



Fully Involved

A Newsletter of the Henrico County Division of Fire



July 2018

1943 - 2018

On September 27, 1943, the County's first fire chief was appointed and tasked with overseeing Henrico's two firehouses (one in Highland Springs and one in Lakeside). This marked the first time there was a county-wide Division of Fire for Henrico County. On September 27, 2018, we recognized the 75th anniversary of the Division of Fire. The Division has grown and developed in many ways over the years, but our commitment to the residents of Henrico County remains as strong as ever.



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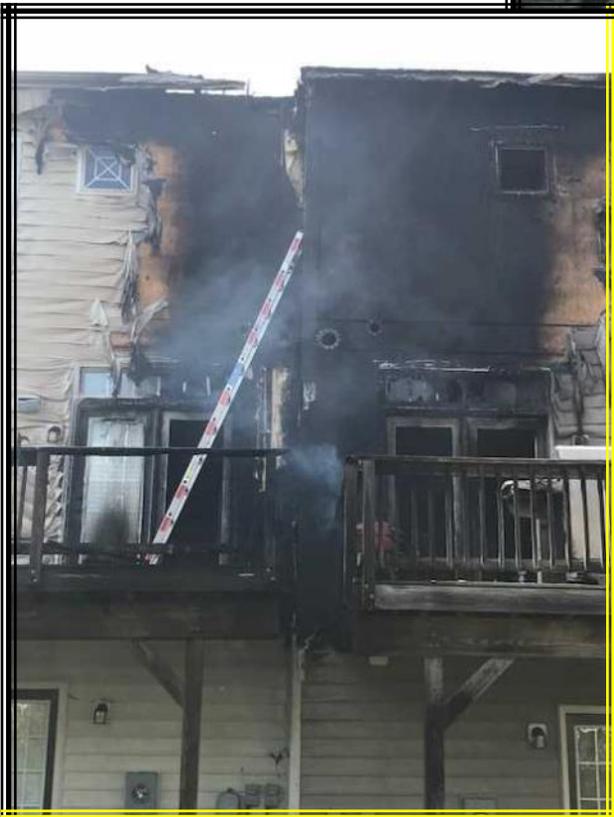
It has been a great 75 years and Henrico Fire attributes our success to all of our members, both volunteer and career, sworn and civilian. We stand on the shoulders of those who came before us, so it is appropriate that we recognize and celebrate this important anniversary. See photos of our open house which took place September 23rd on page 8.

Photo Courtesy of Symbol Arts Facebook Page

GLEN ALLEN APARTMENT FIRE



On July 16th, Henrico firefighters worked through the heat to fight an apartment fire in the 2900 block of Murano Way near I-295 and Staples Mill Road. The call came in at 2:53pm and firefighters arrived to find a large amount of fire inside as well as burning on the outside of the building.



Firefighters checked the building for occupants while they extinguished the fire and there were no injuries to civilians or firefighters. Extra fire crews were brought in so that crews could be rotated to cope with the high temperatures.

DUMBARTON GARAGE FIRE



On Sept 24th, Henrico firefighters arrived on the scene to a garage fire in an apartment complex in the 7600 block of Fernwood St. in Henrico's west end. The fire was reported by maintenance staff and quickly knocked down by firefighters on arrival. The building contained a variety of pool chemicals so firefighters that operated within the building took special care to decontaminate themselves at the scene (pictured below). There was no risk to the public. There were no injuries to citizens or firefighters.



20TH YEAR OF ACCREDITATION



Henrico Fire is now one of the three longest continually accredited fire service organizations in the world.

Members of Henrico Fire appeared in front of the Commission on Fire Accreditation International on August 9th. The commissioners asked several questions about Henrico Fire's recent accreditation self-assessment process and peer team assessment that was conducted earlier this year. At the end of the hearing, the commission granted Henrico Fire accredited status for the fifth time.

Henrico Fire is one of only 250 agencies to achieve Internationally Accredited Agency status with the CFAI and the Center for Public Safety Excellence, Inc. (CPSE). Henrico Fire has been continuously accredited since 1998.

