JOHN S. BUTLER
FCFRD Welcomes New Fire Chief
On Tuesday, September 4, 2018, John Butler was sworn in as chief of the Fairfax County Fire and Rescue Department. Chief Butler began his fire service career in 1993 as a firefighter/paramedic in Howard County, Maryland. He rose through the ranks and was appointed Fire Chief in 2014. Chief Butler also served in the U.S. Marine Corps for 21 years, including two combat tours.

Chief Butler holds a Master of Science in Management from Johns Hopkins University, a Bachelor of Arts from the University of Baltimore, and a certificate from Harvard University’s John F. Kennedy School of Government Leadership in Crisis Program. He is a graduate of the National Fire Academy’s Executive Fire Officer Program. He is a member of the International Association of Fire Chiefs Human Relations Committee and Maryland’s Emergency Medical Services Board. Chief Butler is a 2014 recipient of Johns Hopkins University’s Global Achievement Award for his humanitarian work in Africa.

Farewell from Acting Chief Caussin

I am very grateful, and it has been an honor and privilege to have served in the Fairfax County Fire and Rescue Department (FCFRD) for the past thirty-three years. Like many of you, family members and/or friends that were already on the job influenced my interest in the Fire and EMS service. I applied to a number of departments and was fortunate to have the opportunity to be hired as a Firefighter/EMT with Fairfax County. My friends and early mentors (now retired members of both FCFRD and Alexandria FD) encouraged me to take the job with Fairfax County based on the Department’s reputation and the opportunities afforded its members. I never imagined the scope of opportunity, education, friendships, and life experiences that Fairfax County has provided.

The FCFRD is currently taking a fresh look at our recruitment strategies to include leveraging the influence of our current members in attracting those women and men that share the core values of this organization and who are dedicated to public service. Key to this recruitment strategy is to illustrate what distinguishes Fairfax County. With hard work, commitment, teamwork, and dedication, there are endless possibilities and opportunities for new members. Our personnel serving as instructors and assisting with the Girls Academy, the Fairfax County Public Schools High School Firefighter Program and Falls Church Academy EMT Class, Fairfax County Fire and Rescue Explorer Post 1949, Volunteer EMT and Firefighter classes, Citizens Fire and Rescue Academy, Community Emergency Response Team, and other community outreach programs have done a great job conveying this message.

With the FCFRD’s recent recognition by the Center for Fire Accreditation International as an Accredited Agency, we have raised the bar even higher. This accomplishment is a result of dedication to serving this community by both our current members, and those who preceded us. To sustain this level of performance and continue evolving and improving as an organization, we need to bring on good men and women and begin to train, coach, and mentor them to take our place from their first day in the station and throughout their career.

Sincerely,

Acting Chief
John J. Caussin

Congratulations to our incoming Fire and Rescue Chief John Butler. As he will learn in short order, this is a high performing team that is continually looking for opportunities to improve and move forward. Thank you all for what you do.

The Fairfax Way, Moving Forward.
MISSION:
Fairfax County Fire and Rescue Department provides the highest quality services to protect the lives, property, and environment of our community.

To build and maintain public trust, we hold ourselves accountable to these core values:

INTEGRITY
We commit to honest, trustworthy, and ethical behavior.

PROFESSIONAL EXCELLENCE
We support continuous training, mentoring, and professional development to ensure the best possible service for our community.

HEALTH, SAFETY, AND WELLNESS
We commit to providing the best health, safety, and wellness programs for our members' well-being and operational readiness.

DIVERSITY
We are dedicated to embracing and reflecting diversity throughout our department and community.

TEAMWORK AND SHARED LEADERSHIP
Teamwork and shared leadership are integral to our department; we will seek out and engage our workforce.

COMMUNITY ENGAGEMENT
We commit to fulfilling our responsibility and to deepening our involvement in the community we serve.

IN THIS ISSUE
From The Fire Chief.............................................2
FCFRD News & Updates .................................4
Making Food Dollars Count .........................6
In the Community ...........................................8
Honoring Doug Turner.................................10
FCFRD Awarded Accreditation from CFAI ....11
Hot Shots ..................................................12
Taking Up....................................................14
FASST Lab Dedication.................................14
Fill the Boot..............................................15
Large Loss Fire Investigations .....................16
Celebrating the Career of Acting Chief John Caussin .................17
Open House 2018........................................18
In Memoriam .............................................19
Top 10 Activity Report.................................19
Awards and Presentation.............................20
Letters of Appreciation...............................22
Anniversaries, Retirements, & New Hires........23
Profile, Fire Prevention Division..................24

FIND US ON SOCIAL MEDIA
OFFICIAL HASHTAG: #FCFRD
RELATED HASHTAGS #fairfaxcofire, #ffxfirerescue
Instagram @ffxfirerescue
Facebook facebook.com/fairfaxcountyfirerescue
Twitter twitter.com/ffxfirerescue
YouTube Fairfax County Fire and Rescue
Wordpress ffxfirerescue.wordpress.com
OCTOBER INOVA CHILDREN’S HOSPITAL VISIT
On Friday, October 12, approximately six costumed firefighters visited Inova Children’s Hospital to kick off the Halloween season. Organized by Captain Carlos Carillo, during the visit firefighters in superhero costumes went room to room to talk with children, families, and staff. Outside the hospital a fire engine and a ladder truck with the ladder raised was staged so the kids could talk to firefighters in the basket of the ladder truck. NBC4 and ABC7 news both ran features on the visit.

MEDIC 401 RECEIVES LUCAS 3 DEVICE
McLean Volunteer Fire Department Medic 401 was awarded a Lucas 3 device from Fire House Sub’s grant program. The device performs mechanical chest compressions during CPR. Pictured are McLean EMS Volunteers (left to right) Paramedic Lynn Clancy, President/EMT Kay Hartgrove, EMT Lisa Franzen and Fire House Representative Pamela Pitkin.

