LINE COPY

Volume II, 2013 Fairfax County Fire and Rescue Department

Annie M. Dawkins, Administrative Assistant III, Recruitment, is presented with the department's inaugural Civilian of the Year Award by outgoing Fire Chief Ronald L. Mastin, March 27, 2013, in the Massey Building, A-level Conference Center. It is the department's highest civilian award. A personal tribute to Ms. Dawkins by a firefighter applicant was shared at the ceremony, see page 27. (Photo by Angela Ballard, Academy)

Richard R. Bowers, Jr.

From The Fire Chief . . .

"My primary focus at all times will be on the men and women that respond to emergency incidents and all of the civilian staff that so diligently provide the necessary support in our emergency response mission."

I am very honored and excited to be the Fairfax County Fire Chief and to work for each of you! This is a great combination department and by working together we can accomplish a lot!

My primary focus at all times will be on the men and women that respond to emergency incidents and all of the civilian staff that so diligently provide the necessary support in our emergency response mission. I want the department personnel to know that I care about them and have them in my thoughts at all times. I am a hands-on Operational Fire Chief, and not only will you see me at meetings and station visits, you will also periodically see me at an incident scene. Your safety, health, wellness, and fitness are of my and senior staff's immediate daily concerns.

I already had the opportunity to meet and talk with a number of our members in the department and the discussions have been extremely informative and comfortable. I (we) am all about making sure our personnel at all levels in the organization have the mechanism for input on items that impact your ability to do your job. This is very important to me and for the entire organization to be able to engage in respectful discussion, and for you to be able to provide your thoughts and ideas on items that impact you.

There are a number of priorities on the horizon such as staffing, safety, fitness, apparatus, training, budget, promotions, organizational communications, diversity, accountability at all levels in the department, succession, and strategic planning.

Our primary focus for the department will be to:

- Prevent the 911 call.
- Our response to ALS emergencies, where our BLS and ALS providers make a difference in someone's life.
- Our response to structure fires where we make a difference in someone's life and property.
- Our response to all-hazard special operation types of incidents where we make a difference in life, property, and the environment.

Everything we do going forward will focus on maintaining and improving our response capability on these specific items.

We have a lot to look forward to in creating a road map for the future of this department. We will begin to develop a department strategic plan this month that will pave the path.

I want to have a working relationship with all of our employee groups, our career and volunteer personnel, our residents, and all of our county government agencies.

This is a great department and its greatest asset is the personnel in it.

As I conclude, it is important that I lay out my expectations for the entire Fire and Rescue Department. They are as follows:

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

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Fairfax County
Fire and Rescue Department
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Fairfax, Virginia 22030
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Fire Chief's Expectations

- Be ready, Be safe, Be fit and Be healthy!
- Be kind and respectful!
- Work together!
- Embrace diversity and mentoring!
- Train, Train, Train!
- Execute the basics perfectly!
- Engage in community outreach!

Thank you for the opportunity to serve as your Fire Chief! ❖

Facebook Feedback

Sandra Harvey commented:

Sandra wrote: *"You have a wonderful fire department. When my younger son was small, he had seizures that threatened his life and 3 times your department transported him to Fairfax Hospital, saving his life. Today he is in the USAF serving in Afghanistan."*

Erin Miller Connolly commented:

Thank you to the Pohick station team tonight for responding to a frantic mother's call for my choking son. He is doing well tonight. It might be the last time we eat oranges for a while. We all thank you.

Charles Simmons commented:

Charles wrote: "This is a great feature,now you can watch and stay informed about one the best organizations of its kind in the entire Country."

Charles wrote: "Thanks to everyone at the USAR Team 1/ Virginia Task Force 1 Training Facility,located on the grounds of the old Lorton Correction Institution,Lorton,VA. This was a great class,and we learned so much about the response to both manmade and natural disasters,in our Country and around the world. Let's hope USAR will be able to continue this vital training at this location for years to come. This facility is crucial to the certification that USAR needs,from both FEMA & USAID, to maintain their high quality of standards for search and rescue operations."

Craig S. Pinto commented:

Craig wrote: "had another great class thanks to station 12 for having us. They have by far the most dangerous job in the Fx fire department."

Technician Andrew T. Reedy, Fire and Rescue Station 18, Jefferson, rappels during training at the Fire and Rescue Academy, May 21, 2013. (Photo by Angela Ballard, Academy)

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35th Annual Fairfax County Chamber of Commerce Valor Awards

Volunteer EMT
Brandy L. Walker

Technician
Rudy Iturrino

Bronze Medal of Valor

On the night of December 27, 2011, Volunteer EMT Brandy Walker and Technician Rudy Iturrino were traveling in their personal vehicle when they came across a two vehicle accident at Guinea Road and Zion Drive. As they approached the accident scene, they found two vehicles that were severely damaged from a collision.

EMT Walker and Technician Iturrino immediately pulled off the road to investigate. Without any personnel protective or EMS equipment they began assisting the injured. They entered the vehicles crawling across jagged metal, broken glass, and blood to access the patients. Two of the patients were trapped in the wreckage and one was having trouble breathing.

Altogether, five patients were assisted by Technician Iturrino and EMT Walker. One of these patients had a life-threatening airway blockage. Two rescue squads were required to extricate the trapped patients.

Technician Iturrino and EMT Walker acted without regard to their own personal safety under extremely hazardous conditions to save these lives. Without their efforts to assist these people, some may have perished from their injuries. ❖

Captain II
Jerome I. Williams

Bronze Medal of Valor

The evening of June 29, 2012, presented one of the most sudden and severe weather events that the local area has experienced in recent memory. A violent thunderstorm complex or "derecho" swiftly passed through the region, presenting wind gusts over 60 miles per hour. A swath of destruction was left behind with numerous trees into buildings, power poles toppled and infrastructure damaged.

Captain Williams was dispatched as the EMS Supervisor to a chaotic scene. The caller could not be clear on what had happened. When Captain Williams arrived, he found bystanders performing cardiopulmonary resuscitation (CPR) on a patient that had apparently been electrocuted. The power wire was hanging down directly over where the CPR was being performed.

Disregarding his own personal safety, Captain Williams began treating the patient under the power line with the knowledge that the wire had already critically injured the patient. The patient was shocked with an automated external defibrillator and began breathing on his own.

Captain Williams acted without regard to his personal safety under extremely hazardous conditions to try to save this person's life. Without his efforts to treat the patient, he would not have had any chance at life. ❖

Certificate of Valor

Captain I
Timothy O. Barb

Captain I
William S. Moreland

Training Corner

Fire Attack - Just Put Water on the Fire...Right?

By Captain I David W. Barlow
Fire and Rescue Academy

We often joke about just putting the wet stuff on the red stuff and the fire goes out; however, the task is not always that simple. There are many factors and tactical options that should be considered prior to selecting a particular attack, but the primary objective is to put water on the fire quickly and safely. Fire Attack is broken into two parts; fire stream application and tactical modes of operation. In recruit school, we all learned about the different attacks as related to actual fire stream application stated in the IFSTA Essentials book including:

- ***Direct*** – The attack of the fire by aiming the flow of water directly at the seat of the fire.
- ***Indirect*** – The attack of the fire by applying a fog stream into closed room or compartment, and converting the water into steam to extinguish the fire.
- **Combination** – Attack of the fire using a blend of the direct and indirect fire attacks by directing the stream toward the ceiling, and then the fire with an O, T or Z pattern.

The Modes of Operation are listed as:

- ***Offensive Attack*** – An aggressive attack on a situation where resources are adequate and capable of handling the situation.
- ***Defensive Attack*** – A calculated attack on part of a problem or situation in an effort to hold ground until sufficient resources are available to convert to an offensive form of attack.
- ***Transitional Attack*** – Is a new term to the fire service and is similar to the "Blitz Attack." It is basically a combination of Offensive and Defensive tactics to accomplish the goal of fire extinguishment.

  Transitional attack is appropriate when:
  - The time required to make an offensive attack will allow the fire to reach flashover, and/ or extend to uninvolved rooms, and/or extend to structural components.
  - In the absence of an imminent rescue, resources are insufficient to comply with "two-in/two-out."
- Transitional attack is not appropriate when:
  - An offensive attack can be made safely and effectively, or
  - the location of the fire is unknown.

While understanding and using the terms above is important, most fire attacks have a specific objective that needs to be accomplished and frequently utilizes many of the applications above at the same time to execute the task. Listed below are common tactical application options available to the hose team on the fireground:

- ***Interior Compartment*** – This option is used when a room and contents fire is encountered. The hose team will utilize a Combination Attack to simultaneously cool the hot fire gases and burning fuel in a fire compartment to facilitate extinguishment.
- ***Interior Void Space*** – This option is used when a fire in any void space is encountered. Examples include attics, floor systems, knee

wall spaces or any other void space. The hose team will begin the attack with a wide or narrow fog stream (indirect attack) to achieve initial knockdown in the void and then switch to a straight or solid stream (direct attack) and advance into the void to complete extinguishment. It must be understood that the ventilation status of the void will determine the effectiveness of the indirect attack. The more ventilation available to the void space, the less effective the indirect attack will be, requiring the nozzle firefighter to get on the same plane as the fire, soaking down all available fuel sources with a direct attack. Typically, fires in void spaces involve structural components requiring a heightened awareness of structural stability by the firefighters and fire officers.

