



SIRENS

Spring 2021

News & Information for Albemarle County Fire Rescue



ACFR's 2nd In-House Paramedic Class

With the success of the first Paramedic course taught by Captain Kevin Boyer in 2019, it was clear the in-house program was here to stay. Amidst the many changes in Training Division staff, the second installment began March 1, 2021. After assessments and deliberation, six firefighters were chosen to go through the 6-month class. Firefighters David Carnes, Reilly McCann, Jacob Morris, James Stuart, James Wyant, and Jake Yerly were pulled from the field to commit themselves full-time to the rigorous course.

With the departure of Captain Boyer, Captain Ed Fisher, along with others from the Training Division, quickly took the reins to finish the job of securing ties with Virginia Commonwealth University's medical program. While the class will be taught under Captain Fisher's lead at ACFR, VCU will provide accreditation, support, and resources for the course. FF Tom Sullivan was asked to take FF Sean Watson's place as assistant instructor upon his departure for medical school, while both FF Kenny Williams and part-time instructor Marc Winstead are providing tremendous instructional support and expertise to the program.

The Training Division wishes both the students and instructors luck in their journey!



The students of Paramedic Class 2 practice their newly learned skills on dummies to prepare for their long and tiring field rotations and hospital shifts.

NEWS BRIEFS

Upcoming Trainings

- CPR Hybrid 2nd Monday of each month
- EMT May 26- Aug. 18, 2021
Sept. 1 - Dec. 22, 2021
- DPO Sept. 7 - 26, 2021
- EVOC Aug. 24 - 29, 2021
Nov. 15 - 21, 2021
- FFI Aug. 16 - Dec.18, 2021
- FFII Oct. 4 - Nov. 7, 2021
- Fire Officer I Oct. 14-Dec. 2, 2021
- ITR Mod II Sept. 18 - 19, 2021
- Vehicle I Oct. 30 - 31, 2021

Calls for Service

Jan. 1 - April 30, 2021

EMS	1,658
Fire	348
HM	66
Rescue	145
Other	8
Grand Total.....	2,225

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Letter From the Chief

The mission of ACFR is to provide the highest quality of services to protect and enhance the lives, property, and environment of our community. Earlier this month I shared with you the ACFR Way, a philosophy that outlines the way we fulfill that mission. The ACFR Way describes in detail the way each ACFR member, regard-

less of rank or position, is expected to perform, behave, and interact with one another, the residents, and the community we serve. This is a foundational document that influences our behavior, performance, customer service, and policy development.

We each make the choice to become part of ACFR and the ACFR Way requires a constant, conscious, and intentional effort from each of us to be successful. Success also relies heavily on leaders and seasoned personnel in our department actively mentoring new members to foster the culture we desire.

The standards and expectations laid out in the ACFR Way are both reasonable and in alignment with the County of Albemarle's Pillars of High Performance, County policy, ACFR's vision and mission, ACFR's hiring and promotional processes, as well as ACFR policies and standard operating guidelines. The ACFR Way should be a touchpoint used to view one's day-to-day performance, com-

mitment to the community, and commitment to Albemarle County Fire Rescue.

The ACFR Way was founded upon three pillars:

- 1 Culture:** How we treat people
- 2 Professionalism:** How we perform our job
- 3 Ethics:** How we conduct our job

These pillars are described in detail in the ACFR Way (available on [our website](#)) and are practiced by everyone chosen to become a member of the ACFR family. Thank you in advance for taking time to read and reflect on the ACFR Way. I am proud of our talented and engaged ACFR Team, and I am convinced that we are poised for continued success for years to come. I look forward to discussing this more with each of you as we continue to move our organization forward.

—Chief Dan Eggleston

Inhale the Good, Exhale the Bad

Someone asked me last week if I meditated often. I told him that sometimes I use an app, but sometimes I end up meditating without even knowing it. Cup of coffee in hand listening to music, sitting in a chair, or staring at the sky. As I was walking out to my car the same firefighter who asked me about my meditating told me he'd see me out. Which if you don't know fire department lingo that's code for "I need to talk to you about something, and I don't want anyone else to hear." He told me that lately he's been agitated and sleeping less than normal. He felt dull, and his interests in work, hobbies and relationships felt flat. Notably a little edgy about even mentioning something so woo woo, he asked me "can you teach me how to meditate?"

