



SIRENS

Fall 2019

News & Information for Albemarle County Fire & Rescue

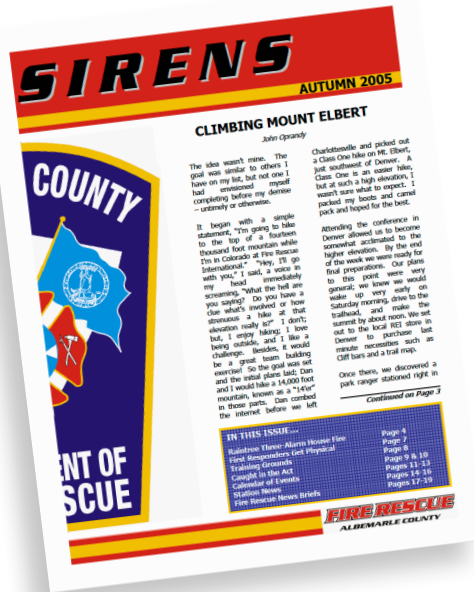


SIRENS Makes a Comeback

Welcome to the first edition of the new Sirens – an ACFR System-wide quarterly newsletter. This newsletter is designed to share information about ACFR across all departments in the system. In each issue you'll find information about new career and volunteer personnel, training opportunities, department accomplishments and events, safety and wellness tips, and more.

Those of you who have been around for awhile may recognize the name – it's a callback to the Sirens newsletter published from 2004-2007. We're very excited to revive this communication tool, but we can't do it without your help!

If you have concerns, questions, feedback, and, most importantly, submissions for future newsletters, please email the editorial team at acfrsirens@albemarle.org.



NEWS BRIEFS

ACFR 2019 MDA Collection Numbers

| | |
|--------------------------|-----------|
| Station 15 C Shift..... | \$7452.56 |
| Station 12 B Shift | \$7217.82 |
| Station 12 C Shift..... | \$862.16 |
| Station 8 D Shift..... | \$271.47 |
| Loose Change..... | \$177.99 |

Annual ACFR Pinning Ceremony

Sat., Jan. 25, 2020
4-4:30 pm
Doubletree by Hilton

ACFR Appreciation Day

Sun. Dec. 8
2-5 pm
AMF Kegler's

The event is free to all ACFR career staff and volunteers and their immediate family members.

To register go to surveymonkey.com/r/VolReg120819

Registration is required for this event and closes Dec. 2.

ACFR's First 24 week Recruit School



Top left to bottom right: Justin Spanka, Wagitci Gear, Christopher Hein, Jay Adams, Justin Lloyd, and Christian Castro.

Lead Instructor SFF Tate McCracken, with the assistance of MFF Matt Walker, have set the tone for the newest batch of recruits. While there is obvious comradery and good-natured fun, these six men have plowed head first into this new chapters of their lives with focus and determination. This is the very first ACFR recruit class that was chosen not on certification levels, but on drive and a heart to serve their community alone. These new members of the ACFR family beat out over 300 other applicants and are diligently working towards graduation in February 2020.

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Moments of Maturity

Addressing career/volunteer issues

Managing conflict between career and volunteers in a combination department can be challenging at times. Conflict among career and volunteer firefighters is not a recent issue, conflicts date back to the 1800s as cities began urbanizing and career firefighters were first hired. Left unchecked, the conflict can destroy a department and create an environment of hate and discontent.

I've spent my entire career working in combination departments and spent numerous hours listening to and addressing issues that emerge between volunteer and career staff. As I engaged with other combination departments around the country, I get the idea that some of the challenges are the same and that the only variable are the names and faces. One of the more frequent complaints is the real or perceived idea that one group doesn't respect the other. Sometimes this feeling of a lack of respect can manifest into strong feelings and quite frankly, stupid actions – all based on an assumption or emotion that, in some cases, is totally blown out of proportion. Are there some career staff out there that don't like volunteers and volunteers that don't like career staff? Sure – there are lots of people that don't like people!

There are cases in which individuals and groups just click – a bond occurs naturally without much effort. However, for the most part, long lasting and meaningful relationships take work – work that must occur on both parts and really starts with the individual.

What do you do as a company officer or chief when you are approached about a volunteer/career issue in your department? Firefighters by their nature are problem solvers – we like to check things off our list and move on to the next problem. However, personnel issues, especially those between career and volunteer staff cannot be solved through a quick fix method. Rather, you need to have a conversation about ownership, responsibility, and commitment.

