-27 Address: 7032 Barbara Road Type: Residential Cause: Accidental Value: \$207,000 Loss: \$207,000 Status: Closed
Date: 12/16/2014 Box: 00-14 Address: 5546 Falmead Road Type: Residential Cause: Accidental Value: \$360,000 Loss: \$150,000 Status: Closed
Date: 12/20/2014 Box: 01-08 Address: 7075 Idylwood Road Type: Residential Cause: Accidental Value: \$512,630 Loss: \$140,000 Status: Closed
Date: 12/27/2014 Box: 32-04 Address: 6123 Pond Lily Court Type: Residential Cause: Accidental Value: \$350,130 Loss: \$95,000 Status: Closed
Date: 12/27/2014 Box: 01-12 Address: 6703 Lupine Lane Type: Residential Cause: Undetermined Value: \$1,000,000 Loss: \$1,000,000 Status: Closed
Date: 12/27/2014 Box: 32-04 Address: 6123 Pond Lily Court Type: Residential Cause: Accidental Value: \$350,130 Loss: \$95,000 Status: Closed
Date: 1/3/2015 Box: 37-05 Address: 7407 Beulah Street Type: Residential Cause: Incendiary Value: \$339,640 Loss: \$55,000 Status: Closed
Date: 1/4/2015 Box: 26-94 Address: 4903 Zircon Drive Type: Residential Cause: Incendiary Value: \$2,757,900 Loss: \$520,500 Status: Closed
Date: 1/6/2015 Box: 34-01 Address: 3010 Rose Creek Court Type: Residential Cause: Accidental Value: \$516,410 Loss: \$516,410 Status: Closed
Date: 1/7/2015 Box: 05-92 Address: 3904 Elmwood Drive Type: Residential Cause: Accidental Value: \$225,195 Loss: \$75,000 Status: Closed
Date: 1/8/2015 Box: 26-08 Address: 5407 Kempsville Street Type: Residential Cause: Accidental Value: \$360,855 Loss: \$52,000 Status: Closed
Date: 1/8/2015 Box: 11-36 Address: 3375 Beechcliff Drive Type: Residential Cause: Accidental Value: \$400,000 Loss: \$400,000 Status: Closed
Date: 1/20/2015 Box: 19-00 Address: 7738 Gunston Plaza Type: Commercial Cause: Accidental Value: \$24,010,320 Loss: \$100,000 Status: Closed

Front Lines can be viewed at <http://www.fairfaxcounty.gov/fr>

"The Fairfax Way, Moving Forward."

FXCFRD Apparatus Coming in 2015

*By Lieutenant Aron Corwin
Apparatus*

Pierce Velocity Pumpers

- Fox Mill (FS 431)
- Oakton (FS 434)
- Annandale (FS 408)
- Academy (FS 407)
- Academy (FS 407B)

Pierce Velocity Heavy Rescue

- Jefferson (FS 418)
- Fair Oaks (FS 421)

Pierce Velocity 100' Aerial Tower

- Franconia (FS 405)
- Annandale (FS 408)

Pierce Velocity 100' Aerial Tiller

- Bailey's X-Roads (FS 410)
- Tysons Corner (FS 429)

Pierce Mack Tanker

- North Point (FS 439)
- Wolftrap (FS 442)

Pierce International Light/Air

- Frying Pan (FS 436)
- Kingstowne (FS 437)

Horton International Medics

- Penn Daw (FS 411)
- Reston (FS 425)
- Vienna (FS 402)



Master Technician Anthony Doran, Fire and Rescue Station 18, Jefferson, and crews from Fire and Rescue Station 14, Burke, rescued Dani, a year and a half old Black Lab, February 6, 2015, after falling through the icy waters of Burke Lake while out for a walk with her owner. Crews from Fire Station 14 were dispatched to the scene after the dog owner's unsuccessful rescue attempt. Fairfax County Animal Control officer also responded and provided assistance. (Photos by Officer Lugo, Fairfax County Police Department)

Crews from Fire Station 14 were dispatched to the scene after the dog owner's unsuccessful rescue attempt. Fairfax County Animal Control officer also responded and provided assistance.

"The Fairfax Way, Moving Forward."