WELCOME XANDER
Welcome to the newest member of Station 15, Chantilly! Therapy canine Xander is a six month old golden doodle who now calls Station 15 home. Xander joins therapy canines Wally and Belle as members of the Fairfax County Fire and Rescue family. Thank you to the folks at Sit Means Sit who assisted in training Xander.
2018 GIRLS FIRE & RESCUE ACADEMY

The Fairfax County Fire and Rescue Department held the first and second annual Girls Fire and Rescue Academy summer camp in July 2017 and 2018. The Academy hosted rising female freshmen, sophomores, and juniors.

Academy participants took part in a five day program full of fun-filled experiences, physical training, classes, and Fire/EMS simulations. They also had an opportunity to visit a Fairfax County Fire and Rescue Station to experience the everyday life of a Firefighter/EMT. Campers interacted, asked questions, and ate dinner with the on-duty crew.

NATIONAL CPR AND AED AWARENESS WEEK PROCLAMATION

On June 5, the Fairfax County Board of Supervisors recognized June 1-7 as National CPR and Automated External Defibrillators (AED) Awareness Week. Lieutenant Evelyn Edwards thanked the Board and highlighted the importance of residents knowing CPR and AED use. Acting Fire Chief Caussin and staff from the EMS Division were on hand to receive the proclamation.

TRUCK 410-B HONORS SGM CHRIS HELMS

Members of Truck 410-B present a handmade “Red-Line” flag to the members of Eastside Fire & Rescue in the memory of SGM Chris Nelms who was laid to rest at Arlington National Cemetery on July 31, 2018. SGM Nelms was a member of Eastside Fire & Rescue who left the agency after the attacks on 9/11 and was assigned to the U.S. Army’s Delta Force. The members of Fairfax County Fire and Rescue were privileged to represent the fire service with the Eastside Firefighters at the internment.
HEALTHFUL EATING ON A BUDGET

A concern people raise is that healthy eating costs too much! This is true if we leave eating up to chance. But, if we can take time to plan meals and snacks, check what ingredients we have on hand vs those we need to purchase, eat leftovers and keep an eye on how the fresh produce is doing (eat it early in the days after shopping), we can eat very healthfully on a budget. There are so many resources available to us and, in particular, I wanted to recommend you check out the following:

• www.choosemyplate.gov/budget includes two weeks of meals, recipes, and a shopping list.
• Eating Well has a free “A Week of 5 Ingredient Dinners for Less Than $50” download available through their website. It features low cost meals, such as Slow Cooker Beef Stew and Easy Chicken Fried Rice.

10 TIPS: VARY YOUR PROTEIN ROUTINE

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Dairy foods are also great protein sources. Grain products have a wide range of protein (3-6 grams in a slice of bread and up to 23 grams in a cup of cooked pasta made from soybeans). We all need protein. However, most Americans eat more than they need. How much is enough? See the chart below. For example, a 200 lb firefighter who wants to build muscle mass could aim for 140-160 grams of protein a day.

• Vary your protein choices
  - Experiment with dishes made with beans or peas, nuts, soy, fish and seafood.
• Choose fish and seafood twice a week
  - Select a variety of fish and seafood. The www.seafoodwatch.org app created by the Monterey Bay Aquarium an help find the safest sources (e.g. low mercury) and

<table>
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<tr>
<th>Activity Level</th>
<th>Grams of protein/lb body weight</th>
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<tr>
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<tr>
<td>Recreational exerciser, adult</td>
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<tr>
<td>Growing teenage athlete</td>
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<tr>
<td>Adult building muscle mass</td>
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<td>Athlete restricting calories</td>
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<tr>
<td>Estimated upper requirement for adults</td>
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<tr>
<td>Average protein intake of male endurance athletes</td>
<td>0.5-0.9</td>
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<td>Average protein intake of female endurance athletes</td>
<td>0.5-0.8</td>
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sustainably raised and/or caught seafood. A ratings guide is updated periodically. It includes Best Choices Buy which are well managed and caught or farmed responsibly. Good Alternatives Buy can be a good alternative, however, be aware there are concerns with how they’re caught, farmed, or managed. Pass on anything that is rated “Avoid” as these are overfished, lack strong management, or are caught or farmed in ways that harm other marine life or the environment. Two Best Choice are farm raised tilapia from Ecuador, Peru, the US and Canada are safe and sustainably raised; and US farmed shrimp as fresh, frozen, uncooked or cooked shrimp is an economical way to have a fast extremely lean protein. Fire Fit Spicy Garlic Shrimp, Chicken, or Tofu and Five Spice Tilapia are two recipes I can email you.

- **Make meat and poultry lean or low fat**
  Choose lean or low-fat cuts of meat like top round or sirloin and ground beef that is at least 92% lean. Stores such as Trader Joe’s and Aldi have 95% lean ground beef and ground turkey breast available at a good price. Trim visible fat or drain fat from meat and remove poultry skin.

- **Have an egg**
  One egg a day doesn’t increase risk for heart disease, so make eggs part of your weekly protein choices. Only the egg yolk contains saturated fat. The whites are a source of pure protein and can be added to a whole egg to increase protein and volume without adding saturated fat. Egg whites purchased in a carton are pasteurized and can be cooked or eaten raw (try adding to a smoothie as a protein source). Egg white salad is an easy high protein on the go lunch item. A couple dashes of hot sauce brings on the zing!

- **Eat plant protein foods more often**
  Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber. Fire Fit Black Bean Burritos are a tasty vegetarian option. Request The Meatless Market, a handout on plant based proteins that includes calories, protein, and sodium content.

- **Nuts and seeds**
  Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check. Mix salted nuts with an equal part of unsalted to cut the sodium content. Mixing 2 tablespoons of Peanut powder (PB2) with one tablespoon of water creates a 50 calorie, 5 gram protein spread.

- **Keep it tasty and healthy**
  Try grilling, broiling, roasting, or baking as these methods don’t require adding extra fat. Some lean meats need slow, moist cooking to be tender - try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

- **Make a healthy sandwich**
  Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat, sodium, and added nitrates and nitrates - limit their intake.

- **Think small when it comes to meat portions**
  Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak. A deck of cards is about 3 oz of cooked meat which is about the size of half a chicken breast or a” ¼ pounder.”

- **Check the sodium**
  Salt is added to many canned foods, including soups, vegetables, beans, and meats. Many processed meats, such as ham, sausage, and hot dogs, are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness. If you have high blood pressure or are over 50, work toward limiting sodium intake to less than 1500 mg/day. Others can use a 2300 mg/day.