I have heard comments like “Well, Billy Dingus doesn't like volunteers. He just marched

in on an EMS call the other day and didn't even acknowledge our presence”. Or “I heard Frank Rizzo say he will never take an order from a career firefighter”. These examples may sound trivial, but if the attitudes are allowed to grow unchallenged, teamwork and morale will suffer.

Before I jump to strategies to address the conflict, I wanted to share a couple of stories that have helped frame my thought processes. Those who work with me know that I like recall stories from my past, I don't call them stories – I call them “MOMs” – moments of maturity. One of the earliest “MOMs” is when I was in grade school.

As a kid, the boys in the neighborhood played backyard football. It was lots of fun – we sort of made up the rules as we played – all in the spirit of having a good time. As I got older, I was approached one day by one of the little league coaches about playing football. I was stoked and immediately committed to practice after school and during weekends. I ran home

to spring the news to my dad. With much fanfare I announced that I was going to play little league football and would later be drafted by the NFL. He responded, “great news son, how are going to get to practice?” Uh... well, I assumed one of my parents would take me. Bad assumption on my part. The point of the story is that it was one of the first opportunities for me to realize that I am responsible for my decisions, and I cannot expect others to pick up my responsibilities. Surely this “MOM” was not as clear then as it is now, but it certainly had an impact.

Fast forward to the time when I was a young volunteer firefighter. In Virginia, a firefighter 16 years or older can participate in interior fire fighting activities when they complete Firefighter I and have parental permission. It was a great recruiting tool and many of the younger volunteers stayed on and became great officers and chiefs. The department had a county-wide training academy that was top notch. It was during the academy that many of the volunteers had the opportunity to interact with the career staff who led most of the training courses. I recall that the instructors had a vested interest in making sure the students succeeded, which fostered a good relationship between the career instructors and volunteer students. This positive relationship was carried on into the field as former students and instructors interacted on the fire ground.

Like many young firefighters at the time, we often hung around the firehouse after school or anytime we had a free moment. One of my best friends in high school, who was a volunteer with the same department in a neighboring station, invited me to come to his station and run calls. They were much busier, had two engine companies, a truck company, and a shift of career staff with a good reputation. Some of my former fire academy instructors were career officers assigned to this station.

One beautiful morning, I packed my gear and drove down to meet my buddy with a big grin on my face. I remember the day like it was yesterday. I walked in the apparatus bay, put my gear on the tailboard (yes, I'm old) of the career engine and walked in the dayroom. The officer at the time was someone I did not know well – he didn't teach at the academy and I'd only been on a handful of calls with him. As I approached the Captain, he turned to me with a professional demeanor and said, “Can I

help you son?” I said “Yes sir, my name is Dan Eggleston, I am here to run calls with you today!” He looked like he just stepped in something unpleasant and was trying to scrape it off his shoe. He told me to go wait in the watch office and that he would be there in just a minute.

What I didn't realize

was that he was about to give me a “Moment of Maturity”. He came into the office, shut the door, sat down and said “Son, I've got a station to run. In about 30 minutes, we will leave the station to go exercise down at the school, then we will come back, clean up and then go in the district for business inspections. We will then eat lunch and spend the afternoon training. I just don't have time to babysit you – you will need to leave”. Now, I had a choice at the moment. I could leave as requested and run around complaining how I was unfairly treated as a volunteer. I could probably get some support from others who believe they too have been unfairly treated. It would have been a “great big pity party” with lots of complaining. My other choice was that I could make a case to the Captain that I would complement the crew – make myself an “asset” not an “ass”. After a short and respectable conversation with the Captain, I persuaded him that I did not need to be watched over and that I could help his crew with the daily activities. He clearly explained his expectations, even embellishing

Continued on page 4

First Responder Yoga

First responders are learning how to deal with life on the front lines by slipping into upward Dog. With the help of Charlottesville owned Fly Dog Yoga, first responders are learning how to cope with stressors of the job by learning yoga and breathing techniques.

First responders can see more destruction, sickness, death and trauma in one shift than a regular person sees in a lifetime. After which they are expected to return home to be mothers, husbands, fathers and wives. In this type of profession there are many mental health issues such as depression, anxiety, suicide and drug abuse just to name a few. In 2017 there were more suicides than line of duty deaths.

There is a missing skill set in first responder training which is a catalyst for such a high rate of divorces, alcoholism and suicides within this community.

