LINE COPY

Volume I, 2012 Fairfax County Fire and Rescue Department

Crews from McLean, Dunn Loring, and others, including the Arlington Fire Department responded to a house fire December 11, 2011, at approximately 2:05 p.m., at 1718 Great Falls Street. Firefighters brought the fire under control in approximately 20 minutes. The accidental fire caused $100,000 in damage. According to the incident commander, an electrical panel circuit breaker caused the fire.

Ronald L. Mastin

From The Fire Chief . . .

"Let's everyone set a good example and be a positive role model."

We all know the inherent dangers associated with our profession and are too often reminded of this as we read the headlines about Line of Duty deaths, and close call reports. We go to bed fully expecting to greet the next morning, and then go about our busy lives, often times we reflect on a disturbing or tragic incident we've responded to recently. We critique what went wrong in the fatal vehicle crash, structure fire, heart attack, etc., never thinking it could happen to one of our own department members.

But, what if it does? How do we cope? What plans and procedures are in place to help the family, department members, and community to manage and recover from this traumatic shock that vibrates throughout the organization?

We all begin to second guess what went wrong and what could or should have been done to prevent it, and for a moment in time, we personally vow to make changes for ourself and for those we supervise. Do we treat it like a new year's resolution, get all fired up for a brief moment, and then revert back to our old ways, to our normal comfort level, thinking tragedy will happen to someone else?

Pointing fingers or fixing blame is not the goal, I'm only stating the obvious; change is hard and truly tests our mettle and leadership skills. Knowing the right thing to do and executing it every day is a totally different challenge, but isn't that what leaders are supposed to do? It is easy to take the easy way out and find "legitimate" reasons to put things off, do it later or tomorrow—tomorrow may never come. The very nature of our profession challenges our ability to execute daily plans to train and do physical fitness—these are the basics that may save our life. While we cannot predict what or when the next call will come, however, we can and must manage these tasks to ensure we devote time to these critical elements each and every workday.

We know that the unexpected is just around the corner, and after every response, we all must ask ourselves this basic question, "As an officer or firefighter, did I do everything possible to prevent the unexpected?" From ensuring everyone is engaged in physical fitness, had an annual physical, studied close-call reports, understands, and can execute basic skills such as Mayday procedures, self-rescue, etc.; these are tasks we do to minimize the risk of every member, and ensure we've done everything possible for a positive outcome.

Firefighting is a team sport, both on the incident scene and at the station. While the officer may have the ultimate responsibility for executing the daily shift activities, we all need to take personal responsibility and hold each other accountable. In the end, if a teammate fails or falls, we all suffer. Let's make it a priority to practice the real meaning of teamwork and to lift each other up to ensure when the unexpected happens, and we all know it will, that we have done everything within our power to have the best possible outcome. Let's everyone set a good example and be a positive role model. ❖

Ronald L. Mastin, *Fire Chief*
Dan Schmidt, *Editor*
Cathy Jo Richards, *Layout and Design*

© COPYRIGHT 2012
Fairfax County
Fire and Rescue Department
4100 Chain Bridge Road
Fairfax, Virginia 22030
703-246-3801

LINE COPY 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, LINE COPY."

Letter of Appreciation

February 3, 2012

FAIRFAX COUNTY
FIRE & RESCUE
FEB 6 2012
OFFICE OF THE
FIRE CHIEF

Chief Ronald L. Mastin
Fairfax County Fire and Rescue Department
4100 Chain Bridge Road
Fairfax, Virginia 22030

Dear Chief Mastin:

On behalf of Tiger Cub Dens 7 and 8 of Cub Scout Pack 888 in Alexandria, I am writing to thank you for the program your department provided for our scouts on January 18 at Aldersgate Church.

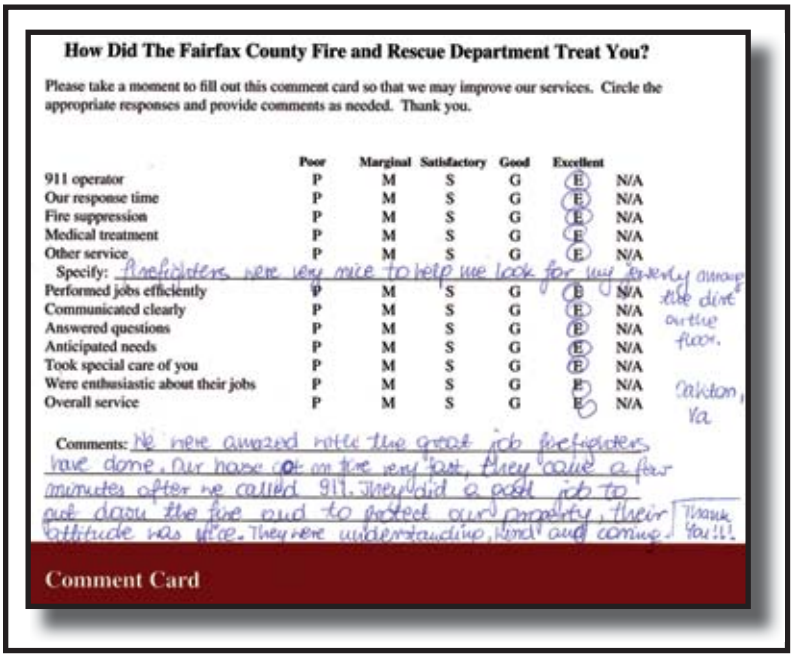
Your fire safety educators, Ms. Jen and Ms. Cecilia, did an excellent job of teaching the boys fire safety basics with the aid of the model house. They were very good at involving the scouts in the presentation and keeping their attention – not an easy task when dealing with seven-year-old kids!

When the firefighters from Station 409 arrived, they could not have been more accommodating. They willingly fielded questions from the scouts (and their parents), they showed off the equipment, and they allowed each boy (and their siblings) to sit in rear seats for a few moments.

From beginning to end, it was a first-rate presentation by a first-rate department. The scouts will be sending a personal note to Mss. Jen and Cecilia and to the Firefighters, but I did want you to know how grateful I and the other parents are to you and the Department for such a memorable event.

Sincerely,

Paul F. Hannah



How Did The Fairfax County Fire and Rescue Department Treat You?

Please take a moment to fill out this comment card so that we may improve our services. Circle the appropriate responses and provide comments as needed. Thank you.

	Poor	Marginal	Satisfactory	Good	Excellent	
911 operator	P	M	S	G	E	N/A
Our response time	P	M	S	G	E	N/A
Fire suppression	P	M	S	G	E	N/A
Medical treatment	P	M	S	G	E	N/A
Other service	P	M	S	G	E	N/A
Specify: firefighters were very nice to help me look for my family among the dirt on the floor.						
Performed jobs efficiently	P	M	S	G	E	N/A
Communicated clearly	P	M	S	G	E	N/A
Answered questions	P	M	S	G	E	N/A
Anticipated needs	P	M	S	G	E	N/A
Took special care of you	P	M	S	G	E	N/A
Were enthusiastic about their jobs	P	M	S	G	E	N/A
Overall service	P	M	S	G	E	N/A

Ashton, Va

Comments: We were amazed with the great job firefighters have done. Our house got on fire very fast, they came a few minutes after we called 911. They did a good job to put down the fire and to protect our property, their attitude was great. They were understanding, kind and caring. Thank You!!!

Comment Card

This Issue . . .

