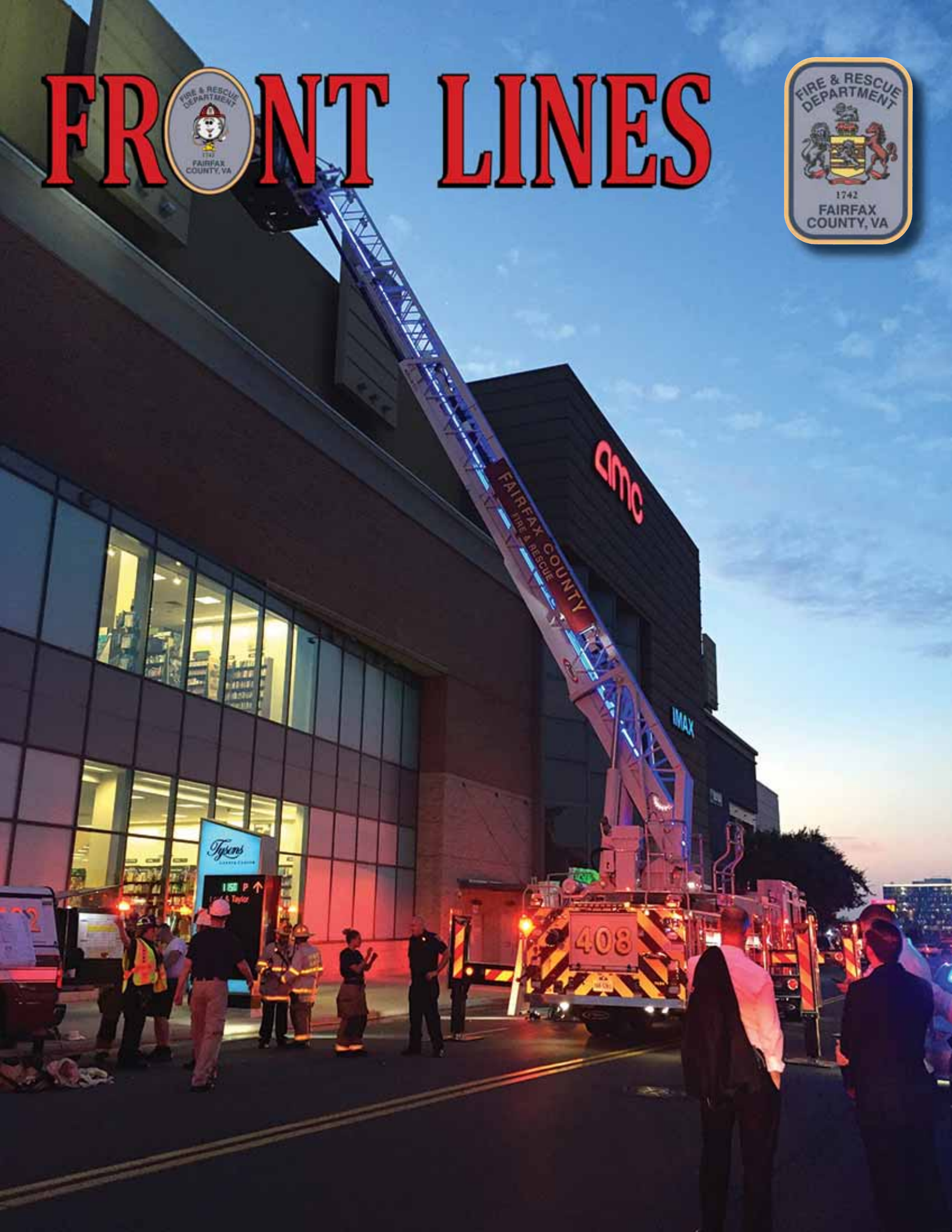
FRONT LINES



From The Fire Chief

Richard R. Bowers, Jr.

It's hard to believe it's been just over a year since World Police and Fire Games! The games were world class because of everyone stepping up!

As we have turned the corner on 2016, we have faced many challenges and huge successes. Several recent recruit classes have started and graduated. We graduated our second VCU paramedic class. We graduated 59 new paramedics this past year and put over 30 ALS intermediates through the bridge course to paramedic certification.

We have gone from two feet of snow to 100 degree temperatures and humidity that has challenged our women and men during the past several months. The incidents have been relentless and the troops have responded admirably each and every time!

Our field training, driver training, Operational Academy Rotations (OARs) training and street smart training have all been professionally delivered and tremendously received by the personnel. Remember we play like we practice!

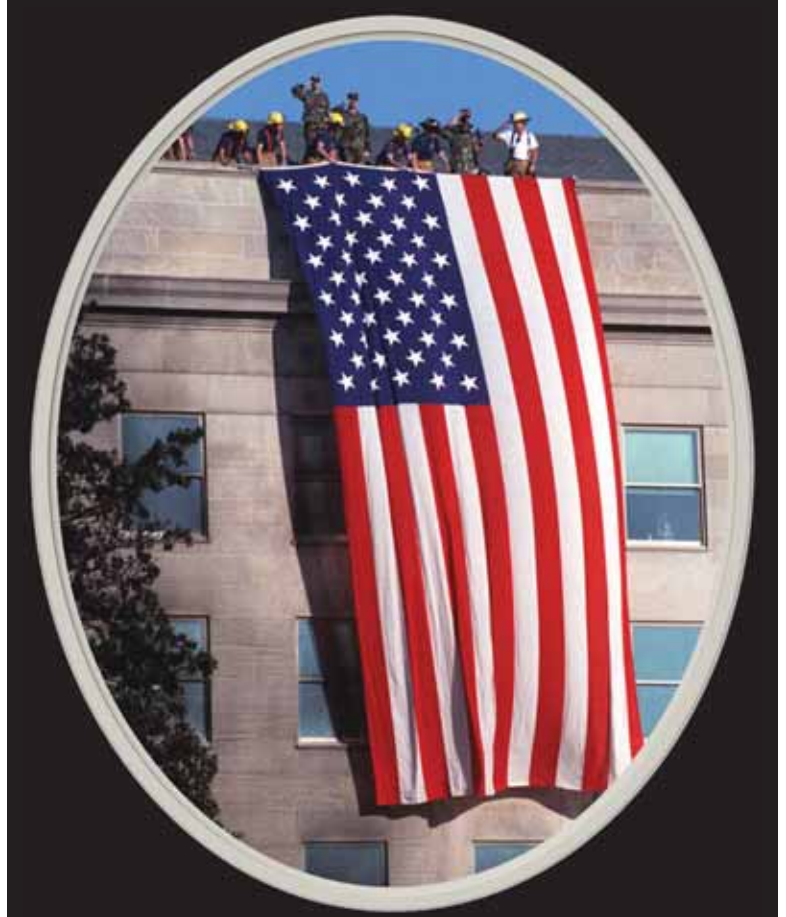
We now begin our push toward another new year with new challenges and new successes in front of us; by working together, staying positive, and staying focused while delivering high performance mission critical services to the residents of the County.