Yoga is gaining traction with departments nationwide because of its ability to help first responders handle the stress of their job. It teaches them that through breath work they can use less oxygen; which is significant while fighting fire. Yoga helps to strengthen their bodies through movements of practice. However one could say that the most important teaching of yoga is neurological. It trains both the nervous system and the mind to withstand almost anything using deep breathing.

Earlier this year both Albemarle Fire and Rescue and Charlottesville Fire Department began offering free yoga classes to first responders. The classes are currently being taught by Charlottesville owned Fly Dog Yoga. Co-owner Brad Whiteman approached ACFR earlier this year and offered to teach free of charge all first responders. A few months later CFD began offering classes in addition to the current classes. Brad is retired military and is passionate about those that serve our community and graciously thanks the attendees after every class he teaches.



If you would like to participate in any of these “First Responder” yoga classes you can catch any of the three offered each week. See the list below for times and locations. We hope to see you there!

Monday Fly Dog Yoga/Millmont Street.....1630

Wednesday Hollymead Station 120930

Friday Charlottesville Fire Station 10/Fontaine0800



Is Your Mask Ready for the Next One?

THE #1 FAILURE OF THE G1 MASK IS DIRT AND DEBRIS

The G1 has no electronics which allows for full submersion for cleaning.

Light Cleaning

1. Spray mask with a solution of warm water and MSA Confidence Plus per the directions.
2. Wipe with clean cloth

Heavy Cleaning

1. Mix a solution of warm water and MSA Confidence Plus per the directions.
2. Submerge the mask, slosh and scrub with a soft cloth or sponge.
3. Activate the exhalation valve with a small blunt tool to make sure it get flushed.
4. Rinse with warm clean water, again activate the exhalation valve.
5. Dry with clean towel and or hang to air dry.

Have you ever tried to exhale and your mask either break the face seal or “pop” the exhalation valve?

1. Don your mask snugly, take a deep breath in cover the inlet of the mask and exhale. Your breath should leave the mask without breaking the seal or using excessive effort to open the exhalation valve.
2. If you experience problems with your exhalation valve please contact the acfrgroupmsa@albemarle.org or call and speak to a MSA Tech at Station 11 at 296-4033.

A Simple Way to Sanitize your Cell

Numerous studies on the germ counts of our cell phones have proven that we are better off snuggling up with a public toilet seat. As this is particularly true in our industry, and in an effort to keep germs and sick time at a minimum, Phone Soap devices have been distributed to every fire and rescue station in the County. Phone soap works to basically break apart germ DNA by blasting the phone with UV-C light while leaving no damage or wear on the phone. Place your phone, keys, or even smaller remotes into the “tanning bed” and let the machine go to work. Phone soap is simple and effective way to add another layer of protection in this germ-heavy season.



Moments • Continued from page 2

a bit about their rigorous physical training routine (run/jog several laps at the college track). No problem Captain – got it! With much reservation, he agreed to let me participate.

After a day of activities, lunch, a few calls sprinkled in, everyone reached an unspoken level of acceptance and respect for my contribution. Of course, this was “back in the day” when as a young firefighter, you didn’t share your opinion unless asked and that it was your duty to prove your worth to the shift. The officer provided the opportunity – you had the responsibility to do the work. My relationship with that shift and others strengthened over time. We both gained mutual respect and it was an important learning experience that I often use today. I still ran into “undesirables”, but never believed it was a career vs. volunteer issue. Some people are quick to judge others without ever giving them a chance.

So how do these “MOMs” apply to issues between career and volunteers? What guidance can you offer to address the issues and strengthen the team?

Get in the game – Remember my little league football? You are responsible for your decisions. If you want to improve a relationship, you will need to decide to get in the game and focus on adding value to the relationship. I’m not talking about collecting evidence to make your case to prove you are right and the other person is wrong. I’m talking about taking the first step – get to know the person or crew. Have a meal together, talk about their family, friends, and where they grew up. You may be surprised that you have a lot in common.

You are solely responsible for your attitude – It’s easy to blame others and it even feels

good for a short period time. After all, blaming others absolves you of responsibility because it’s someone else’s fault. However, it’s much more productive if you take ownership of your attitude. Choose the “half full” attitude and drop the assumptions. Rely on a trusted friend to “call you out” if they notice you are working yourself up based on hearsay.

