September 11, 2014

In Memory of Firefighter Placido “Henry” Sanchez, Jr.

Firefighter, Civilian, and Officer of the Year Awards

Master Technician Michael S. Lewis  
Firefighter of the Year

Beth L. Adams, MA III  
Civilian of the Year

Captain I Chester E. Waters  
Officer of the Year
From The Fire Chief . . .

It has been crazy busy for the troops and the department these past several months. Everything from ALS, BLS, fire incidents, special operation incidents, and technical rescue challenges including a trench incident and several Potomac River rescue calls. And yes, we graduated our largest career recruit class ever - 63 recruits graduated on July 25, 2014! Our Training Academy staff - both basic fire and EMS training - did an awesome job turning our fine tuned recruits out. Wow - crazy busy!

Our dedicated civilian staff have been plugging away closing out Fiscal Year 14 and preparing for Fiscal Year 15. The civilian staff just like our field troops are dedicated in their duties and responsibilities! Their work and efforts in every section of the department is recognized and appreciated.

Our community outreach efforts have been tremendous. The SIOC and WIOC programs have been nothing less than stellar in preventing the 911 call. Our men and women have hit the Fairfax communities every Saturday afternoon and at other times to make sure there is a working smoke alarm in every residential single family home and that a FILE OF LIFE is either updated or completed. Tens of thousands of smoke alarms have been installed and FILE OF LIFE forms have been completed by our field personnel. This is absolutely fantastic. We can associate four fire incidents where our personnel installed a battery or smoke alarm in a residence not having a functioning smoke alarm and subsequently there was a fire incident where the occupants were able to safely evacuate because of a working smoke alarm that notified them of the fire. There could have been a different outcome if not for the men and women engaging in SIOC and WIOC. Need I say anymore? Great job by everyone!

Another innovative community outreach program was developed by the stations and crews from Fire Stations 39, 42, 12, and 1. The program is Safety In/On the Potomac or SIOP. As a result of multiple technical rescue incidents in the water and the shorelines of the Potomac our personnel put together a program to educate residents and visitors of the do’s and don’t’s of the Potomac River and its shorelines. The focus again is...
As we continue our community outreach efforts we will focus on a couple of important initiatives this fall. As part of our SIOC and WIOC efforts, we will be rolling out an aggressive carbon monoxide education and prevention initiative and Community - CPR or C-CPR "hands only" initiative. The carbon monoxide initiative will provide another opportunity to prevent the 911 call by educating our residents about the "silent killer." The primary objectives will be to educate our residents about how to prevent carbon monoxide poisoning including the signs and symptoms of the silent killer. There will be a cache of carbon monoxide detectors available for any resident that may need assistance with one being installed. There will a phone number that residents can contact the Fire and Rescue Department should they need a detector installed. We will install a detector on an "as requested, as needed" basis.

C-CPR hands only CPR will be rolled out with a flash mob at a local business establishment to attract attention, interest, and engage the community. The flash mob demonstration of hands only CPR will be the spring board for demonstrations at each one of our fire stations during our October 2014 open houses! Both of these initiatives are great programs that will prevent the 911 call and save lives!

Community outreach efforts are certainly one of my Fire Chief's Expectations. Taking care of our residents, in particular our most vulnerable older adults and children, are of primary importance. Reducing fire deaths and injuries in general provides for a healthy and well Fairfax County.

Remember to train, train, train! One Department, One Way!

Thank you for the opportunity to be your Fire Chief. I am honored and very proud of this great Fire and Rescue Department.

Respectfully,

Fire Chief Richie Bowers
136th Recruit School

Firefighter/Medic
Tony J. Albertson

Firefighter/Medic
Jan A. Antons

Firefighter
Matthew D. Arathoon

Firefighter/Medic
Thomson A. Backos

Firefighter
Jonas M. Babin

Firefighter
Michael E. Bender

Firefighter
Rachel A. Baderly

Firefighter
Daniel J. Bridges

Firefighter
Koostad H. Briscoe

Firefighter/Medic
Arthur M. Bruck

Firefighter
Trevor J. Buhler

Firefighter
Michael J. Capone

Firefighter/Medic
David C. Chang

Firefighter/Medic
Matthew A. Cole

Firefighter
Jeffrey W. Cockey

Firefighter
Joseph R. Connell

Firefighter
Kase J. Danielson

Firefighter
Derek T. Dotson

Firefighter/Medic
Ryan M. Duarte

Firefighter/Medic
Brady A. Edmonds

Firefighter/Medic
Robert M. Eide

Firefighter/Medic
David J. Ford

Firefighter
Elliot R. Foster

Firefighter/Medic
Joseph B. Gaugler

Firefighter/Medic
David A. Dearte

Firefighter/Medic
Ryan M. Dussia

Firefighter/Medic
Brady A. Edwards

Firefighter/Medic
Robert M. Eide

Firefighter/Medic
David J. Ford

Firefighter
Elliot R. Foster

Firefighter/Medic
Joseph B. Gaugler

Firefighter
Austin W. Gane

Firefighter
Anthony R. Harley

Firefighter
Santa S. Jackson

Firefighter
Kath N. Jones

Firefighter
Christopher D. Jones

“Congratulations!”