(Source: Nancy Clark’s Sports Nutrition Guidebook, 5th edition 2014)

Please contact me with questions and comments about this or other nutrition topics.
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703.969.6114
In August, FCFRD, Fairfax County Police Department, and the Fairfax County Sheriff’s Office participated in a back to school event for kids in need at Gum Springs Recreation Center. Local barbers and several fire and rescue personnel (hairdressers and barbers prior to joining the department) all donated their time to provide haircuts for the kids. Donated backpacks with school supplies were given out. There were several fun activities. Firefighters and paramedics showed off their fire trucks, ambulances, and equipment.

SUPPORTING WOUNDED WARRIORS
In September, Station 27, West Springfield, A-Shift participated in a Wounded Warrior fundraiser at Planet Fitness. The shift supported the event by climbing 110 floors on the stair master, in full firefighter gear, in honor of the 343 firefighters who perished on 9-11.

HIGH SCHOOL FIREFIGHTERS PROGRAM
The first week in August heralded the start of the third session of FCFRD’s High School Firefighters Program. The program is run in partnership with Fairfax County Public Schools. The program teaches high school students the firefighting and emergency medicine skills.

CELEBRATING AT CHERRY RUN
Our firefighters and paramedics love meeting those we serve! Rescue 414, Burke, B-Shift stopped by the Cherry Run community party on Saturday, October 27, to show off the squad and answer questions.
26.2 MILES
Congratulations to Lieutenant Mark Fiddler and Firefighter Julie Sehnal for completing the Marine Corps Marathon on October 28!

TYSONS PARTNERSHIP SHOES FOR KIDS EVENT
In October, Fire Station 13, Dunn Loring, was honored to host and support the Tysons Partnership Shoes for Kids event. Shoes collected during the donation drive go to kids in need throughout Fairfax County.

DISABILITY MENTORING DAY
In October, Station 40, Fairfax Center, B-Shift met students participating in a Disability Mentoring Day. The event was hosted by Fairfax County Schools. Students learned about public safety careers. They interacted with firefighters and paramedics who showed them the tools and equipment used to help others.

CITIZENS FIRE AND RESCUE ACADEMY
FCFRD’s Citizens Fire and Rescue Academy kicked off on September 20. The nine week course gives its members an in depth overview of the inner workings of the fire and rescue department.
On June 29, the Fairfax County Fire and Rescue Department lost an institution. Lt. (ret)/Fire Inspector Doug Turner passed away after over 50 years of service with the department. Turner began his career in 1967. He served in the field until retiring as a lieutenant in 1990. He returned to work at FCFRD the next day as a fire inspector in the Fire Prevention Division.

Last year, the Office of Public Affairs featured Turner and his impressive career in their internal county publication. The below article appeared in the Team Fairfax Insider. It is reprinted with permission.

HALF CENTURY OF COMMITMENT FOR FRD’S TURNER

When Doug Turner joined the Fairfax County Fire and Rescue Department in 1967, Lyndon B. Johnson was president, protests against the Vietnam War were growing, Elvis Presley got married, the world’s first heart transplant took place and the Beatles’ “Sgt. Pepper’s Lonely Hearts Club Band” album reached number one on the charts.

Fairfax County had evolved from a farming community to one growing exponentially as the federal government created programs and jobs, and many of those employees settled in the surrounding suburbs. This put demands on the county to provide services to accommodate the public safety needs of the rapidly developing county, which provided many job opportunities.

With 10 years’ experience as a firefighter in the U.S. Air Force and at National Airport, Turner, at age 31, was hired by the Fire and Rescue Department and given badge #239, meaning he was the 239th firefighter hired. Back then, firefighters (all male until the county’s first female firefighter was hired in 1979) drove open-air fire engines and trucks, exposed to the elements and noise. “When a call came in,” Turner recalls, “firefighters put their helmets and boots on, grabbed their turnout coats, then jumped on the tailboard of the apparatus, hanging on for dear life. We put our coats on while flying down the street.” The phrase “catch the hydrant” was when the pumper would slow down slightly, but not stop, as it passed a fire hydrant near the fire. “The firefighters had to jump off the moving vehicle, grab the hose with a hydrant wrench wrapped inside and throw it toward the hydrant where they would anchor it with a foot as the pumper continued down the street stretching the hose toward the fire,” Turner explains.

In his career, Turner witnessed tremendous changes in training, protective clothing and equipment, as well as tactics and specialties such as emergency medical services, hazardous materials and technical rescue. There were no national standards at the time so they had to develop their own.

Looking back on his career, he described being promoted to sergeant at the Fire and Rescue Training Academy, where he worked from 1974 to 1982, as one of his most rewarding experiences. “Normally that assignment would be for a couple of years to get your ticket punched for future promotions,” he says. But he fell in love with training and stayed nearly eight years. He was part of a team of eight trained in emergency medical services, including CPR, by some Fairfax Hospital doctors so they could train others in the department. The training was so rigorous that only four of the eight made it through.

Acknowledging the physical demands of the job and characterizing it as for the young, Turner strongly believed 55 was the age to hang up his helmet and stop riding apparatus, which he did in 1990. However, fire service was in his blood and he wanted to continue contributing, using his knowledge and many years of experience to return the next work day as a civilian inspector in the Fire Prevention Division where he has worked since.

What would he tell a new employee just starting out? “Consider carefully if it is something you want to do for the rest of your career,” Turner counsels. “If you don’t like your job, you won’t excel at it.” He added it’s important to “put your nose in the books and learn all you can in order to do the best job possible.”

Some go into firefighting because they think it will be nonstop excitement, Turner acknowledges. And while there is the thrill of saving people and property, there are also many hours of training, maintaining equipment and otherwise preparing for the calls that make up a smaller part of the actual job. Now with perspective in his 50th year, he looks back: “I have truly enjoyed my career.”
October 2018

FCFRD AWARDED ACCREDITATION FROM CFAI

by Captain II Richard Merrell

On August 10, 2018, the Fairfax County Fire and Rescue Department (FCFRD) was awarded Accredited Fire Department status from the Commission on Fire Accreditation International (CFAI). Agency accreditation is the international recognition of achievement and it shows to our community that the agency is performing to industry best practices and is holding itself accountable through external peer review. Government accountability is an emerging trend over the last few decades. Self-assessment measured against an international standard and validated by outside reviewers provides a reliable response to increased oversight by managers, elected officials and responsible governance to the citizens we are sworn to protect.