From The Fire Chief 2
Letter of Appreciation 3
New and Improved Communications Section 4
The Dynamic State of Clinical Equilibrium - When Well Becomes Sick, and Sick Becomes Well 5
Making the Decision, Both Small and Large 6
Training Corner 8
Understanding the Cancer Presumption Law 9
What are the Odds, and What Are You Betting? 10
Wellfit Program Offers New Functional Circuit Workout 11
Hot Shots 12
Celebrating the Life of Technician Mark C. Baban 13
Large Loss Fire Investigations 14
Community Outreach Program Highlights 15
Top 10 Activity Report 16
Awards & Presentations 18
"Taking Up" 20
Retirements/Anniversaries/New Hires 23
Station 20 Profile 24

New and Improved Communications Section

By Battalion Chief Keith M. Ludeman
Communications Section

The Communications McConnell Public Safety and Transportation Operations Center (MPSTOC) branch works closely with the Department of Public Safety Communications and provides collaborative policy development and implementation management for fire and rescue dispatch operations. Staff assigned to MPSTOC include: Captain II Reginald Johnson, Captain I Robert Burlingame, Captain I Cindy Brown, Captain I Tim Fowler, and Captain I Kim Hood.

The Communications Support Branch provides the equipment, interoperability, and technical services support for the organization. This section provides first-level support to maintain the operational needs and interoperability capability within the region. This branch also participates on various federal, state, and regional communications and interoperability groups. Tactical communications and interoperability support is provided by members of the section and operational members of the Communication Cache Program. Equipment to support this effort is available within the section for rapid response, and through the National Capital Region Communications Interoperability Group and the Commonwealth of Virginia Communications Cache programs. Emergency response and support is provided to field operations whenever requested, and whenever fire and rescue units respond outside the region. Staff assigned to the Communications Support Branch include: Captain I Matt Barnhart, Captain I Rex Strickland, Lieutenant Wes Rogers, Lieutenant Felicia Johnson, Lieutenant Bonnie Tobalske, and Ken Neumann. ❖

The radio and communications cache and support vehicles ready to deploy regionally to support any large-scale incident.

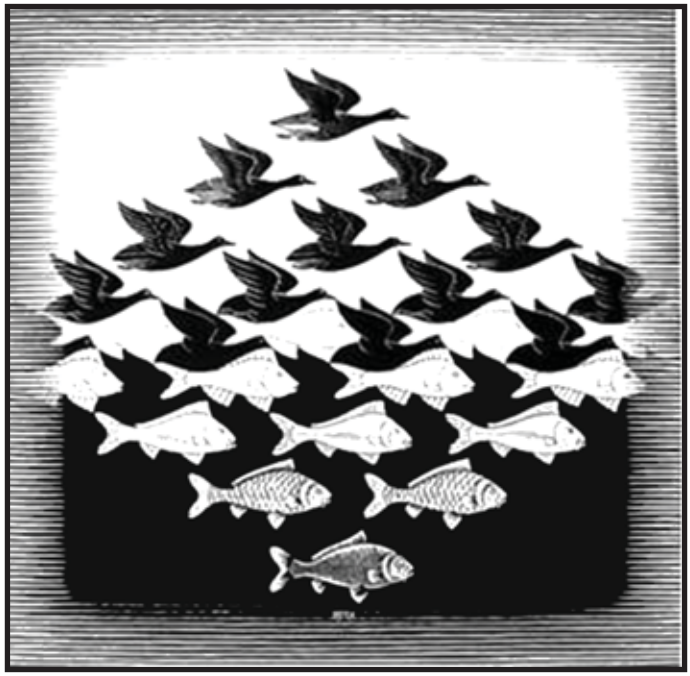
The Dynamic State of Clinical Equilibrium - When Well Becomes Sick, and Sick Becomes Well

By Scott Weir, MD, FACEP, NREMT-P
Medical Director
Occupational Health and Safety

Running calls, trying to help develop new EMS providers and trying to improve the care I personally provide, I remember rounds during my residency and the attending trying to be supportive during our struggles to reach the final diagnosis on a case injected "anyone can make the diagnosis if the patient comes with a neon sign." His point was that our task was being able to process the subtle clues, earlier in the disease process, before it became fulminant and obvious to all. After all, anyone can make the diagnosis at autopsy.

I can recall a number of cases which evolved in front of me. Some got better due to my efforts; some got better despite my efforts. Of course, some got worse in front of me despite my efforts, too. Hopefully few got worse because of my efforts, but I am sure we all have those cases.

The trick is to identify which patients are headed down the continuum of illness and intervene before they get toward the end.



It reminds me of a picture by Escher – Birds to Fish.

It is not always easy to see where not-ill becomes ill, at least not until it becomes clearly obvious in the critically ill. And so the fish becomes the bird at some point probably before it is obvious to all. And to make it even more complex, it is not a static process. We are always in the simultaneous state of becoming ill and becoming well. Ultimately, our direction and rate of progress toward that point is the sum of both – kind of like walking up the down escalator. Whether we go up or down depends on the difference between our upward and downward speed.

And so too our patients are variably in a state of becoming ill and becoming well – we aim to help their ability to ascend toward wellness faster than their condition speeds them toward illness. ❖

"I'm not sure what the diagnosis is, but I hope to learn more from your autopsy."
- Dr. Tac T. Less

Making the Decision, Both Small and Large

By Technician Scott L. Kraut
Fire and Rescue Station 10, C-Shift

Like a moth to a flame, we sometimes find ourselves taking the path of least resistance and focused only on the dispatched fire. Mentally it's tough for us to look past the fire, and see the potential outcome. Our success can often be attributed to our "typical" fires that require reflection to previous fires in order to develop a quick and successful strategy. The game-plan developed by the crews in the 5th Battalion on the night of November 5, 2011 was not ground-breaking, nor can it be known if the outcome (over 50 occupants displaced without a loss of life) would have been different if the strategy employed were different, perhaps we can all learn from what was a successful strategy.

At 0510 hours, companies from the 5th Battalion were dispatched for a reported building fire at 7236 Commerce Street. As units responded, they were updated with reports of multiple explosions at the scene. Approaching the scene, units from Engine Company 422 reported "nothing showing" from the alpha side of the structure. However, after committing to a lap, they were met with fire showing from the sliding glass door on the terrace level of a garden style apartment, which would soon auto-expose to the floors above. It became apparent at this point, in order to protect and save civilian lives, a plan was needed.

At the receipt of an alarm, a competent firefighter attempts to process current information through training, experience, and pre-planning. Prior to exiting the firehouse and as crews attempt to shake off their slumber, the time of day becomes evident, as does the building type. Crews familiar with this response area concluded that while it was a multiple unit dwelling and the potential for a large number of occupants exists, the older construction was in their favor. A quick look in the map book showed the closest hydrant and prepared the officer and crew for the building layout within the apartment complex. The strategy begins to take form before the maxibrake is even set.

Fires at garden apartments present a myriad of obstacles due to the design, all must be considered during pre-planning, training, and during the incident. The following is a discussion of factors relevant to this particular fire, and how they were exploited or overcome successfully. For more information on the obstacles, refer to Book 3: *Fires in Garden-Type Apartments Operations Manual*.

The most obvious challenge is the potential for a large number of occupants affected by the fire and those trapped. Consideration must be taken into account when determining the mode of operation, but will most likely require an offensive fire attack to protect the occupants. The consensus on the fire ground was that the enclosed interior stairwell would need to be preserved for egress. After confirming the door to the fire apartment was intact and holding, it was quickly determined the initial fire attack and search operations would begin from the charlie side. Engine 422 stretched their attack lines to the charlie side, while Rescue 426 performed a vent enter search (VES) operation of the fire apartment. Realizing it to be a terrace level apartment, VES was preformed through an adjacent window. Truck 422 performed a quick search of the two adjacent terrace level apartments before making their way to the floors above. Simultaneously, the operator and fourth firefighter from Truck 422 were placed in service and two 35-foot ladders, and two 28-foot ladders were deployed to the rear of the structure.