“The Fairfax Way, Moving Forward.”
The theme of this article is “Autumn Leaves” meaning leaving behind the backyard BBQs and lighter summer fare and vacation time when Autumn officially begins September 22. Autumn means temperatures will cool down, the availability of daylight will diminish as we approach November 2, the end of Daylight Savings Time. We’ll make less vitamin D due to less exposure to and availability of sunlight. We’ll need to figure out the best time to get our fitness in due to changing environmental conditions. My recommendation as we leave behind the spontaneity of the summer months is to get more organized around eating and physical activity as the temperatures cool and evening light diminishes. Just as school aged children get organized about homework and test preparation, we can get better organized around our nutrition and fitness routines or adjust an already consistent routine to the seasonal changes.

From a nutritional perspective, meal planning can help promote a nutrient rich intake, save money, and decrease last minute calls for pizza and Chinese food delivery that can be problematic for those intent upon eating healthfully. For people who are working at weight management, meal and snack planning helps us prevent going more than 3-4 hours without eating. Eating every 3-4 hours helps many people manage their weight as it can reduce incidence of low blood sugar and that “starving” feeling that leads to overeating once we are around food. Those who are in training for a special event such as the Marine Corps Marathon, the Tough Mudder, or International Fire and Police Games, can use meal and snack planning to promote a competitive edge with their competition nutrition. Some fundamentals around meal and snack planning include IT ONLY TAKES 20 minutes a week to plan meals. With that in mind:

- set aside a specific time to plan once a week
- check the refrigerator, freezer and pantry/cupboards
- check your calendar for events that influence whether you’ll be eating at home, out, or on the run (note to self, be prepared!)
- gather past menus (create a file or binder to be organized), favorite recipes or go-to meals and using sites such as www.eatingwell.com
- script or forecast meals and snacks with pen and paper or use an online tracker such as www.sparkpeople.com or www.myfitnesspal.com.
- create a shopping list based on what you plan for meals and snacks. SparkPeople allows you to then create and print a shopping list from the planned meals and snacks.

All of these efforts can help reduce food waste, increase the chances of eating healthfully, reduce stress related to managing food intake, and return to the pleasure of eating a meal. The point is to examine to what extent the change in seasons will impact your health promotion efforts and make adjustments accordingly. Please email me if you’d like a meal and snack planning template and/or a shopping list template. I am also happy to email some favorite recipes. Two are included below. Note the nutrition facts and cost per serving are included at the end of each recipe. I can be reached at: nutrition.fitness@verizon.net.

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Autumn Leaves Are Upon Us

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

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“The Fairfax Way, Moving Forward.”
**Provençale Chicken Supper**

4 (6 ounce) chicken breasts
2 teaspoons dried basil
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 cup diced yellow bell pepper
1 (15.5 ounce) can cannellini beans or other white beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano, undrained
Basil sprigs (optional)

1. Place chicken in an electric slow cooker; sprinkle with basil, salt and black pepper. Add bell pepper, beans, and tomatoes.
2. Cover and cook on low for 8 hours. Garnish with basil sprigs if desired.

Yield: 4 servings (serving size 1 chicken breast and 1 cup bean mixture)
Nutrition Facts per serving: Calories 281; Fat 2.2g (saturated fat 0.6 g); Protein 44.9g; Carb 18.1g; Fiber 4.7g; Chol 99mg; Iron 3.2 mg; Sodium 495 mg; Calcium 86mg
Approximate Cost Per Serving: $2.20

Source: *Cooking Light Slow Cooker Tonight!* ©2012 page 151

**Pork and Slaw Sandwiches**

1 (3-pound) boneless pork loin roast, trimmed
OR 3 lbs boneless, skinless chicken breast
1 cup water
1 ¼ cups barbecue sauce
2 tablespoons brown sugar
1 ½ tablespoons hot sauce
½ teaspoon freshly ground black pepper
2 ½ cups packaged cabbage and carrot coleslaw
¼ cup mayonnaise
1 tablespoon white vinegar
¼ teaspoon sugar
1/8 teaspoon salt
15 (2-ounce) whole-wheat hamburger buns

1. Place pork (or chicken) and 1 cup water in a 3-to-4-quart electric slow cooker. Cover and cook on LOW for 7 hours or until meat is tender.
2. Drain pork (or chicken), discarding cooking liquid. Return pork (or chicken) to slow cooker; shred with 2 forks. Stir in barbecue sauce and next 3 ingredients (through pepper). Cover and cook on LOW for 1 hour.
3. Combine coleslaw and next 4 ingredients (through salt) in a bowl; toss well. Place about 1/3 cup meat mixture and about 2 tablespoons slaw on bottom half of each bun; cover with bun tops.