In April, FCFRD submitted its application for candidate status and opened its doors to host a six-member validation team that would make its formal recommendation to the CFAI. After a long week of interviews and program evaluations, validation team leader Chief Jim White, informed the department that we had received unanimous endorsement by his team for accredited status and commented that he had “never seen an agency of this size perform so well”. While the endorsement and subsequent award of accredited department is an important milestone in being a citizen focused fire and rescue department, his comments speak to the commitment and dedication of the employees of the agency.

Accreditation validates that FCFRD is a community-focused, strategic minded, properly equipped, and trained fire and rescue department. Currently there are only six accredited fire departments in the world that serve a population over 1 million. Only three of those agencies also have an ISO Class-1 rating and Fairfax is one of those three. Accreditation required that our agency complete a community focused strategic plan, a comprehensive Community Risk Assessment – Standards of Cover document, and complete an agency self-assessment of 258 performance measures within 10 categories that span the entire operation of the fire and rescue department. Both the Strategic Plan and Community Risk Assessment documents are available to the employees on the departments inter-agency webpage, and to the public on the departments webpage. The Community Risk Assessment provides an overview of the community served, history of the county and its fire department, and detailed information on each of the 38 first due response zones including staffing and response performance.

As each department member has heard many times over the past 24 months, accreditation is an ongoing self-improvement process which means that we will continue to collect response information and adjust our practices to meet the needs and expectations of our community. It also requires that the agency complete annually required reporting that validates continuous improvement on goals and recommendations found during our site team visit, and it mandates that the fire and rescue department re-certify every five years under CFAI standards.

BENEFITS OF CFAI ACCREDITATION

- Ensures FCFRD has a defined mission and strategic goals.
- Encourages quality improvement in all aspects of the department
- Identifies strengths and weakness to be shared openly
- Provides the establishment of a plan for improvement
- Communicates management and leadership philosophies to the organization, community, and elected body.
900 BLOCK OF HOLLY BLOSSOM COURT
On May 30, units from FCFRD and Loudoun County Fire and Rescue were dispatched for a house fire in the 900 block of Holly Blossom Court in the Great Falls area. Units arrived on the scene of a two-story, single family home with significant fire in an attached garage that extended to the main house. A second alarm was requested to bring additional resources to the scene. One occupant was evaluated for a minor injury and declined transportation to a hospital. Three firefighters sustained minor injuries. Fire Investigators determined that the fire was accidental in nature and started in the garage. The cause of the fire was an electrical event involving extension cords and a power strip. Damages are estimated to be $149,500.

On the morning of June 23, units responded to a head on crash at Henderson Road and Hampton Road in the Fairfax Station area. Four people were transported to area hospitals with non-life threatening injuries.

On October 15, FCFRD and City of Alexandria Fire Department were dispatched for a reported house fire in the 1100 block of Arcturus Lane in the Fort Hunt area. Units arrived on scene to find heavy fire showing from the rear of a one-story, single family home. Crews worked quickly to extinguish the fire. One civilian was evaluated for smoke inhalation but refused transportation to an area hospital. There were no reported firefighter injuries. Fire Investigators determined that the fire was accidental in nature and started on the exterior of the home, under the attached sunroom. The cause of the fire was the accidental ignition of charcoal briquettes that were stored under the sunroom. Damages were approximately $237,500.
On September 10, Fire Station 429, Tysons Corner, was dispatched for a medical emergency at a construction site in the 8300 block of Westpark Drive. Upon arrival, crews located an adult male in the stairwell between floors five and six. There was no working elevator and the stairwell was too narrow and full of debris to remove the patient. The patient had to be removed lying down. Firefighters and construction workers collaborated to use the sky crane safely removed the patient to the ground. A paramedic rode on the side of the stokes basket with the patient to continue administering aid.

On August 1, Fire Stations 12 (Great Falls), 18 (Jefferson), 39 (North Point), and 42 (Wolf Trap) responded to a report of a dog trapped on the rocks in Difficult Run near Georgetown Pike in the Great Falls area. The dog was stuck on a rock in the middle of the waterway and unable to return to shore. Swift water personnel were able to return the dog safely to its owner without injury.

On October 15, units were dispatched for a reported house fire in the 13100 block of Weather Vane Way in the Herndon area. Units arrived on scene of a two-story, single-family home with smoke showing from the roof and fire showing from a second-floor window at the rear of the home. Crews quickly located the fire in a bedroom. The fire was rapidly extinguished. Fire Investigators determined that the fire was accidental in nature and started in a second-floor bedroom. The cause of the fire was a malfunctioning laptop computer. Damage as a result of the fire is estimated to be $93,750.

On August 6, units from FCFRD and the City of Alexandria Fire Department were dispatched for a reported house fire in the 6900 block of Vantage Drive in the Groveton area. Units arrived on scene of a one-story, single family home and reported fire showing from the roof line and first floor. Crews quickly located a fire in the attic space and extinguished it. There were no firefighter or civilian injuries reported. Fire Investigators determined that the fire was accidental in nature and started in the attic space. The cause of the fire was the electrical wiring supplying a ceiling light fixture in a bedroom. Damages were approximately $260,038.