Don’t take on someone else’s responsibility – Over the years, I’ve had a number of firefighters demand that I take action to “address someone’s attitude” because they felt disrespected. As a young officer, I would dive into these problems, but would rarely find tangible evidence of egregious attitudes. Most of the time, the issues were based on assumptions inflated by emotions. You are much more impactful as a leader to guide how the individual can help themselves solve the problem. As a leader, it’s your responsibility to define the leadership culture through values and expectations and hold people accountable. You can even go help to mediate between groups if necessary, but for lasting success, the individuals must take the responsibility to work through the issues.

Throw away the ledger – some of us walk around keeping a “virtual ledger” that records of the deposits and withdrawals involved in a relationship – a gauge of fairness. Some ledgers are tightly managed and constantly reconciled. The goal is to balance the ledger or better yet, have more revenue than expenditures. What a waste of energy. Relationships are a give and taken endeavor with trust as the ultimate goal.

Career/volunteer relationships take work, but a strong relationship can pay dividends in the long run. Don’t wait, make the first move. Who knows, you may experience a “Moment of Maturity”.

—Chief Dan Eggleston

Releases

Joseph Barbaris..... ALS
 Joseph Barbaris.....EVOC II
 Joseph Barbaris.....FF
 Renee Everhart.....FF
 Rachel Ingersoll..... BLS
 Rachel Ingersoll.....EVOC II
 Rachel Ingersoll.....FF
 James Mason ALS
 James MasonEVOC II
 James MasonFF
 Zac Matthews.....MFF
 Shane Corpolongo.....FF
 Chad Bryant ALS
 Alex Klimenko..... DPO
 Corey Wissinger..... DPO
 Jacob Morris..... DPO

FY 2020

Apparatus Purchases

Engine 24 (PO issued, Engineering trip scheduled in October)

Engine 45 (PO issued, Engineering trip scheduled in October)

Tanker 69 (PO Issued, Engineering trip TBD)

Brush 64 (potential order between now and November, most likely after though)

Ambulance 501 (potential order between now and November, most likely after though)

What or Where is it?



This picture was taken in our community, but can you guess where or what it is? Send your guesses to acfrsirens@albemarle.org by December 15th. The right guess gets an ACFR swag bundle. On your mark, get set, go!

Project Breathe

Recently the Invisible Fence Company donated ten Pet Resuscitation masks to our department through their pet oxygen mask donation “Project Breathe” program. This initiative is designed to provide fire departments and other first responders mask kits to potentially resuscitate and save pets involved in emergencies. Each kit contains small, medium, and large sized masks, all of which are reusable.

This project was initiated several months ago based on a suggestion from Firefighter Wallace Robertson during a “Red Book” update of ACFR medic units. Battalion Chief Brooks considered the request and approved initiation of the project. FF Robertson contacted Invisible Fence Vice President Steve Monaghan to discuss the idea, and Steve graciously offered to outfit all ACFR front-line and reserve medic units. Ironically, during this time period ACFR units were involved with two fires where pet masks were used.

To organize project conclusion, Management/Budget Analyst Alyssa Mezzoni reached out to the county’s Communications and Public Engagement Office (CAPE) in order to establish a date for delivery of the masks.

Not Every Hero Wears a Cape— Practice and Plan Your Escape

This was the theme for the 2019 Fire Prevention week and ACFR made sure that everyone understood this message. Events were held around the county to spread the message and engage with the community. The goal was to educate everyone about the small but important actions they can take to keep themselves and those around them safe in the event of a fire emergency. A big thanks to everyone that helped make it a success!



Alyssa coordinated with Emily Kilroy, Director of CAPE and Communications Specialist Sam Hart made arrangements for the news media

to cover the event and ensured information was disseminated through the Daily Progress newspaper and appropriate Albemarle County social media accounts.

On September 4th, Steve Monaghan arrived to Monticello Fire Station 11 with the masks and formally presented them to Deputy Chief John Oprandy. Local news crews were present, interviewed both, and ran the story that same day. Over the next 24 hours the masks were placed onboard all medic units and were ready for service. This experience was a great example of representatives from multiple departments & organizations coming together to bring an innovative idea to completion.



Future firefighters got to go through a kid-friendly physical ability test and learn other skills of the trade. MFF Gilbert was on hand to demonstrate.