See here's the thing. First responders have unique stressors that occur frequently, but the process of dealing with these stressors isn't truly dealt with as frequently. You see, trauma that isn't dealt with just becomes further compounded by the trauma that isn't dealt with. Over time, the continuous triggers that are activating your stress response have negative impacts on your mental, physical, and emotional wellbeing. It truly changes the way you live your life. That nasty little stress in your body can suddenly become a giant, hairy, smelly stress monster. It builds and inhibits your body's ability to heal itself. One thing leads to another, and suddenly you're working really hard to swim through fast-moving water that you're barely keeping your head above. Ever tried fighting against a strong current? It's tough, right?

So where does meditation come into play? Meditation and mindfulness practices offer a different kind of recourse to help firefighters process disturbing memories, difficult calls, and dark thinking. The best part is meditation can be done almost anywhere and only requires a fraction or your time. While meditation doesn't fix the symptoms of stress, it sure can put some pavement between you and your symptoms. Meditation provides your body with the perfect opportunity to release those stress hormones and hit that reset button on an internal level. The act of meditation isn't really about stopping your thoughts, but instead recognizing the relationship with your thoughts.

Shoot straight with me! Show me the science because I need some proof. The interesting things about meditation for me were the numerous studies that show just what kind

of changes occur in the body and brain while we are getting our Zen on! Here's what the research is showing:

- Increases alertness
- Enhances resilience
- Decreases stress on the cardiovascular system
- Increases emotion regulation
- Improves sleep patterns
- Reduces depression and anxiety
- Increases attention and focus
- Aids in better decision-making during chaos
- Increases alertness

Now let's get back to "can you teach me how to meditate?" The good news is there's no right or wrong way to meditate. We all have our own styles and over time you'll learn what works best for you. If you're new to the meditation game, start small and don't give up. Remember, how do we eat an elephant? One bite at a time with ranch dressing, right? Build on your practice, grow it each day. Even something as little as two to three minutes' worth of breathing can be life changing. The key to meditation isn't to stop all thoughts, but more so recognize them, and then let them slowly drift right out of that big ole noggin. You want to focus on your breath, and then repeat the process over and over.



Let's practice together! After you read this follow the steps below and give it a go. Ready?

- Find a comfortable spot to sit. There can be noise and distraction but try not to sit in the middle of a construction site.
- Set a timer. Remember, it's totally cool to start small. Even three, four, or five minutes will be a good start..
- Close your eyes...remember to read all the directions first.
- Breathe in for a count of four. Hold for a count of four. Exhale for a count four. Hold for a count of four. Then repeat that process. (I like to imagine I'm inhaling the good and exhaling the bad.)
- Don't forget, when a thought comes to mind don't fight it. Let it flow in and on the exhale kick that business right on out of there.
- When the timer goes off, you're all done. BOOM! High five yourself, because you just meditated.

#zenmaster



Celebrating founding members of the North Garden Volunteer Fire Company: Gene Burton, Jimmy Whindleton, Sandy Tucker and Harvey Morris (not pictured). Each has been a member for 50+ years. Congratulations, and thank you for your service!

EVOC—The gift that just keeps giving...BUT—

As a released driver are you safe and current in understanding of your responsibilities?

by Bob Larsen

For the past two decades I've had the opportunity to provide EVOC training for ACFR, fulfilling a personal passion of mine to see others succeed with what's important to them. This accounts for something close to or exceeding 1,000 individuals, career and volunteer, who are focused on the safety of people and property when operating a vehicle of various reasons.

This passion is driven by my love, my nephew who lost his life in a San Diego State University vehicle returning from an event with his Crew team. The driver was a team member who volunteered to take the wheel with all the right intentions but perhaps failing to understand the responsibility he was assuming. Speed, weight, and insufficient tires took three lives and affected nine others.