Yield: 15 servings (serving size: 1 sandwich)
Nutrition Facts Per Sandwich: Calories: 330; Fat: 8.7g (saturated 2.1 g); Protein: 23.4g; Carb: 38g,1; Fiber: 3.3; Chol: 59mg; Iron: 2.3 mg; Sodium: 565mg; Calcium: 78mg. Nutrition facts very similar if made with pork or boneless skinless chicken breast.
Approximate Cost Per Serving: $1.35 per sandwich if made with chicken breast; $1.90 per sandwich if made with pork top loin.

Source: adapted from *Cooking Light Slow Cooker Tonight!* ©2012 page 98

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Brother and Sister Act? Technician J.D. Leary, Fire and Rescue Station 11, Penn Daw, and his sister, Firefighter Cathy Leary, Fire and Rescue Station 41, Crosspointe, participate in OAR’s recently, both exchanging driving tips while driving ladder trucks.

“*The Fairfax Way, Moving Forward.*”
**Career vs. Job: Which One Do You Have?**

By Technician Smith T. Banks II
Fire and Rescue Station 40, C-Shift

The fire service across the country may vary in staffing, equipment, and training, but there is a common thread amongst us all. I have been blessed to be able to travel to different departments to conduct HAZMAT training, and the conversations and complaints I hear are typically the same. They range from not enough pay, to department needs, and the changes that should be made for what we believe will be a better way.

There are a couple of things that I would like to share with you, the difference between a “job” and a “career.” Realize that this is only my opinion and I offer it as a means to show the importance of job performance, regardless of how you view our profession.

First, there are people who would be very willing to take our spot if we were to leave, so we should be grateful for the opportunity to serve in such an honorable and noble profession. This is not to say that there aren’t topics worth having a conversation over, such as how we can change the way we do business. However, compared to other departments in both large and small cities across the country, many are fighting bad economies, brown outs, and deteriorating fleets - while trying to maintain citizen support. Our department has been incredibly fortunate in this area. We have a strong economic base that supports our existence, so the thought of closing stations is rarely discussed. The financial problems our department faces, although real, are not nearly as bleak as it could be. At the very minimum, we should be thankful that our careers are on solid footing.

Secondly, find your niche in this career. I have found that HAZMAT is what I like, and I try to be the best hazardous materials technician that I can be. Again, I have been blessed in that compensation has not been much of an issue or that I had to promote out of what I love doing.

Often when someone takes a promotional exam and gets promoted, they sometimes leave a station or specialty they love. If you have to get promoted because of financial reasons, by all means do so, but be excellent at your craft and specialty. Unlike other occupations, becoming a supervisor can mean that someone’s life depends on the decisions you make. This can’t be just a job - it has to be a career performed with proficiency and safely; always remembering that you could be leading your crew into harm’s way.

Webster’s defines a career as “a profession for which one trains and which is undertaken as a permanent calling.” They also define a job as “the work that a person does regularly in order to earn money.” When comparing definitions, do you consider your employment with the Fairfax County Fire and Rescue Department a job or a career? A job is just as the definition states - you do it because you need to take care of certain responsibilities such as your family, health care, or sending your kids to college. This is not to say that these things don’t happen with a career, but the love, deep appreciation, and affection is different. We all appreciate having a job, especially during these economic times. For one to consider it a career means you take full advantage of training opportunities whenever possible, learn as much as you can with a passion and love that is second-to-none.

In no way am I passing judgment on how you view yourself. We all have thoughts on what is best for our families and how best to take care of them, but it is also about whether you enjoy and are fulfilled doing what you do. At some point, we all have spent time sitting in the station and listened to a shift member or someone on detail or callback fuss or complain about the department and wondered to ourselves, “is that person
serious? We have a great job.” Again, this is not to be judgmental, but this may be just the difference between loving your career or just having a job.

Now to be perfectly transparent, in this stage of my career, I don’t have a desire to travel to every class available for all HAZMAT responders. I still try to learn all that I can through drills and traveling to other departments for various types of training. I also try to stay up on the latest technology and information through trade journals and networking. A big part of my learning comes from those that are a little younger and may have less time in service, and attend classes I’m not able to attend; I pick their brain for the information they bring back. I’m not so naïve to think that I know all there is to know about HAZMAT or that I can’t learn anymore, but I do believe that at some point we tend to slow down a bit. We’re not slowing down due to a lack of interest, but because we have different things going on at that stage in life. It’s also time for the young at heart to take over and take the lead in some areas. As we get older, we may value different things in our lives such as teaching the less experienced or making a difference in a specialty and station where we work. My passion has been in HAZMAT for a long time, but I have never stopped learning the two disciplines we all have as a common function: firefighting and EMS. Yes, I said EMS. Since I have been in the department, EMS has always been the largest part of our response and what keeps us the busiest.

In a job, we generally don’t take risks or try something different, fearing that we will be taken out of our comfort zone. Jobs can take care of your family obligations, but how often are people happy enough to want to stay at that job for as long as they possibly can? There are a few things that will drive someone to stay on a job: financial responsibility and security, taking care of family obligations, purchasing the cool, new toys that we’ve always dreamed about, or buying our dream home where we can raise a family or retire.