Awards & Presentations

Career Achievement Award

Battalion Chief Thomas G. Arnold

Firefighter Antione R. Allen
 Firefighter Jorge F. Arias
 Firefighter Marlon J. Crockett
 Firefighter Richard G. Peterson
 Firefighter Mark S. Williams

Safe Driving Career Achievement Awards

20-Year Safe Driving

Master Technician William D. Brinton

15-Year Distinguished Safe Driving

Master Technician L. Anthony Cabrera

10-Year Safe Driving

Master Technician Michael E. Duffy
 Master Technician Dawn M. Kerns
 Master Technician Kimberly A. Larson
 Master Technician Jason M. Roberts
 Master Technician Jarrod A. Schmidt
 Master Technician Daniel M. Sova
 Master Technician Deborah G. Sparrer
 Master Technician Loi M. Thai
 Technician Dennis S. Camacho
 Technician Chistopher H. Kempton
 Technician Jerold R. Manuel
 Technician John R. Mudge
 Technician Iris O. Shaw
 Technician Anthony D. Shockley
 Technician Joseph M. Vogtembing

5-Year Safe Driving

Master Technician Michael D. Guck
 Master Technician Lawrence S. McGunnigle
 Master Technician Brian R. Steele
 Technician Shelita G. Allen
 Technician Louis G. Botha
 Technician Paul M. Corso
 Technician Antwaun L. Hawkins
 Technician Jonathan J. Kurzinger
 Technician Richard E. Lathrop
 Technician Ali R. Mirzai'i
 Technician Roxroy W. Reid
 Technician Thomas D. Wainwright
 Technician Rachel L. Wicker
 Master Technician Jonathan A. Wright
 Firefighter Bilal A. Ali
 Firefighter Namaste N. Bosse
 Firefighter Richard A. Cantarella
 Firefighter Arthur L. Claiborne, Jr.
 Firefighter Nathan R. Larkin
 Firefighter Man Y. Li
 Firefighter Angela T. Ocampo
 Firefighter James S. Pinkney II
 Firefighter Julie A. Ray



Members of Company 414 C-shift along with EMS402 and BC407 presented a Citizen Lifesaving Award to Lori Patton and Joseph Lanza. Ms. Patton and Mr. Lanza performed CPR to a victim who was in cardiac arrest on November 4, 2014. Because of their immediate actions, Fairfax County Fire and Rescue Department personnel were able to continue emergency care and transport the patient to the hospital. The patient was discharged from the hospital four days later. Thank you Ms. Patton and Mr. Lanza for your lifesaving actions!

Front Lines can be viewed at <http://www.fairfaxcounty.gov/fr>

"The Fairfax Way, Moving Forward."

Facebook Feedback

Ron S. commented on Fairfax County Fire and Rescue Department's photo November 23 at 1:12am. Yup, believe it or not, we do get fires in the 36 box! Great knock on the fire my brothers.

Natalie R. commented on Fairfax County Fire and Rescue Department's post November 23 at 9:32pm. Perhaps this explains the smoke smell I smelled all day?? Thank you for keeping us safe!

Jean J. commented on Fairfax County Fire and Rescue Department's post November 24 at 8:43am. Wow! Good work. Scary situation.

Luci C. commented on Fairfax County Fire and Rescue Department's post November 23 at 10:44pm. Glad to hear that the fire was put out safely and that no firefighters were injured.

Marsha B. commented on a link Fairfax County Fire and Rescue Department shared November 27 at 9:39am. Stay safe and rest when you can we do appreciate you missing your family to save ours.

Shane M. commented on Fairfax County Fire and Rescue Department's photo. December 2 at 6:05pm. Gotta be 421... you can just make out the cracks in the front apron. :)

Colleen G. K. commented on Fairfax County Fire and Rescue Department's post December 5 at 5:19pm. My old elementary school. My first volunteer house. And my old job in life safety. Great memories all around! Fun pics.

Rebecca C. commented on Fairfax County Fire and Rescue Department's post December 5 at 7:36pm. Great job Engine 401!

Dawn S. commented on Fairfax County Fire and Rescue Department's post December 11 at 11:14am. Wow - that brings back memories!

Cathleen C.-S. commented on Fairfax County Fire and Rescue Department's post December 11 at 10:50am. I loved my five years there, divided between the old station and the new. Really loved the old station - so much atmosphere and history. The day we moved over (I was on Captain Winemiller's shift when there was only one captain per station), I remember pulling off years and years of masking tape which was used to identify your gear cubby. So many significant names from the department -- Stinnette, Wheatley, etc etc etc. The bay doors in the old station were so narrow; you have about two inches (okay, maybe a bit more, but not much) on each side of the mirrors. You really had to come in straight.