CFAI helps fire and emergency service agencies throughout the world achieve excellence through self-assessment and accreditation. These provide continuous quality improvement and enhance service delivery to communities. The CFAI process is voluntary and provides an agency with an improvement model to assess their service delivery and internal performance. CFAI then works with a team of peers from other agencies to evaluate this self-assessment.

Fire Chief Tony McDowell stated that the agency's achievement of Accredited Agency status "demonstrates the commitment of the agency to provide the highest quality of service to our community." Chief McDowell also said, "We have also been able to use the Commission on Fire Accreditation International's process as a proactive mechanism to plan for the future of this agency and locate areas where we can improve on the quality of the services we provide."



The 9-11 Memorial Stair Climbs are a way for firefighters and the community to honor and remember the FDNY firefighters who selflessly gave their lives so that others might live.

Each participant pays tribute to a FDNY firefighter by climbing or walking the equivalent of the 110 stories of the World Trade Center. Each individual tribute not only remembers the sacrifice of an FDNY brother, but symbolically completes their heroic journey to save others. Through firefighter and community participation we can ensure that each of the 343 firefighters is honored and that the world knows that we will never forget. The proceeds from these events help the National Fallen Firefighters Foundation create and maintain programs that support fire service survivors. The support of the 9-11 Memorial Stair Climb events provides assistance to the surviving families and co-workers of the 343 firefighters who made the ultimate sacrifice on September 11, 2001.

The stair climb took place in downtown Richmond at the SunTrust Center on Sept 9th. Henrico Firefighters pictured above, participated in the event along with hundreds of others not pictured.

FDNY Photos are from Don Van Holt the webmaster for NYFD.com

Info for 2018 climb: events.firehero.org

75TH ANNIVERSARY OPEN HOUSES



FIRE FITNESS

How Hard Should You Work Out?

Your level of intensity is based on your heart rate. The basic way to calculate your maximum heart rate is to subtract your age from 220.

For example, if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the maximum number of times your heart should beat per minute during exercise at each intensity level (based on a 45-yr old):

1. Light 87-105
2. Moderate 122-140
3. Hard 140-157
4. High intensity 157-175

Target Zone	% of HR maximum	Duration of Exercise & Example	Physiological Benefit/Training Effect	Perceived Exertion Level
4. High Intensity	90-100%	0-2 Minutes (Backyard, sprints, shuttle runs, high knee runs)	- Increases maximal sprint pace & power	Very Hard RPE# >8
3. Hard	80-90%	2-10 Minutes (Coupling up 5 minute workouts of specific cardio training)	- Improves anaerobic tolerance - Improves speed endurance	Hard RPE#5-6
2. Moderate	70-80%	10-40 Minutes Coupling up multiple 5 minute workouts with a great mix of strength and cardio based training	- Increase aerobic endurance - Strengthens body - High Intensity Interval Training (H.I.T.T) - Increases fat metabolism	Moderate RPE# 4-5
1. Light Intensity	50-60	20-40 Minutes (You want an easy workout day just to get the blood circulating)	- Increases fat metabolism	Light RPE# 1-3

= Borg's Rating of Perceived Exertion (RPE) Scale, 1-10
*Please see disclaimer below