In a career, we’re constantly learning and we should always take joy in the learning experience. We should never be too proud to recognize when we don’t know something, and we should be willing to learn or improve on those parts connected to our career. In a job, it’s easy to become content in what we already know, not caring to expand our knowledge base. When we recognize that there is something we don’t know, we sometimes justify it by saying, “I’ll never need to use that.”

In my opinion here is the difference between a job and career: THE LOVE FOR WHAT YOU DO! No matter what goes on around us, the complaints or the headaches and stresses, it’s the love for the career that keeps us doing the job. When we reach the point of retiring from our career, we may find it difficult to leave. Leaving something that we truly love makes us have second thoughts and we may feel there’s nothing for us to do as we move on. Leaving just a job will be more of a relief than sadness because the love and passion for what we were doing may not have ever existed.

To finish, my parting shot: anyone can find a job, but not everyone finds a career. Whether this is a job or a career to you, work hard at it and above all, be thankful for the opportunity we were given to provide for our family and ourselves. This will bring enjoyment in whatever category you fall within.

Captain I Greg Lange, Fire and Rescue 24, Woodlawn, is presented a rare 35-year plaque by Battalion Chief John Price prior to his retirement.
There has been some confusion about alerting system enrollment for county employees. The National Capital Region has selected Everbridge as the new alerting system vendor. The Fairfax County Office of Emergency Management maintains two alerting systems: one for county employees and one for the public. The Employee Alert Network (EAN), formerly known as the Emergency Alert Network, is the official system for receiving alerts. Those alerts include emergency alerts, Fire and Rescue Department incident notifications, callback requests and more. You can customize your EAN account by choosing from 22 weather alert options, setting quiet periods when you do not want to receive weather alerts and adding up to five addresses for notification. These could include your home, fire station, child’s school and more. As an employee of Fairfax County, you only need an account in EAN.

To manage your EAN account, visit www.fairfaxcounty.gov/alerts and select “Employee Alert Network” on the left menu. You can also download the Everbridge Mobile Member app on your Android or iPhone device to manage the account. For technical support, please contact oem-alert-support@fairfaxcounty.gov.

This month, during September’s National Preparedness Month, make sure your family and friends are informed during emergencies by inviting them to sign up for Fairfax Alerts at www.fairfaxcounty.gov/alerts. It is the new public system of Everbridge and offers the same profile customization options as EAN. Fairfax Alerts replaces the Community Emergency Alert Network (CEAN). If you do not live in Fairfax County, visit www.capitalert.gov to find your jurisdiction’s alerting system.

From your normal shift schedule to incidents like the derecho, 9/11 and beyond, Fairfax County will depend on you being informed and ready to support our residents. The Office of Emergency Management is proud to work with the Fire and Rescue Department in this endeavor.
Firefighter, Civilian, and Officer of the Year Awards Ceremony

Photos by Angela Ballard

“The Fairfax Way, Moving Forward.”
Celebrating the Life of Firefighter Placido “Henry” Sanchez, Jr.
April 25, 1977 - June 5, 2014

“Fireman’s Prayer”
When I am called to duty, God whenever flames may rage,
give me the strength to save some life whatever be its age.
Help me to embrace a little child before it’s too late,
or some older person from the horror of that fate.
Enable me to be alert and hear the weakest shout,
and quickly and efficiently to put the fire out.
I want to fill my calling and give the best in me,
to guard my neighbor and protect his property.
And if according to my fate I am to lose my life,
please bless with your protecting hand
my children and my wife.

Firefighter Placido “Henry” Sanchez, Jr. was laid to rest with military honors at Quantico National Cemetery—Semper Fi.

(All memorial and funeral photos taken by Elliott Rubino. Portrait photo taken by Angela Ballard.)
Crews from Clifton, Burke, and Fairview fire and rescue stations conduct an extrication on an overturned pickup truck on Chapel Road, June 5, 2014. (Photo by Peter Kosenko)

Firefighters responded to a fully involved house fire, June 18, 2014, in the Herndon area. An off-duty Montgomery County firefighter alerted the occupants of the home allowing them to escape unharmed. Damage was estimated at $350,000. Improperly discarded smoking materials caused the fire.

Firefighters from both Fairfax County and Fairfax City responded to a multi-vehicle crash at the Sunoco gas station, 10619 Braddock Road, at approximately 5 p.m., July 24, 2014. Two heavy rescue companies extricated several trapped victims in the five vehicle crash. Four patients were transported to INOVA Fairfax Hospital. Fuel pumps were shut down; however, there were no fuel spills.

Rescue crews work more than eight hours to extricate a construction worker from a 15-foot deep trench, June 12, 2014. The below grade rescue involved more than 100 emergency personnel and lasted until shortly after midnight. Paramedics immobilized the worker and monitored his well-being continuously while technical rescue crews carefully conducted a difficult extrication. The worker was transported to INOVA Fairfax Hospital. Water and sewer lines were being installed at the single-family home, 7419 Venice Street, Falls Church, when the mishap occurred at 3:45 p.m.