Bob W. commented on Fairfax County Fire and Rescue Department's post December 11 at 10:44am. Great place to be assigned out of rookie school Nov. 15, 1977.

Marie M. commented on Fairfax County Fire and Rescue Department's post December 12 at 12:49pm. Love seeing pictures of the old fire trucks.

Tom S. commented on Fairfax County Fire and Rescue Department's photo December 14 at 11:33am. Love the picture in front of the station. Remember as little kid getting in the squad truck from the back and walking down a narrow aisle to the seat

Rebecca E. commented on Fairfax County Fire and Rescue Department's photo December 15 at 11:17am. See Christopher? This is why you always have your chimney inspected by a sweep before using the fireplace after a period of not using it!!

Char R.-S. commented on Fairfax County Fire and Rescue Department's post December 15 at 6:15pm. Unbelievable... from a birds nest. Wow!!!

Faith P. commented on Fairfax County Fire and Rescue Department's photo December 15 at 9:11pm. Dang.....that's scary!!!!!!

Facebook Feedback (continued)

Jane R. commented on Fairfax County Fire and Rescue Department's Additional Photos from Decorate a Vet album December 19 at 12:03pm. I cant love this enough! What a fantastic project!!

Doug W. commented on a link Fairfax County Fire and Rescue Department shared December 23 at 12:41am. Very Sad. I know his brother Don Hakenson a celebrated Civil War Historian in Fairfax. My prayers for the family.

Ani Z. commented on Fairfax County Fire and Rescue Department's post January 4 at 11:17pm. Oh wow ...good job for saving everyone .

David D. commented on Fairfax County Fire and Rescue Department's Throw back Thursday-Fire Station 404 album January 1 at 11:48pm Old school meets new school love the time capsule.

Andrea A. commented on Fairfax County Fire and Rescue Department's post January 8 at 7:28pm. I hope the firefighter is going to be okay!

Char R.-S. commented on Fairfax County Fire and Rescue Department's photo January 12 at 7:49pm Great job double duces!!!!

Charles S. commented on Fairfax County Fire and Rescue Department's photo January 13 at 12:16pm. Be fit, be ready, be safe and stay healthy. It's like being a professional athlete, but a lot more dangerous and rewarding.

David D. commented on Fairfax County Fire and Rescue Department's post January 16 at 2:59am. I do love the black and white photos old school.

Mike C. commented on Fairfax County Fire and Rescue Department's post January 15 at 7:23pm. I remember going up there as a kid with my dad. Jim Chinn and I would see how close we could get to the pit fires. It would be frowned upon today.

Samantha S. commented on Fairfax County Fire and Rescue Department's photo January 21 at 4:47pm. Great job!!! So glad you were there!!!!

Steven M. commented on Fairfax County Fire and Rescue Department's post January 22 at 9:48am. Pretty cool throwback photos of your station. Joe Laun, Colie Mittendorff, James Joseph Walsh, and Jon Long.

John K. commented on Fairfax County Fire and Rescue Department's photo January 29 at 3:22pm. Old LaFrance. Person riding shotgun had to hold it in gear. If not when driver let off the gas it would smack you on the knee. Only took one time to remember to hold it.

John L. commented on a link Fairfax County Fire and Rescue Department shared February 1 at 12:13pm. I was born and raised in Alexandria, great job guys!!

Samuel C. commented on Fairfax County Fire and Rescue Department's post February 5 at 11:40am. Cant remember where station was.. was it on 7 across from Skyline Towers.

Theresa M. commented on Fairfax County Fire and Rescue Department's post February 5 at 11:49am. Samuel this station is off of Columbia Pike not far from the Dam. My father was a member here for years, I grew up in this station as I was daddy's little girl :)

Andrew R. commented on Fairfax County Fire and Rescue Department's post February 5 at 1:57pm. We have a large album of pictures over in the Seven Corners And Baileys Crossroads History group, as well.

Joy S. commented on a link Fairfax County Fire and Rescue Department shared February 5 at 4:07pm Who does something like that? So dumb.



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. All Kudo submissions must be sent to backstepkudos@gmail.com.