"We now begin our push toward another new year with new challenges and new successes in front of us; by working together, staying positive, and staying focused while delivering high performance mission critical services to the residents of the County."

Be ready, be safe, fit and healthy!

Fire Chief Richie Bowers

9/11
We will never forget



This year, firefighters working throughout Fairfax County found different ways to honor those first responders who died on September 11.

(from left to right) Station 38 placed flags in front of their station, Station 41 held a moment of silence, Station 21 did 343 burpees - one for each firefighter who died on September 11.

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Fairfax County Urban Search and Rescue Members Receive National Recognition for Heroic Actions

On August 18, 2016, Fairfax County Fire and Rescue's VATF1-USA1 members Lieutenant Bobby Garza, Lieutenant Larry Mullin, and Technician Ryland Chapman, as well as CATF2-USA2 Captain Gerald Gonzales, Firefighter Daniel McKeen, and Firefighter Paramedic Matthew Prasch (Los Angeles County, CA) were honored with the prestigious Ben Franklin Award for Valor from the International Association of Fire Chiefs (IAFC). These members were recognized for their heroic actions during the Nepal earthquake response in 2015.

The IAFC/Motorola Solutions Ben Franklin Award for Valor is the IAFC's most prestigious award and is presented annually at Fire-Rescue International (FRI) by the IAFC and Motorola Solutions. This award honors a firefighter for his or her expert training, professional service, and dedication to duty displayed in saving a human life.

In 2015, following the Nepal earthquake, Urban Search and Rescue (USAR) Teams USA-2 members Captain Gonzales, Firefighter Specialist McKeen, Firefighter Paramedic Prasch, and USA-1 members Lieutenant Garza, Technician Chapman and Lieutenant Mullin were part of a small team that was airlifted into the remote village of Singati by US Marine Corps (USMC) helicopters.

The crew began to gather victims in a casualty collection and treatment area. They received reports that as many as eight people were trapped in a vehicle partially buried by a landslide.

The two teams combined their resources. As squad leader, Garza sent McKeen, Mullin, Chapman, and Berger to investigate the reports of people trapped in the landslide. Garza and Prasch stayed to treat the injured, assist with loading the more critical patients onto helicopters, and establish a base camp at the landing zone site.

En route to the landslide site, the team received a report from a father that his teenage son was trapped in a collapsed building. The crew split into two teams to investigate both sites. Mullin and Chapman went to the building collapse. McKeen and Berger proceeded to the landslide. They quickly determined that all the occupants in the partially buried vehicle were deceased.

Chapman and Mullin traveled with the father to investigate the collapsed building. The team had to cross a river via a cable/rope bridge at the base of a steep valley. Upon arrival, they conducted a series of searches beginning with a hailing search and progressing to a technical search using a search camera to explore small voids. Each search failed to produce any signs of life. They then used the limited materials available to construct some makeshift shoring on the downhill side of the collapsed building so they could enter and investigate some voids. The crew was fully aware that this material would likely shift and fail in the event of an aftershock so they devised the best escape plan they could; jump downhill from the building and into a rocky ravine or dive into the building's voids if they could determine the threat from a landslide was greater.

With daylight fading and Garza reporting that the last flight of the day would be arriving soon, the team conducted a final search based upon the father's insistence that his son was in the building. Chapman entered a small void. After moving some materials, he was able to make voice contact with a woman who was trapped. At nearly the same time, the landing zone crew called Mullin and Chapman back so they could be transported back to the airport on the last helicopter. Mullin and Chapman reported they had detected a victim alive and trapped inside of a collapsed building. The decision was made that all personnel from USA-1 and USA-2 would remain in Singati, to work on extricating the trapped woman, and if all went well, they would be transported back to Kathmandu the following morning.

The last helicopter arrived in Singati carrying Gonzales (USA-2). It was subsequently loaded with patients and DART Leader Bill Berger. Before departing, the crew was given a satellite phone. Unfortunately, operating features of the device prevented the crew from using the phone. The aircraft crew told USAR members that an aircraft would be back at first light to pick them up. After stabilizing the remaining patients in the treatment area, the members of USA-1 and USA-2 reported to the building collapse site and began to assist with the rescue operation.

The collapsed structure had been a three to four-story masonry building located on a steep hillside. When the earthquake occurred, a large portion of the building had essentially tipped over and then flipped over. Adding to its instability, significant aftershocks occurred every few minutes with several being strong enough to trigger landslides in the area of the rescue operation.

The crew was not initially able to visually locate the woman. A decision was made to try to breach the

concrete above her and tunnel down to gain access. A few civilians and a road maintenance crew were enlisted to assist. The civilians and USAR personnel took turns using a sledge hammer to breach the floors and ceilings in an attempt to reach the woman.

Simultaneously, a small group of USAR members worked to tunnel towards the woman from an opening on the side of the building. The opening and "tunnel" were only large enough for one rescuer to enter. A second rescuer would enter behind the first one and, in the event of a significant aftershock, pull the first rescuer out by the ankles. Loose bricks were used to shore the tunnel as progress was made.

After three and a half hours, Chapman and McKeen finished moving a large piece of concrete from the woman's legs. Suddenly, there was a strong aftershock. The split-second decision was made to pull the woman from the debris due to safety concerns. She was removed from the building and placed on a wood door that had been procured from the ruble to serve as a backboard.

The woman was assessed and found to have major head, pelvic, and lower extremity injuries. She was carried on the make-shift backboard to the base camp by Gonzales, Garza, Prasch, and members of the Nepalese road crew. McKeen, Chapman and Mullin re-entered the collapsed building to continue to search for victims. Unfortunately they were not able to locate any additional live victims. Once they were satisfied that no additional live victims were inside the building, they returned to the base camp.

Back at base camp, additional casualties continued to arrive, including a severely injured man. Medical care for the two severely injured victims continued through the night with team members rotating between resting and providing care to the growing number of injured. The injured woman's condition fluctuated significantly throughout the night and required constant attention. To compound their difficulties, the aftershocks were triggering landslides that the team could hear but not see due to the darkness.