Firefighters from the second and fourth battalions and units from Fairfax City responded to a house fire, June 27, 2014, at 3450 Barristers Keepes Circle in Fairfax City. A lone occupant was home when the fire broke out and escaped unharmed.

Firefighters battle a Herndon middle unit townhouse fire in the 2400 block of Wheat Meadow Circle, August, 10, 2014, at approximately 7:05 p.m. Improper disposal of smoking materials caused about $800,000 in damages, affecting six townhouses. There were no injuries. (Photo by David Black)
Ms. Calla Lothery, 106, rode in Engine 418 at Westwood Park Civic Association’s Fourth of July Parade. The crews from Jefferson met her during a SIOC encounter when she stated: “I’ve always wanted to ride in a fire truck.” Her wish was granted along with her great grandson, Jack Turner, 10.
As a beta test, FXFRD will be receiving a Fire Ground Survival Mobile Training Apparatus. The program is designed to provide consistent Mayday prevention and operations among all firefighters, company officers, and chief officers. Funded by the IAFF, it is the most comprehensive Mayday prevention program available in the fire service. The Academy will host a train-the-trainer class in the near future. The other Fire Ground Survival Mobile Training Apparatus will be deployed to Los Angeles County Fire.

Firefighters responded to a end-unit townhouse fire, August 18, 2014, at 2052 Golf Course Drive, in the Reston area. All of the occupants escaped unharmed. Five occupants from two townhouses have been displaced. Damages are estimated at $180,000. The fire is under investigation.

Fire Chief Richard Bowers presented Technician Thomas Feehan with the department’s first Senior Helmet Shield, May 27, at Fire and Rescue Station 21, Fair Oaks. The prestigious and newly created shield is worn by the most senior firefighter in the department. Tom has more than 39 years in the department. His family also attended the short ceremony.
### Top 10 Activity Report

#### April - June 2014

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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.

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#### Original Message

From: Diane J.
Sent: Thursday, August 21, 2014 07:57 AM
To: Jenkins, Jason R.
Cc: Bowers, Richard; Subject: RE: Recognition - Jake and Gabe

Dear Chief Bowers and Chief Jenkins,

I am writing on behalf of the Griffiths and Jones families to thank you for providing such a warm, positive acknowledgement and affirmation of what Gabe, Jake, Courtney, Jon and your response team did to help Jake. Every aspect of what you and your station did to celebrate and recognize a rescue effort well done and the outcome of that effort (for which words will NEVER be adequate) was very moving and is deeply appreciated. The ceremony was truly a celebration of life. I know that too often first responders are faced with the sad aftermath of tragedy.

And, as Courtney said to me this morning, in the midst of terrible news around the world, Jake S.’s progress and yesterday’s ceremony and acknowledgement of the efforts of all involved reaffirms our hope and belief in the positive in humanity.

We know that you and your staff have devoted your lives to helping others in need and in crisis and we are very moved and honored that the Griffiths family and Jake J. were able to contribute so well to the rescue of Jake S. Every single aspect of yesterday’s ceremony and acknowledgement was wonderful (including the significance of the tribute from the rescue helicopter). It was also crystal clear that Gabe, Jake and the Station 39 Responders saved not only a boy, but a family.

We know that every aspect of the rescue has altered and enriched the lives of everyone involved. Thank you again for recognizing and validating so poignantly the efforts of everyone involved and best of all, the outcome!

Courtney and Diane
# Large Loss Fire Investigations

<table>
<thead>
<tr>
<th>Date</th>
<th>Box</th>
<th>Address</th>
<th>Type</th>
<th>Cause</th>
<th>Value</th>
<th>Loss</th>
<th>Status</th>
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<td>5/1/2014</td>
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<td>5972 Jan Mar Drive</td>
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### The Admin Team Asks “Did You Know?” …

Did you know you can recover deleted email? In Outlook, go to the Folder tab and click on Recover Deleted Items. You can recover selected items or you can purge them completely!

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Front Lines can be viewed at [http://www.fairfaxcounty.gov/fr](http://www.fairfaxcounty.gov/fr)

“The Fairfax Way, Moving Forward.”
Awards & Presentations

Unit Citation Awards

Vehicle Extrication
Rescue 414
Lieutenant Charles W. Horton, Jr.
Technician Samuel L. Sandeen
Technician Robin S. Clement II
Technician Cory S. Parry

High Rise Building Fire
Engine and Medic 428
Captain I Calvin M. Alexander, Jr.
Technician Jennifer A. Hiner
Technician Jason G. Pryor
Technician Peter G. Zagorites
Firefighter Ryan H. Chinn
Firefighter Hyun W. Kang

Cave-In at Calamo Street
Rescue 414, Engine 414, and Truck 422
Captain I Timothy O. Barb
Lieutenant Charles W. Horton, Jr.
Lieutenant Christopher Warner
Master Technician Mark F. Lucas
Technician Robin S. Clement II
Technician Rosemary E. Dawley
Technician Samuel L. Sandeen
Technician Jeff S. Seabright
Technician Manuel Stribling
Firefighter Colin E. Edwards
Firefighter/Medic Anthony V. Tran

Safe Driving Career Achievement Award

10-Year Safe Driving
Lieutenant Reginald L. Wadley
Master Technician Timothy M. Kelly
Technician Michael S. Eddy
Technician Michael T. King

5-Year Safe Driving
Technician Ryland W. Chapman
Technician Andrew T. Reedy

Master Technician Jeffrey W. Tincher, Fire and Rescue Station 4, Herndon, placed second in the Master’s Men Division (45-49) at the 2014 Crossfit Games recently.