- ***Interior Holding*** – This option may be utilized by the hose team to facilitate the protection of stairs or other egress routes. This action is appropriate when a hose team is supporting a truck or rescue crew performing a rescue, conducting a search on an upper floor, or holding a basement door intact on a basement fire. The primary goal of this line is to keep fire or fire conditions from getting worse and traveling throughout the structure. The hose team will utilize a straight or solid stream aimed at the ceiling level to keep the fire gases below their ignition temperature. The nozzle firefighter should only use the amount of water necessary to accomplish this task; however, if conditions warrant, do not hesitate to switch to a combination style attack soaking down all solid surfaces in the compartment.
- ***Interior Advancement*** – This is the task performed by the hose team upon entering the IDLH with a charged hose line and the fire has extended past the point of being a single compartment. The hose team should maintain a constant evaluation of the fire conditions within the structure. Particular attention should be paid to changing smoke conditions and temperature increases within the compartment. As firefighters begin to feel heat, ceiling temperatures reach upwards of 700 degrees or significant rollover is observed, the nozzle firefighter should aim a straight or solid stream at the ceiling, cooling the overall compartment temperature. The nozzle firefighter should only use the amount of water necessary to accomplish the task; however, if conditions warrant, do not hesitate to switch to a combination style attack soaking down all solid surfaces in the compartment. Prior to continuing advancement of the nozzle, firefighters should sweep the floor in front of them to remove or cool debris that could cause a burn to the hose line.
- ***Exterior Sweeping*** – This action is used during a transitional mode of operation. Exterior fires involving vinyl siding and engineered lumber made for large, rapid-moving fires that threaten exposures and other unprotected building components. The hose team should utilize a straight or solid stream to knock down fire on the exterior solid surfaces. No water should be placed in the building through open windows or doors while conducting a sweeping attack. Fire officers may select 1¾, 2½, or ground monitor attack lines in this situation. The 1¾ is faster and more maneuverable, but the 2½ and ground monitors have significantly more reach that may be needed based on setback and height of the building. This attack can be performed by firefighters, engine operators, or EMS crews with minimal PPE if necessary.
- ***Exterior Soffit*** – The exterior soffit attack should be utilized to slow down or extinguish an advanced fire in an attic or roof space. The hose team should use a straight or solid stream, aiming it into the attic void from the soffit or roof overhang. The goal is to get water up into the void space from underneath. The nozzle firefighter needs to understand that the stream should match the pitch of the roof and the stream should be applied just under the gutter or fascia board while sweeping left to right. The hose

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team will need to repeat the process several times at different points along the roof overhang depending on the severity of the fire. It is critical for the nozzle firefighter to match the roof pitch with the stream. If the stream is applied too far away, it will hit the wall and not get into the void; conversely, if applied from too close, the stream will hit the underside of the roof sheathing and not penetrate into the roof void. Fire officers may select 1¾, 2½, or ground monitor attack lines in this situation. The 1¾ is faster and more maneuverable, but the 2½ and ground monitors have significantly more reach and penetration that may be needed based on setback, height of the building, and size of roof structure. This attack can be performed by firefighters, engine operators, or EMS crews with minimal PPE if necessary.

- ***Exterior Knockdown*** – This action should be used in a transitional or defensive mode of operation. The primary goal is to slow down the fire and fire progression with the application of water from the exterior. The goal is to reset the fire making the fire more manageable to facilitate an interior operation. This tactic typically will not extinguish the fire completely. This tactic is extremely valuable for fires in attached garages or advanced fire conditions within the structure. The hose team should use a straight or solid stream attacking the compartment. Use a combination style attack to achieve knockdown or slow the fire progression and then institute an interior attack to complete extinguishment if structural stability permits. Hose line selection should be based on the amount and extent of fire, available water supply, as well as setback and size of structure. This attack can be performed by firefighters, engine operators, or EMS crews with minimal PPE if necessary.

Company officers and firefighters should have a good understanding of when the different tactical options are appropriate and how to apply them. The only way to accomplish this is through training and communication. Company officers should discuss their expectations with their hose team every morning at line-up to ensure that all parties are on the same page. Company level hands-on training should include going through the motions of each task that may need to be accomplished by the hose team. The end result will be a hose team that will rapidly deploy using simple fireground commands such as hold, sweep, or advance, thus increasing operational efficiency and effectiveness as well as ensuring firefighter safety. ❖

Family Thanks Firefighters

Mr. and Mrs. Gerald Bodnar, and daughter Sophie, (center), stopped by Fire and Rescue Station 5, Franconia, to thank the crew for saving the life of Mr. Bodnar on January 24, 2013, at Edison High School. Captain I Thomas Connolly, (left), and Master Technicians Jeffrey Loach, and Luis Mata (right) much appreciated the personal "thank you for saving my daddy" sign.

134th Recruit School

Firefighter Medic
Sean P. Allen

Firefighter Medic
Shawn K. Carney

Firefighter Medic
Nathaniel T. Corl

Firefighter Medic
Ryan Filipkoski

Firefighter
John W. Foy

Firefighter Medic
Nathan R. Gangler

Firefighter Medic
Michael A. Garcia

Firefighter
Latoya N. Johnson

Firefighter
Thomas P. Johnson

Firefighter
Jamie C. Langley

Firefighter
Curtis J. Majors

Firefighter
Brennan J. Maloney-Krips

Firefighter
Samantha J. Mills

Firefighter Medic
Jason S. Peterson

Firefighter
Brittany A. Pressey

Firefighter Medic
Justin G. Reed

Firefighter
Renwick W. Richardson, Jr.

Firefighter Medic
Justin T. Roach

Firefighter
Ken T. Savittiere

Firefighter
Angelo J. Scarola

Firefighter
Julianne Tomesheski

Firefighter Medic
Anthony V. Tran

Firefighter Medic
Benjamin G. Trompeter

Firefighter Medic
Bryan L. Vaughn

What Does That Really Mean? Defining Some of Our Popular Buzz-Words

By Lieutenant Scott Kraut
Relief, Battalion 3, C-Shift

Situational awareness, frequency/risk model, and the ever popular risk vs. benefit or risk/benefit analysis can all be very useful and have a place in our decision making environment, but what do they really mean and can we quantify those ideas? The Fire Service has been, and will continue to be, lost without velcro, acronyms, and jazzy buzz-words, but should we do a better job defining exactly what to do with these acronyms and buzz-words? I would argue yes. When the tones drop, some of us will go through a series of thoughts (slide tray, tool box), however you want to define it, that begins the process of mitigating the emergency we were called to handle. We reach back to real life events, training events or simply incidents we have run in our heads to determine how to best deal with the emergency in front of us. Our EMS teachings train us for this all the time: "I would place oxygen on the patient, I would check the patients A,B,C's, I would call for more resources, etc." This is a process we have been trained to do for EMS events from our first day at the academy, so why don't we use the same methodology for suppression events? I would suggest that many of us do, and that as long as we continue to process the events as they occur, we can make educated decisions as to what needs to be done to save lives and property. Where I find some confusion in all this is when we assume that by adopting these buzz words or models of decision making processes that everyone understands what they mean, and mean the same thing to everyone. Let's break each one down and try to gain some understanding as to how we apply them.

Situational awareness certainly is painted with a broad brush and involves many variables and activities, but simply stated, it is knowing what is going on around you. That being said, it only makes sense that this is a subjective process dependant upon your education, background and training, and where we do business (the geographical position in relation to the action). Take a well trained firefighter whose job it is to run the line, a well trained officer that's taking their lap, a chief officer that's assuming the command, and a backup firefighter that will act as the doorman, and you will have four different processes for determining their situational awareness. That awareness will change as they change tasks and as they reach new benchmarks within the incident. Each person on the fire ground is developing a plan for their specific function while taking into account what's going on with the incident and what everybody else is doing. Often times, all of our senses are involved in this process, but one that tends to be overloaded during zero-visibility environments may be critical to survival; our hearing. In an effort to increase firefighter safety we have provided everyone on the fire ground with a portable radio and, in a sense, increased the sensory overload. It's imperative that we practice good radio discipline so that the traffic that we do hear is pertinent. Our ability to recognize critical radio transmissions is made easier when the traffic is kept to a minimum. So you can see that situational awareness is not only individual specific, but task specific as well, and is constantly changing. It is always important to maintain situational awareness; just realize that it's not a catch all and we may miss something in a chaotic and ever-changing environment. Pay attention and do your part to minimize the chaos operationally and through your radio transmis-

sions.

Gordan Grahams' box method of measuring risk using high and low frequency tasks makes great sense assuming that we are operating in a static environment and it is certainly another useful tool for some incidents. However, are we willing to put all our stock into the notion that because we have been successful using a tactic in the past, that we will be victorious again? For those that aren't familiar with Grahams' model, I would suggest you take a look at it on Youtube, as he is an excellent speaker and does make valid points for many of life's challenges. The problem with our line of work, or any profession that operates in a dynamic and unpredictable environment, and there typically aren't two incidents that are exactly alike. Of course we will fight more than one basement fire during our career, but will the basements be the same, will the fire be of equal intensity or have started in the same location, will the wind conditions be the same, and will the compartment be acting in the same capacity? Highly unlikely, right? So how then can we pull from past experience and expect the same outcome? I will concede that the overall strategy will be to extinguish the fire and keep it from spreading vertically through the house and that depending on access and the extent of the fire, the line will go to the same location, but to ignore all the variables once I've arrived on-scene and expect that I can simply follow the same routine would be foolish. I'm not indicating that is what Graham is advocating. I'm simply saying let's take a look at how we interpret the information and apply it using our training and experience. Graham makes an excellent correlation stating that he is most worried about the low frequency/high risk events in that we are about to take a risk doing something we may have never done or only done once, but here is were a true steward of this profession must take responsibility. Regardless of your rank or in what capacity you operate on a daily basis, in order to become a master of your craft you must constantly be seeking knowledge and anticipating what may come your way. We are called for the unknown every day. When your pipes burst, unless you're a certified plumber, you call the expert to fix them. Unfortunately, when we are called there will always be some level of uncertainty about what we will encounter, so the best way to combat that is to anticipate what may come our way. It is impossible to anticipate everything, but if we read and train on as many possible scenarios as we can dream up and learn from the mistakes of others, we will at least have something to pull from and lessen the likelihood that we will have a low-frequency event, thus reducing the risk if engaged.

Because we are on the subject of risk, let's talk about it and dissect exactly what we mean, as this one will really get us in trouble. By definition risk is: Exposure to, the possibility of loss, injury, or other adverse or unwelcome circumstance; a chance or situation involving such a possibility. So by definition this is something we encounter on a daily basis as there is always a possibility for an unwelcome circumstance and by virtue of our profession we have to respond. Here is where it gets tricky and some may disagree, but we have a duty to act or a duty to act and respond favorably, but this doesn't mean that we act blindly simply because we were called. A risk/benefit analysis is simply that, an analysis, and after the analysis we may determine that the risk will be eliminated by taking a different approach. The problem here is that approach may, again because of our professional duty, not be the most popular decision. So "risk a lot to save a lot".... Hmmm? What does that mean? Again, we must dissect it a bit. Risk like situational awareness is subjective in that the amount of risk taken will depend on training and background. It may not be much risk for a member of the Technical Rescue Team to make entry into a confined space to affect a rescue, but for an untrained individual this could be a huge risk. The second part to that is what is "a lot," both in risk terms as well as outcome. Most would say a life is "a lot," so are we willing to give ours to save another's? Again, most would say of course. That's why we are here. Conundrum? You mark on the scene with fire showing from every window on the second floor and a mother in the front yard pleading

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with you to save her child that is in one of those bedrooms showing fire on the second floor. What do you do?