To Lt. Tom Carver, Lt. Ray Johnson, Lt. Jason Abitz, Lt. Rich Dawley, Tech. Mike Heath, Lt. Ryan Fletcher, Lt. Jim Kenney, and Tech. Mike Eddy - For your relentless commitment to the Field Training shop and the members of the department. You all work tirelessly to ensure that the barrage of deliverables are met on-time and the quality of your instruction is top shelf. Your selfless loyalty to vision is very much appreciated as you drop everything to come in on your days off to "make things happen," as well as maintain constant 24/7 availability to our responsibility: the troops on the ground. To all of our loyal adjuncts, too many to name - Thank You!! Without you, we would not be able to get the level, quality, or quantity of training out to the field. Your selfless commitment, often uncompensated, is appreciated more than we can express. Each of you reflect the quote from Anchorage Fire Department, "I am not here for me, I am here for We, and We are here for Them." **From Captain II Rex Strickland, FRA.**

To Technician Billy Kendall (Call-back - FS32-B) and the crew members of E423 and M423-C Shift - For your actions on a serious EMS incident on 2/1/15. Technician Kendall's scene/personnel management skills, as well as his confident handling of patient care while executing a rarely used, but critical protocol, is what led to a successful patient outcome on this incident. Technician Kendall's calm and organized approach and the efficient teamwork by all involved

was extremely impressive, and he is a credit to Fire Station 432 and the 7th Battalion. **From Lieutenant Scott Taylor, Battalion 4, relief.**

To the FRD members of the Fairfax2015 World Police & Fire Games staff, Lt. Charlie Ray, Lt. Craig Luecke (ret.), MT George Hahn, Tech Vernon Johnson, and FF Lauren Saffoori – for their efforts and hard work in the day-to-day planning of the World Police & Fire Games. Their outstanding performance, dedication, and professionalism continue to reflect highly on themselves and on the Fairfax County Fire and Rescue Department as a whole. The Fairfax2015 games will host 12,000 athletes across the NCR during the 10 days from June 26-July 5, 2015. Participating jurisdictions include city, county, state, and federal agencies and their ability to work collaboratively across all borders is critical to the organization, function, and success of the Fairfax2015 Games, and their work is appreciated. Thank You! **From Battalion Chief Jerome Williams & Captain I Richard Merrell.**

To Chief Bowers, Local 2068, and the Field Training Branch - Thank you for bringing the IAFF Fireground Survival program to fruition here in Fairfax. Great training from some great instructors and a wonderful opportunity to train with firefighters from the region. **From Lt. Scott Kraut (FS40-C)**

To Tech. Jason Buttenshaw and MT Karl Sallberg for their time and effort

decorating Station 12 for the holidays. Not only did they do a great job, but the station won the Celebration of Lights competition in the community. Erin Lobato, President of Celebrate Great Falls, said that the display won in a landslide over the other contestants. Thanks to Jason and Karl for their hard work. **From Homer Johns, Past Chief, GFVFD.**

To Firemedic Brian Pape - For taking details to ride at Station 22 so I could complete my Tower Driver Training. **From Philip Brown, Company 22/B.**

From Safety and Personnel Services Division (SPSD):

- Farewell wishes and a healthy retirement to **Captain II Charles "Pete" Pullen** for your 30 years of service and a job well done in Recruitment.

Congratulations on the following promotions:

- **Captain I Jack Walmer** to Captain II in the Safety Office.
- **Captain I Dennis Kotecki** to Captain II at the Well-Fit Center
- **Captain II John Walser** to Battalion
- Chief at Fire Prevention Services
- **Captain II Steve McFarland** to Battalion Chief in Safety

Other changes with SPSPD Section heads:

- **Captain II Dave Hall** to FS439B.
- **Captain II James Masiello** to Health Programs.
- **Captain II Francis Mensah** to Recruitment.

"Taking Up"



Brian Brendel
Battalion Chief

Entry Date: May 31, 1983

Retirement Date: December 30, 2014

Recruit School Number: 59th

Assignments: 8, 15, 17, 21, 10, 15, 11 (EMS6), 13 (EMS2), OEM NIMS, BC05

Likes about the fire department: We make a difference in people's lives! Tradition. Ceremony. The challenges on every event.

Will miss about the fire department: The family atmosphere. The kitchen table. Driving fast to calls. Something different at every incident.

Plans for the future? Utah Bound! Drum major with my new band, Greater Salt Lake Regional Unified Fire Authority Pipes and Drums.

Words of wisdom: Take care of each other. Keep a watch out for your brother and sister firefighters in order to keep them safe. Situational awareness saves lives!

What got you interested in the fire service? My cousin who was a volunteer in Blauvelt, NY.