Deputy Chief Andrew Duke presents Battalion Chiefs Tyrone Harrington (36 years of service) and Ed Brinkley (31 years of service) with retirement plaques at the B-Shift command/staff breakfast, June 16, 2014. They both worked their last day June 17, 2014.
These seven Fire Marshal civilians are all retired firefighters from Fairfax County and have a combined 246 years of service (uniformed and civilian), averaging a whopping 41 years of service between them. From left to right with years of service: Ricky Pray, 38; Steve Edwards, 35; Terry Hall, 43; Howard Bailey, 48; David Phillips, 40; Wayne Champagne, 34; and Doug Turner, 47.

Sent: Saturday, July 19, 2014 2:57 PM  
To: WEBTeam  
Subject: Identifying an EMS team

[This email message was generated from a Web form submission by a Fairfax County website user at https://www.fairfaxcounty.gov/contact/MailForm.aspx?agld=92]

Message: I had a heart attack on Mon, 14 July in Reston. I am writing this because of your team and their superb response and training. The team responded to my wife's 911 call and they took me to Reston Hospital Emergency Room where I was treated and then admitted. How can I identify which team - which station - responded to our call? I want to be able to look each team member in the eye and express my thanks. Without them, I wouldn't be here.

Submitted By: Paul D.

Fire and EMS, Safety and Health Survival Week

The Board of Supervisors presented the proclamation designating it Fire and EMS, Safety and Health Survival Week at the beginning of the board meeting, June 3, 2014.
“Taking Up”

David G. Lange
Captain I

Entry Date: September 25, 1979
Retirement Date: August 26, 2014
Recruit School Number: 49th
Assignments: 18, 10, 26, 11, 1, 29, 26, 19, 11, 34, 17, 24

Likes about the fire department: Challenges of solving problems in high pressure situations. Working with so many people resulting in friendships and memories to treasure forever.

Will miss about the fire department: Being part of a shift of folks with a common drive to do their best while helping others. The experiences shared with the shifts, good and bad.

Plans for the future? Started a new job as “Dockmaster” at a marina in my hometown of Annapolis. Fish when possible and enjoy life each day.

Words of wisdom: Do your job as well as you can. Set your expectations as high as you can. Strive to be as proficient as you can. If you do those things, you will have a rewarding career.

What got you interested in the fire service? A local firehouse, a scanner, and a bicycle.

Who or what made an influence in your career? Losing my dad to a heart attack in front of me at age 14. Never wanted to be helpless in an emergency again!

Richard N. Mitchell
Technician

Entry Date: April 10, 1989
Retirement Date: May 8, 2014
Recruit School Number: 75th
Assignments: 1, 29, 13, 02, 30, 20

Likes about the fire department: The job - helping people you’ve never met, my extended family (all 1,400 of them), coming to work every day and making a difference in someone’s life.

Will miss about the fire department: All the excellent and professional women and men of this department. Strangely enough, the “Sign Shop.”

Plans for the future? Spend “more” time at my “part time” job at the hospital. Decrease the number of EMS on my “Honey Do” list. Make sure that the people of our response area have the best pre-hospital care.

Words of wisdom: Treat your shift mates and the public the way you would like to be treated. To the young guys, money is not everything. Start working on your retirement benefits.

What got you interested in the fire service? The “rush” of fire trucks. Then later all that came with the “rush.”

Who or what made an influence in your career? Mark Kane, Gary Winemiller, Jeff Sager, Craig Buckley, Chris Peterson, Leo Sullivan, Gene Beach, Jamie Lee.

Davine M. Williams
Technician

Entry Date: January 24, 1994
Retirement Date: June 26, 2014
Recruit School Number: 85th
Assignments: 8, 10, 18, 28, 35

Likes about the fire department: The relationships that have been built. The shift get-togethers. The rivalries between 8 and 10. The coming together to achieve a common goal. Helping others that truly needed helping.

Will miss about the fire department: My co-workers. The shift comraderie. The outings. Dropping the challenge coin (Lil’ Richard). Seeing the “guns” come out, when the “suns” out (Tre). The scraps of food (Gabe) left when I return from a call. Racing for the #1 spot (Alex) in the morning.

Plans for the future? To finish growing my daughters and myself to be the best we can be. When I grow up I want to be an...
old woman.

Words of wisdom: What goes around comes around.

What got you interested in the fire service? Applying for the police department, the young men in the lobby on “A” level at the Massey.