Typically this question is submitted to the officer and the officer must decide if they are willing to risk a lot to save a lot, but unfortunately the officer doesn't act alone, and individually we can't accomplish the task of saving anything without assistance. So now we are faced with not only "am I making a decision to risk my life a lot," but am I willing to risk the lives of those that I lead into battle. Not a decision I want to make and I think taking the scenario described above you will get many different answers and within those answers will be some discussion about variables or what ifs. So the real question is: Do I know what is happening with the fire, do I know where it's going and where it's been, and based on my training, experience, and resources, can we successfully (without trading one or more lives for another) affect this rescue? It is a much bigger task when we lay it out like that than simply saying: "I will risk a lot to save a lot."

The training division has been extremely busy training us to understand the effects that building construction and ventilation has on fire growth and development, fire behavior, and best practices. Taking that information and applying it to our situational awareness, risk/benefit, and frequency model will provide a great foundation with which to make our decisions more effectively and efficiently. What they are teaching us is truly the only way that we can implement safety into our unsafe working environment. So our challenge is to continue to master our craft, achieve fluency in our actions, and train like our life depends on it. An unknown call for service, whether it be suppression, EMS, or a specialty response could very well be the biggest incident of our career. Hopefully not the last. ❖

From: Marilyn Holbeck
Date: April 10, 2013, 1:23:37 PM MST
To: "ronald.mastin@fairfaxcounty.gov
Subject: Neighborhood fire today

Chief Mastin
My neighbor's house went up in flames today. I'm sure you hear all the time how fast it was and how no one could have anticipated such a thing. Even hours later we are all still reeling.
But I would be remiss if I did not tell you how amazing and wonderful every one of your people were who answered this call on Pheasant Ridge Rd. This was a three alarm fire. I have never seen so many firefighters in one place (who were not marching in a parade. My father was a volunteer.) Every one was engaged and intent on doing everything they could. No one died. My neighbor's ancient dog was saved. The house next door has some melted siding but nothing more.
We are all incredibly grateful for the existence of each and every firefighter who was here today. And yes, I know it's their job. And yes, I know this is where our taxes go. But I want you to know they are all heroes for us today.
With many thanks,

Marilyn Holbeck

Bailey's Crossroads Fire &Rescue Station

Old Bailey's Crossroads Station Demolished, New Station Under Construction

Fire and Rescue Station 10, Bailey's Crossroads, is razed. Crews work out of temporary facilities at 3521 Moncure Avenue, Falls Church. The new station will be built at the same site, but will be one level, four bays (two drive through) and have 16,900 square feet, and will cost approximately $9 M. The new station will be a marked improvement from the previous facility. The roof collapsed during a 2010 snowstorm.

177 Years and Counting . . .

A most unusual occurrence……this group of "five" make up the five most senior uniformed employees in the department: Technician Thomas Feehan, Fire and Rescue Station 21, Fair Oaks, Captain I Mike Mohler, Fire and Rescue Station 23, Annandale, Battalion Chief Tyrone Harrington, BC 404, Technician Mike Macario, Fire and Rescue Station 5, Franconia, and Captain I Donald Montague, Fire and Rescue Station 18, Jefferson. All combined they have over 177 years of service to FXFRD. (Photo by Lieutenant Karrie Boswell)

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

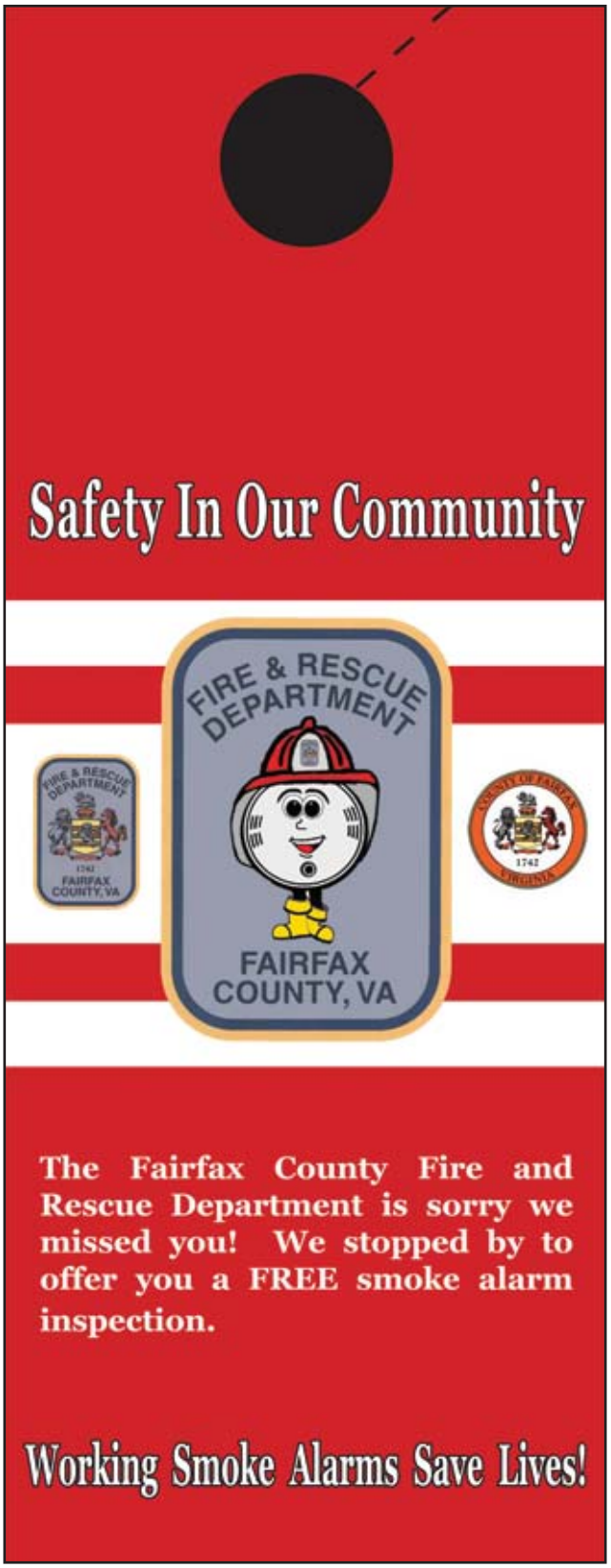
Please take a moment to fill out this comment card so that we may improve our services. Circle the appropriate responses and provide comments as needed. Thank you.

	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: Everyone was wonderful. I live in a townhouse and was concerned about my neighbors who had no damage or injury, the Capt went with me to my neighbors to make sure they didn't need anything. They did not miss a single detail of information that I needed for that night. Thank you!!

Comment Card

Safety In Our Community
(SIOC)



Summer Fire and Life Safety Tips

Grilling
- Never use gasoline to start a fire.
- Never use a grill on apartment or condominium balconies. It is unsafe and against the law.
- Place grills away from structures so they will not tip over or ignite objects above them.

Fireworks
- When displaying legally approved fireworks, place them on a flat surface, and away from combustibles.
- Keep all bystanders at least 25 feet away from fireworks.
- Do not permit young children to handle or light fireworks.

Boating
- Don't drink alcohol and boat.
- Everyone on the boat should wear a Coast Guard approved personal flotation device (PFD).
- Have visual distress devices approved by the Coast Guard on board.

Drowning/Swimming Safety
- Supervise when in or around water.
- Use the Buddy System.
- Learn Cardiopulmonary Resuscitation (CPR).

To request the installation of a smoke alarm, or a visual smoke alarm for deaf and hard of hearing persons, at no cost, please call 703-246-3801, TTY 711 , or visit: www.fairfaxcounty.gov/fr/

This document is available in an alternate format upon request. Please direct your request to Public Affairs and Life Safety Education at 703-246-3801, TTY 711.

The Playbook Series – The Intersection of Knowledge, Teamwork, and Practice

By Dan B. Avstreih, MD FACEP
Associate Operational Medical Director

"Losers have tons of variety. Champions just take pride in learning to hit the same old boring winning shots." **~Vic Braden**, legendary tennis star, coach and trainer.

"You play the way you practice." **~Pop Warner**, legendary football coach.

As many of you know from my previous Line Copy articles, critical decision-making is a topic near to my heart. Rapid, accurate size-up and decisive action is a crucial skill for fire-rescue personnel on every call, from an ALS to a house fire, to a hazmat incident. And we are generally quite good at it. But, like any other skill, there are two-sides to this sword and we must avoid accidentally cutting ourselves. In this case, being skilled at figuring things out on the fly can keep us from seeking out, testing, and then practicing the best way to run a given call. This is particularly true on medical calls. Fire companies across the country know their task on a structure fire based on arrival assignment (third due Engine) or their individual task based on their seat (chauffeur, officer, nozzle, irons, hook/can, outside vent, etc.). But how many know who's starting compressions for a CPR call before the wheels are chocked?

Undoubtedly, all of our evolutions, be them fireground, rescue, or medical, should not be thought of as a cookbook, and it is dangerous to try to hammer a square peg in a round hole. In fact, it's even worse to be so totally wed to a peg that you don't realize the shape of the hole has changed. But, just like in professional sports, so many of our calls are "plays" that we can plan, rehearse, and run to perfection. We have a "room and contents" play. We have a "pop the door and roll the dash" play. I can always tell which new ER residents weren't medics first when they rush to intubate the POV unresponsive who just needs an accucheck and an amp of D50. They haven't run the "altered mental status" play in the street and are used to EMS doing it for them.