The age of the building provided the type of construction materials faced with, and the necessary information to determine how fast and how

far the fire would spread. For example, when dealing with a garden apartment constructed during the last 30-40 years, we can assume (not guarantee) the structure was built using wood-frame materials, vinyl siding, and engineered structural components. This contributes to fire spread. However, if the garden apartment was built in the 1950s and mid 60s, chances are the structure is non-combustible or ordinary construction, containing the fire to the unit of origin. Stairwells are an avenue for fire spread, access and egress, prompting crews to be vigilant on the type of stairwell. An open stairwell plan (typically indicating wood frame construction) will be less obtrusive in terms of victim and smoke removal, but will provide unlimited ventilation to the fire compartment once the apartment door is opened. An enclosed stairwell (commonly found in non-combustible or ordinary constructed complexes) will allow some controlled ventilation, but may become hazardous if not considered in the initial phase of the operation. The enclosed stairwell and fire on the terrace, formed the basis for the strategy developed by the officers that morning, leading to a successful fire attack and victim removal.

The layout of an apartment complex is unique to each subdivision and may lend itself to relatively easy positioning and deployment of personnel and tools or may be a complete hindrance to operations due to setbacks, parking, and topography. The plat may allow for a quick and straight forward line deployment or at times will require crews to overcome the obstacles by unique positioning and the deployment of longer lines (pre-connected on the fire ground). Access for hand lines and portable ladder deployment to the fire apartment will hinge on whether the apartment is situated alone or is coupled with other apartment buildings. Officers should consider reflex time as in high rise situations when presented with large setbacks and coupled buildings. Some buildings will be attached and share a common roof. These buildings may or may not be separated by a fire wall. The fire wall may go through the roofline or terminate in the cockloft area. These are all factors that should be taken into consideration for determining fire spread, exposure protection, and ultimately, your strategy and tactics.

The location and extent of the fire should be a factor for incoming officers to properly form a strategy and supporting tactics. In this case, time and consideration was taken by the first-in officers, leading to an attack that would commence from the charlie side of the structure. This initial plan goes against the principle of attacking the fire from the unburned side. However, at this incident, it was the best tactic and maneuver to protect lives. Controlling the interior stairwell while allowing fire attack and rescue operations to be conducted from the charlie side allowed for unimpeded egress for the occupants inside, a task conducted by Engine 426. The evacuation of a large number of occupants not only requires a thorough and systematic approach, but also great discipline.

Firefighters realized that some factors encountered at this incident could have made the efforts that morning almost impossible for fire crews. If the setback was too great and there was minimum staffing that morning it may have been a huge gamble to believe that lines and ladders could reach the rear in a timely fashion. However, if pre-planning and identifying those buildings that are beyond the reach of the longest pre-connected lines is completed, planning for alternate extinguishment efforts can take place. It is important to remember that not every fire will be within the reach of pre-connects. Regardless, providing water onto the fire in a rapid and efficient manner is vital. It's also important to note that if the fire had been on the top floor with exposure in a common cockloft area, a strategy that involved keeping the interior stairwell clear may not have afforded any reward and would have consumed precious time.

In conclusion, all variables must be considered on the incident scene, but getting out in our area and pre-planning for the worst will save precious time when the alarm sounds as it did that morning. ❖

Training Corner

By Captain David Barlow
Academy

It seems like it never ends: training requirements, certifications and re-certifications seem to consume much of our time these days. Add in transfers and fills for coverage and you have a full plate almost every day. The subject warrants a couple of questions.

Is all the training necessary?

Why is training so important?

We only have to look into the scope of practice of the modern emergency responder to answer these questions. Today's officers, firefighters and medics are required to have a comprehensive understanding of countless topics, tasks and skills to function on a daily basis. Modern-day fire behavior, lightweight building construction and a decrease in working fire events have further complicated the problem requiring us to have a better understanding of topics and tasks to be successful on the emergency scene. Add in additional topics such as the Active Shooter program and the ever-changing CPR curriculum, and the potential workload is daunting.

Despite the enormity of the problem, we must conduct training in order to program our brains to function effectively and efficiently during a stressful emergency situation. During an emergency situation, our brain relies on our knowledge, experience and training to make decisions. Scientists have been studying the human brain for centuries and use two distinct methods to describe our decision-making process.

The classical decision-making method is a step-by-step, logical sequence that the decision-maker goes through to reach the best decision. The process includes analyzing the situation, identifying the problem, developing solutions to the problem, weighing the advantages and disadvantages and the risks and benefits of each option, and finally choosing the option that best solves the problem (Ennis, 2008).

The naturalistic decision-making method is an intuitive reaction to a problem. In this process, the decision-maker recognizes sights, sounds, smells and other sensory cues that trigger the memory of similar situations the decision-maker has experienced or learned in the past. Actions are chosen quickly based on previous actions that successfully addressed those past situations. This method also is known as recognition primed decision-making (Ennis, 2008).

The fire service has developed some poor habits over the years. One of the biggest is that we only need to demonstrate or review a skill or topic once to be able to understand and perform it effectively and safely. The notion that we will execute critical fire ground tasks/skills effectively during an emergency after only being exposed to the subject one time five years ago, leaves much to be desired. Football teams practice the same plays over and over, learning the fundamentals, basic movements and individual roles and responsibilities for each play. On game day, they line up and execute the play all the while having to counter the attack from the opposing team. We have all witnessed the football play where somebody missed a block or ran the wrong route which usually ends up as a failed play with no gain in yardage. The Navy SEALs practiced the raid on Osama Bin-Laden's compound hundreds of times before the plan was finally executed. Each member of the team mastering and increasing their knowledge and proficiency of the tasks and skills required to execute the mission with each training evolution. Point being is that the NFL and military train by conducting drills on

(Continued on page 17)

Understanding the Cancer Presumption Law

By Firefighter Joshua Sprouse
Fire and Rescue Station 29, Tysons Corner

As firefighters, our jobs are inherently very dangerous. Approximately 100 firefighters die every year for a variety of reasons. Firefighters are exposed to a variety of toxic substances almost daily. Because we are unknowingly exposed to some of these toxic substances, our health is at greater risk. Most of these toxic environments do not affect a firefighter until a later date and sometimes it can be difficult to prove that a particular toxic substance caused a certain illness or cancer. The gear and equipment have greatly improved over the years; however, enforcing personnel to wear the full protective ensemble can be difficult. Even with full protective gear, nothing can provide total protection from the toxic substances and environments in which firefighters operate.

Prior to 1992, there was no coverage in place for firefighters who became ill or developed cancer from the job. In 1992, a joint subcommittee was formed in the General Assembly to begin studying the increased mortality rate and the increased rate of certain types of cancer among firefighters. The resolution directed the subcommittee to review work-related health risks and to examine the presumptive cancer laws in order to determine if such legislation would be beneficial to the firefighters in the Commonwealth of Virginia. The bill known as the Cancer Presumption Law, was already in place in some states, including Maryland. It was designed for public safety personnel who were exposed to on-the-job toxic material also known as carcinogens. The presumptive law was for the public safety personnel, both career and volunteer, who acquired cancers and other job acquired illnesses from hazards associated with being a firefighter. The presumptive law worked directly alongside Workers Compensation. This bill was supported by the Virginia Professional Firefighters Association.

This Cancer Presumption Law covers five different types of cancers--leukemia, pancreatic, prostate, rectal, and throat cancer. These cancers can be caused by a documented contact with a toxic substance. A volunteer or salaried firefighter or hazardous materials personnel, having completed three years of service in the line of duty, and having any health condition or impairment resulting in total or partial disability, shall be presumed to be an occupational disease and suffered in the line of duty. These diseases or illnesses would be covered unless such presumption is overcome by a preponderance of competent evidence to the contrary. For the purposes of this, a "toxic substance" is one which is a known or a suspected carcinogen. Any tobacco or nicotine product is considered a carcinogen. Carcinogens have been proven to cause cancer or contribute to the cause of cancer. The employer must prove the injury or illness sustained was from the line of duty. What does overcome by a preponderance of competent evidence to the contrary mean? It means the employer and or workers compensation claims department may reject a claim if the employee was found to have not received the illness or injury in the line of duty. To overcome the statutory presumption, the employer must show, by a preponderance of the evidence, that the firefighter's disease was not caused by employment, and also there was a non-work related cause of the disease. Thus, if the employer does not prove by a preponderance of the evidence both parts of this two-part test, the employer has failed to overcome the statutory presumption and the firefighter should receive workers compensation.