Who or what made an influence in your career? Everyone that I have had the pleasure of working with, crying with, sweating with, and laughing with. Too many folks to name them all!

---

Shawn,

We wanted to give you an update on our son Preston. He completed the Mt Vernon Marselby program two weeks ago and is continuing to make good progress. He'll be taking a summer school class in July to see if he's ready for the academic rigor this Fall at George Mason.

GiGi & I wanted to thank you personally for your professionalism, concern, and compassion with our son. Your leadership of your team and taking control of a chaotic situation, we are surely glad it was you who were in charge.

Please find in the box a small token of appreciation for your team and their professionalism. We are eternally grateful and indebted to them.

Thanks for everything,

Bruce & GiGi S

---

SAUNDERS B. MOON SENIOR CITIZENS CLUB

August 13, 2014

Would like to thank Shawn Crisp, Fairfax County Fire & Rescue Department for the “File for Life” presentation and handouts. We will make use of the valuable information as it will assist in emergency situations when needed.

With Heartfelt

Thanks

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“The Fairfax Way, Moving Forward.”
Submission to Backstep Kudos is simple. Three items of information are needed to submit a kudo: “To,” “For,” and “From.” Submissions should be one or two sentences—maximum. Backstep Kudos do not have to follow the chain of command. All Kudo submissions must be sent to backstepkudos@gmail.com.

*To Inspectors Mike Long, Sheila Pulliam, Rolf Lenzsch, Diane Crump, Garry Martin, Luis Escobar, Scott Read, LaTycia Tanks, John Sherwood, Ray Figueroa, Lt. John Brinkerhoff, Lt. Dave Lauler, Captain Terry Fayson, as well as Bill Aceto and Sandy Ward (Plans Review) for the great job in ensuring that this year’s Celebrate Fairfax was a safe and enjoyable event. Each of them went above and beyond in preventing the inception or recurrence of fire and hazardous conditions during this event that was attended by over 100,000 citizens and visitors to our county. From Battalion Chief Rocco Alvaro.

*To the entire Inspections Branch, with special recognition to Captain II George Hollingsworth and Captain I Terry Fayson - for your excellent work during the multiple fireworks celebrations throughout the county over the July 4th weekend. It takes many months of preparation in order to ensure that these events take place in a safe manner, and your efforts are recognized and appreciated. From Battalion Chief Brad Cochrane.

*To Battalion Chief Chris Schaff (US&R program manager), Ms. Kelly Lehman (PM), Ms. Brenda Bauman (MAI), Ms. Reena Thomson (FSIII), Ms. Judy Neville (AAIII), Lieutenant Scott Schermerhorn (US&R Logistics), Mr. Kyle Knox (Materials Mgmt. Spec III), and all the respective US&R program section leads for their hard work and dedication in preparing VA-TF1 for the recent FEMA Administrative Readiness Evaluation and the extremely positive results of that audit, which included the identification by FEMA auditors of six (6) “best practices” for US&R program operations. As stated by the Branch Chief for FEMA’s US&R program, this is an unprecedented achievement in the history of the national US&R system. Excellent work by all!” From Deputy Chief Chuck Ryan.

*To Pamela Czekalski-Johnson (AAII - Plans Review) for helping immensely while researching a set of plans that were in the review process. She was very thoughtful and helpful in researching a set of plans for an owner who was in the process of trying to get their plans through the review process. She definitely gets it when caring for your customers, and you are fortunate to have her on the front line for you. From Mr. Wayne Cates.

*To Lieutenant Carmen Alessi and Master Tech Justin Murray - for your research and leg work to secure a large donation of tools and equipment as well as a $12,000 donation to the Firefighters Fund of Fairfax. Thank You! From Battalion Chief Chris Schaff.

*To MAIII Maura Ardike - for assisting me with some data collection on short notice for a very high profile project in the county. Your efforts were much appreciated. From Battalion Chief Brad Cochrane.
**Facebook Feedback**

Marsha and Allen M. commented on Fairfax County Fire and Rescue Department’s photo. Marsha and Allen M. said “Way to Go TROT. You trained long and hard to do just that.”

Anita T.Z. commented on Fairfax County Fire and Rescue Department’s photo. Anita T.Z. said “Poor guy, thank you for doing a great job for saving him.”

Amy K. commented on Fairfax County Fire and Rescue Department’s post. Amy K. said “Thanks! My son attends that camp. He had a blast last week. Your support is truly appreciated!”

Marie M. commented on Fairfax County Fire and Rescue Department’s July 4th Parade 2014 album. Marie M. said “Had a great time at the 4th of July parade. Proud to see all the RFF marching, proud of all of you. Good Luck in your new careers.”

Eric E. commented on Fairfax County Fire and Rescue Department’s video. August 19 at 10:42am. Attaboy Chief!

Denise D. S. commented on Fairfax County Fire and Rescue Departments Video. Denise wrote: “Our local chief (Goldsboro, NC) did his uniform... but he only did one.” August 19 at 10:50am.