Now, as I said before, this does not mean that both thinking and flexibility can take leave. The "room and contents" play has to shift instantly if a firefighter falls through a floor. But the "mayday" play is one we should be ready to run as well! Likewise, sometimes nothing quite adds up and you can't make a play. That definitely happens, and a square peg will never fit in a round hole. Still, more often than we might think, great outcomes are not about "playmakers," it's about the team making their blocks, the quarterback quickly checking their first, second, third option (all preplanned), or a runningback's discipline in waiting for the hole. Even when the announcer says the last-second play is just getting the ball in the hands of Kobe or LeBron, they are running a set play off of other players' picks and assignments that allow them that open look. Not to diminish Kobe's skill in making the shot, but put him out there with four hall of fame baseball players and no X's and O's, and it's likely not to go as well. And history has clearly shown, your professional football team will do better with a quarterback like Brady, Rodgers or Brees that can pick you apart because he knows the options better than a "playmaker" with tons of heart like Teabow.

Back to the fire station, last month on D2L, we introduced "The Playbook Series." The first play covered is "The STEMI Play," subtitled "5-5-10-2" for the time goals. It's not a recipe, and it's certainly not a General Order. Rather, it's a page in your playbook, a guide to hitting the key assignments, picks, approach shots - whatever your sport! It helps prioritize high yield tasks like 12 lead ECG acquisition, gives the team a common script off which to work (ECG stickers is a BLS

skill), and keeps us making counterproductive, even risky, choices.

If all the Redskins (and Cowboys, Giants and Steelers) references at Chief Mastin's retirement is any indicator, the Fairfax County Fire and Rescue Department is happy to talk sports (or at least smack about them). So, during the commercials after the extra point, the time between innings, the lull while the yellow flag is out, let's talk about our own playbook. What other pages do we need? What are best practices for which we can all strive? If our goal is to get a defibrillator at the patient and hands on chest as soon as possible, should all six people walk in together or should two people be hustling in with a monitor (even AED) and their sleeves up? If we know that hypothermia increases mortality in trauma patients, should we be making sure our cut jobs include blankets and prewarmed medic units, not just Holmatro tools?

We have people in our department that have the wisdom of 25 years of calls. There are new men and women that bring in fresh new ways of thinking. Let's all talk out the best solution for the goal, be it old (like water), new (like CAFS), tried and effective (rapid transport of trauma patients) or something that we tried and didn't work (like airway before circulation in Vfib arrests). Talk about your suggestions, as a shift, as a station and with the department. Be open to new and better things, and always be on the lookout for ways to move the needle!

In his "Fire Chief's Message" in early May, Chief Bowers clearly outlined his expectations for our department, which included "*work together*!" "*train, train, train*!," and "*execute the basics perfectly!*" As we all strive to exceed his expectations (and those of the citizens we serve), think about your playbook, rehearse your assignments, make your blocks and take great pride in knowing we get the ball into the end zone again and again – by running the same, consistently perfect play. ❖

Delaney Reunites With Crews

Delaney, (center), poses with crews from Fire and Rescue Station 1, McLean, and Fire and Rescue Station 29, Tysons Corner, that treated and transported her after she was found in a pool unconscious, without a pulse. The Saslov family was also treated to evening dinner by station personnel. The Fire Chief was on hand to present Delaney with a junior fire helmet. (Photo by Lieutenant Craig Lueke)

Lieutenant Richard Merrell, Fire and Rescue Station 1, McLean, holds Delaney Saslov, 5, while he gives her a personal tour of the station and apparatus. Delaney and her parents were reunited with the crews who helped save her life last year, on May 19, 2012, when they visited the firehouse on May 27, 2013 to deliver a heartfelt thank you to her first responders. (Photo by Lieutenant Craig Lueke)

Hot Shots

Firefighters from Fire and Rescue Station 12, Great Falls, C-Shift, train as part of the Swift Boat Operator's Course, April 5, 2013. Boat 412 navigates the raging Potomac River at Great Falls Park. Firefighters from Fair Oaks and North Point also participated in the training. (Photo by Brian Mensing)

Technician Ryland Chapman, Fire and Rescue Station 39, North Point, rescues an injured construction worker who fell 20 feet into a hole, February 25, 2013, near the Lord & Taylor store, at 1961 Chain Bridge Road, Tysons. Using ingenuity and teamwork, firefighters used the on-site construction crane to hoist him to safety. The worker was successfully extricated, treated, and transported to INOVA Fairfax Hospital with non-life threatening injuries. (Photo by Lieutenant Matt Cox)

Firefighters respond to a house fire April 10, 2013 shortly after noon, in the 5100 block of Pheasant Ridge Road in the Fairfax Center area of Fairfax County. The fire started on the outside and quickly spread into the garage and home. Firefighters brought the fire under control in approximately 45 minutes aggressively fighting the fire from both the exterior and interior of the two-story home. The homeowner was home when the fire broke out and escaped injury; however, three firefighters sustained non-life threatening injuries while fighting the accidental fire. Fire damage was estimated at $231,000 and the cause of the fire was the hot exhaust of homeowner's lawn tractor igniting dried grass, leaves, brush, and firewood. (Photo by Assistant Chief John Burke)

Fire and Rescue Station 14, Burke

Updated Patch

Retiring Fire Chief Ron Mastin is flanked by two former retired FXFRD Fire Chiefs, Mike Neuhard (left), and Glenn Gaines (right). The occasion was Chief Mastin's farewell retirement party held May 2, 2013, at the Government Center in the Forum. An outside barbeque was catered as over 120 attendees ate at picnic tables and then went inside to witness presentations and farewell remarks. Our heart-warming thanks to Chief Mastin for his selfless service and steady leadership over the years. We wish him the best in retirement. (Photo by Angela Ballard, Academy)

Firefighters conduct a stokes basket operation using a ladder truck in the rescue of an injured adult male from a rooftop, April 19, 2013, in the Seven Corners area of Fairfax County. Crews from Seven Corners, Annandale and Bailey's Crossroads stations assisted in the rescue operation. The patient was then transported for non-life threatening injuries to INOVA Fairfax Hospital.

On April 26, 2013, the medic crew from Fire and Rescue Station 9, Mount Vernon, transported Police Officer Long Dinh home from the hospital to continue his recovery from injuries received in a vehicle crash involving a fleeing suspect. Technician Matt Helmuth and Firefighters Bryant Wiggins, along with family members, and police colleagues are all smiles as Officer Dinh is loaded into the ambulance for his trip home.

Firefighters battle a two-alarm fire April, 22, 2013, at approximately 2 p.m. in the Oakton area of Fairfax County. The two-story home was fully involved with fire when crews arrived on scene. Firefighters saved the detached garage and ensured there was no additional damage to nearby homes. Seven occupants were displaced, and two of the occupants were transported to Fair Oaks Hospital for non-life threatening injuries. The fire is under investigation.

Fireground Communications Is Critical

By Captain I Rex Strickland III
Communications Section

Communications has been critical on the fireground since the days of Benjamin Franklin; then with speaking trumpets, now with sophisticated two-way radios. Whether then or now, units inside are required to communicate with the chief or incident commander outside to ensure that the task of putting the fire out is accomplished efficiently and safely.

The back and forth orders and updates are transmitted rapidly on the fireground. As benchmarks are achieved, the incident commander scales their order of priorities. This usually happens smoothly, in a matter of minutes, with the end result of fire extinguishment and units returning safely to quarters. However, not every incident is communicated smoothly. Sometimes poor fireground communication can be attributed to hardware issues, while other times it's user-attributed.

Whether connected to hardware or user issues, the end result is a breakdown of communication. Sometimes, this leaves the incident commander wondering about the safety of the units that he or she can't see. Trying to reconcile what may or may not be visible from the exterior with the absence of communication and with crews inside can be unnerving. Extremely degraded or poor communication may lead the incident commander to withdraw crews to ensure safety and accountability, despite things going tactically well inside.

So, in the interest of efficient, safe, and well-run firegrounds, we (the users) must ensure that communication is clear, concise, and transmitted successfully between sender and receiver.

COMMON FIREGROUND COMMUNICATION PROBLEMS

Fireground communication problems can be broadly categorized into hardware, user, and environmental related issues. Knowing which problem you may be experiencing will help you overcome, or better, avoid the source of problems in the first place.

HARDWARE CONTRIBUTED ISSUES

Hardware issues are simply the nature of the beast. The radios are often used all day long, day after day, and subjected to a variety of punishing environments. Sometimes, they simply just break. You cannot predict it and one can only hope it is not during a critical time in the operational space.

Some examples are broken remote speaker microphone (RSM); which can be experienced at the connection to the radio at the head of the RSM, broken or stuck Push-to-Talk (PTT) button, or severed RSM cords. Daily inspections can help avoid these issues. Battalion chiefs carry spare RSMs within their loaner radio box and each station, via the station commander, should have one spare RSM.

Other issues such as cracked, dry-rotted antennas, loose volume and channel selector knobs, and loose LCD screens can be identified well before the incident by thoroughly checking your portable radios during daily check. These seemingly simple issues should be rectified immediately, as they can potentially lead to significant issues in the middle of a working fire.

Some issues are not as detectable. The $5k portable radio is, at the end of the day, an electronic device, not too different than your phone. Dropping it can shift internal components, causing frequency misalignments or less-noticeable degraded capability. Treat it like your iPhone or Android smartphone and do everything in your power to protect it. When in question, send it in to be tested and/or tuned. Each battalion chief has eight spare portable radios to facilitate repair and maintenance.

USER CONTRIBUTED ISSUES

Users contribute to a great deal of the negative overall fireground communication. How and where the user physically holds the microphone, the speed and volume of the user's voice, and the manner in which the user speaks can all play a part in either successfully transmitted messages or, in contrast, un-received messages.

MICROPHONE PLACEMENT

While in the Immediate Danger to Life and Health (IDLH), the best practice for reliable communications is to move the RSM to the Self Contained Breathing Apparatus (SCBA) face-piece voice emitter on the user's left side. Holding the microphone directly on the voice emitter (not amplifier) while speaking in a normal tone and volume will guarantee a clear transmission. Yelling will only degrade the quality of voice transmission and negatively change the tempo of the incident.

The majority of inaudible transmissions occur when the user simply keys-up while the microphone is on the coat lapel and "talks down" to the RSM. In our new radios, this practice will not produce any level of acceptable voice transmissions because the new RSMs have noise cancellation features that absolutely require placing the microphone flush against the voice emitter and speaking in a normal tone.

RADIO FEEDBACK

Another significant issue observed on the fireground is feedback from radios in close proximity. The trunked radio system produces a small delay between the time the user speaks and then heard over other radios. If the other radios are in proximity to the person transmitting, the feedback will cycle with an echo, likely rendering the transmission inaudible.