With this being understood, it is very important that we, as a department, remain a nicotine free and tobacco free environment. Every year in the Commonwealth of Virginia, public safety personnel including firefighters are denied their claims for job related illnesses and disease due to use of tobacco and nicotine products. When personnel

(Continued on page 17)

What Are the Odds, and What Are You Betting?

By Dan Avstreih, M.D., FACEP
Associate Operational Medical Director

There is no doubt about it – life is a gamble. Every day, people make dozens and dozens of bets. Some of them are relatively minor – " I bet I can drink this milk even though it expired yesterday." Some of them are major – "I bet I can I run across this bridge before the train comes." In some, the odds are bad, but the wager is very small – "I think I'll buy a $1 Powerball ticket." In others, the odds are very much in your favor, though the consequences of losing are catastrophic – "I bet the plane I'm on will land safely." However, one thing is a sure bet – years of research have consistently demonstrated that humans are generally poor at accurately assessing odds.

I'm sure on the surface this makes sense – one of the many functions of emergency services is to mitigate the effects of bad bets, be it "I bet I can send this text message while driving" or "I bet I can balance on this ladder rung and reach the gutter." But, this should also resonate on a much deeper organizational level because we, as a fire and rescue department, focus much more on the consequences of our gambles than most people. For example, given the huge numbers of MVCs to which departments across the country respond, the odds of a firefighter getting hurt on any one individual call is very small. However, as we all know (and as I unfortunately observed first-hand while in Ann Arbor in January of 2006), the consequences of being hit by a car on a crash scene are severe. So we use our engines and rescues to protect us, we wear helmets, vests, and reflective stripes. We are alert and vigilant and respect not the odds, but the consequences.

In pre-hospital medicine, the gambling gets even more complicated, because we are betting someone else's health, most often without them having any idea of the odds, or there is even a bet taking place at all. For example, I'd be fairly certain a patient we saw at INOVA Fairfax Hospital four years ago who presented to his primary doctor in D.C. with chest pain and a huge anterior STEMI on office EKG did not understand the odds when he followed this doctor's suggestion to drive himself (yes, not by 911) to Fairfax (yes, past at least two hospitals that do emergent cardiac caths) since "he'd probably be in the hospital a few days, so he might as well be close to his house." Sometimes you can't make these things up.

Still, we are challenged by versions of these scenarios every day, and we need to make sure we are not just playing the odds, but also be aware of the price of the bet and whose life we are betting. It should never be surprising if a STEMI patient, no matter how great they look, arrests in front of you—not only are the odds not small (this year, I personally saw six STEMI patients that arrested in front of field providers, and I'm just one of many docs at one of four STEMI centers in our area), but the consequences are dire.

This is not to say that experience, clinical judgment and even intuition don't have a place in our decision-making. But, one of the biggest challenges in emergency services is to respect the real weight of both the odds and consequences of beating them. For example, the odds of lumbar spine fracture in a patient that falls onto his feet with enough force to break his calcaneus is 30 percent. All of these patients get films of their lumbar spine, no matter how non-tender they are. The odds are too great and consequences too severe to rely on physical exam, no matter how good the person is who is doing it.

Think about this when you are thinking about clearing a C-spine. What are the odds that you are really able to assess the patient that is intoxicated or altered or just doesn't understand your questions due to a language barrier? Are the odds what you want them to be? And what are you betting with those the odds? And what is the risk of a plastic collar compared to a spinal cord injury?

Think about it when you are looking at a patient on CPAP. What are the odds that they are

Wellfit Program Offers New Functional Circuit Workout

By Captain I Dennis M. Kotecki
Safety and Personnel Services

The Wellness Fitness Program is now offering a Functional Movement Screen and Functional Circuit Workout to all personnel. Due to the physically demanding nature of firefighting, personnel are frequently injured in the line of duty. Additionally, many suffer off the job injuries. Consequently, some firefighters are forced to accept the risk of damaging their body, and then have to cope with chronic pain and disability. Injured firefighters are not only a danger to themselves, but the safety of their co–workers and the people they serve can be compromised.

In 2011, there were a total of 501 reported injuries while on duty. From those injuries, a total of 56,114 hours were lost in the field. Personnel were reported totally disabled and on injury leave for 36,781 operational hours. A total of 19,333 operational hours were reassigned to a light duty assignment. These hours would add up to 2,338 shift days lost based on a 24-hour shift schedule.

Too often, measures of "fitness," such as strength or muscular endurance are used to identify occupational readiness, disregarding on how the tasks are performed. An interesting note, individuals appearing to be the most physically prepared could in fact move their body's in ways that predispose them to a higher risk of injury. There is some indirect evidence to suggest that firefighters who have trouble controlling their normal body mechanics may be more susceptible to low–back and other musculoskeletal injuries than firefighters who exhibit excellent body control.

The Functional Movement Screen (FMS) is the product of an exercise philosophy known as Functional Movement Systems. This exercise philosophy is based on sound science, years of innovation, and current research. Put simply, the FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness. The FMS generates the functional movement screen score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Once the screening is complete, roughly 10 minutes per person, we will introduce the functional circuit workout. This will incorporate different facets of body stability, mobility and movement pattern training. The circuit can easily be set up in the apparatus bay and all the equipment should be available at the station. The results from this training will help with the problems found in the screening, thus improving the individuals FMS score the next time screened. In order to get positive results from the circuit, the individual will need to participate in the exercise course at least once a tour. This functional circuit is designed to supplement your current workout routine. However, it can be used as your primary workout to be done three days a week. We look forward to your enthusiastic participation. ❖

---

going to stop breathing or vomit in the mask and aspirate? What are the consequences if they do? And how well can you mitigate those consequences if you are alone in the back of a rig on 495?

Let me end with my own gambling habit. Every time I prepare to intubate a patient, I run a five second checklist out loud that includes my plan if I can't get the tube. Not because I fail to intubate often, or even once a year, but because the consequences are *so* bad for someone else if I do. ❖

Hot Shots

Crews from McLean, Dunn Loring, and others, including the Arlington Fire Department, responded to a house fire December 11, 2011, at approximately 2:05 p.m., at 1718 Great Falls Street. Firefighters brought the fire under control in approximately 20 minutes. The accidental fire caused $100,000 in damage. According to the incident commander, an electrical panel circuit breaker caused the fire. (Photo By Fire and Rescue Station 1, McLean)

The newly built Great Falls Fire and Rescue Station. The station went operational November 17, 2011, and the grand opening is scheduled for March 10, 2012.

Fire and Rescue Station 35, Pohick, is the latest approved station patch. Currently, 34 of 37 stations have station patches. (Provided by Captain II Francis Mensah)

On February 4, 2012, Fairfax Fire (black) and Arlington Fire (red) skated to a 3-3 tie at the Kettler Capital Iceplex in Arlington. The hockey game raised over $5,000 for the NOVA Cool Cats, an ice hockey program for developmentally challenged children. Technician Adam Thomes (37-C) (left) and Firefighter Billy Harrington (28-C) (right) skate to the puck; Technician Brian Roberts (11-C), tied the game with 39 seconds remaining. (Photos by Karen Kelly).