At daybreak, additional patients arrived at base camp and were assessed and treated them as best as possible. A tourist with a satellite phone walked into the base camp in the early morning. The crew used the phone to make contact with Fire Station 21 in Fairfax County, VA, where a message was conveyed back to Team USA's Base of Operations. The message stated that team members were okay, they had extricated one patient and had two critical patients, relayed their coordinates, and identified the need for medical evacuation of two critical and eight non-critical patients.

The information was conveyed to the USMC's Air Operations Officer and helicopters were tasked to the mission. Aircraft from the Indian military arrived shortly after sunrise and transported the most seriously injured from the village to a field hospital. Two USMC aircraft arrived shortly afterwards and transported the rescuers and remaining victims.

in the Community

Family Sticks Together

"No matter the patch, we are all family. And family sticks together." The summer was a tough one for law enforcement throughout the country. Fire stations throughout Fairfax County opened their doors and invited on-duty law enforcement professionals to stop by for a firehouse dinner. The goal was simple, make sure our brothers and sisters in law enforcement know we support and stand united with them. To our local law enforcement family - our firehouse is your firehouse.

Back to School 2016

From Tuesday, August 30, to Thursday, September 1, the Fairfax County Fire and Rescue Department held three events designed to get the children in Fairfax County ready to go back to school. Over 100 boys and girls received free haircuts and hairdos (for the girls) at the Haircuts for Kids event at Gum Springs Recreation Center. The next day, the Fire and Rescue Department and Police Department gathered at South Gate Recreation Center in Reston for a backpack distribution event. The biggest event was last. On Thursday, Fire Station 11, Penn Daw, hosted firefighters, police officers, and volunteers for a second backpack and school supply distribution event. In the end, over 2,000 backpacks were given to help students go back to school with the supplies they need for a successful year.

Neighborly Encounters

This little girl is neighbors of one of our firefighters. They ran into each other yesterday at Fair Oaks Mall after a false alarm call. At first she didn't want to go to him because she was scared of his outfit. But then she took out her dragon and wanted to show it to him because her dragon breathes fire and he would put it out.

Helping in the Heat

Captain II Mark Schroeder appeared live on Fox 5 on August 13 to discuss how to stay safe in the extreme heat of summer.

Day on the Water with Penguin Paddling

In July, Fairfax County Fire and Rescue, Penguin Paddling, Fairfax Police Department, and Apple Credit Union partnered together to give kids a fun day out on the water. Danny Barker, a firefighter at FCFRD, hosted approximately 50 kids at his kayak and paddleboard rental company, Penguin Paddling. Youths from Fairfax County, Prince William County, and the City of Alexandria spent the morning out on the water. After kayaking, the Fairfax County Police Department brought their police boat down and gave the kids a behind the scenes look.

Celebrating Our Independence

Community Pride! Members of the Fairfax County Fire and Rescue Department spent Fourth of July spending time with family, friends, and the citizens they serve at the City of Fairfax Independence Day Parade.

Firehouse Fridays

This summer, two Fairfax County Fire and Rescue Department fire stations were featured on FOX5's Firehouse Fridays. First up was Fire Station 2, Vienna, in June. Fire Station 16, Clifton, followed in July.

Vienna

Clifton

Firefighters throughout the county helped keep the community cool during the dog days of summer by providing a bit of water fun. Truck 441, Crosspointe, provided entertainment for a group of kids one hot July afternoon.

Truck 436, Frying Pan, helped local neighborhood kids make the most of summer.

To kick off summer, Truck 429 in Tysons gave the students at Spring Hill Elementary a good soaking to celebrate the last day of school.

Sufficient Grounds:
where do caffeine and other ergogenic aids fit in?

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

I am going to date myself but, looking back, it's been an incredible "run." In 1969 I was 9, and my parents packed up their six kids and we all moved from Arlington, Virginia, where my father had been stationed at the Pentagon, to Palos Verdes, California so he could pursue his doctorate in film at USC. Not too long after we moved, my dad's brother died of a heart attack at the age of 37, leaving behind my Auntie Pat and their six daughters. This got my father's attention and he began running to promote his heart health. Somehow, he talked me, "Nicky" into getting up in the morning to run 6 miles before school (I was in 7th grade) and 10-15 miles on Sundays with the PV Breakfast Club that was comprised of all men. Mind you, this was in the early 1970s. Women had only recently been allowed (!) to run marathons. It was somewhat revolutionary to have an 11 year-old girl running these distances. I trained with my dad for months and months and, in June 1972, completed the Palos Verdes Marathon in 4 hours and two minutes. My father probably ran 30 miles that day as he would double back to encourage and support me. As the years went by, I played a lot of volleyball, ran half marathons, did some duathlons and sprint and international triathlons, and some ten milers and 100 mile bike rides.

Looking back on the early days, what we ate and drank during training and right before and after these long distance events is quite interesting to me. Comparing that to how we fuel our fitness and competitive edge today reveals differences in our knowledge but not in our goals. Much of our methods were derived from trial and error and experience, rather than based on research. We drank a cup of coffee about an hour before the long runs and especially before the marathons. We often ate a fat free item such as oatmeal or a plain bagel. On a daily basis, our intake was high in carbohydrates (fruits, grains, starchy veggies), low in fat (fat free milk, lean meats, poultry, fish, small amounts of oil and butter in cooking), had good amount of protein (eggs, lean meats, poultry, fish, cottage cheese, ricotta cheese), and we always stayed hydrated with water. During the races, we drank water and I believe something like Gatorade (this was 44 years ago, so it is hard to recall!). This approach supported 25-40 miles of running a week and a healthy weight. There wasn't much research to support what we were doing, but it seemed to work. The high carb intake helped replenish muscle glycogen which allowed daily aerobic training. Also, with all of that running, there was room for dessert!

Fast forward to 2016 and lots of research that has produced evidence-based guidelines and an ongoing list of questions to ponder. This article includes a discussion about ergogenic aids and includes some resources at the end in case you want to investigate further.

An ergogenic aid is anything that enhances a person's ability to perform work, or in the case of an athlete, to perform better. The ultimate goal of using these aids is to gain a competitive edge over the opponent or to improve one's own performance. Ergogenic aids can take many different forms: physiological, biomechanical, psychological, pharmacological, and nutritional. I will discuss the some nutritional ergogenic aids below: amino acids, caffeine, creatine, and C-4 Pre-work out supplement.

Amino Acid Supplementation

Amino acids are the building blocks of proteins. Our bodies use essential amino acids (need to be consumed from food sources) and non-essential amino acids (are produced by the body) to build proteins. Examples of protein in the body include structural proteins (actin and myosin found in muscle), antibodies (for immune function), hormones (growth hormone), and enzymes (for digestion).