Our radio system only allows for one user to transmit on the talk-group (channel) at one time (*audio interrupt – never*). Therefore, the other issue routinely observed with fireground traffic is the feedback noise. Often times the receiver (the incident commander) cannot understand the transmission and requests the sender to repeat their traffic. If the sender fails again to either turn away or have nearby firefighters turn their volume down, another transmission will fail due to feedback. What should have been a five-second transmission turns into a very frustrating 60-second period of going back and forth.

An incident commander (IC) has to work through trying to understand a message delivered through the SCBA face-piece and typical noise found on the fireground; both coming from the sender's environment and where the IC is located. The added distraction of a feedback-driven message can be extremely difficult to overcome. Simply applying best practices will help avoid frustration to the IC, the sender, as well as another officer waiting to transmit a potentially critical message.

This can be avoided by attempting to turn away, distancing yourself from other firefighters, or having the other firefighters turn their volume down. Caution should be used anytime a user opens their radio pocket flap in the IDLH to adjust volume by ensuring the flap is square and properly affixed to avoid the known radio ejection potential.

Photo by Nate Camfiord

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> ***"Best Practice: Firefighters not anticipating transmitting on their radio should have the volume turned to ¼ prior to arrival on-scene to avoid feedback in their officer's radio."***

Another source of feedback is when the user places the microphone on the right side of the face-piece, where the voice amplifier is located. The voice amplifier is designed to assist with open-air conversation; not for use with the radio system and transmissions.

CONVERSATIONAL LANGUAGE

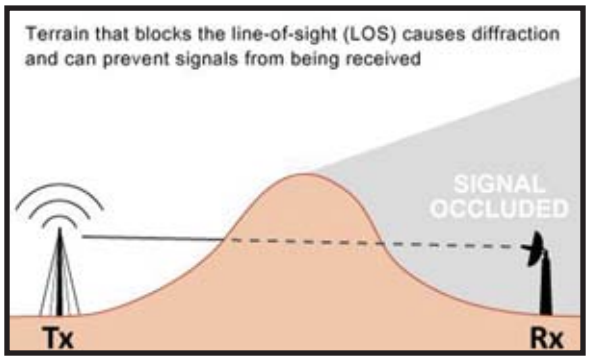
Over the last few years, there has been a move to change the manner in which we talk using the radio system. From days of "Ten-Codes" to conversational language with intentions of complying with a "Plain Speech" mandate, the styles people used to communicate over the radio have varied widely. Firefighters often learned how to talk on the radio by emulating whomever they thought sounded the "saltiest."

The department committed to addressing problems with conversational language by including the use of the "4C model" and a standard radio terminology template, with a goal of reducing transmission duration; thus opening available airtime for critical or "MAYDAY" traffic. Today's fireground transmissions are cleaner, more consistent, and allow for gaps in airtime for critical traffic. The 35-second transmission time of five years ago has now been reduced to 5-10 seconds.

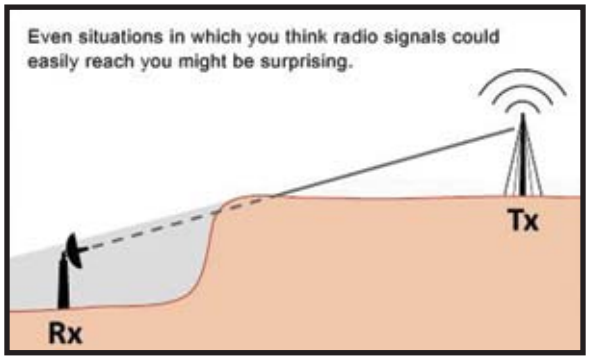
If you need to be convinced of the importance of short transmissions, consider being placed in a position of waiting to call a "MAYDAY" while someone else is conducting a dissertation over the tactical channel.

RADIO SIGNAL LOSS

Radio signal loss can be best characterized as the radio's equivalent to a hose's friction loss. With friction loss, the addition of devices, turns in the piping, or elevation will necessitate more pressure to get adequate Gallons Per Minute (GPM) at the end of the hose. Similarly, there are factors, some we can control and some that we cannot, – that increase the loss in a radio signal required to hit the [radio] system and achieve connectivity. Unfortunately, we cannot increase signal at the pump panel, therefore we must understand what contributes to signal loss, learn how to avoid it, and what to do if you can't avoid detrimental signal loss factors.



The signal coming from the radio tower does not simply infuse the air; it is linear, pushing out away from the tower in a straight line until it runs out of signal. Elevation has a significant impact on the radio signal, as a hill will stop the signal dead in its tracks. Objects in the path of the signal, when dense enough, can act as an impenetrable barrier. Buildings with specialty glass can create some of those barriers. Recent radio problem investigations revealed that a two-story commercial building with specialized E-Glass prevented units from using the radio system, despite being located in an area with excellent radio coverage. Additionally, below grade basements can be another barrier that a radio signal may not be able to defeat.



"Talk-around" mode is another tool that we have in our communications toolbox. When

operating in "talk-around" mode, radios "talk around" the radio system infrastructure, bypassing the system and connecting directly to other radios that are nearby, instead of making the round trip to the nearest tower site to be repeated and rebroadcast to other units in the field. Accordingly, signal from a radio that is being operated by a firefighter in the basement of a single family dwelling which may not be strong enough to make the trip to a tower site a few miles away only needs to travel a short distance to the command post and to other units on the fireground. In geographical areas or structures with known signal issues, the IC should consider placing tactical operations on the "talk-around" channel, 4-November. If this is done later in an incident, a roll-call should be conducted to ensure all units have switched to the proper "talk-group." Runners can be used to facilitate the roll-call notification for units operating in the interior.

While 4-Oscar is also a non-repeated "talk-around" channel, it is reserved as a Safety Channel. The risk of putting tactical operations on 4-Oscar is that if someone has a "MAYDAY" or an emergency, and the "talk-group" is busy with someone talking, the person in trouble has no other options. In contrast, if operations are on NOVEMBER with someone else actively talking, the firefighter in trouble can switch to OSCAR and be heard if the battalion chief is within range.

The human body is another dense barrier that will cause problems with the signal. Made up of 75 percent water, the human body can absorb the radiated energy, especially when the antenna is against the body. In most cases, despite the increased loss (15dB-standing and 30dB-crawling) the 12-tower radio system in Fairfax County is robust enough to overpower even a 30dB loss. However, in cases where the user may be in marginal signal areas (McLean, Great Falls, Clifton, basements, high-rises) the position of the radio against the body may prevent transmission or receiving capabilities.

The user must understand the limitations of the radio system versus the signal loss contributed by static and dynamic barriers.

- Users will experience a significant improvement in portable radio performance if a seven-inch separation is maintained between the portable radio antenna and the user's body.
- If you are crawling with the radio in the radio pocket and hear a series of out-of-range tones, you should adjust your body, sit up to get the antenna vertical, or move to an uncovered portion of an exterior wall.
- If thermal conditions prevent you from moving or sitting up, take the radio out of the pocket and try to hold the portable vertical while speaking into the remote speaker microphone.
- If you are lying on the portable with your body covering the antenna, your chances of transmitting or receiving can be significantly reduced.

AUDIO INTERRUPT - NEVER

"Audio Interrupt Mode" is a parameter setting that exists in our radio system. When "Audio Interrupt" is set to "Never," the system will only allow one user to transmit on the given "talk-group" at any one time. The only exception is the dispatcher; who can override the "talk-group" and talk over any user who is transmitting. An example of that is when the dispatcher is trying to notify a user of an open microphone.

Since activating the feature in the spring of 2012, the quality of fireground radio communications has improved ten-fold. No more are the days of units talking at the same time with digital distortion as the only audio output while frustrated listeners wait on the other side.

Now, when a user keys the microphone while another user is transmitting, that user will hear a short "bonk" when they press the PTT button, and then their radio will un-mute and monitor the transmission of the user they almost walked over. While frustrating, the "bonk" alerts the user that someone else is currently talking or has simultaneously keyed the microphone, and their message will not be heard. This also gives the

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user a moment to think twice about the urgency of their message.

While Audio Interrupt – never is a huge benefit to fireground efficiency and safety, there may be times when a user cannot wait for permission to talk. In those cases, the firefighter has a few options:

- In a "MAYDAY" scenario, go to one of the following:
  - Oscar, on any of the Fairfax County zones except Zone 49, will land you on the Safety Channel. The only caveat is that in the majority of cases, a battalion chief must be on-scene or within close proximity, as they have three mobile radios in their buggies and one is tuned exclusively to 4-Oscar.
  - 4-Alpha or 4-Papa (all the way to the left or right on the channel selector) will take you to the dispatch "talk-group" (4-A), where an active dispatcher will be available to hear the message.
  - It is important to note that pressing the Emergency Activation Button (EA) **will not** bump a transmitting user off of the talk-group. However, if the emergency button is pressed while another user is transmitting, the dispatcher will receive the emergency alarm immediately, and can interrupt any transmission in progress to alert the incident commander and other personnel on the fireground to the emergency activation so that assistance can be rendered quickly.

SUMMARY

Fireground communications will obviously not put the fire out; however, without clear and concise communications, operations will be undoubtedly less efficient and likely frustrating for both the sender and receiver. Taking care of your radio is paramount. If there is ever a question about the readiness of a radio, please go to the Communication e-Form and we will get it repaired. Small adjustments to how you use your radio and communicate over it will lessen missed assignments and critical observations, thus increase overall fireground safety. ❖

Inaugural Citizen's Fire and Rescue Academy Class

Captain II Mark Guiditus, EMS Training Supervisor, Training Academy, instructs attendees of the first Citizens Academy class on the proper method of doing CPR. Attendees meet in the evenings for nine weeks, where they are exposed to various subjects and learn first-hand what the Fairfax County Fire and Rescue Department does on a daily basis. For more information on the Citizens Academy go to www.fairfaxcounty.gov/fr. (Photo by Captain II Willie F. Bailey)

Graduates of the first Citizen's Academy line up outside of Fire and Rescue Station 40, Fairfax Center, for a group graduation photo with their completion certificates, May 23, 2013. (Photo by Captain II Willie F. Bailey)

An Original Fairfax County Firefighter Turns 90

Vincent (Vince) Guidi celebrated his 90th birthday on May 13, 2013. Vince joined the Annandale Volunteer Fire Department in 1944, and on July 1, 1949 was hired as one of the first paid firefighters in Fairfax County.