Celebrating the Life of Technician Mark C. Baban

January 12, 1960 - January 30, 2012

Large Loss Fire Investigations

Date: 11/5/2011 **Box:** 22-00 **Address:** 7236 Commerce Street T-3 **Type:** Residential
Cause: Accidental **Value:** $8,136,000 **Loss:** $825,000 **Status:** Closed

Date: 11/5/2011 **Box:** 17-00 **Address:** 14118 Red River Drive **Type:** Residential
Cause: Incendiary **Value:** $350,000 **Loss:** $350,000 **Status:** Closed

Date: 11/5/2011 **Box:** 04-29 **Address:** 8315 Old Dominion Drive **Type:** Residential
Cause: Accidental **Value:** $3,425,090 **Loss:** $50,000 **Status:** Closed

Date: 11/8/2011 **Box:** 26-06 **Address:** 5500 Sheldon Drive **Type:** Residential
Cause: Undetermined **Value:** $239,475 **Loss:** $239,475 **Status:** Inactive

Date: 11/10/2011 **Box:** 17-13 **Address:** 12660 Braddock Farms Court **Type:** Residential
Cause: Undetermined **Value:** $759,930 **Loss:** $80,000 **Status:** Closed

Date: 8/26/2011 **Box:** 14-05 **Address:** 9308-Willow Pond **Type:** Residential
Cause: Accidental **Value:** $334,755 **Loss:** $167,377 **Status:** Closed

Date: 11/14/2011 **Box:** 25-06 **Address:** 11130 South Lakes Drive L **Type:** Commercial
Cause: Accidental **Value:** $11,437,555 **Loss:** $305,550 **Status:** Closed

Date: 11/20/2011 **Box:** 42-18 **Address:** 405 Center Street N **Type:** Residential
Cause: Accidental **Value:** $435,585 **Loss:** $50,000 **Status:** Closed

Date: 12/1/2011 **Box:** 08-04 **Address:** 3356 Wheatwheel Lane **Type:** Residential
Cause: Accidental **Value:** $286,000 **Loss:** $90,000 **Status:** Closed

Date: 12/1/2011 **Box:** 01-90 **Address:** 1831 Massachusetts Avenue **Type:** Residential
Cause: Incendiary **Value:** $1,327,500 **Loss:** $300,000 **Status:** Closed

Date: 12/12/2011 **Box:** 18-06 **Address:** 3411 Radnor Place **Type:** Residential
Cause: Accidental **Value:** $300,000 **Loss:** $30,000 **Status:** Closed

Date: 12/14/2011 **Box:** 02-18 **Address:** 2215 Loch Lomond **Type:** Residential
Cause: Accidental **Value:** $572,775 **Loss:** $100,000 **Status:** Closed

Date: 12/18/2011 **Box:** 36-03 **Address:** 13102 Anvil Place **Type:** Residential
Cause: Accidental **Value:** $601,930 **Loss:** $135,000 **Status:** Closed

Date: 12/18/2011 **Box:** 09-00 **Address:** 2908 Douglas Street **Type:** Residential
Cause: Accidental **Value:** $125,000 **Loss:** $50,000 **Status:** Closed

Date: 12/25/2011 **Box:** 22-13 **Address:** 5916 Grayson Street **Type:** Residential
Cause: Accidental **Value:** $270,000 **Loss:** $150,000 **Status:** Closed

Community Outreach Program Highlights

Chief Ronald Mastin, members of Fire Station 40, A-Shift, representatives from Local 2068, the Progressive Firefighters, and UnitedHealthcare present a $2,000 check to Liz Davey, state vice-president, American Cancer Society from the sale of pink t-shirts during Breast Cancer Awareness month, on January 30, 2012 at Fire and Rescue Station 40, Fairfax Center.

2011 Toy Drive

Ava Blair, Administrative Assistant IV, Business Services Bureau, and Jacki Tinsley, Administrative Assistant V, Fire Chief's Office, fill a toy order for deserving children during the 14th Annual Firefighters Holiday Rescuer's Toy Drive, December 19, 2011, at Fire and Rescue Station 11, Penn Daw. Through generous donations and support from businesses and civic organizations, including Operation Warm/Coats for Kids, Deloitte Consulting, Inc., Promax Realtors, Apple Federal Credit Union, Nationwide Creditors, and the Rotary Club of Tysons, several thousand children and their families received gifts during the holiday season. (Photos by Elliott Rubino)

Crews from all three shifts of Fire and Rescue Station 10, Baileys Crossroads, provided holiday gifts and food for several families in the Culmore area just in time for Christmas. Firefighters brought gifts for the children, food for dinner, and gift cards from Giant Food, provided by the Bailey's Crossroads Volunteers. Crews pose with several of the family members in front of Truck 410. Captain Galvez, Station Commander, is checking his list with his crew and Santa prior to making their run. (Photo by Technician Scott Kraut, Fire and Rescue Station 10, C-Shift)

Top 10 Activity Report

January - December 2011

Ambulance

Unit	Calls
A411	1,753
A408	1,744
A409	1,687
A410	1,613
A422E	518
A414E	282
A421E	242
A405E	161
A402E	150
A401E	147

Engine Company

Unit	Calls
E410	3,036
E409	2,931
E408	2,892
E430	2,814
E429	2,810
E411	2,801
E422	2,744
E413	2,562
E404	2,423
E425	2,378

Rescue Squad

Unit	Calls
R426	1,461
R421	1,403
R418	1,332
R411	1,278
R401	1,258
R414	955
R419	937
R439	867

Medic

Unit	Calls
M410	2,421
M422	2,387
M430	2,342
M411	2,299
M409	2,272
M408	2,254
M428	2,235
M413	2,210
M429	2,209
M425	2,197

Ladder Company

Unit	Calls
T429	1,935
T425	1,901
T410	1,757
T422	1,483
TL440	1,453
T411	1,343
TL436	1,328
TL430	1,325
TL401	1,187
TL408	1,175

Battalion Chiefs & EMS Captains

Unit	Calls
EMS402	1,745
EMS405	1,744
EMS404	1,741
EMS403	1,361
EMS401	1,230
EMS406	1,164
EMS407	869
BC407	857
BC403	754
BC402	738

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.

Line Copy Deadline

The deadlines for 2012 Line Copy are no later than 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

(Continued from page 8)

the fundamentals and mechanics of the mission until they become second nature. All training starts off with the classical decision making process and through repetition becomes part of our learned experience or naturalistic decision-making process.

As firefighters, we use the basic skills we learned in recruit school to mitigate all incidents. The problem is that most of those skills are use or lose skill sets. Most LODD and close call incidents are a result of poor performance and decisions involving basic firefighting skills. Repetition is the only way to develop our muscle memory and learned experience (naturalistic decision-making) for our basic skill sets. Experience is the only way to master the skill to ensure proper application and technique for the emergency situation. Proper application and technique are critical to safety, efficiency and effectiveness on the fire ground.

Now more than ever, modern day incidents require rapid decisions executed with a high-degree of teamwork, efficiency and confidence in order to be safe and effective. We owe it to ourselves, our brother and sister firefighters, our families and the citizens to train. Your life and the life of others depend on it! ❖

Reference

Ennis, R. (2008, August 1). Time-Tested | Classical, Naturalistic Methods, RECEO-VS Aid Fireground Decision-Making | FIRE CHIEF Aug 2008. FIRE CHIEF | Every Department, Every Leader. Retrieved January 09, 2012, from http://firechief.com/leadership/incident-command/time_tested_0808/

(Continued from page 9)

are using these products, they are placing carcinogens into their bodies.

As the Fairfax County Fire and Rescue Department Rules and Regulations 200.16 reads—any employee hired on or after March 12, 1984 shall not smoke on or off duty. It also states employees hired on or after June 8, 1998 shall not use nicotine products at any time on-/or-/off-duty. The Fire and Rescue Department recruitment website states, 'Must be tobacco-free and nicotine-free at the time of appointment, and be willing to sign a Conditions of Employment Agreement (Contract) to not use tobacco or tobacco products on-/or-/off-duty.'

The department decided it did not want to have the responsibility of proving the preponderance of competent evidence against a uniformed employee who filed a claim for workers compensation for the illness or injury sustained. This allows the employee to be covered because they have signed a contract which states they agree not to use tobacco or nicotine products on-/or-/off-duty. If the employee is found to have been using tobacco and nicotine products, the workers compensation claim may be denied because studies show that the tobacco and nicotine can cause cancer.