Celebrating Years of Service (Stats provided through ImageTrend)

5 years

Nazar Aljassar 9/15/14
 Kaye F Campbell 8/21/14
 Tyler Cersley 6/29/14
 Ethan Cole7/1/14
 Tyler Cosgrove 9/15/14
 Walt Davis7/1/14
 Kim Frazier 8/15/14
 Adam D. Halfacre 8/18/14
 Joseph M. Plumb 7/15/14
 Zachary Robb 7/22/14
 Matthew P. Robertson 8/27/14
 Christopher R. Simpson 7/27/14
 Alice E. Thomson 9/15/14
 Heriberto Valtierra 6/30/14
 Pieter Wollschlager 8/26/14

10 years

William C. Gentry Sr. 6/12/09
 Chris Henderson 8/20/09
 Quentin King 10/1/08
 Charles Joey Lawson III..... 10/1/08
 Marian Lawson 10/1/08
 Nicole Shifflett 8/19/09

15 years

Steward N. Barrell9/1/04
 John J. Christopher8/1/04
 Stephen J. Elliott 7/14/04
 Mitch T. Fitzgerald Jr..... 8/23/04
 Lisa P. Haga8/1/04
 Robert F. Knight 8/16/04
 Heather M. McManamay6/1/04

20+ years

William C. Brooks 10/6/97
 Dominique Huff 6/16/97
 Eva Proffitt9/1/97
 Robert Coleman 6/14/96
 Jeremy F. Graybill8/1/96
 William M. Wood6/1/95
 Roger W. Baldino8/1/94
 Elvin D. Bryant 6/16/94
 Christopher Johnson 10/18/92
 Scott J. Davis 8/20/92
 Ida L. Poindexter7/1/89
 John H. Shifflett 10/5/82
 Robert Knox 10/27/80
 Jeffery Bozzone 10/21/79
 Warren T. Davis7/1/79
 Charles (Chuck) E. Pugh7/1/75
 Gene R. Burton8/1/70
 Harvey Morris8/1/70
 Sandy L. Tucker8/1/70
 James Whindleton8/1/70

First In-House Paramedic Class

These five intrepid Firefighters were selected to go through ACFR's first in-house paramedic school. The members of the senior administrative staff pitched the idea to the Board of Supervisors. With their blessing Instructor Kevin Boyer, along with other members of the training division, worked to make this dream a reality. After gaining a Memorandum of Understanding with PVCC, which allows ACFR to hold the classes at HQ while still being linked to the college, the Firefighters were pulled from the field in order to complete the course as quickly as possible. The class began in April of this year and completed final testing in October. The newly minted Paramedics have now returned to their stations ready to use their hard-earned skills. These students and the instructor cadre blazed the trail for future ACFR run Paramedic schools.

The folks behind Sirens would like to say thank you to these five Firefighters and all of those within our organization who pursue the goal of becoming a paramedic, you are all invaluable to our community.



The Self-Proclaimed "Needle Jockeys" from top left to bottom right: FF Brandon Brooks, FF Chris Pitt, MFF Donovan Foss, FF Sean Ryan, FF Josh Loving

Spring 2020 Training

| | |
|---------------------------|----------------|
| Firefighter I Hybrid..... | Jan. 6 |
| EMT Hybrid..... | Jan.22 |
| Regional School..... | Mar. 20-22 |
| EVOC..... | Feb 18 |
| EVOC..... | April 28 |
| CPR courses..... | 2nd Mon. |
| | of even months |
| CPR Recertification..... | 2nd Mon. |
| | of even months |
| BPO..... | April 11 |
| RWS..... | April 18 |
| DAO..... | May 4 |
| DPO..... | March 2 |
| Instructor I..... | Jan 1 |
| Officer I..... | May 1 |
| Officer II..... | Nov 11 |

Fall 2019 Hiring Process

Our Fall 2019 Hiring Process kicked off on Sept. 1 when we began accepting applications and ended Oct. 31.

We received 190 applications with a strong push the final week. You may have heard the Voice of ACFR (a.k.a. Clinton Showalter) on the radio and seen an increase in activity on our social media pages. We are working with the Community and Public Engagement Office (CAPE) for assistance with photos and creating short movies to showcase our recruits, personnel and the daily activities they engage in. The recent social media push is being done with a slant towards increasing recruitment in addition to our overall exposure through the community.

Capt. Pitt continues to work with Siri Russell and her Office of Equity & Inclusion to identify opportunities to recruit at events that will expose us to a diverse candidate pool. We are also working with Joyce Ivory (Recruitment & Diversity Coordinator) to promote our application process through other avenues in the community. Capt. Mercer and Master FF Monroe continue to lead our efforts at job fairs, expos etc.