Vince received Badge No. 8 and was assigned to Fire Station 8 in Annandale. His salary that first year was $2,520.

At that time, there were no uniforms, radios or SCBAs, and most of the training was done "on the job." There were no recruit schools at the time, but Vince attended training classes and conferences in Maryland and other locations in Virginia.

Vince remembers running calls in Washington, DC, and other distant locations, including a propane gas explosion in Fredericksburg. Fairfax County was still rural at the time, so there were numerous brush fires during the summer and fall months. Frequently, Vince would drive an engine by himself to a brush fire and await other firefighters to join him on the scene.

In the early 60's, Vince was riding a Cadillac ambulance one evening and responded to a call of a child being injured in a sledding accident. The child was taken to Fairfax Hospital in the first emergency transport to that newly opened facility.

Vince eventually was promoted to Sergeant and transferred to the Navy/Vale Fire Station in the Fair Oaks area. He returned to Station 8 to finish his career, and retired on June 3, 1978, after serving 29 years.

Vince has fond memories of the camaraderie and the team spirit of his second family, and the bonds of trust that grew from working together on large fires and other major incidents.

Vince and his wife Jeanne were married on August 15, 1947 and will celebrate their 66th anniversary this year. They have two daughters, four grandchildren, seven great grandchildren and one great-great grandchild. Vince and Jeanne have lived in Annandale since the 1940s. Vince still attends the monthly meetings at the Annandale Volunteer Fire Department.

Vince, we thank you for your many years of service to the residents of Fairfax County. ❖

Vince Guidi with his trustworthy companion and fire house mascot, Spot, at Fire and Rescue Station, 8, Annandale, 1963.

Vince Guidi looking over his scrapbook and reminiscing on good times past. He entered the FXFRD in 1949 and is an original career firefighter driver. Best wishes and a big thank you from all the members of Fairfax County Fire and Rescue.

Functional Movement Screen Now Offered

By Captain I Dennis Kotecki
Wellness Fitness Program Manager

The Fairfax County Fire and Rescue Department's Wellness Fitness Program is once again offering the Functional Movement Screen (FMS) and its corrective strategies, and is introducing trigger point therapy. The physically demanding nature of firefighting can take its toll, and our personnel are frequently injured in the line of duty. Many firefighters are left with permanent damage to the body that comes with injury and many must cope with chronic pain and partial disability. The Wellness/Fitness Program began its research on FMS in early 2011. The Welfit Center staff began implementing FMS and its corrective strategies into recruit school physical fitness training, and when the corrective strategies have been applied consistently, sprain and strain injuries were reduced dramatically.

Measures of "fitness" such as strength and muscular endurance are often used to identify occupational readiness, with disregard for how specific tasks are performed. Contrary to this assessment, individuals appearing to be the most physically prepared are often performing these tasks with movement patterns that predispose them to a higher risk of injury. There are recent studies that suggest that firefighters who have trouble controlling their normal body mechanics may be more susceptible to lower back and other musculoskeletal injuries than firefighters who exhibit better functional movement body control.

What is the Functional Movement Screen (FMS)? FMS is the product of an evidence-based exercise philosophy known as Functional Movement Systems. Simply put, the FMS is a ranking and grading system that documents movement patterns that are essential to normal function. By screening and scoring an individual's movement patterns through a battery of exercises, the FMS identifies functional limitations and asymmetries. This allows for corrective strategies to be developed for movement patterns that negatively impact functional job tasks and also identifies movement patterns that reduce the effectiveness of conventional training and physical conditioning.

The Functional Movement Screen consists of seven different functional movements that assesses: trunk or core strength and stability; neuromuscular coordination; symmetry of movement; flexibility; acceleration; deceleration; and dynamic stability. Each of the seven component functionalities has application to firefighter activities. As dysfunctional movement patterns are found, corrective exercise strategies that make up the three primary categories of mobility, stability, and movement pattern retraining will be prescribed.

What are trigger points? Trigger points are tiny knots that develop in a muscle when it is injured or overworked. These are the most common cause of musculoskeletal and joint pain that can cause headaches, neck and jaw pain, lower back pain, tennis elbow, and carpal tunnel syndrome. Trigger Point Therapy can relieve muscular aches and pains associated with these conditions, and it can also assist with the redevelopment of muscles and restore motion to joints.

The goal of the WelFit Center staff is to provide you with the knowledge and tools necessary to sustain a healthy lifestyle during your career with the Fairfax County Fire and Rescue Department, and to help promote a long and healthy retirement. Recent trade literature is beginning to make references to modern firefighters as "Tactical Athletes" or "Industrial Athletes." However, there is a substantial difference between a professional athlete's career, which has an average sunset age of about 33, and a firefighter's career which can last an additional 20 years or more beyond that of a professional athlete. While the Wellness/Fitness Program is here to help our de-

Civilian of the Year Award

A Firefighter's Tribute to Annie Dawkins

Over five years ago, as an applicant to this department, I was struck by the kind, patient woman who would answer my frequent phone calls about my application. I called "A LOT." I always cringed when the phone rang, afraid I would bother her and expected to hear a harried person on the other end of the line who would surely have no idea who I was. How wrong I was. Every time she answered, she was the model of kindness and she knew right away where I was in the process and what was next for me. It always astounded me. I had heard Fairfax County was one of the best departments in the country and Ms. Annie made me think, "Wow! They really are that good." She always took time to answer my questions with graciousness and patience. Her ability to so accurately track what must be thousands of applicants is a testament to her sharp mind and keen organizational skills in a position that would overwhelm most people. Her ability to treat her colleagues and even strangers on the phone with warmth and kindness is a testament to her remarkable character. "Ms. Annie," as she is affectionately known to her many admirers, is a shining example of selfless, meticulous, and dedicated service. ❖

partment's personnel with their various workout needs, this particular program is not designed for that. The Functional Movement Screen, it's corrective strategies, and trigger point therapy are designed to improve your quality of life and help reduce injuries on and off the job, as well as enhance the multiple workout routines available that you may currently be participating in. I encourage all of you to take advantage of this training and make it a part of your current workout as well as a part of your everyday life. ❖

Large Loss Fire Investigations

Date: 2/1/2013 **Box:** 35-05 **Address:** 8281 Morning Dew Court **Type:** Residential
Cause: Accidental **Value:** $282,000 **Loss:** $282,000 **Status:** Closed

Date: 2/24/2013 **Box:** 08-23 **Address:** 6606 Reserves Hill Court **Type:** Residential
Cause: Accidental **Value:** $1,023,735 **Loss:** $50,000 **Status:** Closed

Date: 3/2/2013 **Box:** 26-02 **Address:** 6550 Little River Turnpike **Type:** Commercial
Cause: Accidental **Value:** $11,500,000 **Loss:** $100,000 **Status:** Closed

Date: 3/14/2013 **Box:** 31-11 **Address:** 11977 Greywing Court **Type:** Residential
Cause: Accidental **Value:** $302,680 **Loss:** $125,000 **Status:** Closed

Date: 3/28/2013 **Box:** 10-99 **Address:** 3405 Carlyn Hill Drive **Type:** Residential
Cause: Accidental **Value:** $5,000,000 **Loss:** $100,000 **Status:** Closed

Date: 4/1/2013 **Box:** 28-07 **Address:** 3013 Meeting Street **Type:** Residential
Cause: Accidental **Value:** $501,000 **Loss:** $200,000 **Status:** Closed

Date: 4/1/2013 **Box:** 11-42 **Address:** 3005 Marl Pat Drive **Type:** Residential
Cause: Undetermined **Value:** $300,000 **Loss:** $50,000 **Status:** Open

Date: 4/8/2013 **Box:** 19-30 **Address:** 9667 Potters Hill Circle **Type:** Residential
Cause: Under Investigation **Value:** $442,700 **Loss:** $170,000 **Status:** Open

Date: 4/10/2013 **Box:** 40-00 **Address:** 5105 Pheasant Ridge Road **Type:** Residential
Cause: Accidental **Value:** $403,050 **Loss:** $231,500 **Status:** Closed

Bring Your Child to Work Day, Another Success

The Fairfax County Fire and Rescue Department welcomed children from public safety employees on April 25, 2013, for the annual "Bring Your Kids to Work Day" event. Children saw rappelling, fire apparatus, and an accelerant dog demonstration. They also were exposed to Police, Sheriff, and the Fairfax County Courthouse activities. (Photos by Captain I William Moreland)

FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT
Every Step of the Way Program
INSTRUCTOR / PROGRAM EVALUATION FORM

SUBJECT: LIGHTERS AND MATCHES TIME: 9:30AM DATE: 2/27/13

INSTRUCTOR(S) MARY AND WYLENG LOCATION CLIFTON PRESBYTERIAN

CHECK THE BOX WHICH BEST DESCRIBES:	EXCELLENT	GOOD	FAIR	POOR
RATE THE MATERIAL COVERED. (Age Appropriate Material)	✓			
RATE THE HANDOUT MATERIALS (Related to subject, easily understood, helpful)	✓			
RATE THE INSTRUCTORS KNOWLEDGE. (Instructor knew subject, simplified key points)	✓			
RATE THE INSTRUCTOR'S CONFIDENCE. (Did the instructor relate to the group?)	✓			
RATE THE INSTRUCTOR'S SPEECH AND DELIVERY. (Spoke clearly, talked to class, enthusiastic)	✓			
RATE THE LENGTH OF THE CLASS (Kept the students interest))	✓			
RATE THE INSTRUCTOR'S ENTHUSIASM (Happy to answer questions and enjoyed interacting with the group)	✓			
RATE THE SOUND SYSTEM (Did it enhance the program?)				
CHECK THE BOX WHICH BEST DESCRIBES:	**ON TIME**	**5-10 MINUTES LATE**	**10-15 MINUTES LATE**	**15-20 MINUTES LATE**
DID THE INSTRUCTORS ARRIVE ON TIME?	✓			
DID THE PROGRAM START ON TIME?	✓			

ANSWER THE FOLLOWING YES OR NO	YES	NO
WAS THERE A GOOD INSTRUCTOR-STUDENT RELATIONSHIP? (Instructor was patient, understanding, helpful)	✓	
WERE SAFETY CONSIDERATIONS STRESSED AND PRACTICED? (Safe methods and techniques taught at all times)	✓	
WOULD YOU LIKE TO HAVE THE INSTRUCTOR COME BACK?	✓	
WERE THE STUDENTS ENGAGED?	✓	

WERE THE FIREFIGHTERS ABLE TO VISIT? (FOR PUPPET SHOWS ONLY):
(CIRCLE ONE)
YES NO

IF YOU ANSWERED NO TO THE ABOVE QUESTION, DID THE INSTRUCTOR EXPLAIN WHY AND TALK WITH THE GROUP ABOU T THE JOB OF A FIREFIGHTER?
(CIRCLE ONE)
YES NO

HOW WELL DID THE ESW STAFF AND FIREFIGHTERS INTERACT?