Argenine: L-Argenine is a non-essential amino acid. It contributes to wound healing, helps kidney function, contributes to immune and hormone function, and dilates and relaxes the arteries. It promotes an increase in nitric oxide (NO) levels. There are no peer reviewed studies that show increasing NO has a beneficial impact on muscle strength or muscle protein synthesis. Some studies

on Argenine used 1200 mg/d supplementation. In clinical trials, arginine has been used safely. There can be some side effects: abdominal pain, bloating, diarrhea, and gout. For people with asthma, it may cause breathing difficulty. There may be some interactions with blood pressure medication.

Beta Alanine: Beta-alanine, a non-essential amino acid, is used for improving athletic performance and exercise capacity, building lean muscle mass, and improving physical functioning in the elderly. Athletes take beta-alanine in a capsule or a drink powder. One four-week study during which cyclists and runners took beta-alanine as a supplement improved their performance, but not all studies agree.

Beta-alanine is likely safe when taken by mouth for a short time. Side effects have not been reported with moderate doses. High doses can cause flushing and tingling (paresthesia). Special precautions: there is not enough reliable information about the safety of taking beta-alanine if you are pregnant or breast-feeding. The recommendation at this point is to avoid use.

The following doses have been studied in scientific research: participants took 3.2-6.4 grams a day of CarnoSyn or Natural Alternatives International (specific beta-alanine supplements) by mouth and improved their physical performance.

Caffeine: A moderate caffeine intake is considered to be 250 mg/day. In research studies, the amount of caffeine that enhances performance ranges from 1.5 to 4 mg/lb body weight (3 to 9 mg/kg) taken one hour before exercise. For a 150 lb person, this comes to about 225 to 600 mg. For a 200 lb person, 300-800 mg. More doesn't seem to be better. If you engage in endurance events, you may benefit from caffeine intake about one hour before training/competing. Muscle glycogen is spared early during submaximal exercise following caffeine ingestion. This may be because glycogen sparing occurs as a result of caffeine's ability to increase fat availability for skeletal muscle use. The endurance runner taps into his or fat stores for energy and spares some of the carbohydrate that is stored as glycogen. There may be other factors at play, but clearly there can be a benefit! Keep in mind that the studies were done with well-trained, elite or serious recreational athletes.

Diuretic Effect of Caffeine? Interestingly enough, coffee and/or caffeine are often considered to be diuretics and most people assume (incorrectly) that taking in large quantities can lead to poor hydration status in general as well as during and after exercise.

Item	Portion	Caffeine (mg)
Gu, Vanilla	1 oz	20
Diet Coke	12 oz	30
Espresso	1 oz shot	40
Jolt gum	1 piece	40
Pepsi	12 oz can	45
Dexatrim diet pill	1 tablet	52
Excedrine	1 tablet	65
Red Bull	8 oz	80
Coffee home-brewed	8 oz	80 -100
C-4, preworkout supplement	1 scoop	150
Starbucks coffee	Tall (16 oz)	200
NoDoz max	1 tablet	200
Starbucks , coffee	Venti (20 oz)	410

Extra caffeine isn't for everyone. Side effects include anxiety, jitters, inability to focus, gastrointestinal distress, insomnia, irritability, and with higher doses, the risk of heart arrhythmias and mild hallucinations. In general, avoid taking in more than 400 mg a day.

Suggestion: scan Table 1 to get a sense of the amount of caffeine in the items listed. Over the course of a week, track caffeine intake from all sources to see where you stand vs. the discussion above. See resource list at the end of this article for more in depth information on caffeine content of foods and beverages and supplements.

Table 1. Caffeine content of foods, beverages, nutritional ergogenic aids and over the counter medications.

Creatine: Creatine is a widely used nutritional supplement among athletes primarily in the form of creatine monohydrate. It is sold in powder, pill, and liquid forms and in protein bars. It is found in meat and fish in very small amounts. Creatine is used in the body as a source of muscle energy in the form of phosphocreatine (PC). Supplemental creatine may increase storage of PC, regulate PC increases during exercise, and increase ATP production (ATP is a source of energy for short term intense physical activity). The potential ergogenic effect of creatine

suplementation includes making muscles larger, increasing strength and power, providing energy to the muscles and buffering lactic acid. Taking 3–5 grams a day of creatine is one appproach that has been helpful to many athletes.

Cellucor C-4 Pre–Workout Ergogenic Aid
This supplement is a popular amongst some first responders–It contains all four of the ergogenic aids discussed above but some are in different forms, and is said to increase muscle mass, energize and leave one glowing (tingling, I mean). If you are taking this supplement or are considering it, compare the amount of of each ergogenic aid in the C-4 with the amounts discussed above. Very importantly, please heed the warning on the package; Before using this product, consult a licensed, qualified, healthcare professional. Do not use this product if you are pregnant, nursing, or are currently taking nitrates for chest pain, or if you are taking medication used to treat erectile dysfunction such as PDE-5 inhibitors. The website lists additional precautionsincluding checking on how much caffeine you are ingesting on a regular basis and if you are being treated for a variety of chronic diseases. Lastly, it is important not to exceed two doses a day of C-4.

Active ingredients per serving:

AAKG-Argenine: 1000 mg/serving. Promotes an increase in nitric oxide (NO) levels. There are no peer reviewed studies that show increaseing NO has a beneficial impact on muscle strength or muscle protein synthesis.

Beta-alanine: 1500 mg/serving. Increased muscle mass with a higher number of reps. Be aware that it can cause paresthesia (tingling sensation).

Caffeine: 150 mg per scoop–provided by email from C-4 company.

Creatine Nitrate: 1000 mg/serving is not at a level to achieve muscle saturation. As noted above, usual recommended amount of creatine is 3-5 g and research has been done with the monohydrate form.

Final Thoughts:
My suggestion is to establish a baseline in terms of your overall nutritional intake. Use a free tracking tool such as www.myfitnesspall.com or www.sparkpeople.com. See what your intake of calories, protein, fat, and carbohydrate is. Also, track your caffeine intake for several work days and several off days. Get a sense of how much you are taking in and the timing of consumption. Divide the total intake of caffeine by your body weight to see if you fall into the 1.5 - 4 mg caffeine/lb of body weight. If you are experiencing sleep problems, it might be workth it to reduce caffeine intake. If you want to supplement with creatine or some of the amino acids above, you might consider individually supplementing to get the full dose, to avoid overdoing the caffeine intake, and to save money as well.

For further questions about ergogenic aids:
Use resources from American College of Sports Medicine, consult with me or a Certified Specialist in Sports Dietetics if you have questions about ergogenic aids.