Photo www.reddit.com; Heart rate info www.mayoclinic.org

Cheesy Pesto Chicken and Veggie Stuffed Spaghetti Squash



- 2 medium-small spaghetti squash (approx. 1.5 lbs each and 6-7 inches long)
 - 2 chicken breasts
 - 1/2 cup pesto plus extra to taste
 - 1-2 cups chopped fresh baby spinach
 - 1 extra large carrot (shredded)
 - 1 medium red bell pepper (chopped)
 - salt and pepper to taste
1. Pre-heat oven to 400 degrees F.
 2. Slice your spaghetti squash in half lengthwise and scoop out the seeds.
 3. Next grab a lipped baking sheet or a rimmed baking dish.
 4. To prevent sticking, rub the cut side of the squash with a teeny bit of olive oil or simply place a little water inside your baking dish.
 5. Place inside a baking dish or atop rimmed, lined baking sheet [some liquid will escape] and roast face-down for 30-40 minutes, or until tender and easily pierced with a fork.
 6. While the squash roast, cook chicken via your favorite method.
 7. Chop chicken into bite sized pieces and toss with pesto and set aside.
 8. In a small pot, heat a drizzle of olive oil to medium-high heat and sauté your bell pepper and carrot for a few minutes until tender. Next add the spinach and pesto chicken and stir to wilt the spinach.
 9. Season with salt and pepper to taste.
 10. Next add your cheese to the hot mixture. Mix a little over half the cheese in with the chicken and veggies and save the rest for topping.
 11. To stuff the squash you can simply pile on your pesto chicken and veggies or fluff the squash first with a fork before stirring in all you yummy mix-ins so there's yummy squash in every bite!
 12. Top with the rest of your grated cheese and cover the baking dish in foil, leaving a little room at the top [like a tent!] so the cheese doesn't stick.
 13. Bake at 350 degrees F for around 20-30 minutes or until hot and bubbly.
 14. Garnish with fresh parsley and/or basil leaves and dig in!



FMO Corner

The Fire Marshal's office is responsible for enforcing the current Statewide Fire Prevention Code, as well as: issuing permits, performing safety inspections, reviewing plans for development, investigations of incidents involving fires, environmental crimes and bombings, as well as public education, public information and other related issues.

The office conducts an average of three hundred fire investigations annually, with a clearance rate well above the national average. Assistant Fire Marshals conduct well over a thousand business inspections each year. In the average year, they issue over a thousand certificates of occupancy, as well as permits for burning, blasting and welding. The office has a Fire Protection Engineer, who performs the review on all plans of development; these amount to several hundred a year. In addition, personnel assigned to our fire stations perform approximately three to four thousand inspections of small businesses annually.

Burn Laws

Burning of leaves is only permitted in areas of Henrico County that do not have bagged leaf pickup service.

This burning can only be done from 8 AM to 8 PM.

For more information on pickup schedules and areas not covered see:
<http://henrico.us/services/bagged-leaf-collection/>

No other open burning is allowed without a Permit

Fireworks

It is **illegal** to possess, display or sell fireworks in Henrico

Contact

FireMarshal@henrico.us
 804.501.4900

Portable Fire Extinguishers

Pull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.

Aim low. Point the extinguisher at the base of the fire.

Squeeze the lever slowly and evenly.

Sweep the nozzle from side-to-side.



Only use an extinguisher when the fire is not growing larger and is confined to a small space, like a small waste basket. Call the fire department even if you think the fire is out, and make sure everyone has exited the structure safely.

THE HENRICO WAY



Casey Vanderpool won a chance to be “Firefighter for Day” and enjoyed a fun-filled afternoon at the Henrico Training center with Lt. Younes. Engine 10 provided her the opportunity to flow a deck gun, and much more!



Lt. Robinson greets Achievable Dream students on their first day of school at Highland Springs Elementary School.



FF Raymond Randolph pictured with future firefighters on career day.