On October 15, units were dispatched for a reported house fire in the 13100 block of Weather Vane Way in the Herndon area. Units arrived on scene of a two-story, single-family home with smoke showing from the roof and fire showing from a second-floor window at the rear of the home. Crews quickly located the fire in a bedroom. The fire was rapidly extinguished. Fire Investigators determined that the fire was accidental in nature and started in a second-floor bedroom. The cause of the fire was a malfunctioning laptop computer. Damage as a result of the fire is estimated to be $93,750.
TAKING UP

ACTING FIRE CHIEF JOHN J. CAUSSIN
Entry Date: April 29, 1985
Retirement Date: September 4, 2018
Recruit School: 63rd
Assignments: FS18, FS11, FS21, Academy, FS14, FS15, FS37, Promotional Exams, FS24, BC06, DFC Support Services, AC-PSB, AC-Ops, AC BS, Acting Fire Chief.
Likes About the Fire Department: Working as part of a team to help people in their time of need. The friendships and camaraderie.
Will Miss About the Fire Department: The dedicated men and women that make the Department such a great place to work and have a career.
Plans for the Future: Spending more time with family and friends, more golf and travel. Explore opportunities to use the experience gained throughout my career with Fairfax County.
Words of Wisdom: Stay safe by never becoming complacent and remaining a student of the profession throughout your career. Remain true to the mission of serving the community and one another.
Who or What Made an Influence in your Career? All I have worked for and with, especially Jeff Coffman, Stan Earl, Tee Hall, Dean Sherick, John Diamantes, Mike Deli, Chris Hunter, Craig Buckley, Danny Bickhamn, Don Booth, Greg Lange, Mark Wheatley, Mike Neuhard, Ron Mastin, Dave Rohr.

CAPTAIN I CINDY BROWN
Entry Date: December 4, 1989
Retirement Date: June 26, 2018
Recruit School: 77th
Assignments: 26, 29, 1, 32, Academy - M407, MPSTOC-UFO, 32.
Likes About the Fire Department: Great people, wonderful retirement, running calls, having fun at the station, and making life long friends.
Will Miss About the Fire Department: All of the wonderful people that I have met through my career!
Plans for the Future: Retire and enjoy life with my family. Build a house by the beach in North Carolina. Live life!
Words of Wisdom: Leave the fire department on your own terms. Don’t leave angry, broken, or bitter. Everybody knows when its time, listen to your voice and leave when its time.
What Got You Interested in the Fire Service? I didn’t want to work in a factory in the middle of Ohio for the rest of my life, so I went to Paramedic School and the rest is history.
Who or What Made an Influence in your Career? So many people, I wouldn’t even know where to start. So I will just name two, Walter Brown and Keith Ludeman. Thanks for always being there for me!

FASST LAB DEDICATION

On Thursday, October 11, the Fairfax County Fire and Rescue Department (FCFRD) proudly celebrated the grand opening of its Fire Alarm and Sprinkler Systems Training Laboratory (FASST Lab) in the new Public Safety Headquarters. The laboratory came to fruition a few years ago, in a reclaimed modular classroom using donated materials and labor. It now provides, in a beautiful new setting, a multi-faceted community fire prevention education program.

The FASST Lab allows FCFRD Fire Prevention staff to effectively and affordably connect with community leaders, property owners and managers, building maintenance personnel, and fire protection system installers to collaboratively build and maintain a safer community. The minimal cost program is saving property owners and managers thousands of dollars annually, while significantly reducing faulty alarm responses. It is a win/win program for the community and the fire rescue service.

The Fairfax Way, Moving Forward.
Despite several days of very warm and humid temperatures the career, volunteer and civilian members of the Fairfax County Fire and Rescue Department (FCFRD), along with the members of Department of Public Safety Communications, dug deep and worked hard to “Fill The Boot” for MDA.

As a result of this dedication, we are very proud to report that the members of FCFRD can claim the crown as the 2018 Highest Collecting “Fill the Boot” Campaign for MDA in the United States and Canada with an amazing $603,676.05 collected.

For the 2018 Campaign, the following stations and shifts led the way:

**Top Overall Collecting Station:**
Station 14 – Burke: $38,652.54
Station 5 – Franconia: $36,018.95
Station 40 – Fairfax Center: $31,896.92

**Top collecting station/shift per capita:**
Station 5, Franconia, C-Shift: $1,950.00 per person
Station 17, Centreville, C-Shift: $1,400.10 per person
Station 36, Frying Pan, B-Shift: $1,113.10 per person

There are many facets that make Fairfax’s campaign a success. Among them are the support from the Fairfax County Professional Firefighters and Paramedics IAFF Local 2068, the FCFRD, the Department of Public Safety Communications, the Fairfax County Police Department FOP Lodge 77, the Fairfax County Fire and Rescue Retirement Association, Subway, Paul Davis Restoration, Eagle Bank, the Fairfax County Volunteer Fire and Rescue Association Canteens, the staff at the Greater Washington MDA. Last but not least, the families that came out to help work on the campaign behind the scenes delivering snacks and drinks, counting money, answering phones, folding shirts and the many other tasks that make our campaign the best.
### LARGE LOSS FIRE INVESTIGATIONS

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<td>2218 Journet Dr.</td>
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### FRONT LINES DEADLINES

The remaining deadlines for the 2018 Front Lines issues is November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).
On Friday, August 24, the department came together to say farewell and to celebrate the career of Acting Fire Chief John J. Caussin, Jr. at his retirement reception. Family members, friends, and department members came out in great numbers to wish him well on his retirement. The celebration was an overwhelming success! On behalf of the department, congratulations and good luck with future endeavors and achievements. You will be missed Chief Caussin!
OPEN HOUSE 2018

Each year one fire station from each battalion is selected as best open house for their battalion. Criteria is based on how well the station illustrates the theme of Fire Prevention Week. This year the theme was “Look. Listen. Learn. Be aware. Fire can happen anywhere.” Congratulations to the winners of this year’s open house:

Battalion 1: Fire Station 39, North Point
Battalion 2: Fire Station 2, Vienna
Battalion 3: Fire Station 21, Fair Oaks
Battalion 4: Fire Station 8, Annandale
Battalion 5: Fire Station 5, Franconia
Battalion 6: Fire Station 11, Penn Daw
Battalion 7: Fire Station 14, Burke