Resources:

ACSM Current Comment: Caffeine and Exercise Performance; Lawrence L. Spriet, PhD, FACSM and Terry E. Graham PhD FACSM
www.caffeineinformer.com
www.eatright.org (search for certified specialists in sports dietetics)
WebMD Do Supplements Give Athletes an Edge?
WebMD Argenine Heart Benefits and Side Effects
YouTube Bigger Faster Stronger Part 8

Fire Department Launches Yellow Dot Program

On Monday, September 12, the Fairfax County Fire and Rescue Department will launch its newest public safety initiative, the Yellow Dot Program. This free program is designed to help Fairfax County first responders during vehicle type emergency situations (i.e., vehicle crash, roadside EMS event) by providing the victim's emergency medical information during the "golden hour" if the victim is unconscious or unresponsive.

To participate, residents can visit their nearest Fairfax County fire station and ask for a Yellow Dot Program kit. The Yellow Dot Program kit contains a personal information booklet and a Yellow Dot decal. Complete both sides of the booklet as fully as possible. Filling the booklet out in pencil will allow you to update the booklet as information changes. Attach a current photo of yourself and place the booklet in the glove compartment. Place the Yellow Dot Program decal in the lower left corner of your rear windshield, no higher than three inches from the bottom.

For questions regarding the Yellow Dot Program, please contact the Office of Public Affairs and Life Safety Education at 703.246.3801.

TWO FIREFIGHTERS RECEIVE THE ONTHANK AWARD

In June, Assistant Chief Dyer and Master Technician Furman were honored with Fairfax County's Onthank Award, the highest award the County gives to its employees.

AC Dyer received his award for the time and dedication he put into organizing the 2015 World Police and Fire Games. He served as liaison throughout the planning period and was influential in making the games a success.

Master Technician Furman was honored for his work as alter ego, Flash Max, a super hero who teaches children about fire safety. He created Flash Max as a comic book character but quickly assumed the role of real life super hero in order to engage children and get them excited about fire safety.

140TH RECRUIT SCHOOL

Firefighter
Roberto C. Acha Melgar

Firefighter
Adam A. Boyd, Jr.

Firefighter
Quincy D. Branch

Firefighter
Casey P. Braswell

Firefighter/Medic
Timothy G. Breslin, Jr.

Firefighter
James M. Brittenham

Firefighter
Rachael A. Callison

Firefighter/Medic
Jesus E. Castro

Firefighter/Medic
Michael J. Coppersmith

Firefighter
James C. Cox

Firefighter
Erica L. Cruikshank

Firefighter/Medic
Joshua A. Eimers

Firefighter/Medic
Preston R. Elder III

Firefighter
Caroline A. Evey

Firefighter/Medic
Daniel P. Fitzhenry

Firefighter
Joseph E. Gallo III

Firefighter
Rodne W. Getgen

Firefighter/Medic
Garrett A. Green

Firefighter
Taylor A. Grigg

Firefighter/Medic
Bryan M. Haring

Firefighter
Brian C. Harris

Firefighter
Grant M. Higginbotham

Firefighter
Robert E. Hunt

Firefighter
Matthew G. Ifert

Firefighter
Michael C. Johnson

Firefighter
Brian A. Krause

Firefighter
Mark C. Langmead

Firefighter/Medic
Burke W. Latimer

Firefighter/Medic
Jacob T. Maund

Firefighter/Medic
Justen A. Moreland

Firefighter
Ali S. Najar

Firefighter/Medic
Jacqueline C. Norris

Firefighter
Shanay L. Owens

Firefighter
Gracie J. Pak

Firefighter
Bo-Lam P. Park

Firefighter
Harold I. Parra Romero

Firefighter
Roberto Rodriguez, Jr.

Firefighter/Medic
Jordan P. Scheutzow

Firefighter
Ian M. Sebastian

Firefighter/Medic
Shaun M. Serich

Firefighter/Medic
Joseph M. Shipman

Firefighter
Marcus E. Tines

Firefighter
Thomas M. Tippett

Firefighter/Medic
Zachary J. Webb

Firefighter/Medic
Joel W. Whitney

Firefighter
Robert W. Wine III

Firefighter
Christina-Michael M. Wittlinger

photo courtesy of NOVA Fire Buffs

Fill the boot

From Friday, September 2, through Monday, September 5, the Fairfax County Fire and Rescue Department participated in the 2016 Fairfax County Fill the Boot campaign benefitting the Greater Washington Muscular Dystrophy Association (MDA). After a weekend of pounding the pavement, firefighters collected $521,509.05, earning first place nationally among participating departments. All of the money collected goes to MDA programs and services in the DC Metro area.

The Fire and Rescue Department would like to thank the residents and visitors of Fairfax County for their generosity. Additional thanks goes to Chairman Bulova and the Fairfax County Board of Supervisors, IAFF Local 2068, Fairfax County Police Department, Fraternal Order of Police Lodge 77, Fairfax County Fire and Rescue Retirement Association, Subway, SunTrust Bank, Jeremy Coffey, Paul David Restoration, and the families and volunteers that supported the Fire and Rescue Department during the campaign. A special thanks to Fill the Boot Campaign Director Joel Kobersteen.

Hot Shots

Wrought Iron Court: August 24

Arlington Drive: August 29

Richmond Highway: August 16

Spring Garden Drive: July 7

Tysons Corner Center: July 15

Employee of the year awards

On August 25, the Fairfax County Fire and Rescue Department honored three employees for their accomplishments throughout the past year. Captain II Carlton Burkhammer was named Career Officer of the Year, Master Technician Alison Jacquays was named Career Firefighter of the Year, and Donna Speakes received the Civilian Employee of the Year Award.

MFB

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ABN 28 598 558 561

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2 August 2016 Ref. 1143768

By email
Fire Chief Richard Bowers Jr.
Fairfax County Fire & Rescue
4100 Chain Bridge Road, 7th Floor
US - Fairfax, Virginia VA 22030

Dear Richard,

Re: Visit to Fairfax County

As a follow up to my recent visit I would like to take this opportunity to thank you personally for allowing me access to your organisation.

Spending time with you and the broader organisation was very impressive. The service provided by the 'Virginia Task Force – USAR group' is exemplary.

I was very impressed with the high calibre of individuals within your department.

I would like to personally thank Susan Donovan for her tireless efforts in making my visit a huge success. A huge thank you also to Battalion Chief Bailley for his efforts in ensuring I was delivered safely.

Wishing you and everyone in the Department safe endeavours.