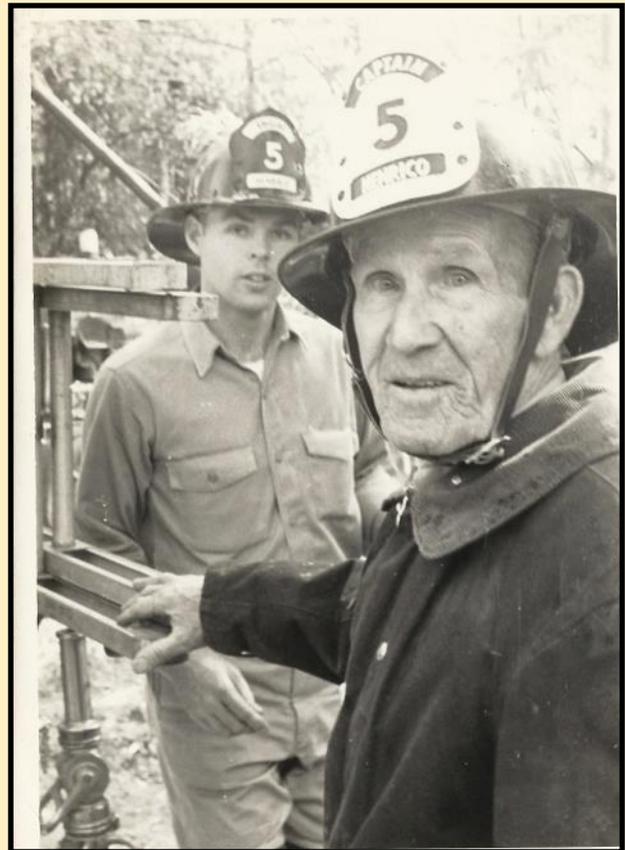
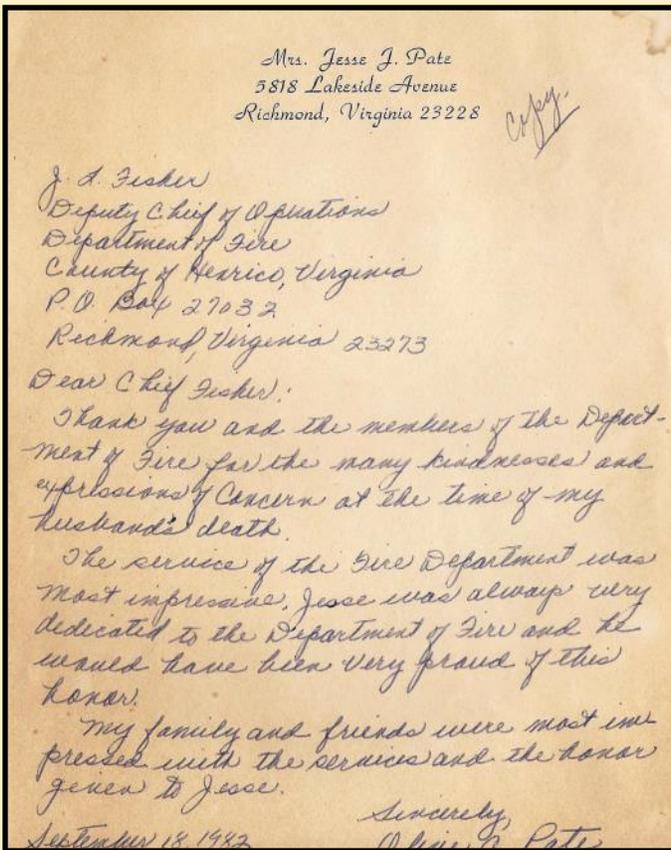
A family dog fell 35ft down a Goochland well. Henrico’s Technical Rescue Team assisted Goochland County Fire & Rescue to safely remove the dog within 15 minutes.