My hope is that this simple review will strengthen your attention to the responsibility you have as a driver of an emergency unit for the County of Albemarle.



Starting with a thorough and well taught EVOC certification course can make the difference between a competent driver and uncertainty behind the wheel. Instructor Larsen and his team aim to start all of ACFR's new drivers with the tools to be confident and safety conscious when climbing into the apparatus.

Take a few minutes to see how current you are in answering whether the following questions are **TRUE** or **FALSE**. (see EVOC answers on page 8)

1. With use of DUE REGARD for people and property, in an emergent response I may disregard the posted speed limit with the exception of school zones.
2. In a school zone and driving emergently, I cannot exceed the posted speed limit as well as the reduced speed limit when the flashing light speed limit is illuminated.
3. A siren, a horn, and emergency warning lights are the three warning devices allowed for licensed emergency units of the county.
4. When responding emergently, in addition to emergency warning lights, one of the two remaining warning devices must be used at all times, day or night.
5. Your headlights are the most effective warning light you have.
6. In an emergent response, I can proceed

past any steady or flashing red signal, traffic light, or stop sign with due regard, BUT, the safest practice is to come to a full stop.

7. As a volunteer member of a Fire or EMS agency, I may equip one personal vehicle with no more than two flashing or steady red or red and white combination of warning lights.
8. Any driver or occupant of a vehicle front seat who is 18 years of age or older must have a lap and shoulder harness. Wherever seated, occupants under the age of 18 will be protected with the age/weight appropriate restraint. A child under the age 8 shall be in a child restraint device.
9. While in an emergent response, should my actions to pass or overtake another vehicle at an intersection push the public out into traffic or another's right-of-way, I may be potentially liable for any resulting property or personal injury.
10. The Good Samaritan Law **does not** apply to me while driving an emergency vehicle.

The Virginia Department of Fire Programs certifies your EVOC classification once without a required renewal, which is convenient but perhaps troublesome if your skills and knowledge have relaxed. While all emergent driving must abide by Virginia DMV motor vehicle code, some exceptions are made under section 46.2-920.

Compliance Corner

HIPAA Dos & Don'ts



- Always act in the best interest of your patient.
- Give every patient a copy of the Notice of Privacy Practices. If your station needs copies, please send an email requesting copies to acfrcostrecovery@albemarle.org.
- Respect and protect your patients' right to privacy at all times.
- Notify the Privacy Officer immediately if you lose something that contains PHI, whether it is in paper or electronic form.



- Do not gossip about patients. Gossip could be verbal, written, or online. Don't do it!
- Do not snoop by accessing records (paper or electronic) when you do not have legitimate need to do so.
- Do not leave papers or unlocked computers with PHI lying around in the station or ambulance.
- Do not use personal devices to take pictures of face sheets, insurance cards, or incident photos.
- Do not share your log-in.

Fire Incidents

Address.....	Incident Type.....	Cause.....
6430 Esmont Road	Structure Fire	Failure/Misuse of heating appliance
63 Sandy Gibson Road.....	Structure Fire	Arson - open investigation
4129 Heards Ln.....	Structure Fire	Unattended burning
104 Westminster Road.....	Structure Fire	Failure of heating appliance
5530 Free Union Rd	Structure Fire	Chimney fire with extension
1430 Wickham Pond Drive.....	Structure Fire	Arson - open investigation
7601 Plank Road	Structure Fire	Improperly discarded fire place ashes
105 Northwest Ln	Structure Fire	Electrical arcing
1916 Thomas Jefferson Parkway	Structure Fire	Spontaneous combustion of oily rags
410 Premier Circle.....	Structure Fire	Improperly discarded smoking materials
2335 Commonwealth Drive.....	Structure Fire	Discarded smoking materials
5890 Buffalo River Heights	Structure Fire	Discarded smoking materials
1802 Inglewood Dr.....	Structure Fire	Improperly discarded smoking materials
1213 Chatham Ridge.....	Structure Fire	Failure of bathroom exhaust fan
460 Coles Rolling Road	Structure Fire	Mulch fire (mulch stored inside structure)
520 Little Keswick Lane	Structure Fire	Undetermined at time of printing

