



## EMPLOYEE HIGHLIGHT

Henrico Firefighter Alexander Hall from Station #10 ran the Grindstone 100 for the third time on October 3rd in the Shenandoah Mountains. Hall has finished the 101.85 mile race twice, but this time his race was cut short at 25 miles due to an Achilles issue. "My race ended there, but as is often the case, in the midst of difficulty lies opportunity, and as I set out on the path of recovery, I was blessed with the opportunity to help others still running," says Hall. Even though he could not run, he continued to help by getting food, filling water bottles and providing directions for those still running. "Although the race outcome was a disappointment to me, helping others in need, can never be."

Thank you Alexander for being an example of perseverance, humbleness, and generosity.



# Fully Involved



A Newsletter of the Henrico County Division of Fire

November 2014

## MDA Fill the Boot Campaign 2014



The International Association of Fire Fighters (IAFF) has been supporting the MDA (Muscular Dystrophy Association) for 60 years, and 2014 marked another successful year of the Fill the Boot campaign. This campaign began in 1953 and to date, the IAFF has raised nearly \$530 million for the MDA.

Henrico Fire kicked off the year with a goal of \$50,000 and exceeded this mission with a final collection total of \$60,000. "We continue to be a leader in the fight against neuromuscular diseases and our efforts will support families right here in central Virginia. Our accomplishment will help fund research, send our local kids to camp, and enrich the lives of so many right here in our backyard" says Henrico Firefighter Jason Vick.

A little friendly competition takes place each year between Henrico, Richmond, Hanover, and Chesterfield fire departments. Each department competes for the vaunted Golden Ax award that symbolizes which agency raised the most money for this year's campaign. Richmond City Fire has taken the award, but as a former recipient, Henrico County will continue to make every effort to get that Golden Ax back!

"There is a long-standing relationship between professional firefighters and the MDA," says Henrico Assistant Chief Andrew Baxter. "Service to the community comes in many forms for members of the fire service. The commitment of our members to the MDA and everything it represents is a natural extension of our desire to serve."



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Photos courtesy of Nicki Metcalf Photography  
 Information and quotes obtained from:  
<http://timesdispatch.com>  
<http://mda.org/mda> and [iaff sixty years strong#ftb](http://iaff-sixty-years-strong#ftb)

## Traffic Accident in Kroger Parking Lot



On October 25th, fire units responded to a two-vehicle traffic accident. Upon arrival, one car was on top of the other with the driver still in the top vehicle. There were no injuries and the driver was assisted out of the vehicle safely. The cause of the accident is being investigated.

Parking lots can be very dangerous and are one of the likeliest places for fender-benders to occur. The parking lot should be treated the same as any other roadway or intersection, experts say. The average safe speed for parking lot driving is between 5 and 10 mph, as anything faster could be fatal for a pedestrian. Always be alert to your surroundings and try to avoid distractions, such as cell phones and headphones until you are safely inside the building.

Information retrieved from the National Safety Council  
<http://www.safetyandhealthmagazine.com/articles/lots-of-safety-2>

## House Fire on Hines Road

October 20th, fire units responded to Hines Road in the County's East End to reports of a house fire, and arrived to heavy fire coming from the attached garage of the home. Crews started fighting the fire from the outside and gradually worked their way inside. However, because the smoke and fire was so heavy inside, crews had to come back out momentarily. They were able to work their way back inside with the water hose and marked the fire under control within a short time later.

Although there was extensive fire and smoke damage to the exterior and interior of the home, there were no injuries to the family residing in the home. The cause of the fire is being investigated.

From 2009 to 2011, an estimated 6,600 residential building fires originating in attached garages were reported by U.S. fire departments annually, causing: an estimated 30 deaths, 400 injuries, and \$457 million in property loss.

Fires originating in residential building garages tend to be larger and spread farther than fires that start in other areas of a residence.

For more information:

<http://www.usfa.fema.gov/downloads/pdf/statistics/v14i12.pdf>



## Joint Effort on Roof Fire



The cremation of an oversized body caused the roof to catch fire at Southside Cremation Services, located off the Mechanicsville Turnpike. Henrico and Richmond Fire units worked together to extinguish the fire, and were able to mark it under control within a short period of time. All employees made it out safely and there were no injuries.

It is not uncommon for units to respond from different departments. Sometimes a 911 call will be placed from a Henrico County location, but the physical address borders closely to the city or another county. When this happens, units are often dispatched from both localities. With smaller incidents, one department may cancel the other department. However, in larger incidents, such as the cremation fire, more manpower was necessary causing both Richmond and Henrico units to stay on scene, allowing them to work together.