The department offers help to those wishing to stop the use of nicotine products. It is nearly impossible to stop using products which contain nicotine through will power. Nicotine addiction is classified as one of the worst addictions and it can take as many as 25 times to dismiss the addiction. One of the many resources the FRD offers is the Employee Assistance Program through INOVA Employee Health, and is totally confidential. Your employer provides you with eight free sessions of counseling at your location of choice. Your information will not be shared with anyone including your employer. Another great resource is the Occupational Health Center, and Bill Prasad, Behavioral Health, who works closely with OHC. ❖

Awards & Presentations

Lieutenant Duane P. Tenny III takes the promotional oath from Assistant Chief John J. Caussin, Jr., Operations Bureau, December 27, 2011, in the A-Level Conference Center in the Massey Building. (Photo by Angela Ballard, Academy)

Unit Citations

Prince George's County Fires
Tower Ladder 405
Lieutenant Kevin R. Coen
Master Technician Jason M. Roberts
Firefighter Nathan R. Larkin

Above Grade Rescue
Engine 430
Lieutenant Timothy O. Barb
Technician Kelly Joplin
Technician Christopher M. Kroboth
Firefighter Elizabeth J. Campbell

Tower Ladder 430
Lieutenant Dale L. Varnau
Firefighter Archie S. Fellows
Firefighter Ariel S. Rodriguez

Medic 430
Technician Andrew L. Rose
Firefighter Mark E. Huehn

Water Rescue
Truck 425
Lieutenant Joshua T. Allison
Master Technician Eric J. Doffermyre
Firefighter Delfin Reyes

Meritorious Service Award

Company 9,
Community Fun Run
Captain II Kit R. Hessel
Lieutenant Miranda Lambermond
Technician Warren H. Artis
Technician Linwood M. Frye
Technician Duane E. Lawrence
Firefighter Medic Kirill P. Bondaruk
Firefighter Medic Sally A. Dickinson
Firefighter Ahmed J. Harris

Assistant Chief John J. Caussin, Jr., Operations Bureau, presents certificates of promotion November 23, 2011, in the A-Level Conference Center in the Massey Building. (Front Row Left to Right): Captain I Danny J. Daniels II, Captain I Rex E. Strickland III, Lieutenant David E. Weand, Master Technician Gary P. Thompson, and Kirsten J. Schneider, HR Generalist I. (Back Row, Left to Right): Captain I Richard M. Lancing, Battalion Chief Jason R. Jenkins, Lieutenant Lawrence G. Mullin, and Lieutenant Douglas M. Washington. (Photo by Angela Ballard, Academy)

Career Achievement Awards

20 Year Safe Driving
Master Technician Allen O. Comer
Master Technician Uwe B. Reins
Technician Samuel L. Sandeen

15 Year Safe Driving
Master Technician Michael B. Crowder
Technician Mike C. Day
Technician Ronald B. Evans

9 Year Safe Driving
Master Technician David G. Bender
Master Technician George E. Hahn
Master Technician
Randal A. Leatherman
Master Technician John K. Lilley
Master Technician Piers C. Osborne
Master Technician Kris A. Sacra
Master Technician Jill F. Young

Technician Juan C. Ayala
Technician Robert S. Browning
Technician Juan D. Campodonico
Technician Nicole Y. Ciarrocca
Technician Edward T. Deskins, Jr.
Technician Patrick S. Devera
Technician Peter Kosenko
Technician Jeffrey W. Murray
Technician Carlton L. Payne
Master Technician Brenden J. Petersburg
Technician Glenn M. Snyder
Technician William E. Thurston
Technician James H. Tolson, Jr.
Technician Anita J. Whitfield
Firefighter Michael V. Allen
Firefighter Hugh S. Boyle
Firefighter Vincent L. Boyle
Firefighter Jay Corwin
Firefighter Marlon D. Garner
Firefighter Michael R. Ortmann
Firefighter Song Kyu Yi

6 Year Safe Driving

Lieutenant Jason R. Abitz
Master Technician Kimberlyn A. Klaren
Master Technician Kenny M. McGee
Master Technician Scott E. Schermerhorn
Technician Claude R. Johnson
Technician Douglas L. Miller
Technician Miguel Obleas
Technician Serge L. Sagna
Master Technician Robert C. Schoenberger
Technician Eric T. Thieman
Technician Kris W. Tollok
Firefighter Medic Ekaterina T. Chelpon
Firefighter Jason D. Schmidt

3 Year Safe Driving

Technician Charles G. Arntson
Technician Robin S. Clement II
Technician Jason W. Trautman
Firefighter Vernon T. Corbin, Jr.
Firefighter Dominic S. Runfola

Deputy Chief Chuck Ryan presents a Certificate of Appreciation to Interstate International, Inc., President Arthur (Bud) Morrisette, for assistance in transport and storage for the department's community outreach programs. Pictured Left to Right: Captain I Willie F. Bailey, Arthur Morrisette, Deputy Chief Chuck Ryan, and Lieutenant Karl Roche.

Janet Napolitano, Department of Homeland Security Secretary, speaks with canine handler Elizabeth Cheney, and her canine "Ventoux," during her tour and visit of Virginia Task Force One's warehouse, in Herndon, December 19, 2011. Also pictured to the right are: Captain II Ramiro Galvez, Commander, Fire and Rescue Station 10, Baileys Crossroads, and canine handler, Teresa McPherson. (Photos provided by Virginia Task Force One).

"Taking Up"

Captain I
Robynn M. Berquist

Entry Date: August 4, 1986
Retirement Date: January 24, 2012
Recruit School Number: 67
Assignments: 10-A, 36-C, 1-C, 29-C, 17-C, 15-C, 36-C, 37-C, 11-C, 34-B, Battalion 3-B Relief.

Likes about the Fire Department: Running calls - supression, not so much EMS. I don't do so well with "pukers," neither does Gibbs!
Will miss about the Fire Department: Most of the people I have worked with - not all of them though. Running "good" calls like shutting down I-66 during rush hour - citizens have a nice wave when we do that!
Plans for the future: Travel some, volunteer with Therapeutic Riding - more days; sit on my front porch reading books and drinking several rum drinks.
Words of wisdom: Have a good sense of humor; learn your job and do it; if you get promoted - remember where you came from; and when given the chance to bail out a window in training - DO NOT DO IT!!! The knee is healing fine and is not why I am retiring - just time to go.
What got you interested in the fire service? Paternal grandfather was a firefighter in Washington, DC in 40s and 50s.
Who or what made an influence in your career? Ashby Thompson, Delbert Feaster, Keith Johnson, Mark Pullman - every day we laughed until it hurt! All great guys and they knew their jobs!

Captain I
Mark G. Brennan

Entry Date: May 31, 1983
Retirement Date: December 30, 2011
Recruit School Number: 59
Assignments: 19, 28, 9, 8, 25, 5, 4, 15, 22, 17, 27, and Academy

Likes about the Fire Department: I like the fact I can call myself a Fairfax County firefighter (retired). The people I worked with are truly professionals.
Will miss about the Fire Department: The worse the call, the more mayhem and destruction, the more challenging and satisfying the job was. Disasters, whether they are heavy snow storms when all pregnancies simultaneously begin labor, or hurricanes with lines down and roof fires everywhere, that's the type of call I will miss the most.
Plans for the future: My wife thinks I should work. I think if I have to work, it will be to pay for golf, so I may work on a golf course in order to play free and support my golf habit.
Words of wisdom: Fairfax County Fire and Rescue Department is one of the best departments in the nation. We need to act like the best on the serious calls as well as the mundane. If you find something in the department you think needs to be fixed or changed, get a committee and put in the effort, don't moan and groan about it. We don't need in-fighting, we need to work together to become the best.
What got you interested in the fire service? A navy Corpsman for four years and an OR tech for two; the Fire Department offered the obvious next step for me. I quickly learned to like firefighting, and I was hooked.
Who or what made an influence in your career? I've been lucky enough to work with great people and each of them influenced me every day. Each of those individuals, over many years and multiple stations, know who they are.