NEW MEMBERS

Albemarle County Fire Rescue
 Andre Miles-Redmond1/3/2021
 Brett Turner.....1/3/2021
 Caleb Shetler.....1/3/2021
 Colin David Mayry.....1/3/2021
 David Marshall1/3/2021
 Hannah Arbogast.....1/3/2021
 Jordan Divine.....1/3/2021
 Joshua Euhus.....1/3/2021
 Joshua King.....1/3/2021
 Marvin Tapia Arze1/3/2021
 William Filippelli.....1/3/2021
 Alex Zuffoletti1/4/2021
 Eric Opoku.....1/4/2021
 Stuart Thomas Dalton.....1/4/2021
 Timothy M Karr II.....1/4/2021
 Brian Butler.....3/1/2021
 John Earl Knight3/15/2021

Crozet
 Ethan M Powell.....1/6/2021
 Cody Watson.....1/14/2021

North Garden Volunteer Fire Company
 Noah Tye Miller.....2/9/2021

Seminole Trail Volunteer Fire Department
 Aris Indino2/17/2021
 Jameson Edwards2/17/2021
 Jordan Althoff2/17/2021
 Aidan Case3/15/2021
 Connor O'Meara3/15/2021
 John Rives3/15/2021

Stony Point Volunteer Fire Company
 Paul Hayslett2/17/2021

Western Albemarle Rescue Squad
 Christina Dongilli1/6/2021
 Hannah Morrison.....1/11/2021
 Brian Young1/23/2021
 Jordan Hollowell1/25/2021
 Cynthia Chau1/29/2021
 Kelly Rutherford.....2/8/2021
 Piper Gaudet2/8/2021
 Erin Siedlecki3/5/2021

RELEASES

PFF Kenneth Malloch..... FF
 PFF Jon Fields..... BLS, EVOC II, FF
 PFF Mika Meyers EVOC II, BLS
 FF Bo Mason DAO
 PFF Ashley Hodges EVOC II, BLS
 PFF Ben Jordan..... BLS, EVOC II, FF
 PFF Corey Colvin..... BLS, EVOC II, FF
 PFF John Taravella EVOC II, BLS, FF
 PFF Eddie Noack EVOC II, BLS
 PFF Thomas Woods EVOC II, BLS
 FF Kevin Freier..... BLS, EVOC II, FF
 PFF Trey Huddins BLS, EVOC II, FF
 PFF Amal Mitchell..... BLS, EVOC II
 FF James Stuart..... DPO
 FF Tanner Amburgey FF
 FF Aaron Putney FF
 FF Thomas Durbin..... DPO
 FF Mark Hartman..... DPO



Heather Childress Deputy Chief of Member Services

Chief Childress has served ACFR as the Deputy Chief of Member Services since April 2019. Childress has over 25 years of volunteer and career experience in Fire and Emergency Medical Services (EMS), including nearly 23 years with the Lynchburg Fire Department. She also served as Lynchburg's Acting Deputy Chief of Administration. Childress earned a BA from UVA and holds a Master of Public

Administration from JMU. She is currently a doctoral candidate at the University of Lynchburg.

Q: What is your role with your agency? Give a snapshot of duties, responsibilities, typical day.

A: Deputy Chief of Member Services. I am responsible for all things people related; hiring and promotions of career staff, HR issues, on-boarding, and discipline. I am also responsible for the training division.

Q: What are three career lessons you've learned thus far?

A: Three leadership lessons: 1) Trust is difficult to earn and easy to lose. 2) Do what you say you will do. 3) People need to know that you care about them.

Q: What advice would you tell someone who is interested in your field of work?

A: Never forget that it is a privilege to serve our community. Residents call us when they are sick, injured, scared, or don't have any one else to call for help. Work hard to provide the best service you can. Don't ever take the trust placed in us for granted.

(at first), but we want to cross-staff it as much as we can. We hope that having an ambulance will help with recruiting new members. We also feel it will help with keeping current members and allow us to provide the community with the services they need.

Q: What are some career lessons you've learned thus far?