**Friends and Family**

**Tri Nguyen (Fire IT)** celebrated the birth of a baby boy, Tyler Minh Nguyen on Oct 22nd

**Terry Abbott (Communications)** lost her husband Charles Abbott on Oct 21st

**David Nuckols (Fire District Chief)** lost his father Douglas Nuckols Oct 20th

**Mike Edwards (Fire Lieutenant Station 4)** celebrated the birth of granddaughter Raleigh Edwards Sept 24th

**Charles "Buzz" Kinzinger (FF Station 12)** celebrated the birth of Jacob Kinzinger Oct 6th

**Congratulations**

<b>Crisane Cook</b>	<b>Fire Admin</b>	<b>5 yrs of service</b>
<b>Robert Fermoye</b>	<b>Fire Fighter</b>	<b>20 yrs</b>
<b>George Hester</b>	<b>Fire Marshal</b>	<b>20 yrs</b>
<b>Bruce Ivey</b>	<b>Fire Fighter</b>	<b>20 yrs</b>
<b>Douglas Renn</b>	<b>Fire Lieutenant</b>	<b>20 yrs</b>
<b>James Smith</b>	<b>Fire Lieutenant</b>	<b>20 yrs</b>
<b>Henry Rosenbaum</b>	<b>Fire Marshal</b>	<b>30 yrs</b>

**Certified IAFF/IAFC/ACE Peer Fitness Trainers (PFTs)**

Lt. Todd Phillips (Station #6)

FF Dave Jaconski (Station #5)

FF Daniel Cramer (Station #7)

FF Casey Wilson (Station #13)

Certified PFTs are an essential component in helping the Division of Fire improve firefighter health, wellness, fitness, safety and performance. PFTs receive significant education and training in four critical areas; physical fitness assessment, program design, program implementation, and program administration. The week-long program was hosted by Richmond Fire and was attended by fire department members from across the Commonwealth.

Achieving this certification clearly demonstrates these four individuals' commitment to the health, wellness and safety of our Division of Fire family.

Information per Assistant Fire Chief Andrew Baxter



**Eugene "Cricket" Gerald has been promoted to the rank of District Chief.**

District Chief Gerald has served as a Henrico County Firefighter since 1976 and is #1 on the divisions seniority list. Throughout his career, Gerald has developed, refined, and delivered operational doctrine to enhance engine, special service, and fire medic operations. Most recently he has presented a message of "Servant Leadership in the Fire Service" to local, regional, and statewide audiences. Congratulations Cricket on your many achievements and your future success as District Chief.

Information courtesy of Fire Chief Tony McDowell

## Congratulations Continued...

Congratulations **Ms. Brenda Kapelewski** on being selected to fill the position of Secretary in Fire Administration. Brenda will provide administrative support to the three Assistant Fire Chiefs and will serve as the primary receptionist for the Division. Brenda has been a County employee since 1998 and a member of the Division of Fire family since 2001.



From left to right, FF Jon Reinmuth, Captain Jeff Powell, Battalion Chief Chris Buehren, Captain Daniel Rosenbaum, Fire Chief Tony McDowell, Captain Scotty Southall, Captain David Corbin, Captain Jim Mellon, and Assistant Chief Andrew Baxter.

Congratulations **Henrico Fire** on receiving 7 NACo rewards! Every year the National Association of Counties (NACo) awards counties for innovative programs that modernizes the county government and increases services to county residents. For the ninth straight year, Henrico County earned more awards than any other Virginia County. Only three other counties in the nation earned more awards than Henrico County. Since 1987, Henrico County has earned 504 NACo Achievement Awards.

The seven awards received this year were for:

**After the Fire** – Program that targets communities in the County that recently were affected by a residential fire.

**Central Virginia EMS Expo** - Created to provide mandatory continuing education credits to EMS providers of all levels.

**Intelligent Response: Data-Driven Fire Hazard Evaluation** - Fire Chief Tony McDowell reevaluated the Division of Fire's core operational response model, the Standards of Response Coverage.

**Re-Launch of the Henrico Fire Safety House** - Fire Division partnered with a building trades program to re-build a 16-year-old kids fire safety house.

**The Basic Special Services School** - Provide specialized, hands-on training to Division of Fire personnel assigned to special service units.

**Work Performance Evaluation** - the Division of Fire implemented a Work Performance Evaluation (WPE).

**Preparing for the Future: Promotional Process Feedback Program** (Joint award with Department of Human Resources) - Developed a two-phase promotional process feedback program.