Lieutenant
Michael W. Landstreet

Entry Date: January 24, 1983
Retirement Date: February 24, 2012
Recruit School Number: 58
Assignments: 31, 14, 13, 25, 1, 15, 26, 32, 21, Fire Marshals Office.

Likes about the Fire Department: The teamwork, excitement of the job, satisfaction of making a difference in someone's life, ability to work in various assignments.
Will miss about the Fire Department: The interaction with co-workers, helping people, reaching personal goals, the variety of challenges, friendships.
Plans for the future: Home projects, Caribbean cruise, continue teaching Judo, travel.
Words of wisdom: Take advantage of all the opportunities for training and education that are offered. Your success is only limited by how much effort you are willing to give. Always treat others the way you want to be treated.
What got you interested in the fire service? Chief George Alexander.
Who or what made an influence in your career? "T-Mike" Morrison, Ken Hunsberger, Joe Beavers, Danny Gray, Kevin Kincaid, Natalie Robb, John Niemiec, Mike Reilly, Trice Burgess, Richard Kilby.

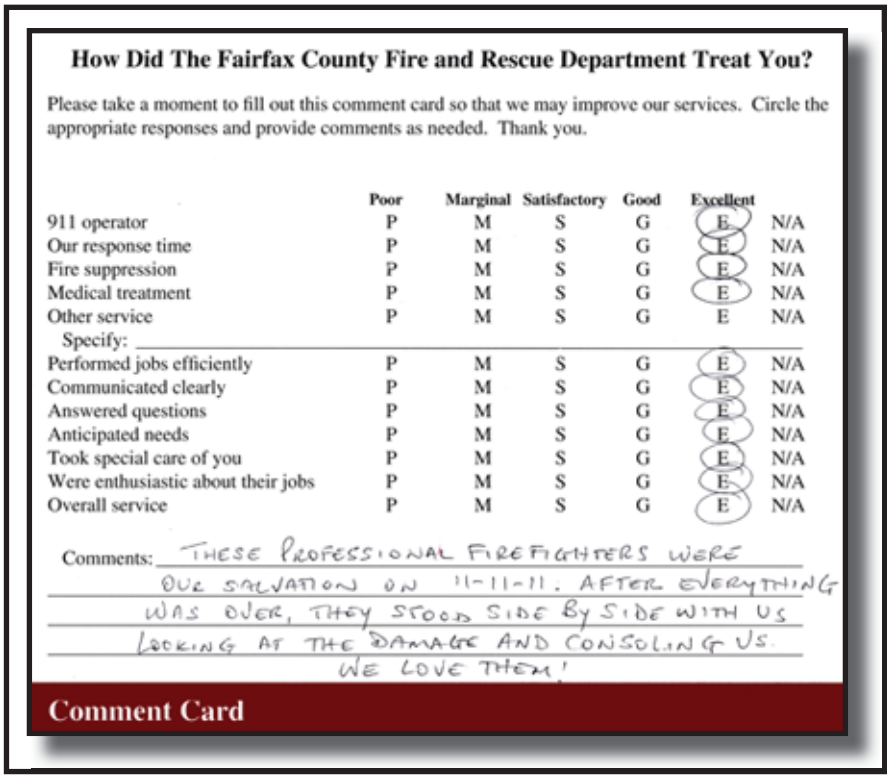
Darlene Nestor,
Administrative Assistant IV

Entry Date: June 20, 1988
Retirement Date: December 9, 2011
Assignments: Support Services Division and Safety and Personnel Services Division
Likes about Fire Department: I must say I have always enjoyed the "family" atmosphere in the Fire Department. This has enabled me to make lifelong friends. I have had so many good times and many wonderful bosses. I feel the department is about people helping people, both inside the office and out in the field. I am grateful and proud of the uniformed folks who literally put their life on the line each and every day for the citizens of Fairfax County. Our department is a model for other departments within the United States and throughout the world. Whenever I wear my Fire Department jacket, people stop and ask me where I work, which usually follows with a mutual exchange of compliments.
Will miss about the Fire Department: I will definitely miss the people, the day-to-day interactions, and the teamwork, but not my commute!
Plans for the future: To move to Florida to be with my wonderful new husband, Retired Battalion Chief Kenneth Roy Nestor. I actually first met Roy in 1988 in the Support Services Division during his tenure as Chief Training Officer at our Fire and Rescue Academy. He is an awesome individual, leader and someone who I always respected. I look forward to enjoying quality time with my step-children and step-grandchildren. In between enjoying my new family and relaxing environment, I would also like to do some volunteer work and perhaps write a book.
Words of Wisdom: You can never have enough family and friends. Life is short, so spend time with those special people in your life. And, treat people the way you would like to be treated; try to lend a helping hand.
What got you interested in the fire service? Having been employed with Fairfax County since 1977 and, after having a five-month break in service in 1988, I decided to come back and was hired by the Fire Department in June of 1988.
Who or what made an influence in your career? I could name many people/experiences, but for the consideration of space in Line Copy, I will briefly comment on a few that come to mind. Patricia Hannington was one of my first supervisors in the Fire Department, along with Jeanne Dargusch. They encouraged me, mentored me, and praised my work. I really appreciated that. Deputy Chief Kenneth Jones was another supervisor of mine who I really admired. He was very complimentary, very kind, and a great person to work for. Deputy Chief Edward Plaugher also comes to mind for his encouragement and support of my continued education at Northern Virginia Community College while I worked for him. I also took advantage of his knowledge of construction/building, and he helped me greatly by giving me ideas to remodel a vacation home in the mountains that I bought with my sister at the time. Assistant Chief Jack Brown was a very compassionate and supportive

(Continued on Page 22)

(Continued from Page 21)

boss who didn't let any grass grow under his feet. I will never forget Battalion Chief Daniel Gray's tireless support of his staff, and Maria Teel's kindness and readiness to help anyone. And, of course, Deputy Chief Kevin Kincaid, Captain John Niemiec, Captain James Ault, Firefighter Thomas Flores, and Marge Porter made my daily grind much more enjoyable with their incredible sense of humor!!! I will really miss everyone! Thank you and good health and happiness to all.



How Did The Fairfax County Fire and Rescue Department Treat You?

Please take a moment to fill out this comment card so that we may improve our services. Circle the appropriate responses and provide comments as needed. Thank you.

	Poor	Marginal	Satisfactory	Good	Excellent	
911 operator	P	M	S	G	E	N/A
Our response time	P	M	S	G	E	N/A
Fire suppression	P	M	S	G	E	N/A
Medical treatment	P	M	S	G	E	N/A
Other service	P	M	S	G	E	N/A
Specify:						
Performed jobs efficiently	P	M	S	G	E	N/A
Communicated clearly	P	M	S	G	E	N/A
Answered questions	P	M	S	G	E	N/A
Anticipated needs	P	M	S	G	E	N/A
Took special care of you	P	M	S	G	E	N/A
Were enthusiastic about their jobs	P	M	S	G	E	N/A
Overall service	P	M	S	G	E	N/A

Comments: THESE PROFESSIONAL FIREFIGHTERS WERE OUR SALVATION ON 11-11-11. AFTER EVERYTHING WAS OVER, THEY STOOD SIDE BY SIDE WITH US LOOKING AT THE DAMAGE AND CONSOLING US. WE LOVE THEM!