Who or what made an influence in your career? Jim Irwin, Ed Snyder, Mike O'Connor, Andy Hubert, Gary Vozzola, John Harris, Larry Kelly, Jerry Pfeifer, Kenny Rhodes, Jeff Jenkins, Pete Michel, Jarl Hansen, Chip Rollison, Chris Raabe, Pat Balchunas, Dave Rohr, Mark Rohr, Charlie Rosenberg, Bob Konczal, Elliott Rubino, Andy Downey, Todd Hall, Ed Padgett, Ralph Phillips, Dickie Burbank, Orval Ghent, Danny Bickham, Craig Summers, Boots Ellmore, Bob Dube, Pete Masters.



David Mills
Lieutenant

Entry Date: April 29, 1985

Retirement Date: December 29, 2014

Recruit School Number: 63rd

Assignments: 23, 14, 34, 1, 8, 10, 39, 29, 41

Likes about the fire department: The challenges that we take on and mitigate when the citizens can't handle it on their own.

Will miss about the fire department: The friendships gained

over the years - the family away from home. The good worthy fire calls - the ones worth getting up for. Even EMS. If it makes a difference in someone's life.

Plans for the future? Going to South Carolina for the warmer climate and to join some of our predecessors.

Words of wisdom: Forget the word "me" - the job's not about "you." It's about each team member doing their part for the successful outcome. Learn it! Then do it! Keep your whining to yourself or go somewhere else. Keep the knives in the drawer, if you have to take down someone to get status, then you probably shouldn't be there.

What got you interested in the fire service? Hanging with my Dad at FS13 at 5-6 years old, having to sit in the control room when they got a call. Climbing over Truck 13 and the fire pole - better than any amusement ride. Also riding the back step of his Jeep with my own Cairnes metal helmet putting out major house fires.

Who or what made an influence in your career? Charlie Mills, Sonny Mills, Sonny Flynn, Jim Small, Ralph Phillips, Bobby Rhea, Carl Maurice, Bob Witherow, Tom McFarland, Bill Owensby, Gary Bunch, J.J. Walsh, Butch Sissler, T-Mike Morrison, Jerry Roussillon, John Burke, Kenny Hunsberger, Dickie Hanson, and many others.



John "Larry" Everett
Battalion Chief

Entry Date: March 17, 1986

Retirement Date: January 1, 2015

Recruit School Number: 65

Assignments: 29, 13, 1, 21, 1, 22, 1, 9, FRA, 12, 2, 28, Communications, 28, Battalions 3, 5, 4, 7

Likes about the Fire Department:

The opportunities it provides to be a part of a larger family as well as interact with truly spectacular people. Additionally, it provided a great deal of leadership and personal development as well as financial opportunities all packaged with a great deal of job security.

Will miss about the Fire Department: People and relationships will be the primary items I miss. I will also miss the feeling of stepping into a really bad situation and knowing that in some small way, I may have made it better for the people involved.

Plans for the future: I am taking over as an Operator for the Chick-fil-A in White Marsh Mall (White Marsh, Maryland). Being able to serve people in a way that they deserve as well as serving in the best Quick Service Restaurant in the world is a great opportunity. "Eat Mor Chikin." Stop in one day and it will be "My Pleasure" to serve you.

Words of wisdom: There is so much to say here. 1. Make faith your own. In this job it is way too easy to get lost in yourself thinking you are "all that." Each day at work you are only one breath away from eternity—make sure you know where you stand. 2. Take your role as a leader seriously. I was drastically impacted by one of my Battalion Chiefs who did not take his role seriously but then when I was being promoted to Sgt. he called me a "TV Fireman" meaning that I was playing the game. This caused me to reflect and change my ways to be more serious about my development. Take yours seriously and strive always to be a leader—no matter what your rank is. 3. People Matter—do not miss this. People Matter so treat everyone with respect and dignity. We have too many people who treat others poorly and look for ways to make others feel "less than." Always strive to lift others up and make them feel more important. 4. Invest in your future wisely. Not just financially but with education, planning, and with family. Maximize your time in the station to get a degree or improve yourself. 25-30 years will fly by—so do not put this off. If you are not sure if time will fly by—remember it was just yesterday we were getting ready for Y2K—Remember stocking up on water and batteries...it will fly by.

What got you interested in the fire service? I got into the fire service as a volunteer in Kensington on a whim. Both my

brother and a cousin decided to join so I thought "Why not!" They left after a few years and I fell in love with it. 34 years later, I have few regrets (only those people I have failed in some way) but many more proud moments (helping others get ahead or serving my crews with all my heart).