The Fairfax Way, Moving Forward.
IN MEMORIAM

Lieutenant Douglas E. Turner (Retired)
September 23, 1935 - June 29, 2018

Lieutenant Luther B. “Ben” Dawson (Retired)
September 4, 1951 - August 7, 2018

Lieutenant Charles E. Kerns (Retired)
March 31, 1942 - August 8, 2018

Lieutenant Richard V. Slepetz (Retired)
January 20, 1944 - June 1, 2018

TOP 10 ACTIVITY REPORT

April - September 2018

<table>
<thead>
<tr>
<th>Medic</th>
<th>Engine</th>
<th>Rescues</th>
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<tr>
<td>Unit</td>
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<td>A 414E</td>
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<td>A 438E</td>
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<tr>
<td>A 401E</td>
<td>38</td>
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<tr>
<td>A 402</td>
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<td>EMS 407</td>
<td>455</td>
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<tr>
<td>BC 402</td>
<td>433</td>
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</tbody>
</table>

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.
AWARDS AND PRESENTATIONS

Unit Citation

**Accident with Entrapment**
Captain II Mark Guditus
Captain Gregory Rauch,
Fairfax City Fire Department
Lieutenant John D. Flynn
Lieutenant Michael D. Hendershot
Lieutenant Robert G. Ritchie
Lieutenant William E. Thurston
Master Technician Ian R. Brill
Master Technician David J. Higgins
Master Technician Bryan C. Knupp
Master Technician Livingston J. Rolle
Technician Louis G. Botha
Technician Pete Kosenko
Technician Justin T. Roach
Technician Tegarassen Rungen
Technician Glenn M. Snyder
Technician Paul A. Stella
Firefighter Melissa M. Cary
Firefighter Jasper R. Cooper
Firefighter Christopher D. Jarvis
Firefighter George H. Samartino
Firefighter Song Kyu Yi

**Overdose with Cardiac Arrest**
Lieutenant John B. Haywood
Lieutenant Kaitja W. Lancing
Master Technician Allison Jaquays
Technician Michael T. Kovach
Firefighter Adam M. Ellis
Firefighter Wendy Y. Mitchell

**Highway Fire**
Lieutenant Herbert H. Brown III
Master Technician Donald R. Crum
Technician Richard J. Beatty
Firefighter Timothy W. Sullivan

**Infant Cardiac Arrest**
Captain I Thomas Nevin III
Master Technician Hyun J. Lee
Technician Michael W. Conover
Firefighter/Medic Nathan J. Decker
Firefighter Joseph Herrera
Firefighter Melanie P. Kemery

**Pedestrian Struck**
Captain II John W. Streeter III
Technician Laura M. Elliott
Firefighter/Medic Burke W. Latimer
Firefighter Daniel J. Davis

Length of Service Award

**30 Years**
Captain II Tony C. Kostecka
Captain I Marcus D. Williams
Captain I Kelly W. Woolf
Lieutenant Richard A. Dawley
Lieutenant Anthony D. Mullins
Master Technician Toussaint M. Holland
Master Technician Joseph P. Kieler
Master Technician Jeffrey L. Smith
Master Technician Thomas C. Williams
Firefighter Roger K. Gent

**20 Years of Safe Driving**
Master Technician Donald R. Crum

Career Achievement Awards

**Commission on the Fire Accreditation International Validation Site Visit**
Captain II Richard L. Merrell
Lieutenant Kristopher W. Johnson III
Eric K. Fisher, GIS Analyst III
Maura M. Power, Business Analyst IV
Kirsten J. Schneider, Management Analyst II
Laurel A. Stone, Management Analyst IV

**I-Women’s Conference**
Battalion Chief Jerome I. Williams
Captain I Kristi L. Bartlett
Captain I Cynthia L. Brown (Ret.)
Lieutenant Elizabeth K. Planchak
Firefighter Kathryn F. Buist

Meritorious Service Award

**Newborn Delivery**
Lieutenant John D. Flynn
Master Technician Robin M. Lotz
Technician Jose A. Turcios

Field Training Office
Lieutenant Ryan S. Fletcher
Lieutenant Nathan R. Larkin
Lieutenant James C. Kenney

Team Performance Award

**High Winds Event**
Battalion Chief Anthony L. Jackson
Captain I Haywood P. Marshall
Captain I Easton M. Peterson
Michael W. Devick,
Communications Operations Supervisor

Fire and Rescue Academy Upgrades
Deputy Chief Robert P. Ruwe
Battalion Chief Gregory W. Hunter
Battalion Chief Brian P. Rooney
Battalion Chief Jerome I. Williams
Captain II George O. Gonzalez, Jr.
Captain I Aron J. Corwin
Lieutenant Vernon T. Corbin, Jr.
Lieutenant Marc S. Davidson
Lieutenant Michael S. Eddy
Lieutenant Timothy A. Fairchild
Lieutenant Ryan S. Fletcher
Lieutenant Stefan C. Gansert
Lieutenant Brian P. Gillingham
Lieutenant James C. Kenney
Lieutenant Nathan R. Larkin
Lieutenant Clyde B. Monroe III

Master Technician
Christopher F. Martin

Qarin Bowers,
Public Safety Communicator III
Wendy Burlingame,
Public Safety Communicator III
Andrew Clarke,
Public Safety Communicator III
Erin Hernandez,
Public Safety Communicator I
Ashley E. Honabach,
Public Safety Communicator III
Kristen Johnson,
Public Safety Communicator III
Amanda Killian,
Public Safety Communicator II
Adrian T. King,
Public Safety Communicator III
Mason J. Kraut,
Public Safety Communicator III
Roxana N. Reyes,
Public Safety Communicator III
Lenora Shipman-Clarke,
Public Safety Communicator III
Ian J. Stewart,
Public Safety Communicator III
Carissa L. Teets,
Public Safety Communicator III
Megan Walters,
Public Safety Communicator III

The Fairfax Way, Moving Forward.
In June, two members of the Fairfax County Fire and Rescue Department were recently recognized for outstanding academic achievement and going above and beyond the call.

Mary Cramer, Life Safety Education, was honored by Fairfax County Neighborhood and Community Services (NCS) with a Partner Award. The award recognizes groups and individuals who go above and beyond expectations in working with NCS in strengthening the overall well-being of individuals and communities. Mary has work tirelessly with local senior centers to promote fire and injury prevention in an effort to keep our residents healthy and safe.