The Way it Was: 1970-1980

Building Upon the Foundation Laid by Our Predecessors

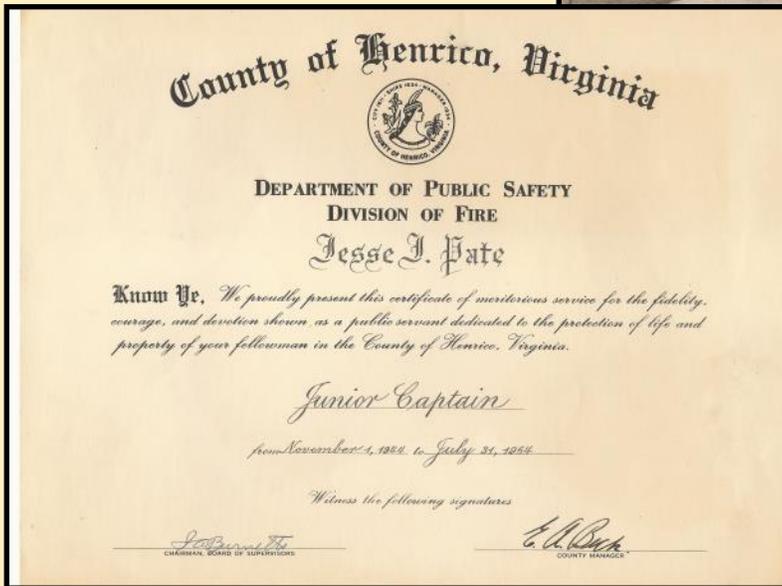
This section of the newsletter is inspired by Retired Volunteer Firefighter David Nowell. Nowell was a volunteer at Engine Company #8 from 1971-1979 and transferred to Engine Company #9 from 1979-1982. In 1975 he was certified as a pump operator by Battalion Chief Dawson and also certified as a Class 3 volunteer firefighter by Chief Fisher. In 1977, Nowell became an EMT.

As the Division of Fire and fire services in general continue to evolve, we would like to take a moment to remember what it was like "back in the day" by highlighting a photo, along with its story, to help some reminisce about, or to be inspired by, Henrico's historical moments.



Captain Jesse Pate (pictured right) served 20 years in this position at Lakeside Engine Company 5. Captain Pate joined the department in 1941 and retired in 1964. Pictured left is a hand-written letter from his wife to Deputy Chief Fisher after the passing of her husband Captain Pate.

Pictured right is Henrico County Engine Company 5. Pictured center is one of the many certificates Pate earned throughout his career. Pictured at the bottom is the casket of Captain Pate being prepared for transport to Oakwood Cemetery.



Firefighter's farewell

The flag-draped casket of retired Henrico County fire officer Jesse J. Pate was lowered from a fire truck amid salutes from fellow firefighters yesterday. The fire truck was used to transport the casket for burial at Oakwood

Cemetery. Mr. Pate, a retired captain with the county's Division of Fire, died Wednesday. He joined the division in 1941 and worked 20 years at Engine Company 5, 6911 Lakeside Drive, before his retirement in 1964.

Staff Photo by Bob Brown

**HENRICO COUNTY
DIVISION OF FIRE**

**FULLY INVOLVED
NEWSLETTER**

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Fully Involved
Editor
Firefighter Ronny Martin

UPCOMING EVENTS	DATE(S)
Retiree Breakfast West	October 3, 0800-1000 Golden Corral at Gaskins and Broad
Fire Prevention Week	October 7-13
2018 Virginia Fire Equity & Diversity Conference	October 10-13 Omni Richmond Hotel
Retiree Breakfast East	October 18, 0900-1100 VFW at 7168 Flag Ln. Mechanicsville
Retiree Breakfast West	November 7, 0800-1000 Golden Corral at Gaskins and Broad
Retiree Breakfast East	November 15, 0900-1100 VFW at 7168 Flag Ln. Mechanicsville
County offices closed for Thanksgiving	November 22-23, 2018
Retiree Breakfast West	December 5, 0800-1000 Golden Corral at Gaskins and Broad
Retiree Breakfast East	December 20, 0900-1100 VFW at 7168 Flag Ln. Mechanicsville
Awards/Promotional Ceremony	December 20, 1500-1700 PSB shared classrooms
County offices closed for Christmas	December 24-25, 2018
County offices closed for New Year Holiday	January 1, 2019

Kitchen Table Topics

- Auto Pulse training will happen October 22-24, 29-31 and November 5-7 with an immediate rollout at the conclusion of training.
- DOF units are participating in over 25 public engagement events during Fire Prevention Week.
- FY20 budget process moves forward with internal hearings on November 7-9.
- The design of Firehouse 20 begins in early October.
- The new promotional process application period for lieutenant and captain is open October 8-22.



ISO CLASS 1