Excellent interaction.

OVERALL GENERAL COMMENTS: (USE BACK OF FORM IF NEEDED)
(If you have had a previous program from ESW, how did this one compare?)

Parents + teachers appreciate Fairfax County offering this program

Thank you!

Please complete and fax the form to the Public Affairs and Life Safety Education Section at 703-385-1687 or mail to:
Fairfax County Fire and Rescue Department
Public Affairs and Life Safety Education Section
Attention: Renée Stilwell
4100 Chain Bridge Road
Fairfax, Virginia 22030

FRD-064 (03/09) Public Affairs and Life Safety Education Section

Technician Robert Anderson (right), Fire and Rescue Station 4, Herndon, and a specialist 4 assigned to the 104th Area Support Medical Company, assembles and disassembles an M60 machine gun as part of the Maryland National Guard Soldier of the Year. After several days of grueling competition, he was subsequently selected as the Maryland National Guard Soldier of the Year, a prestigious honor.

Birth Announcements

Master Technician Brenden J. Petersburg (FS14-B) and his wife, Heather, welcomed their son, Emmett James, into the world on May 16, 2013.

Technician Phillip Brown (FS22-B) and his wife, Jessica, welcomed their daughter, Lyla Faye, into the world on May 18, 2013.

Cecelia Corbitt (PA/LSE) and her husband, Dustin, welcomed their daughter, Mary Cate, into the world on May 30, 2013.

Congratulations!

Top 10 Activity Report

January - March 2013

Ambulance

Unit	Calls
A 422E	191
A 402E	70
A 405E	55
A 414E	54
A 413E	39
A 401E	33
A 421E	30
A 412E	26
A 438E	20
A 408E	20

Engine Company

Unit	Calls
E 410	781
E 409	728
E 408	663
E 411	649
E 422	640
E 429	639
E 430	629
E 426	624
E 413	597
E 417	594

Rescue Squad

Unit	Calls
R 426	340
R 411	309
R 421	308
R 401	256
R 418	250
R 419	243
R 414	211
R 439	196

Medic

Unit	Calls
M 410	579
M 422	572
M 430	557
M 426	554
M 410B	545
M 413	542
M 421	539
M 429	525
M 404	516
M 428	511

Ladder Company

Unit	Calls
T 429	442
T 410	418
T 425	417
TL 430	351
TL 408	335
TL 440	320
T 422	310
T 411	307
TL 436	307
TL 401	283

Battalion Chiefs & EMS Captains

Unit	Calls
EMS 405	411
EMS 404	385
EMS 403	314
EMS 402	288
EMS 406	270
EMS 401	250
BC 403	240
EMS 407	210
BC 404	186
BC 401	155

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 the remaining 2013 Line Copy issues are no later than August 15 and November 15. Please submit articles or text to Dan Schmidt at Dan.Schmidt@fairfaxcounty.gov or Cathy Richards, Cathy.Richards@fairfaxcounty.gov

Community Outreach Program Highlights

Master Technician Cliff Sweeney, Fire and Rescue Station 24, Woodlawn, installs a smoke alarm March 9, 2013 for a county resident during the department's semi-annual Smoke Alarm Initiative conducted during Daylight Savings Time weekend. Department wide, firefighters installed 173 smoke alarms throughout the county.

Keegan, our well trained ATF certified accelerant detection canine, and his faithful handler, Fire Investigator Terry Hall, "put on a show" for students at Cameron Alternative Learning Center, May 2, 2013. Keegan and Terry are a team and are inseparable 24/7; their demonstration wowed all the students, especially when Keegan alerted on all the various accelerant points during the demonstration. FXFRD and the Fire Marshal's Office is proud and grateful for the faithful service of Keegan and Terry. (Photo by Renée Stilwell, Public Affairs and Life Safety Education)

Assistant Chief Garrett Dyer, Personnel Services Bureau, gets ready to read to children at Hunt Valley Elementary School, Springfield, March 1, 2013, as part of the national Reading Across America Program. The reading theme for the day was Dr. Seuss. (Photo by Jennifer B. Crigger, Hunt Valley Elementary School Parent)

Awards & Presentations

Team Performance Awards

1st Battalion Mass Casualty Incident Drill

Battalion Chief Mike A. Deli
Captain II Kevin Edwards
Captain II Wayne P. Wentzel
Captain II George O. Gonzalez, Jr.
Lieutenant Ronald J. Kuley
Technician Jeffrey W. Murray
Technician William L. Kendall
Technician Michael L. Frames

Fairfax County Radio Upgrade Project

Captain I Rex E. Strickland III
Lieutenant Bonnie J. Tobalske (Retired)
Lieutenant John W. Rogers

Extrication Equipment Purchasing Committee

Battalion Chief Robert P. Ruwe
Captain II Thomas G. Arnold
Lieutenant Evan J. Lewis
Christina A. Fisher, Buyer II
Rick Miller (PD)

Technical Advisory Committee

Lieutenant Glenn C. Jackson
Lieutenant Thomas L. Flint
Lieutenant Thomas J. Griffin
Lieutenant Rodney S. Vaughan
Master Technician Matthew T. Groff
Master Technician Laurie E. Peverill

Sandra Rodriguez, AA IV, Personnel Service Bureau, is presented the Sharon Bulova Award, April 25, 2013, in the Board Auditorium at the Government Center by County Executive Ed Long, and Chairman of the Board of Supervisors Sharon Bulova. The award recognizes outstanding administrative professionals nominated by their supervisors. (Photo By Angela Ballard, Academy)

EMT Rick Machado of the Greater Springfield Volunteer Fire Department gives Greenspring residents Bill Campbell and Wes Euler department plaques for their help with fundraising efforts, February 25, 2013. Station 22 is selling 50 of the handmade "Uncle Sam" yard ornaments made by Campbell and Euler, and will go toward the purchase of supplies needed to restock the station's Canteen Unit, which provides refreshments to firefighters on the scene of major fires and other incidents. All the patriotic ornaments were handcrafted by Campbell and Euler in the Greenspring woodshop.

State of the Department Report

Deputy Chief Keith H. Johnson
Battalion Chief Jason R. Jenkins
Catherine Schultz-Rinehart, MA IV
Kimberly A. Panzer, Fin Spec III
Laurel A. Stone, MA III
Daniel L. Schmidt, PSIO IV
Angela K. Ballard,
Photographic Specialist
Volunteer Chief John C. Morrison
Cathy Richards, AA IV

Virginia Fire Officer Academy

Captain II Thomas G. Arnold
Captain I Chester E. Waters
Captain I William S. Moreland
Captain I William M. Best, Jr.
Lieutenant James R. Low

Lieutenant Task Handbook

Captain II Fred H. Brandell, Jr.
Lieutenant Matthew P. Malof

Flashover Simulator Training Program

Captain I Bill C. Betz
Captain I Mark P. Menton
Captain I Barry W. Maham
Lieutenant Rodney S. Vaughan

Career Achievement Awards

Battalion Chief Tyrone J. Harrington
Captain I William D. Vannoy

Meritorious Service Award

Captain II Patrick T. Kelly

3 Year Safe Driving

Technician Webster F. Brown II
Technician Sharron L. Cayere
Technician Michael A. Heath
Technician Anthony S. Mills
Technician Alexander M. Paal
Technician Benjamin H. Roadruck
Technician Paul A. Stella
Technician Adam N. Thomes
Technician Christopher M. Welch
Firefighter Medic Jason R. Walter
Firefighter Monica L. Bartos
Firefighter Dawn M. Blair-Jimenez
Firefighter Mario A. Board
Firefighter Gustavo A. Cambronero Vargas
Firefighter Arthur L. Claiborne, Jr.
Firefighter Neil A. Daniel
Firefighter Rodney E. Gray
Firefighter Erick A. Maximo
Firefighter Andrew J. Neuhaus
Firefighter Kathryn A. Roose

6 Year Safe Driving

Master Technician Kyle B. Anderson
Master Technician Christopher A. Zach
Technician Frederick V. Agustin
Technician Justin D. Childs
Technician Stephen C. Hartman II
Technician Adam C. Heming
Technician Jessica T. Pickett
Technician Jeffrey M. Repine
Firefighter Jason M. Brown
Firefighter Michael B. Brown
Firefighter Anthony R. Butler
Firefighter Alejandro J. Contreras
Firefighter Roy A. Lockhart
Firefighter Ashley P. Pope
Firefighter Damien R. Sanchez
Firefighter Peter Torres

9 Year Safe Driving

Master Technician Michael O. Feaster
Master Technician James J. Galvin
Master Technician Gary P. Thompson
Master Technician Jeffrey J. Werth
Firefighter Medic Ronald S. Seghetti
Firefighter Gordon E. Bennett
Firefighter Peter B. Besong
Firefighter Patrick A. Butler
Firefighter John A. Fleming
Firefighter Wendy Y. Mitchell

Douglas J. Ten Hoopen, a volunteer firefighter with the Franconia VFD, was recently selected as Florida's 2012 Volunteer Firefighter of the Year. When not residing and volunteering in Fairfax County, he serves as Commander, Helicopter Sea Combat Wing, U.S. Atlantic Fleet, Mayport Naval Station, Florida. In 2012, he logged more than 300 operational hours as a volunteer member of the Franconia VFD. While in Florida, he serves as a firefighter and president of the Jacksonville Volunteer Firefighters Association.