### Career Development Advancements (CDP)

**Career FF effective Sept.  
20th**

William Clougher

John Henderson

Charles Robinson

Keen Trinh

**FFIII effective Oct. 4th**

Reginald Bennett

Bradly Bishop

Travis Bowling

Eli Boylan

Westley Connor

Adam Corwin

Steven Doney

Brandon Foster

Harrison Goff

Michael Gouldin

Matthew Johnson

Edward Johnston

David Lewis

Brian Martin

Stephen Moran

Daniel Myers

Joseph Oakley

Michael Pratt

John Skinner IV

Robert Taylor, Jr.

Matthew Wells

## The Great SouthEast ShakeOut



On October 16th, all along the east coast people stopped, dropped, took cover, and held on; specifically at 10:16am. The Great SouthEast ShakeOut is a regional opportunity to practice how to be safer during big earthquakes. Federal, state, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes.

Official rescue teams who have been dispatched to the scene of earthquakes and other disasters around the world continue to advocate use of the internationally recognized "Drop, Cover and Hold On" protocol to protect lives during earthquakes:

- ~**DROP** to the ground (before the earthquake drops you!),
- ~Take **COVER** by getting under a sturdy desk or table, and
- ~**HOLD ON** to it until the shaking stops.

If there isn't a table or desk near you, drop to the ground in an inside corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table. These are general guidelines for most situations. The main point is to not try to move but to **immediately** protect yourself as best as possible where you are.

Henrico County department members were taking a class on advanced incident command systems during the ShakeOut .



**10:15am**

Everyone kept busy participating in class.



**10:16am**

Everyone quickly dropped to the ground, took cover under the tables, and held on.

### What NOT to do:

- DO NOT get in a doorway!** - doorways do not protect you from flying or falling objects.
- DO NOT run outside!** - Glass, bricks, or other building components may be falling. Stay inside.
- DO NOT believe the so-called "Triangle of life"!** - The source of this email circulation has been discredited by leading experts.

For more information, visit: <http://www.shakeout.org>

## Fire Fitness

The Work Performance Evaluation (WPE) is an essential component of our ongoing efforts aimed at enhancing the health, wellness, and effectiveness of our workforce. Striving to achieve this critical objective will improve our ability to provide effective services to our community and will ultimately reduce our individual and collective occupational risks. The WPE is designed to ensure a minimum level of acceptable performance of job-related tasks.

Division of Fire members are not a group that normally settles for the minimum in anything!



### The 8 evaluation events are:

- Donning of PPE and SCBA (this event is not timed)
- High-rise pack carry
- Forcible entry simulation
- Ladder carry & raise / lower
- Hand line advancement / hand line pull
- Pike pole simulation
- Equipment carry
- Victim rescue / drag

**Chief Mike Cox** was the first Fire Dept. member to complete the WPE Oct. 1st!

Information Courtesy of Fire Chief Tony McDowell

### 11-11-11

#### From Station 11

11 exercises, 11 reps, in 11 min

11 Box Jumps then  
11 Burpees

11 Mountain Climbers then  
11 Burpees

11 Clapping Plyo Pushups then  
11 Burpees

11 Jump Lunges (alt legs each jump)  
then 11 burpees

11 Handstand Pushups then  
11 Burpees

11 Plank Walk Outs then  
11 Burpees

**5 Days per Week Challenge!**  
**Good Luck!**

Information courtesy of Athlean X  
<http://athleanx.com> & Derrick Smith #11B

## It Starts at the Top!

Henrico Fire Administrative Staff manages to find time every Monday, Wednesday and Friday to fit in a workout.

At 10:30am, everyone drops what they are doing and heads to the gym. They follow a firefighter fitness program led by Josh Gaskins, an employee of the health and fitness center. If he is not available, the group continues to workout having one member of the group lead using the workout guide. Most workouts consist of a short warm-up, the actual workout, stretching, and a cool-down; typically lasting about an hour.

"I have thoroughly enjoyed the workout sessions we have been conducting with Josh Gaskins," says Captain Jeff Farmer. "He does an excellent job of pushing us to do better. These workouts have fostered a team-building environment within Fire Administration. There has been a noticeable improvement in the fitness level of



the personnel that have been participating regularly. Our administration is certainly setting a positive example by performing these workouts."

The group has been meeting since early July, and plans to continue well into the future. Keep up the good work! Way to be an example for the rest of the employees.