Hiring Process Timeline

| | |
|--|-----------------------|
| Applications..... | Closed |
| Written Testing & P.A.T familiarization..... | Nov. 15 & 16 |
| P.A.T. Testing..... | Dec. 6 & 7, |
| |13 & 14, 18 & 19 |
| Panel Interviews..... | weeks of Jan. 13 & |
| |` Jan. 20 |
| Chiefs Interviews..... | week of Feb. 10 |
| Recruit School 17..... | May 1 (tentative) |

New Mobile Burn Building

As many of you are aware, ACFR's current Training Burn Building is in need of some TLC. While there are proposals for improvements to the well-used structure, there is an immediate need for an alternative. The county awarded Fire Rescue with the funds to purchase a mobile fire training unit to be the continuity between what is now and what is hoped for the future. This unit will be both a viable structure for use if the current building is undergoing repairs as well as a training unit that can be delivered to individual stations.

The unit is expected to be delivered in the first quarter of 2020, between January and March. Once the unit is delivered, the training division will work with the training committee to set a rotation schedule that will allow all stations a chance to throw ladders, force doors, and in general provide a space for completing any and all JPRs for the Firefighter I curriculum.

A joint effort between the training committee, training division, and county budget personnel narrowed the search to three companies and unanimously voted for the **Multi Trainer System** from **Fire Training Structures**. The Multi-Trainer System is fabricated from a 53' container and attached to a DOT compliant chassis. A 20' fully insulated burn room is included and has been designed for repeated live-fire training. Fire behavior can be altered (from basic to advanced) by varying fuel loading and ventilation. A 40' fully reconfigurable steel maze system is included and has been designed to quickly and simply alter the interior layout (i.e. create rooms, hallways, low crawl, high crawl, wire entanglements, etc.). The unit pictured below is the base model which has been modified slightly to fit the needs of the department. This is a much-anticipated addition to the training system and will no doubt be a useful tool in improving our fire training abilities.

MULTI TRAINER SYSTEM

Options Shown

West Coast: Phoenix, AZ
East Coast: Long Island, NY
1-877-268-8303
www.mobilefireunits.com

- 1 – 48' CONTAINER
- 1 – 48' CONTAINER CHASSIS
- 1 – BURN ROOM
- TEMPERATURE MONITORING SYSTEM
- RECONFIGURABLE SCBA MAZE
- INTERIOR STAIRS
- EXTERIOR STAIRS
- ACTIVE ROOF
- OSHA COMPLIANT GUARDRAIL SYSTEM
- STANDPIPE SYSTEM
- SPRINKLER SYSTEM
- CEILING PULL PROP
- PITCHED ROOF PROP
- FORCED ENTRY DOOR
- PERSONNEL DOORS
- DENVER DRILL WINDOWS
- BREACH WINDOWS

Thanksgiving Safety: Frying a Turkey Safely

- Always use the fryer outdoors on a flat surface, safely away from structures, wooden decks, and covered patios. No matter what, DO NOT be tempted to use the fryer in a garage.
- Have the correct kind of fire extinguisher nearby and ready to use.
- To ensure you are using the right amount of oil, place a thawed turkey in the fry pot and add enough water to cover the bird by ½". Remove the turkey and mark the water level. Dump the water and thoroughly dry the pot and turkey. Fill the pot with oil to the marked level.
- Do not leave the fryer unattended. Monitor the temperature of the oil with a thermometer to prevent the oil from overheating and catching fire. If the oil begins to smoke, immediately turn the gas off.
- Ensure the turkey is COMPLETELY THAWED to prevent a fire or explosion hazard.
- Keep children and pets away from the fryer to prevent tipping, even after the turkey is done. The oil is dangerously hot for hours.



Holiday Decorating Safety

- Avoid overloading electrical outlets, which can overheat and cause a fire.
- Do not place extension cords where they could cause a tripping hazard, like doorways.
- Do not run extension cords under rugs or furniture.
- Keep all decorations 3 feet away from heat sources, including space heaters and fireplaces.
- Keep young visitors in mind. Place breakables, candles, and other potentially dangerous items out of their reach.
- Turn off and unplug all decorations before leaving home or going to sleep.
- Use only weatherproof electrical devices for outside activities. Protect outdoor electrical devices from moisture.
- Make sure live Christmas trees are watered daily.



SIRENS is the official newsletter of Albemarle County Fire Rescue and is published quarterly.

The newsletter is available online at acfirerescue.org with hardcopies distributed to each station.

SUBMISSIONS: Articles, feature stories, cartoons, photographs, upcoming training, station news, and station events and functions are welcome at any time and can be submitted to acfrsirens.org.