Fairfax County Department of Neighborhood & Community Service 2013 Distinguished Colleague Award

Mary Cramer
Public Affairs and Life Safety Education

Letter of Appreciation

April 16, 2013

Chief Ronald Mastin
Fairfax County Fire &Rescue
4100 Chain Bridge Road – 7th Floor
Fairfax, VA 22030

Dear Chief Mastin:

On Saturday, March 23rd, crews from Station 36, Station 15, and Battalion Chief 3 responded to my Uncle's house on Glen Taylor Lane at approximately 10:00pm for a possible cardiac arrest. My uncle was indeed in cardiac arrest and it is because of your crew's swift knowledgeable actions that he is still with us today. At this time all signs are currently pointing to a full recovery. I know that these crews were simply doing what they are trained to do but they went above and beyond to make sure that everything possible was done to save his life and it is for this they should be commended. As a fellow Firefighter / Paramedic I wanted to personally extending my deepest appreciation and thanks to the crews of your department for a job very well done.

Battalion 3:

Chief Wolfrey

Medic Unit 36:

Ron Seghetti

Chris Lofties

Engine 15:

Brian Edmonston

Jose Carlos Chavez Paredes

Sergio Cueto

FAIRFAX COUNTY
FIRE & RESCUE
APR 19 2013
OFFICE OF THE
FIRE CHIEF

Sincerely,

Eric Scott
Firefighter / Paramedic
Hillsborough County Fire Rescue

"Taking Up"

Technician
William E. Teal

Entry Date: January 28, 1980
Retirement Date: April 9, 2013
Recruit School Number: 50th
Assignments: 08, 14, 18, 21, 22, 39

Likes about the Fire Department: All the challenges, every day being different, even my last. Never knowing what each day may bring (i.e.: 9-11). It was never a desk job!
Will miss about the Fire Department: The atmosphere and language only found in a firehouse. Driving a rig to a working incident like I had just stole it.....Tillering, when we had it.....Challenging each other during drills, working tools, and training to failure. Last but not least, the meals with their never ending, amusing conversations.
Plans for the future: Enjoy my family, loved ones and special events whenever I want to on my schedule. Move south, enjoy life, new home, the waterways and surrounding outdoors.
Words of Wisdom: Wisdom... doesn't have to come from a badge. If you want to be part of the "Chain of Command" or any part of this department and respected, earn it!! Understand the differences between personal and professional relationships. When you land on a good shift ride that mug as long as you can. For the rookies.... grow some thick skin quickly, accept constructive criticism and learn from it- hopefully one day you'll be dishing it out. Tradition....find it again and rebuild.
What got you interested in the fire service? My Dad, who was the Fire Chief in the Textile Mill he worked, and he was a volunteer firefighter in my home town of Thomaston, Georgia. I remember the sirens sounding at night, hearing Dad on the phone getting the address or the location in the mill then driving off in his 57 Chevy pick-up. My Mom, who on Saturdays would reward my brother (also a fire fighter) and I with a trip to the firehouse if we behaved while she shopped for groceries.
Who or what had an influence in your career? D-Ray Urps (known you longer than anyone, Brother), Buck Sheads, Sunnie Cardwell, Edson Dewhurst, Kenny and Tommy Hunsberger, Ray Street, Jake Travaske, Richard Sweat, Harry Johnston, Bob Evans, Tom Whelan, Dickey Burbank, Steve Rhea, Bob Lanning, Bill Bianchi, Tony "Smoke" Smith, Jim Strickland, Mike Tamillow, Chuck Mills, Uva Beckman, Donnie Booth, Ron Sacra, Danny Bickham, Dewey Perks, Ed Brinkley, Jerry Roussillon, J.T., John Oudekerk, VATF-1 and so many more....

Lieutenant
Dale L. Varnau

Entry Date: April 29, 1985
Retirement Date: May 1, 2013
Recruit School Number: 63rd
Assignments: 11, 22, 30, 27, 29, 10 (B-Shift)

Likes about the Fire Department: Tight second family atmosphere, helping people, running up and down the road.
Will miss about the Fire Department: See above, all the great people I grew up with and worked with, "The Amigo Team" and "The Beatnik Society of Merrifield" (a little retro but great guys.)
Plans for the future: Catch up on some hobbies I've neglected the last couple of years. The inevitable Honey Do List! Work at a military museum and head for the beach.
Words of Wisdom: TRAIN not for the numbers but to do your job right, it may save a life- yours, a partner, or a citizen. The one thing I hated was to train to check off hours on the training report.
What got you interested in the fire service? I grew up in a fire house (old Arlington Station 1). When I leave, it will be the first time since 1946 there has not been a Varnau riding a fire truck in Northern Virginia.
Who or what had an influence in your career? No shout outs. Growing up around fire stations, everyone I've met has had an effect on me.

Retirements

Captain II Robert L. Burlingame
February 29, 1988 - April 3, 2013

Technician Barrett E. Gibbs
August 4, 1986 - May 17, 2013

Technician Alfred O. Mann
June 1, 1991 - March 12, 2013

Chief Ronald L. Mastin
April 2, 1973 - May 7, 2013

Technician Carlton L. Payne
October 15, 1985 - March 25, 2013

Allan Pearson,
Management Analyst III
November 28, 1994 - April 5, 2013

Technical William E. Teal
January 28, 1980 - April 9, 2013

Lieutenant Dale L. Varnau
April 29, 1985 - May 1, 2013

Lieutenant Rodney H. Woodward, Sr.
October 15, 1985 - March 22, 2013

New Hires

Susan M. Donovan,
Administrative Assistant V
Office of the Fire Chief

James L. Hedrick,
Management Analyst III
Fire and Rescue Academy

Roberta M. Katz,
Administrative Assistant II
Academy

Cathy E. Perry,
Fire Inspector I
Fire Prevention

Julia K. Stevenson,
Administrative Assistant IV
Payroll

Rose A. Vannoy,
Administrative Assistant II
Human Resources

Nicole M. Varnes,
Financial Specialist III
Fiscal

Anniversaries

40 Years

Former Fire Chief Ronald L. Mastin

35 Years

Captain I Donald P. Montague

34 Years

Captain II Richard A. McKinney

33 Years

Lieutenant Thomas J. Griffin
Captain II Joseph M. Kaleda
Lieutenant David M. Lauler

32 Years

Technician Robert D. Hicks

30 Years

Battalion Chief Brian C. Brendel
Captain I Keith M. Dubetsky
Lieutenant Eric G. Erlendson
Technician John C. Guy, Jr.
Deputy Fire Chief Keith H. Johnson
Captain II Ronald B. Sydnor
Captain I Christopher Thompson

25 Years

Ravinder K. Sidhu,
Administrative Assistant IV

20 Years

Captain I William M. Best, Jr.
Lieutenant Earl J. Burroughs
Captain II John M. Chesek
Technician Kevin R. Dabney
Technician Ronald B. Evans
Captain II David K. Gruendel
Captain I John E. Higginbotham
Captain I James P. Hobgood
Battalion Chief Reginald T. Johnson
Lieutenant Evan J. Lewis
Lieutenant Svenja E. Leyden
Battalion Chief Kerwin A. McNamara
Lieutenant Timothy W. Palmer
Captain II Mark A. Schroeder
Master Technician John M. Stetter
Lieutenant Antonio D. Trammell
Captain I Chester E. Waters
Lieutenant Dennis J. Webb

15 Years

Master Technician Ronald Bauserman
Captain I Donald R. Brasfield
Master Technician Richard T. Bright
Technician William D. Brinton
Lieutenant Evelyn G. Edwards
Technician Mark E. Fiddler
Master Technician Joel M. Fry
Technician James P. Korb
Master Technician John K. Lilley
Lieutenant Matthew J. Louzonis
Master Technician Kevin D. Makely
Master Technician Angel M. Melendez
Master Technician Piers C. Osborne
Lieutenant Diron D. Powell
Firefighter Robert L. Reid
Captain I George Robbins
Firefighter Donald W. Rohr
Lieutenant Steven C. Schellhammer
Technician Vernon R. Tomczak
Lieutenant Richard M. Trudeau
Lieutenant Jevon K. Wilson
Technician John H. Woodward

10 Years

Annie M. Dawkins,
Administrative Assistant III
Firefighter Mark S. Williams

5 Years

Technician Sean P. Berg
Technician Kerri S. Bouse
Barry J. Hall, Fire Inspector III
Technician Nicholas F. Heufelder
Technician Holly M. Owings
Technician Thomas H. Sittinger, Jr.
Technician Paul A. Stella
Technician Adam N. Thomes
Technician John W. Wright

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

Reston Fire and Rescue Station 25

Captain II
Eric F. Cunningham
Station Commander

Station constructed: 1972
Station specialty: Battalion Headquarters
Square miles in first due area: 10.0
Specific hazardous/target areas: Reston Town Center, Wiehle Avenue Metro Station
Total calls in 2012: 6,606
Equipment assigned to station: Engine, Truck, Medic, Battalion Chief
Station personnel: A-Shift: Captain II Eric F. Cunningham, Lieutenant Joshua T. Allison, Lieutenant Matthew J. Louzonis, Lieutenant Michael C. Nelson, Master Technician Eric J. Doffermyre, Technician Joseph B. Callahan, Technician Jonathon H. Frias, Technician Frederick T. Luong, Firefighter Corey D. Diamond, Firefighter Robert L. Knupp, Firefighter Jordan C. Nasser Yost, Firefighter Delfin Reyes **B-Shift: Captain I William Schellhammer**, Lieutenant Ji Y. Lee, Lieutenant Emily T. Murphy, Lieutenant Janet T. Norko, Master Technician Clemente R. Rivera, Technician Stefan S. Dedes, Firefighter Medic Nate Cheon, Firefighter Medic Cory Kwitkin, Firefighter Khalil Abdul-Rasheed, Firefighter Craig S. Furneisen, Jr., Firefighter Ron A. McNew, Firefighter Todd M. Neach **C-Shift: Captain I Jeffrey A. Tolle**, Lieutenant Kenneth L. Coffelt, Lieutenant Todd S. Hall, Lieutenant Phillip A. Jenkins, Master Technician John M. Hoffman, Master Technician Gary S. Reuter, Technician Akilah N. Hugley, Firefighter Medic Nathaniel T. Corl, Firefighter Medic Andrew M. Doherty, Firefighter Brian J. Bonkoski, Firefighter Romulo D. Maciel Filho

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