## Healthy Fire Station Food???

Firefighters often earn a reputation for eating the "not so healthiest" meals due to high call volumes, the need to cook and eat quickly, lots of mouths to feed, and simply because unhealthy is usually cheaper than healthy.

Well at **Fire Station #22**, it was decided meals should be "more about the quality of food and not the quantity," says FF Joe Johnson. "Our shift as a whole read a lot of Dr. Blaylock, who sheds a lot of insight on natural remedies and stresses the importance of getting enough magnesium, vitamin C, turmeric etc.; things that most doctors won't tell you." Johnson's shift follows the quote "Pay for it now or pay for later." They are willing to pay the extra cost now to avoid co-pays and hospital visits later. They prefer to shop at Whole Foods to feed a shift of 10 people; which usually comes out to \$6-9 per day per person.

## Ladder Striping Project: Increasing Fire Safety

The Division of Fire (DOF) Safety Committee has been working on many projects, including a new initiative to make our ground ladders more visible. We have recently been given the go-ahead to stripe the beams of all the ground and roof ladders currently carried on the apparatus' of the DOF. The committee sees this as a great way to enhance our overall safety on the fire ground, especially during nighttime operations. As you can see from the picture, striping the beams of our ground ladders and roof ladders will prove to be very beneficial for us.



The idea came from reading an article about the Houston Fire Department and their ladder striping program. After making contact with Houston and hearing about the success they have had with it, the committee decided to move forward with the project.

The DOF will be using high visibility 3M tape for this project. All ground ladders will be striped on the beams from the top rung to below the third rung. The beams on our roof ladders will be completely striped from top to bottom.

These pictures show what the beams will look like once the tape is applied. Further instructions on application, removal, and ordering will be coming out soon to the district for review.

Article by Firefighter Nathan Weinstein



## United Way Kickoff



**In 2008, United Way initiated a 10-year program designed to achieve the following goals by 2018:**

- Improve Education** - cut the number of high school drop outs
- Financial Stability** - help families reach economic independence
- Promote Healthy Lives** - increase the number healthy kids/adults



A fun and easy way to for Henrico County Employees to contribute to the United Way campaign was to join in the 5K Run/Walk that was held on October 11th at Twin Hickory Park. Many employees and their families took part in the event, as well as local community members.

The United Way campaign allows you to direct your donations to charities of your choice. A complete list of participating charities is available on the pledge website, but you will note this list includes several causes that are "near and dear" to firefighters, including: the American Red Cross, Boy Scouts of America, Central Virginia Burn Camp, MDA, and many others.

[Join the pledge at www.unitedway.org](http://www.unitedway.org)



**HENRICO COUNTY  
DIVISION OF FIRE**

P. O. Box 90775  
Henrico, VA 23273-0775

Phone: 804-501-4900  
Fax: 804-501-4642  
Email: firedept@henrico.us

All Ideas and Submissions  
firefullyinvolved@henrico.us



**Fully Involved  
Editor  
Firefighter Ronny Martin**



## Upcoming Events

**Nov 7** - Retail Merchants Association's 25th Annual Valor Awards 7:15am  
@ Greater Richmond Convention Center

**Nov 17-19** - Officers in Service

**Nov 23-29** - Winter Preparedness Week

**Dec 1** - New Hire Job Posting

**Dec 6** - Dominion Christmas Parade

**Dec 6** - Nutzy's Funn Run @ the Diamond

**Dec 18** - Awards/Promotional Ceremony 6:30pm @ Henrico Training Center

**Jan 22** - Recruit Academy 64 Graduation 6:30pm @ Glen Allen High School

## Friendly Reminders

All HCA facilities have **FLU SHOTS** for Fire and EMS providers. Please coordinate getting your shots with your shifts command staff or leadership. If you are off duty you can stop in the ER, but no overtime is authorized. If off duty, have your county ID or VRS ID available. The flu shot is not mandatory, but is highly recommended to protect you from this years virus.

In regards to **Ebola**, we have implemented new EMS call screening protocols in the 911 center, using CDC recommendations. This is an attempt to identify at-risk patients and provide you that information before you arrive on scene. Please follow these protocols and contact your command staff with any questions. Community members, please refer to the CDC website for information regarding the disease. If you should access 911, please answer the questions from dispatch thoroughly and truthfully as this will help provide the proper care and actions regarding your situation.

We have completed the second year of the **WPE**. Your efforts have been outstanding! Many of you have improved your performance, some quite dramatically. This is a testament of your commitment to your own readiness to perform the job, to each other, and to our community. Please continue to support each other in this critical effort.