Comment Card

Lieutenant
Michael P. Regan

Entry Date: December 5, 1977
Retirement Date: December 30, 2011
Recruit School Number: 42
Assignments: 8, 10, 15, 18, 21, 23, 39, PIO, FRA, USAR

Likes about the Fire Department: Working on great shifts with great people, USAR missions, and running calls.
Will miss about the Fire Department: Morning coffee during shift change, eating leftover cheeseburgers at 2 a.m. Getting on the Rescue for the next call.
Plans for the future: Enjoy the grandkids, watch the wife go to work. Travel places and not have to sleep in a tent or eat MREs. Spend my kid's inheritances!
Words of wisdom: Remember, you had nothing to with what happened before you arrived on a scene. You have a lot to do with what happens after you arrive. Train to learn, work like you train, and train like your life depends on it, because it does. Don't be just a team player, be a great team player. Officers should be leaders, not babysitters; if they are, it's their fault. Remember the pride and joy you had the first day you put your uniform on each day and came to work. Andy Rooney said on his last show he had the greatest job in the world, he was wrong, YOU DO!
What got you interested in the fire service? When I was a kid I wanted to be a baseball player. My father got me a book about Ted Williams; he was reported as once saying "That's the life, being a fireman. It sure beats being a ballplayer, I rather be a fireman." How right was he?
Who or what made an influence in your career? I was lucky to have worked for and with a lot of good people during my 34 years. I also met some true firefighters along the way. Here are a few people who had an important influence on my career path. Kelly, my daughter, who once asked me why I didn't have a white shirt. Chris Raabe, Mike Kephart, Mike Tamillow, Dick Burbank, Danny Bickham, Butch Sisler, Chuck Jarrell, Jake Simpson, John Norman, Jim Hone, my Father and Mother, and most of all my Wife. In closing, remember this about being a firefighter - *It's Not Something You Do . . . It's Something You Are!*

Anniversaries

35 Years

Captain I Robert M. Mohler

33 Years

Captain I Paul A. Masiello
Lieutenant Richard E. Bright

32 Years

Battalion Chief Thomas W. Graling
Captain II Robert A. Konczal
Technician John M. Lockhart
Technician William E. Teal

31 Years

Battalion Chief Dean W. Cox
Captain II Keith A. Cross

30 Years

Battalion Chief Jerome A. Roussillon
Captain II Mark Guditus
Captain II James J. Istvan
Captain II Michael A. Istvan
Captain I David P. Conrad
Captain I John L. Leete
Captain I Gerard J. Morrison
Lieutenant Raul G. Castillo
Technician Michael L. Frames
Technician James A. Potter

25 Years

Battalion Chief Edith M. Eshleman
Captain II John W. Morris
Lieutenant Craig S. Luecke
Lieutenant Michael G. McCullen
Lieutenant Leslie C. Smith
Lieutenant Joseph J. Vacchio, Jr.
Lieutenant George W. Weaver
Lieutenant Jeffrey T. Wharton
Master Technician Robert L. Upchurch

15 Years

Battalion Chief Jason R. Jenkins
Captain I Michael L. Sease II
Lieutenant Randal L. Bittinger
Lieutenant Matthew D. Black
Lieutenant Mark D. Ebersole
Lieutenant James A. Flynn
Lieutenant Steven T. Henry
Lieutenant David E. Myers
Lieutenant Timothy L. Nicholson
Master Technician William L. Franklin
Master Technician Michael J. McQuade
Master Technician George H. Moore
Master Technician
Ronald W. Swarthout, Jr.
Technician Ronnie N. Briscoe
Firefighter Herbert M. Knerr, Jr.
Technician Robert G. Ritchie
Technician Eric A. Russell
Firefighter Toussaint M. Holland
Firefighter Trina L. Mosier

10 Years

Captain I Michael S. Snapp
Lieutenant Aron J. Corwin
Lieutenant Matthew T. Cox
Lieutenant Thomas N. Johnson
Master Technician Matthew E. Phillips
Master Technician Jay W. Smith
Technician Duane N. Black III
Technician Justin D. Childs
Technician Anthony D. Craft
Technician Trisha A. Danula
Master Technician Brenden J. Petersburg
Technician John E. Smith
Technician Robert J. Williams
Catherine G. Schultz Rinehart,
Management Analyst IV
Laurie E. Varnau,
Management Analyst I
Richard E. Dodge,
Fire Apparatus Mechanic

5 Years

Technician Sharron L. Cayere
Technician Paul M. Corso
Technician Johnathan H. MacQuilliam
Technician Paul T. Marria
Technician Minh Toan H. Nguyen
Technician Amy L. Olson
Acting Technician Webster F. Brown II
Firefighter Lilia Alvarado
Firefighter Ariel R. Banagan
Firefighter Charles K. Botchwey
Firefighter Jason M. Brown
Firefighter Seo He Chae
Firefighter Howard S. Chong
Firefighter Brendan M. Downing
Firefighter Karl A. Goza
Firefighter Richard C. Jones
Firefighter Robert L. Knupp
Firefighter Stanley K. Manuel, Jr.
Firefighter Dang-Khoa M. Ngo
Firefighter Derrick W. Payne
Firefighter Crystal M. Plasters
Firefighter Ariel J. Rodriguez
Firefighter Nelson Rodriguez
Firefighter Kelvin L. Teel, Jr.
Christinamaria A. Morrison,
Human Resources Generalist II
Patrician Johnson,
Administrative Assistant III

New Hires

Mohammed N. Waseem,
Engineer III

Judith S. Neville,
Administrative Assistant III

Retirements

Captain I Robynn M. Berquist
August 4, 1986 - January 24, 2012

Technician Randy M. Blakey
April 30, 1984 - December 30, 2011

Captain I Mark G. Brennan
May 31, 1983 - December 30, 2011

Lieutenant William F. Bundy, Jr.
March 17, 1986 - December 20, 2011

Master Technician Cecil L. Greene
May 31, 1983 - December 30, 2011

Technician Carl E. Jones, Jr.
October 15, 1985 - December 29, 2011

Lieutenant Michael W. Landstreet
January 24, 1983 - February 24, 2012

Darlene Nestor,
Administrative Assistant IV
June 20, 1988 - December 9, 2011

Marjorie Porter,
Administrative Assistant IV
March 20, 1989 - December 30, 2011

Captain II Norman J. Propst
April 30, 1984 - December 29, 2011

Master Technician Randy H. Propst
April 30, 1984 - December 26, 2011

Lieutenant Michael P. Regan
December 5, 1977 - December 30, 2011

Lieutenant Michael E. Torres
December 10, 1984 - December 16, 2011

Lieutenant Robert Vaught
January 16, 1990 - February 10, 2012

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

Gunston Fire and Rescue Station 20

Captain II
Scott M. Smith
Station Commander

Station constructed: Original building erected in Gunston Manor Neighborhood in 1955. Current structure built in 1976.
Station specialty: Marine Operations, Fireboat 420, Compressed Air Foam, Flat Water Inflatable, Rural Water Supply.
Square miles in first due area: 14.9 Land and 7.1 Navigable Water within Fairfax County. (38.9 additional square miles navigable water in primary response area outside Fairfax County.)
Specific hazardous/target areas: Potomac River, Gunston Hall (a National Historic Landmark), Verizon Telephone Hub Station, Gunston Elementary School, Mason Neck State Park, and miles of local hiking/riding trails.
Total calls in 2011: 978
Equipment assigned to station: CAFS Engine, Tanker, Medic, Brush, Gator, Fireboat, Inflatable Boat, Reserve Fireboat, Boom Trailer.
Station personnel: A-Shift: Captain I Leroy L. Butler, Jr., Master Technician Gregory D. Washenko, Technician Shawn R. Fisher, Technician Ronald S. Furlong, Technician John D. Imlay, Technician Alfred O. Mann, Firefighter Edward F. Imperato. **B-Shift: Captain II Scott M. Smith**, Technician Kevin W. Bell, Technician Anthony D. Craft, Technician James M. Hayes, Technician Craig M. White, Firefighter Stefan C. Gansert **C-Shift: Captain I Paul H. Parker**, Master Technician Jeffrey S. Allen, Master Technician Brian G. Mayhugh, Technician Richard N. Mitchell, Technician John E. Smith, Firefighter Keith Baughan, Firefighter Roger K. Gent, Firefighter Wayne B. Talbert.