Who or what made an influence in your career? There are really too many to list that taught me something positive along the way but to put a finger on one person it would be William "Bill" Kephart (First Officer). He taught me to ask "What color is the wall?" Meaning in reference to the real situation/problem, what does it matter—focus on what is important. Thanks Bill for our many 2 a.m. counseling sessions—they made a difference. There are also several people who were poor officers whom I also learned what NOT to do—they will go unmentioned out of respect for them—but thank you none the less for what I learned from you.

Front Lines Deadline

The remaining 2015 deadlines are 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.



Joseph M. Kaleda
Captain II

Entry Date: June 2, 1980

Retirement Date: December 28, 2014

Recruit School Number: 51

Assignments: 24, 10, 23, 18, 14, 21

Likes about the Fire Department: Climbing up into the rig and answering the call for help. I have especially enjoyed the challenge of resolving difficult incidents, the intense teamwork and brotherhood of the fire service and the opportunity to be involved in Technical Rescue and the US&R team. I have had a blessed career.

Will miss about the Fire Department: The people, the relationships with members of my shift, teams and the many friends throughout the department. I will miss sitting around the kitchen table solving all the problems of the fire service and beyond. Will also miss being ready to respond to the call for national and international disasters.

Plans for the future: Looking forward to spending time with my family, visiting my grandchildren, catching up on the ever long "Honey Do" list and not having a schedule for a while before hopefully find-

ing another job or part time job using what I have learned over the past 34 years.

Words of wisdom: Know your job but not only that, always keep striving to excel at it. Keep refreshing old skills and learning new ones. On this job you will never be at a point where you know everything. Learn from each incident both positive and negative. When a hiccup occurs, and they will, keep calm and focused. It's all about the recovery! Officers, your people are your greatest resource, take advantage of their strengths and learn to be a good communicator.

What got you interested in the fire service? I grew up down the street from a fire station in Reading, PA. One of my good friend's dad and uncle were career FF's in the city and he suggested joining the VFD with him. I took an immediate liking to the fire service and went on

to be a student live-in at Chillum-Adelphi Station 34 in PG County, MD while attending the University of Maryland. I gained a lot of experience riding calls in PG and decided to make a career in the fire service. Although I applied to several departments, I was fortunate to get hired by Fairfax County in 1980 at age 21.

Who or what made an influence in your career? There are many but to name a few, Mike Kephart, Joe Shifflett, Tom Wealand, Bobby Rhea, Ken Hunsberger, and Tim Meadows. I have been on some awesome shifts over the years as well, including 10B, 18B, 14B, 18A and 21C. The people I have worked with have been highly motivated and committed to excellence which has made coming to work fun (most of the time).

December 15, 2014

Richard R. Bowers, Chief
Fairfax County Fire & Rescue Department
4100 Chain Bridge Road
Fairfax, Va. 22030

Dear Chief Bowers:

I would like to thank you for the Fire Chief's Coin which you presented to me on Saturday at the Vienna Volunteer Fire Department Auxiliary Pancake Breakfast. I love it and will treasure it very much.

I feel so honored that you took time from your busy schedule to come to Vienna to present it to me.

Again, thank you, and I hope you and your family have a wonderful holiday.

Sincerely,

Vera I. Lloyd
Vera I. Lloyd

cc: John Morrison, Chief, VVFD
Joan Dempsey, President,
VVFD Auxiliary



Glenn Tschann
Captain I

Entry Date: July 26, 1982

Retirement Date: December 16, 2014

Recruit School Number: 57th

Assignments: 10, 26, 11, 26, 11, 31, 26

Likes about the fire department:

The excitement of running calls and as a team overcoming the challenges we are faced with. The extended family and friendships that were made over the

years and the bond that will last for many more years.

Will miss about the fire department:

The shift life and camaraderie that it brings. The people that I work with every day and the thrill of running the calls.

Plans for the future?

Retirement! Do some travelling, spend more time with the family and grandchildren and finish some long overdue projects at the house.

Words of wisdom:

Enjoy each day and plan for the

future. Retirement will be here sooner than you think. Train every day, know your job and do it well. Be honest and respectful of those you work with and you will have a successful career.

What got you interested in the fire service? While taking fire science classes in college, decided to try the fire department to see what it was all about and never looked back.

Who or what made an influence in your career? From the Academy staff in 1982, my first shift at 10, the 1980's crews at 26, my time on the highway, my short time at 31 and back to finish at 26, there are too many years and people to name that influenced and shaped me for the amazing journey I had.