A: The lessons I have learned thus far pertain to both the volunteer service and running my own business. The first challenge is holding people accountable for their actions. This requires patience and sometimes a different way to communicate. It is especially difficult to communicate what you want done when you are not actually a true boss, as you cannot fire someone when you are all volunteers. Learning new ways of communicating with the volunteers has also helped me with communicating with those who work for my business, because sometimes one way of communication is not always the correct way. Sometimes you have to try something different to get a thought across.

Another challenge is working with different generations. Those who have been volunteering for years, they are volunteering because they love what they are doing, but most of those who are coming in to volunteer are volunteering because they want something out of it. It is okay to want different things, the challenge is working and interacting with the two different generations.

Q: What would people be surprised if they knew about you?:

A: I just got married in December in Las Vegas by an Elvis impersonator. COVID forced us to cancel the wedding ceremony we planned, so we decided to find a fun way to keep our original wedding date.

Q: What is something unique about you that other people might not know?

A: My husband and I met while running calls at the Campbell County Rescue Squad in 1996. We worked together as members of a flight crew as well. We are a members of a rescue squad in Augusta County and enjoy spending the time together serving the community.

Q: Tell us about one of your favorite books, movies, artists, etc.

A: A League of Their Own because "there's no crying in baseball!"

Q: What is your life motto/work mantra?

A: Work Hard. Stay Focused. Be kind.

Q: When you were little, what did you want to be when you grew up?

A: I wanted to be a firefighter. I saw an Albemarle County Fire Rescue commercial that sparked my interest in volunteering. I reached out to Dale Bryant (another member at East Rivanna) and asked how I could become a volunteer. I was told to complete the application, and that is what I did. It took about a month to be processed and during this time, I forgot I turned in my application. I received a call from Chief Mark Moore, and he asked if I was still interested in volunteering, because they had voted me in as a member. I went down to the station that evening and spoke with Chief Moore and this began my journey.

Q: What is a career goal or ambition you are working towards?

A: When I joined East Rivanna, Scott Goss was on my crew. After I passed Firefighter I, Scott pulled me to the side, and he told me that I was a big wheel and will be Chief of East Rivanna one day. This conversation sparked my ambition to become Chief. I have achieved this and my next goal is to be the best Chief I can be for East Rivanna and to help East Rivanna become a better Company.

Q: What advice would you tell someone who is interested in your field of work?

See **Spotlight** on page 8

TECHNICAL RESCUE NEWS

What's in your MA Bag?

by Wallace Robertson

Each shift we roll up the compartment door to ensure the Mechanical Advantage (MA) Bag is on the shelf (if equipped), and often move on without thinking too much more about it. However, when was the last time you actually pulled the gear out for an inspection and put it into play? Our MA bags are well arranged and suitable for a variety of applications. Each bag should contain a 150' life safety rope, one 20' tow strap, two prussic-minding pulleys, three prussic loops, four carabiners, and one eight-plate descent control device.

The MA bags were initially developed for quick deployment in "low angle" rescue situations (up to about a 30 degree slope), but have other uses. They are pre-rigged for use as either a 3:1 or a 2:1 simple MA system, and are basically a "machine" that makes hauling heavy loads easier. The numbers used to describe mechanical advantage are defined in ratio format, which describes output to input force respectively. As a refresher, there are three types of haul systems including simple (ACFR), compound, and complex.