Best regards

Peter Rau
Chief Officer

Top 10 Activity Report

April - June 2016

Ambulance

Unit	Calls
A413E	114
A410E	83
A422E	65
A421E	64
A414E	46
A402E	44
A417E	27
A437E	19
A405E	16
A408E	16

Engine Company

Unit	Calls
E411	911
E409	903
E408	832
E422	824
E410	797
E429	789
E430	780
E404	733
E405	721
E417	716

Rescues

Unit	Calls
R426	447
R421	431
R411	372
R418	361
R401	355
R419	253
R414	252
R439	247

Medic

Unit	Calls
M422	740
M430	670
M405	642
M426	639
M413	623
M425	622
M404	622
M417	610
M421	588
M411B	587

Ladder Company

Unit	Calls
T/TL429	573
T/TL411	508
T/TL430	473
T/TL425	467
T/TL408	461
T/TL422	445
T/TL410	441
T/TL436	441
T/TL405	376
T/TL440	368

Battalion Chiefs & EMS Captains

Unit	Calls
EMS404	479
EMS405	440
EMS403	391
BC404	335
EMS406	323
EMS401	291
EMS402	271
EMS407	234
BC403	213
BC407	199

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.

Please Share Your Pictures with Us!

The Public Affairs and Life Safety Office is always looking for interesting action and event pictures to include in *Front Lines* and on social media. Share your pictures with us and we will make sure you get recognized. Please submit to either:

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

Please include all photo information such as date, location, event type, etc.

Large Loss Fire Investigations

Date: 5/19/2016 **Box:** 41138 **Address:** 2827 Fairhaven Ave. **Type:** Residential
Cause: Accidental **Value:** $11,828,562 **Loss:** $93,750 **Status:** Closed

Date: 5/26/2016 **Box:** 43803 **Address:** 15002 Sacred Ln. **Type:** Residential
Cause: Under Inv. **Value:** $526,150 **Loss:** $82,810 **Status:** Open

Date: 5/29/2016 **Box:** 41401 **Address:** 5624 Castlebury Ct. **Type:** Residential
Cause: Accidental **Value:** $348,175 **Loss:** $93,750 **Status:** Closed

Date: 5/30/2016 **Box:** 41122 **Address:** 4341 Rock Creek Ln. **Type:** Residential
Cause: Accidental **Value:** $355,225 **Loss:** $85,000 **Status:** Closed

Date: 6/3/2016 **Box:** 42607 **Address:** 6979 Hechinger Dr. **Type:** Commercial
Cause: Under Inv. **Value:** $25,900,662 **Loss:** $1,700,000 **Status:** Open

Date: 6/12/2016 **Box:** 41802 **Address:** 2880 Pine Spring Rd. **Type:** Residential
Cause: Accidental **Value:** $6,892,175 **Loss:** $689,217 **Status:** Closed

Date: 6/16//2016 **Box:** 40100 **Address:** 1507 Pathfinder Ln. **Type:** Residential
Cause: Accidental **Value:** $1,635,638 **Loss:** $70,000 **Status:** Closed

Date: 6/23/2016 **Box:** 43600 **Address:** 2635 William Short Cir. **Type:** Commercial
Cause: Accidental **Value:** $9,871,652 **Loss:** $93,750 **Status:** Closed

Date: 7/5/2016 **Box:** 40326 **Address:** 10035 Wheatfield Ct. **Type:** Residential
Cause: Accidental **Value:** $404,912 **Loss:** $87,500 **Status:** Closed

Date: 7/7/2016 **Box:** 41011 **Address:** 3808 Lakeview Ter. **Type:** Residential
Cause: Accidental **Value:** $406,875 **Loss:** $124,750 **Status:** Closed

Date: 7/7/2016 **Box:** 42200 **Address:** 7024 Spring Garden Dr. **Type:** Commercial
Cause: Under Inv. **Value:** $8,440,000 **Loss:** $600,000 **Status:** Open

Date: 7/11/2016 **Box:** 41919 **Address:** 7618 Cork Glen Way **Type:** Residential
Cause: Accidental **Value:** $156,000 **Loss:** $75,000 **Status:** Closed

Date: 7/14/2016 **Box:** 43702 **Address:** 6055 Joust Ln. **Type:** Residential
Cause: Accidental **Value:** $349,288 **Loss:** $93,750 **Status:** Closed

Date: 7/16/2016 **Box:** 41000 **Address:** 3744B Madison Ln. **Type:** Residential
Cause: Accidental **Value:** $218,770 **Loss:** $70,500 **Status:** Closed

Date: 7/27/2016 **Box:** 41601 **Address:** 12107 Fairfax Hunt Rd. **Type:** Residential
Cause: Under Inv. **Value:** $551,838 **Loss:** $251,250 **Status:** Open

Date: 7/27/2016 **Box:** 41802 **Address:** 7642 Wood Mist Ln. **Type:** Residential
Cause: Accidental **Value:** $275,675 **Loss:** $93,750 **Status:** Closed

Date: 7/27/2016 **Box:** 40924 **Address:** 1303 Gatewood Dr. **Type:** Residential
Cause: Accidental **Value:** $559,100 **Loss:** $93,750 **Status:** Closed

Date: 7/29/2016 **Box:** 42505 **Address:** 11267 Silentwood Ln. **Type:** Residential
Cause: Undetermined **Value:** $251,938 **Loss:** $93,750 **Status:** Closed

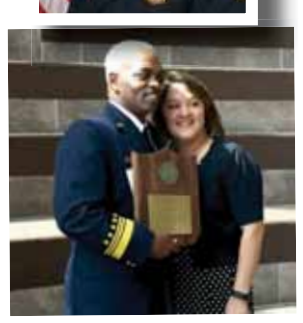
Taking retirements

JON P. BRULEY
Captain I

Entry Date: January 3, 1989
Retirement Date: September 11, 2016
Recruit School: 74th
Assignments: 1, 8, 9, 11, 14, 18, 23, 26, 28, 29, 34, 38, 42.
Likes About the Fire Department: Running calls, helping people. Knowing you made a difference.
Will Miss About the Fire Department: The members in operations who get the job done. The second family.
Plans for the Future: Continue to help others and do the right thing.
Words of Wisdom: Do the right thing. Not the easy thing. Stay true to yourself.
What Got You Interested in the Fire Service? My grandfather and uncle with the Yonkers NY Fire Department.
Who or What Made an Influence in your Career? Every firefighter who cared about the job they were doing and worked hard to be the best that they could be.