Captain II David Winter, Communications, was honored by Acting Fire Chief John Caussin for receiving certification as an Executive Fire Officer (EFO) through the National Fire Academy. The program is intense and involves taking four graduate and upper-division-baccalaureate equivalent courses taken over a four-year period. Each course is two weeks in length. Captain Winter was then required to complete an Applied Research Project, that related to FCFRD, within six months after the completion of each of the four courses to receive this prestigious designation as an EFO.

Technician Andrea E. Dolan
Technician Matthew B. Duckwitz
Technician Andres F. Martinez
Technician Terence M. Stokes, Jr.
Deputy Sheriff Daryl A. Shifflett
Deputy Sheriff Benjamin J. Ulsh
Deputy Sheriff Seth J. Warner
Angela K. Ballard,
Assistant Producer
Chinaka A. Barbour,
Financial Specialist IV
Raymond E. Blankenship, Jr.,
Facility Attendant II
Viktor Bolotsko, Electrician II
Jorge Diaz Torres, Electrician II
William Funk,
Assistant Company Manager, SWM
Rickey G. Garrison, Plumber II, FMD
Don B. Gillum,
General Building Maintenance II, FMD
Timothy J. Gosart,
Financial Specialist II
James L. Hedrick,
Management Analyst III
Forrest H. Johnson, Jr.,
Fire Apparatus Mechanic
Kevin S. Johnson,
Assistant Project Manager, FMD
Jeffrey F. Katz,
Management Analyst III
Vijayu Kundra,
Painter I, FMD
Donald H. Layman,
Material Management Specialist II
Thomas Liberati,
Assistant Project Manager, FMD

Donald McCallin,
Plumber I, FMD
Joshua R. Murphy,
Lead Refuse Operator, SWM
Brian E. Nast,
Fire Apparatus Mechanic
John A. Oldenburg,
Painter II, FMD
Tim Ours,
General Building Maintenance II, FMD
Mark S. Pullman,
Fire Apparatus Supervisor
Gordon Richards,
Heavy Equipment Operator, SWM
Jimmie L. Richards, Jr.,
Fire Apparatus Mechanic
Catherine G. Schultz-Rinehart,
Management Analyst IV
Jason E. Stanley,
Management Analyst III
John Spicer,
General Building Maintenance I, FMD
Brian E. Talbot,
Management Analyst II
Julio Ventura, Painter I, FMD
Bruce A. Webb,
Contract Analyst II
Leonard D. Wright,
Fire Apparatus Mechanic
Mary Anne Zandall,
Management Analyst I
Arrash Zohdi,
Senior Project Manager, FMD

2018 Hazardous Materials First

Responder Operations
Master Technician Matthew T. Groff
Master Technician Brian P. Jenkins
Master Technician Jeffrey L. Smith
Master Technician Daniel R. Thompson
Master Technician Clifford A. Watson
Technician Smith T. Banks II
Technician Anis Belhadj Mohamed
Technician MaryKate Black
Technician Craig L. Robertson

Congratulations BC Ron Rodriguez on his retirement after 26 years of dedicated service in Fairfax County. BC Rodriguez is leaving FCFRD for a new position as Fire Chief of the Winslow Fire Department in Maine.
Letters of Appreciation

To whom it may concern:

On the morning of 24 May, 2018, during our annual screened porch cleaning, my wife fell and broke her ankle. A call to 911 was responded to very quickly by Reston Fire Station 25 and transported her to Reston Hospital. Later that afternoon, the doorbell rang and two members of the original crew inquired about her status. After learning she had broken two bones, they said they wanted to finish cleaning the porch and furniture. Needless to say, this was an unexpected and pleasant surprise. We want to thank the Chief and his crew on duty that day for going above and beyond to help us. I told them I was going to have a difficult time explaining to our neighbors what we had done to warrant this service. Before departing, the Chief reassured me that I should not hesitate to call if I had difficulty with my wife's mobility.

As forty year residents of Fairfax County, we commend Fire Department Leadership at all levels for creating a caring work environment and staff that is readily available and willing to lend a helping hand. Their actions on 24 May made our day a little easier.

Thanks for a job well done!

Sincerely,

Harold and Mary Jane

On Jun 8, 2018, at 8:29 AM, Chris Woitowicz wrote:

Deputy Chief Gray,

Just wanted to reach out and drop a note of appreciation for your acceptance testing division. We just wrapped up Fire Alarm and Fire Protection acceptance testing on a project in Reston and your team was professional and thorough.

For the most part we had Inspectors Mckendree & Pumphrey, but all inspectors we had out here gave a good level of service.

We also appreciated the professional communication from Capt.'s Horton & Miller.

Thank you,

Chris

CHRIS WOITOWICZ LEED AP BD+C

Dear Vienna VFD,

My husband and I can't thank your crew enough for coming to our home so quickly. Elliot and Akileh diagnosed and fixed the problem, which was a carbon monoxide detector that was creating the beeping. That had not occurred to us at all. They also installed a carbon monoxide detector on our lowest level. Elliot and Akileh were personable and professional and gave us great advice about the care and treatment of the detectors.

We are especially grateful because my husband had recently gotten out of the hospital with a high blood pressure scare and the beeping problem started late yesterday afternoon. We were getting more and more upset because we had tried everything we could think of and not sleeping well. We were also worried that one of our two cats hid and was isolated from us. Were were not sure he was getting enough food or hydration.

My husband, Burrus Carnahan, and I are thankful we live in in the Town of Vienna and want to commend Elliot and Akileh for their outstanding service.