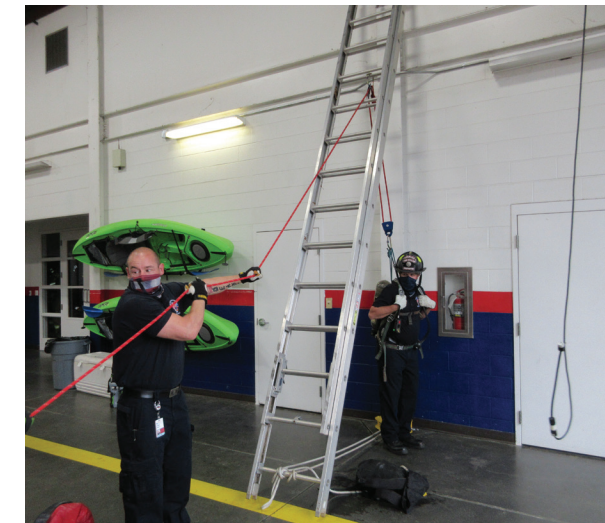
Our MA Bags are beneficial in rescue situations because they create the ability to lift substantial weight with less people. For instance, our 3:1 configuration is valuable for moving a loaded stokes basket up an embankment. ACFR bags are stored ready-to-deploy specifically for this purpose. This system can be "piggybacked" on the mainline via triple-wrapped prussics (Figure: 3:1 Piggybacked on Mainline) or connected directly to the stokes (Figure: 3:1 Direct to Stokes). The mainline is usually reeved through the eight-plate descent control device for lowering the basket, if the embankment angle warrants such. *Reminder: When using a simple 3:1 MA system, for every three feet of travel on the "haul," the load will only move one foot. The same holds true for a 2:1 simple system.

An additional option is to convert the 3:1 to a 2:1 MA system, which is useful for vertical lifts during a tripod or ladder high-point operation (Figures: 2:1 on Tripod & 2:1 Ladder High-Point). These are potential rescue options for window, confined space,

or other below-grade location extractions. Using the MA system in a 2:1 capacity orients the haul system in a position allowing the rope to be pulled downward, which is beneficial to the haulers. *Reminder: When changing from a 3:1 to 2:1 MA, the progress capture prussic position must be changed to the opposite pulley, and "minded" as with any haul system.

Personnel should be capable of placing an MA system into service, so it's important to refresh these options periodically. Please keep in mind this article only serves as a catalyst for

refining your MA proficiency, and practice will keep you ready for when the call comes. For additional information, please seek out a TRT member for assistance. *Important! During any of these operations, if letting go of the rope at anytime would cause the load to fall, members trained in rope rescue should be present and a safety officer appointed. Last but not least, in case you haven't been, please remember to log all life safety rope use (MA rope = life safety rope) anytime one is used in training or on an actual incident.



Clockwise from top left, these figures show the following MA System configurations:

- 2:1 Ladder High Point
- 3:1 Direct to Stokes
- 3:1 Piggybacked on Mainline
- 2:1 On Tripod

Spotlight *Continued from page 6*

A: If you are interested in becoming a firefighter or EMT my advice is to do it. It is a sheer pleasure and joy to help others. You see some unpleasant things but being there in someone's time of need outweighs the negative. The community and those you help are grateful and you cannot get that anywhere else.

Q: What is something unique about you that other people may not know?

A: Something people may not know about me is that I own my own painting contractor business. My company paints both the interior and exterior of houses and we have been doing a lot of farm restorations. A job could range from a few days to months, depending on how big the structure is.

Q: Tell us about your favorite book, movie, artists, etc.

A: My favorite movie is any of the Transformers movies. I liked them as a child growing up, and still like them. If there is one playing, I will stop to re-watch the movie. When my wife asks me why we are watching this again, I reply that I see something new each time.

EVOC Answers



Over 244 Years of Experience

Serving on a nonprofit board is a big deal. Board members are ultimately responsible for steering the organization towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies, ensuring it has adequate resources to advance its mission. This requires members to have knowledge about the services the organization provides; a commitment to its mission; and a willingness to honor confidentiality.

Collectively the Charlottesville-Albemarle Rescue Squad (CARS) twelve-member Board of Directors has over 244 years of EMT experience. Board members are community leaders, business owners, paramedics, big thinkers, students, passionate visionaries, parents, collaborators and fundraisers.

They are deeply committed to our community, CARS patients and providers. They value quality and diversity and are dedicated to being a recognized leader in providing innovative, cost-effective, clinically sophisticated, care.



After 34 years of service medic Ed Meyers is retiring. Ed has volunteered thousands of hours, provided exceptional patient care and mentored many of our members. He's also our Treasurer and member of the Board of Directors. Thank you, Ed for your countless contributions; you will be so missed! Enjoy your next adventure!

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@albemarle.org.