Jay Corwin
Firefighter

Entry Date: May 27, 1986

Retirement Date: November 30, 2014

Recruit School Number: 66th

Assignments: 22, 17, 38, 16

Likes about the fire department:

Going in when everyone else was coming out. Bring part of an occupation that not everyone can do. When people called we ALWAYS show up. This job has some of the best people I have ever met.

Will miss about the fire department:

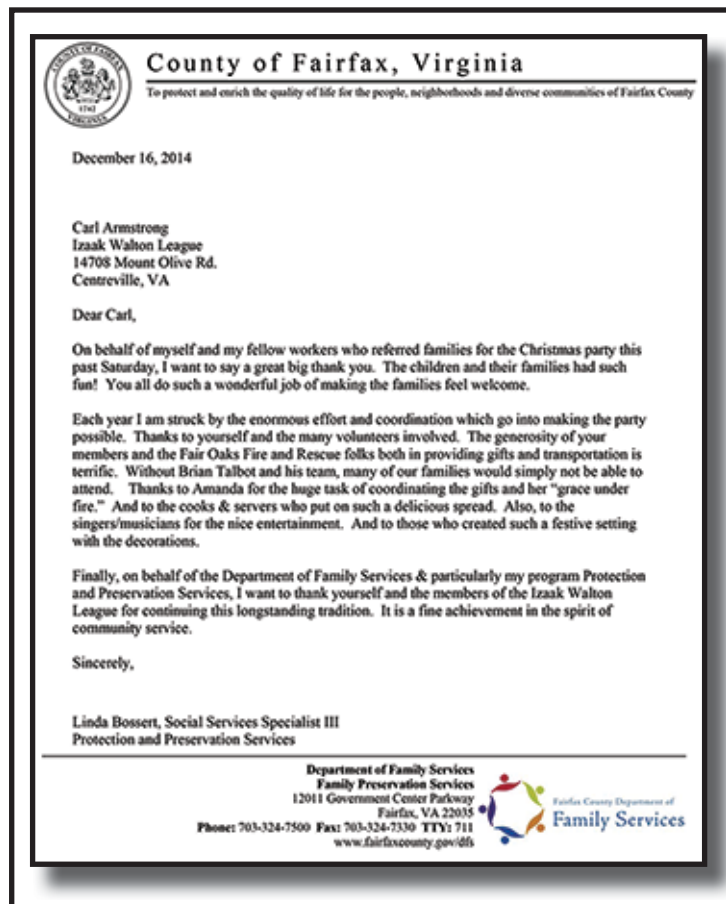
Eating with my shift and telling old stories.

Plans for the future? Announcement forthcoming.

Words of wisdom: Look to the future but never forget the past. If someone means a lot to you, tell them while you can.

What got you interested in the fire service? My father, Harry C. Corwin.

Who or what made an influence in your career? FC Richie Bowers, Jack Brown (retired FXCO FD), Captain George Sisson, Captain Mike Mohler, Captain Barry Rathbone, Technician Pete Kossenko, Technician Glenn Snyder, Battalion Chief Fred Brandell.



Anniversaries

38 Years

Captain I Robert M. Mohler

36 Years

Captain I Paul A. Masiello

35 Years

Battalion Chief Thomas W. Graling
Captain II Robert A. Konczal

33 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
Technician Michael L. Frames

32 Years

Captain II Gary D. Pemberton
Captain I Mark A. Nash
Captain I James A. Sobota
Master Technician David J. May
Technician Leo T. Sullivan

25 Years

Captain I Natalie D. Robb

Captain I Jeffrey A. Tolle
Lieutenant Nicholas Weresnick III
Master Technician
William F. Kight, Jr.
Master Technician Christopher N. Lee

20 Years

Battalion Chief Keith M. Ludeman
Battalion Chief Kathleen M. Stanley
Captain II Matthew M. Lopez
Captain I Daniel B. Borden
Captain I Christopher M. Brown
Captain I Emily L. Murphy
Captain I Michael W. Whetsell
Lieutenant Carlos R. Carrillo
Lieutenant Ramon M. Estrada
Master Technician Kyle B. Anderson
Master Technician Joseph K. Cox
Technician Rickie L. Atkins
Technician James B. McKendree
Howard W. Bailey, Fire Inspector II

15 Years

Shamsher Singh, Engineer III

10 Years

Captain I David A. Winter
Lieutenant Gregory R. Bishop
Lieutenant Jeffrey H. Carney, Jr.