DALE DOMMEL
Master Technician

Entry Date: October 10, 1988
Retirement Date: August 22, 2016
Recruit School: 73rd
Assignments: 24, 13, 24, 37, 35, 24, 35, and 41.
Likes About the Fire Department: The challenge of the job and shift work.
Will Miss About the Fire Department: The highway, driving a Mack.
Plans for the Future: Travel with Lynne.
Words of Wisdom: Don't take yourself too seriously. Be part of the brotherhood and learn your job well. Perfect your trade then go for your promotion if you feel the need.
What Got You Interested in the Fire Service? My Dad was a volunteer.
Who or What Made an Influence in your Career? Lloyd Henry, Sonny Mahon, Craig Buckley, Tom Brennan, John Norman, John Salka, Vinny Dunn, Francis Branhagan, Allan Brunacini, and Dennis Ruben.



GARRETT L. DYER
Assistant Chief

Entry Date: August 4, 1986
Retirement Date: August 9, 2016
Recruit School: 67th
Assignments: FS22, FS24, FS11, FS19, Field Training, Basic Training, Fire Protection Systems, Fire Investigations, HMIS, Chief Training Officer, Operations Deputy, Assistant Chief of Personnel Services Bureau.
Likes About the Fire Department: Providing services to the public in their time of need. The many friendships that have been fostered over the years.
Will Miss About the Fire Department: All of its great people!
Plans for the Future: Stay healthy, relax and enjoy every day the Lord allows me to.
Words of Wisdom: "Learn from yesterday, execute today, and plan for tomorrow." Decoded: You can't change yesterday, but you can learn what you need to change for today and make a difference tomorrow.
What Got You Interested in the Fire Service? Watching my best friend jumping on a fire truck during high school that led me to joining the LaPlata Volunteer Fire Department.
Who or What Made an Influence in your Career? Reggie Lassiter, Ty Corbin, Dewey Perks, T-Mike Morrison, Richard Sweatt, Willie Bailey, Jerome Williams, Terry Hall, Clayton Thompson, William Garrett, Pete Pullen, Gino Crump, Felicia Manns, Roscoe Hager, Ron Mastin, Duane Dodwell, Andy Snead, and Mike Reilly.

WALLY JOHNSON
Captain I

Entry Date: June 19, 1989
Retirement Date: July 11, 2016
Recruit School: 76th
Assignments: 29,25, 39, 9, 17, 30, 4
Likes About the Fire Department: The ability to run challenging calls, and hopefully make a positive difference in someone's life. The close bonds that we all create with each other, and the feeling of brotherhood in the fire service.
Will Miss About the Fire Department: I will miss seeing all of the great people that I have gotten to work with, especially my shift at FS04-A. Will also miss running calls and trying to make a difference in someone's life.
Plans for the Future: Enjoy retirement, travel, spend more time with my family and grandchildren. Not do anything that requires me to ask for a day off.
Words of Wisdom: Treat people how you would want to be treated. Do not sweat the small stuff. Use your experience and common sense (this job does not fit in a manual.) Realize that we have the best job in the world, enjoy it and be good at it.
What Got You Interested in the Fire Service? My father and grandfather were both volunteer firefighters on Long Island. I joined the same volunteer department when I turned 18.
Who or What Made an Influence in your Career? Jim Swigget, Dave and Mark Rohr, Mike Deli, and all the great apparatus technicians that I have had the pleasure of working with, especially my friend who left us way too soon, Jim Breslin.

KENDALL THOMPSON
Captain II

Entry Date: March 17, 1986
Retirement Date: August 8, 2016
Recruit School: 65th
Assignments: 19, 11, 5, 24, 37, 34, 14, 32, 8, Business Services.
Likes About the Fire Department: The fact that you are taught a job and you are expected to do it correctly! Your life and other lives depend on this.
Will Miss About the Fire Department: The smile of each and every person that you might encounter.
Plans for the Future: I will surely let you know!
Words of Wisdom: Every painter is not an artist, the picture that he or she paints of someone may not be a good one. Paint your own pictures!
What Got You Interested in the Fire Service? My big brothers, Clayton and Chris Thompson. The unbelievable concept of geting paid to do what your parents taught you to do, be nice to others!
Who or What Made an Influence in your Career? There are way too many to name! If I met you, you influenced my career! Thank you one and all!

Front Lines Deadline

The deadline for the remaining 2016 Front Lines issue is November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov and Cathy Richards (cathy.richards@fairfaxcounty.gov).

awards & presentations

Safe Driving Career Achievement Awards

5 Years	15 Years
Firefighter	Master Technician
Seo H. Chae	Thomas A. Zirkle

VOLUNTEER FIRE AND RESCUE SERVICE AWARDS

In July, several Fairfax County Fire and Rescue Department volunteers received 2015 Volunteer Fire and Rescue Service Awards. Each recipient was selected by the Volunteer Fire Commission for their contributions to the Fairfax County Fire and Rescue Department and the communities they serve. These individuals provided exemplary support to help further the goals of the Fairfax County combined career and volunteer system.

Winners of the 2015 Volunteer Fire and Rescue Service Awards are: Volunteer Fire Chief Tyler F. Thaler (Bailey's Crossroad Volunteer Fire Department), Canteen Member Judith M. Howell (Bailey's Crossroad Volunteer Fire Department), Administrative Member Judi Medwedeff (Vienna Volunteer Fire Department), Administrative Officer John L. Swanson (Franconia Volunteer Fire Department), Volunteer ALS Provider Joshua M. Schuchman (Centreville Volunteer Fire Department), Volunteer EMS Provider Laura E. Calkins (Bailey's Crossroads Volunteer Fire Department), Volunteer Operational Officer Kevin M. Long (McLean Volunteer Fire Department), Volunteer Firefighter Adam J. Searle (Vienna Volunteer Fire Department), and Volunteer Rookie Samuel C. Portillo (Centreville Volunteer Fire Department).

in memoriam

Retired Lieutenant John Davis
Date of Passing: August 12, 2016
Dates of Service:
August 1, 1961 - December 25, 1982

Lieutenant Charles L. Mills
Date of Passing: June 4, 2016
Dates of Service:
November 1, 1962 - September 28, 1985

Retired Captain Jake Tavasti
Date of Passing: June 24, 2016
Dates of Service:
February 1, 1965 - April 25, 1987

Retired Sergeant Randall Fulford
Date of Passing: June 23, 2016
Dates of Service:
April 15, 1968 - February 13, 1981

Retired Lieutenant John Porter
Date of Passing: August 10, 2016
Dates of Service:
April 18, 1962 - December 18, 1986

Anniversaries

39 Years

Master Technician Michael D. Macario

36 Years

Battalion Chief John S. Price, Jr.
Technician John M. Smith III

35 Years

Lieutenant Charles F. Adams, Jr.