Marie M. commented on Fairfax County Fire and Rescue Department’s video. Way to go Chief! Lets see the firefighters follow your example.

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**“The Fairfax Way, Moving Forward.”**
Community Outreach Program Highlights

Firefighters from Fire and Rescue Station 29, Tysons Corner, teamed up with life safety educators from Public Affairs and Life Technician Paul Marria, Fire and Rescue Station 31, Fox Mill, quizzes one of the participants on fire safety (right). Safety Education to conduct the ever-popular Fire Safety Olympics with children at Spring Hill REC Center, July 25, 2014 (left).

Firefighters from Fire and Rescue Station 15, Chantilly, drop off 50 backpacks and school supplies to kids at Ox Hill Baptist Church, near Chantilly Mews, August 22, 2014, a week prior to the department’s large backpack giveaway at Fire and Rescue Station 11, Penn Daw. (Photo by Captain II Will Bailey)

Crime Solvers 5K Run Fundraiser

Department participants of the Crime Solvers 5K Run fundraiser gather around to celebrate winning the trophy for most participants in the race, August 2, 2014, near the Fairfax County Government Center.
Anniversaries

39 Years
Technician Thomas P. Feehan

37 Years
Master Technician Michael D. Macario

35 Years
Assistant Chief John A. Burke
Captain I David G. Lange

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

33 Years
Lieutenant Charles F. Adams, Jr.

32 Years
Battalion Chief Charles R. Hawkins
Lieutenant Matthew P. Malof
Captain I Glenn F. Tscharn
Lieutenant Gary W. Vozzola

25 Years
Deputy Chief William A. Garrett

20 Years
Lieutenant Thomas R. Carver, Jr.
Captain I Michael B. Davis
Technician Robert J. DeSousa

15 Years
Firefighter Bilal A. Ali
Lieutenant Joshua R. Allen
Lieutenant Randall J. Allen
Firefighter Monica L. Bartos
Technician Donald G. Clemens, Jr.
Firefighter Walter A. Covert, Jr.
Technician Juan D. DiMartino
Technician Vincent A. Flores
Master Technician Brian S. Giller
Firefighter Mark E. Huehn
Technician Vernon Johnson
Master Technician Sarah C. Joliat
Technician Ron A. McNew

10 Years
Captain I Tracy E. Crawford
Terry W. Hall, Code Specialist II

5 Years
Technician Andrea N. Burich
Technician Gary C. Defriest
Technician Richard L. Forte
Technician Eduardo L. Iglesias
Technician William L. Kendall
Technician Anthony S. Martinez
Ryan M. Shumate, N/T Analyst I
Technician Brandon K. Truman

Lieutenant Richard L. Merrell
Technician Jason R. Munt
Kimberly A. Panzer,
Financial Specialist III
Lieutenant Easton M. Peterson
Lieutenant Tracey M. Reed
Firefighter Christopher L. Rhodes
Master Technician Jarrod A. Schmidt
Lieutenant Kimberly A. Schoppa
Technician Iris O. Shaw
Lieutenant Steven A. Singer
Firefighter Steven D. Sprague
Master Technician Beverly L. Studds
Reena M. Thomson,
Financial Specialist III
Technician Travis D. Traynham
Technician Alyssa J. Vance
Technician Mark A. Velasco
Technician Joseph M. Vogtembing
Technician William F. Ward
Master Technician Harold B. Wolf
Master Technician Brian T. Wood
Technician Travis W. Wollever
MaryAnne Zandall,
Human Resources Generalist I

New Hires

Dwayne E. Harman, MA II
Safety & Personnel Services

Candice M. Johnson,
Life Safety Education Specialist
Public Affairs & Life Safety Education

Timothy J. Sattler,
Nurse Practitioner
Fire & Rescue Academy

Nikkia J. Wilkens,
Life Safety Education Specialist
Public Affairs & Life Safety Education

Retirements

Firefighter Eric S. Britton
May 27, 1986 - July 14, 2014

Yvonne M. Dabney, MA I
August 31, 1981 - August 12, 2014

Lieutenant Todd S. Hall
May 27, 1989 - August 1, 2014

Captain II Lorenzo M. Thrower
October 13, 1986 - July 28, 2014

Technician Davine M. Williams
January 24, 1994 - June 26, 2014

“The Fairfax Way, Moving Forward.”
Station Profile
Merrifield Fire and Rescue Station 30
Captain II
Matthew C. Burns
Station Commander

Station constructed: 1979
Station specialty: MetroRail Operations, Command Post Operations, Highway Operations
Square miles in first due area: 6.2
Specific hazardous/target areas: Merrifield Post Office, Fairfax Hospital Complex, Metro Orange Line, Mosaic District, Propane Taxi Distribution Center, I-66/495, Exxon HQ, NOVA Mental Health
Equipment assigned to station: Engine, Tower Ladder, Medic, Operations
Deputy Chief, and Mobile Command Post
Total calls in 2013: 6,803

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Follow us on twitter at https://twitter.com/ffxfirerescue