Lieutenant Clarence B. Dickens II
Lieutenant Kelly D. Johnston
Lieutenant Duane P. Tenney
Lieutenant Christopher Warner
Lieutenant David Weand
Lieutenant Antonia P. Williams
Master Technician Michael W. Adams
Master Technician Sally Y. Kraut
Master Technician
Joseph A. Morell, Jr.
Technician Elena M. Carver
Technician Hyacinth N. Chia
Technician Svetlana V. Feofanova
Technician Romel B. Williams
Firefighter Angela T. Ocampo
Firefighter Marcus D. Wilson
Parveen K. Bhatia,
Financial Specialist III
Guy D. Morgan,
Professional Standards Officer
Scott A. Read, Fire Inspector II

5 Years

Master Technician Michael S. Lee
Raymond E. Blankenship, Jr.,
Facility Attendant II
Victoria L. Kammerude,
Human Resources Generalist I
Kirsten J. Schneider,
Human Resources Generalist I

Retirements

Firefighter Hugh S. Boyle
September 21, 1987 - January 8, 2015

Lieutenant Charles D. Mills
April 29, 1985 - December 29, 2014

Battalion Chief Brian Brendel
May 31, 1983 - December 30, 2014

Battalion Chief Philip A. Pommerening
August 26, 1985 - December 1, 2014

Firefighter Jay Corwin
May 27, 1986 - November 30, 2014

Firefighter Benjamin A. Rice
August 4, 1986 - December 30, 2014

Battalion Chief John L. Everett
March 17, 1986 - January 1, 2015

Lieutenant Steven A. Singer
February 16, 1988 - November 25, 2014

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

Captain I James A. Sobota
January 24, 1983 - February 6, 2015

Captain II Joseph M. Kaleda
June 2, 1980 - December 28, 2014

Captain I Glenn F. Tschann
July 26, 1982 - December 15, 2014

New Hires

Olivia D. Barrero, AA II
Fire Prevention

Vanda L. Ngo, AA IV
Human Resources

Omar D. Baynes, AA III
Resource Management

Benjamin E. Williams, Inspector II
Fire Prevention

Shetal Kapoor, BA II
Prevention

Fairfax County Fire & Rescue Department

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



A publication of Fairfax County, Virginia



Station Profile

Fairview Fire and Rescue Station 32

Captain II
Jeffrey S. Lewis
Station Commander



Station constructed: 1981

Station specialty: Rural water, urban wild-land interface, mixed use and mixed density commercial/residential operations.

Square miles in first due area: 15.97

Specific hazardous/target areas: Virginia Railway Express/Norfolk Southern traffic including one of the largest amounts of Fairfax County trackway.

Equipment assigned to station: Engine 432, Medic 432, Battalion 7

Total calls in 2014: 3,436

Station personnel: **A-Shift:** **Captain I Barry J. Rathbone**, Lieutenant Michael D. Hendershot, Master Technician David J. Higgins, Technician Paul A. Stella, Firefighter/Medic Linda J. Neimeier, Firefighter Dawn M. Blair-Jimenez, Firefighter Jeffrey W. Cockey, Battalion Chief Fred Brandell (BC07) **B-Shift:** **Captain II Jeffrey S. Lewis**, Lieutenant Katja W. Lancing, Technician William L. Kendall, Firefighter/Medic Ian A. Antons, Firefighter/Medic Bryan L. Vaughn, Firefighter Erick A. Maximo, Firefighter Roger A. Perdomo Cortes, Battalion Chief Bradford Cochrane (BC07) **C-Shift:** **Captain I Cynthia L. Brown**, Lieutenant Edmond D. Monseur, Master Technician David H. Stroup, Firefighter/Medic Joshua M. Wallace, Firefighter Roy A. Lockhart, Firefighter Wendy Y. Mitchell, Battalion Chief Keith Ludeman (BC07)

The Fairfax County Fire and Rescue Department is embracing and practicing the application of electronic document distribution and archiving.

The department is reducing our department printing and mailing costs by using electronic distribution.

To that end, effective next issue, *FRONT LINES* will primarily be published online. I realize this may be a little inconvenient but this electronic transition will provide more efficiency that makes sense. Additionally, *Front Lines* can be viewed and printed by going to <http://www.fairfaxcounty.gov/fr/deptinfo/newsltr.htm>



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