34 Years

Lieutenant Gary W. Vozzola

31 Years

Paula E. Woodrum,
Emergency Management Specialist III

30 Years

Lieutenant Jeffrey R. Allen
Captain II Raymond E. Griffin, Sr.
Captain II John R. Niemiec
Captain II Donald L. Vaught

20 Years

Captain II Michael D. Allen
Technician Lloyd Coburn III
Captain II Kevin Edwards
Master Technician
Christopher L. Johnson
Technician Peter Kehne
Master Technician James P. Kotwicki
Master Technician Joseph M. Laun
Captain II Joseph D. Merritt, Jr.
Captain II William Moreland
Firefighter Gregory A. Morton
Technician John R. Mudge
Lieutenant Vitor M. Rocha
Captain I William Schellhammer
Technician Brent M. Schnupp
Captain II David Schwarzmann
Patricia Tomasello,
Management Analyst I
Lieutenant James H. Williams

15 Years

Captain II Calvin M. Alexander, Jr.
Lieutenant Pedro P. Benavidez
Lieutenant Keith F. Bresnahan
Firefighter Clinton A. Brown
Cathy C. Caniford,
Administrative Assistant III
Brian K. Cannon,
Fire Apparatus Mechanic
Captain I Eric S. Craven
Captain I Michael P. Damico
Lieutenant Daniel T. Hahn
Lieutenant Michael E. Klump
Master Technician Garner T. Marshall
Captain I Stephen P. McCay
Richard M. Mock,
Fire Apparatus Mechanic
Captain I Alexander C. Obert
Master Technician Clement R. Rivera
Lieutenant William E. Thurston
Captain I Reginald L. Wadley
Master Technician Frances J. Webb

10 Years

Technician LaTasha Byrd
Technician Gustavo A.
Cambronero Vargas
Master Technician Michael D. Guck
Technician Christopher J. Herbolsheimer
Technician Jennifer A. Hoeck
Technician Albert R. Kearns
Technician Michael T. Kovach
Lieutenant Nathan R. Larkin
Technician Heather J. LeFever
Firefighter Man Y. Li
Firefighter Roy A. Lockhart
Technician Ryan P. McGill
Lieutenant Christopher W. Ouelette
Firefighter Roger A. Perdomo Cortes
Firefighter Peter M. Perez
Firefighter Ashley P. Pope
Lieutenant Jason G. Pryor
Firefighter Matthew C. Quigley
Technician Roxroy W. Reid
Sandra Y. Rodriguez,
Administrative Assistant IV
Master Technician
Javier A. Santa Gadea
Master Technician Brian R. Steele
Laurel A. Stone, Management Analyst III
LaTycia S. Tanks, Fire Inspector III
Technician Edgar Torres
Technician Jason W. Trautman
Technician David L. Wallis
Firefighter Adam R. Wright

5 Years

Eugene E. Jacob, Fire Inspector II
Forest H. Johnson, Jr.,
Fire Apparatus Mechanic
Victoria R. Mazzoli,
Administrative Assistant II
Matthew M. Solomon, Fire Inspector II
Lavanda G. Sykes,
Material Management Specialist I

Retirements

Firefighter James A. Breich
May 27, 1986 - May 27, 2016

Captain I Jon Bruley
January 3, 1989 - September 11, 2016

Mary V. Catlett, Financial Specialist III
October 28, 1985 - May 13, 2016

Lieutenant Robert W. Dickerson, Jr.
January 3, 1989 - June 9, 2016

Master Technician Dale W. Dommel
October 10, 1988 - August 22, 2016

Assistant Chief Garrett L. Dyer
August 4, 1986 - August 9, 2016

Michael J. Felczak, Inspector II
December 24, 2005 - June 24, 2016

Lieutenant Eric D. Forbach
February 29, 1988 - June 28, 2016

Technician Charles A. Harman
February 29, 1988 - June 26, 2016

Captain I Walter E. Johnson
June 19, 1989 - July 11, 2016

Captain II Robert S. Lison
August 15, 1988 - August 23, 2016

Captain II John W. Morris
January 20, 1987 - May 26, 2016

Technician Clarke V. Slaymaker
October 13, 1986 - June 23, 2016

Captain II Kendall Thompson
March 17, 1986 - August 8, 2016

Lieutenant Joseph J. Vacchio, Jr.
February 2, 1987 - May 6, 2016

New Hires

Damien E. Chaves, Engineer III
Fire Prevention

William F. Delaney, Jr.
Public Safety Information Officer III
Public Affairs and Life Safety Education

Edmond D. Monseur, Truck Driver
Resource Management

Fairfax County Fire & Rescue Department
Attn: Public Affairs and Life Safety Education
4100 Chain Bridge Road
Fairfax, Virginia 22030

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Captain II
Randal L. Bittinger
Station Commander

Station Profile

NORTHPOINT

Fire and Rescue Station 39

Station constructed: 2001
Station specialty: Technical Rescue, Swiftwater, Tanker Operations
Square miles in first due area: 14.6
Specific hazardous/target areas: Corbalis Water Treatment Plant, AT&T Facility, Lake Fairfax Park/Water Mine, Seneca Park, Potomac River, and rural non-hydrant areas
Equipment assigned to station: Engine, Heavy Rescue, Medic, Tanker, Brush, Two Swiftwater Boats, Tunnel Rescue Truck, Canine Unit
Total calls in 2015: 3,807
Station personnel: A-Shift: Captain William M. Best Jr., Lieutenant Erick L. Weinzapfel, Master Technician Patrick J. Keenan, Master Technician Robert G. Ritchie, Master Technician Beverly L. Studds, Technician Michael L. Frames, Technician Lloyd Coburn III, Technician Terrance L. Ewell, Technician Dominic S. Runfola, Technician Paul A. Serzan, Firefighter/Medic Christian H. Waelder, Firefighter Brandon M. Winfield, Firefighter Paul G. Beasley Jr., Canine: Angus **B-Shift: Captain II Randal L. Bittinger,** Lieutenant Stacie L. Galatis, Master Technician Joseph P. Kieler, Master Technician Brian A. Bonifas, Master Technician Rolando E. Contreras Chicas, Master Technician Brian C. Roberts, Master Technician Jeffrey M. Repine, Technician Trisha A. Danula, Technician Susan V. Tomczak, Technician Israel Lopez-Velez, Firefighter Michael E. Gonzalez, Canines: Xandr and Tuula **C-Shift: Captain Carlos R. Carrillo,** Lieutenant Ben A. Dye, Technician Peter Kehne, Technician Stephen A. Haines, Technician Adam D. Scheetz, Technician Gregory W. Wood, Techcnian Kristopher C. Ganz, Technician Ekaterina T. Chelpon, Technician Paul J. Wenner, Firefighter/Medic Sally A. Dickinson, Firefighter Stephen A. Ulrich, Canines: Jessie and Fielder

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