With warm regards,

Cindy S.
38 Years
Battalion Chief John S. Price
36 Years
Lieutenant Gary W. Vozzola
32 Years
Lieutenant Jeffrey R. Allen
Captain II Donald L. Vaught
31 Years
Firefighter Gordon E. Bennett
Lieutenant James R. Bookwalter, Jr.
Master Technician John L. Capps
Captain I James L. Dennis
Master Technician Anthony E. Doran
Firefighter Mark D. Franklin
Technician James M. Hayes
Battalion Chief Anthony L. Jackson
Battalion Chief Brian P. Rooney
Technician David D. Sweetland
30 Years
Captain II Carlton G. Burkhammer
Firefighter Roger K. Gent
Captain I Marcus D. Williams
Master Technician Thomas C. Williams
Cheryl S. Wood, Engineer III
Captain I Kelly W. Woolf
25 Years
Master Technician Jeffrey S. Allen
Captain I Robert A. Banasik
Lieutenant David G. Bender
Firefighter Jerome J. Bethea
Battalion Chief Donald E. Bowers
Master Technician Anthony L. Cabrera
Deputy Chief Bradford A. Cochrane, Jr.
Captain II Arthur D. Cos
Captain II Charles R. Cunningham
Battalion Chief David W. Hall
Deputy Chief Joseph E. Knerr
Lieutenant Michael C. Nelson
Captain Stephen T. O’Brien
Lieutenant Ronald S. Pifer
Technician Hao T. Sevener
Battalion Chief John L. Walser
Master Technician Wade H. Watson
20 Years
Captain II David W. Barlow
Firefighter Michael J. Buckly
Captain II Matthew C. Burns
Captain I Richard R. David
Master Technician Sean M. Fensterwald
Captain I Thomas L. Flint
Captain I Stacie L. Galatis
Captain II Jared B. Goff
Maryalice D. Istvan, Fire Inspector III
Battalion Chief Patrick T. Kelly
Captain II Mark P. Menton
Firefighter Joseph C. Morris
Captain I Derrick L. Penny
Captain I Dustin K. Rice
Master Technician Kris A. Sacra
Lieutenant William M. Schnaakel
Master Technician Rodney D. Snapp
Master Technician Jeffrey J. Werth
15 Years
Lieutenant Jason R. Abiltz
Lieutenant Herbert H. Brown III
Firefighter Gary J. Butler
Technician Ryland W. Chapman
Lieutenant Patrick S. Devera
Margaret A. Dix, Financial Specialist III
Technician Jason C. Earl
Firefighter Archie S. Fellows
Lieutenant Ryan S. Fletcher
Lieutenant James T. Martin
Master Technician Igasani M. Mattas II
Firefighter Brenda J. Pomperin
Captain I Scott E. Schemerhorn
Firefighter Anthony D. Shockley
Lieutenant Michael S. Taylor
Terry L. Tewalt, Engineer III
Captain I Sean M. Wilson
Technician Robert C. Young
Lieutenant Scott-Patrick I. Zugner
10 Years
Firefighter Jorge R. Araya
Firefighter Meredith M. Bell
Firefighter Kurt L. Boiling
Firefighter Namaste N. Bosse
Technician Louis G. Botha
Firefighter Spencer D. Bryant

Firefighter Tyree W. Carr
Melissa A. Davis, HR Generalist I
Technician Corey D. Diamond
Firefighter Merepeh V. Funn
Lieutenant Daniel J. Gajewski
Master Technician William A. Harrington
Firefighter Bradley J. Meletti
Technician Ali R. Mirzal’I
Mark S. Pullman,
Fire Apparatus Supervisor
Technician Andrew T. Reedy
Kirk J. Speier, Management Analyst II
Technician Bryant L. Wiggins

5 Years
Adam B. Brewington,
Inventory Manager
David E. Feiring, Training Specialist III
Michael Kilby, Fire Inspector II
Jason E. Teets, Fire Inspector II

NEW HIRES
Jorge G. Arias, Inspector I
Inspections
Ronald Adams, Inspector I
Inspections
Swetha Bommireddy, Administrative Assistant IV
Payroll
Jocelyn F. Castro, NT Analyst
Information Technology
Jody Copach, Materials Management Specialist I
EMS Division
Dahae Hwang, GIS Analyst II
Information Technology
Jessica B. LeBlanc, Data Analyst I
Information Technology
Keith Long, Administrative Assistant II
Inspections
Jeffrey F. Perka, Inspector I
Inspections
Marina Shafran, Life Safety Educator
Public Affairs and Life Safety Education
Troy E. Wittman, Inspector I
Inspections

RETIRED
Technician Thomas R. Barnes
June 19, 1989 - July 20, 2018
Battalion Chief Donald E. Bowers
September 20, 1993 - November 1, 2018
Captain I Cynthia L. Brown
December 4, 1989 - June 26, 2018
Acting Fire Chief John J. Caussin, Jr.
April 29, 1985 - September 4, 2018
Captain Michael B. Davis
July 11, 1994 - June 8, 2018
Technician Ronald B. Evans
June 14, 1993 - September 28, 2018

Master Technician Linwood M. Frye
June 12, 1995 - October 29, 2018

Debora H. Maiorino
September 6, 2014 - August 17, 2018

Captain I Robert M. Mohler
January 3, 1977 - July 24, 2018

Technician David A. Nielan
May 27, 1986 - June 20, 2018

Technician Sean A. Powell
August 15, 1988 - May 25, 2018

Lieutenant Charleen L. Ray
April 9, 1990 - June 22, 2018

Battalion Chief Ronnie A. Rodriguez
November 30, 1992 - September 28, 2018

Battalion Chief Michael C. Schaff
January 3, 1989 - August 17, 2018

Battalion Chief Rex E. Strickland II
November 30, 1992 - August 3, 2018

Jeffrey R. Yost, Engineer III
June 29, 2013 - August 17, 2018

Deputy Chief Robert J. Zoldos
July 11, 1994 - November 2, 2018

The Fairfax Way, Moving Forward.
The Fire Marshal’s Office is located in the Fairfax County Public Safety Headquarters building and provides permits, construction related inspections, safety inspections, operational inspections, code enforcement, and fire investigation. Our inspectors are certified by the Commonwealth of Virginia and work closely with other city, county, and state agencies to ensure code compliance and provide technical assistance in the application, enforcement and interpretation of codes and standards.

Fire Prevention Services - Battalion Chief John Walser

• Inspections Branch: North County and South County
• Special Project Unit
• Special Investigation Unit
• Fire Protection Systems Branch: Acceptance Section and Retesting Section
• Engineering Plans Review Branch
• Revenue and Records Branch

Fire and Hazardous Materials Investigative Services - Battalion Chief Kerwin McNamara

GET CONNECTED. STAY INFORMED.

@ffxfirerescue  ffxfirerescue.wordpress.com
@fairfaxcountyfirerescue  @ffxfirerescue