



LYNCHBURG FIRE DEPARTMENT Our Values — Compassion, Honesty, Integrity, Trust July 2015



Chief's Corner

A New Look for a Grand Ole Station

Hello everyone, and welcome to the July edition of the Chief's Corner. It seems as if the weather has changed to "hot" for the remainder of the summer and it looks like we are in for a long dry spell. Oh well, I guess we can look forward to the fall and some cooler temperatures when the leaves start to turn. No use complaining, it won't change the weather, or anything else for that matter. This month I want to talk about the upcoming renovations of Station 6 and the department's plan. We are getting very close to starting this project and I want to pass some information along to everyone.

First, I would like to share a little background information. The department began working on this renovation back in 2010 when we first "carried forward" the funds at the end of the budget year. This money was placed in a special code dedicated to Station 6 and we started planning how to move forward with the project. We didn't have enough money at that time to complete the project, but we had a good start. There were also some funds in the CIP budget to replace the roof on Station 6. After some thought, we decided to move ahead with the roof project and wait on the interior renovations until we could do everything we wanted. Last year we gathered input from the employees at Station 6 and moved forward with the interior design and plans. We liked the results and had the money, so we decided to go ahead with the project. This spring we put the project out for bid and waited to see where we were in relation to the funding. When the bids came back, we were close to our funding amount, so I discussed the options with the Deputy City Manager and we decided to move forward with the renovations. I then went to City Council and asked for the "gap" funding (\$58,000) needed to finalize the project and they provided the resources.



Fire Station 6

So, now that we are ready to proceed with the project, how are we going to do it and what changes will be made to the station? First, we will move Medic 6 to Station 2 for the duration of the renovations and let them run their territory from there. (With Automatic Vehicle Locator (AVL), the closest medic unit will be dispatched to requests for service.) During the power shift hours, Medic 2 and Medic 6 will have to share the bay space or park on the apron. This should not create a big problem because Medic 2 is not in service at night or during the weekend. When we must vacate Station 6, Engine 6 will be placed at Station 1 and respond to their regular territory. We will move the TRT trailer to Station 4 for this period of time. This will mean that Station 1 will be a two engine station for a short period of time. Response times for Engine 6's first run territory may increase slightly for this period of time but it should not compromise operations. The projected time for completion of the renovations is four months. It is my hope that we will be back in the station before the winter holidays.

As far as the station changes are concerned, we will be completely renovating the living areas on the second floor and the bathroom and shower facilities. The kitchen will be completely updated with all new cabinets and appliances. Even the lighting will be updated to energy efficient LED fixtures. The floor plan will also change, to some extent, with a different bedroom design for the captain and dividers between the beds in the crew quarters. Believe me, it's going to look a lot different. The third floor is going to become a training and exercise area complete with AV equipment and shower facilities.

The entire station will have a new HVAC system with dual control capabilities (no more window A/C units). The bay floor will get new PPE lockers and an updated restroom area, along with cleaning and painting. A new staircase will be installed in the hose tower to access the second and third floors. The trim on the outside of the station will be painted and the steps leading to the basement will be repaired. The entire station will be rewired and a back-up generator will be installed. This generator will be capable of operating the station for an extended period of time in the event of an outside power failure. The whole station will be updated to be more energy efficient but we will not change the overall look of the outside. This is a historic building and it is important that we maintain its appearance.

Remember, the Fire Department has been continuously operating from this location for over 100 years. It's a big part of our history, but it's time for some major upgrades to the living area. If anyone is interested, there is a detailed set of plans displayed in Fire Administration. Stop by and take a look. I think you will be impressed!

Well, that does it for this edition of the Chief's Corner. Let's hope all goes well with the renovation and we are operating from Station 6 again in the near future. Until then, keep up the good work and be careful. Enjoy your summer with friends and family but never forget the most important rule: "Everyone goes home safe at the end of the shift."

Chief

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LFD Years of Service

Congratulations to the following members who celebrate anniversaries with the Fire Department in July.

25 Years

Robert Lipscomb
Ben Barber

18 Years

Nathan Chapman

17 Years

Lincoln Barnes

15 Years

John Ripley
David Jackson
Ed Fletcher
Danny Williams
Adam Davis

13 Years

Jimmy Seay

12 Years

Brandon Barney
Matt Smith

11 Years

Kenneth Bunch
Kent Hancock
Abbey Johnston
Matt Millner
Neil Patterson
Kevin Snead

9 Years

Joy Boteler

8 Years

Alan Briceland
Adam Morton

7 Years

Dane Phelps

4 Years

Lee Davis

2 Years

Chad Hogan
Tyler Harrison
Eric Smith
Robert Barkley
Travis Calloway
Chris Coleman
Jeff DeGoede
Colby Felton
Donnie Smith
John Thompson
Robert Tucker
Adam Wagner

1 Year

Rob Bremer
Steven Davis
Scott Hutcherson
Sean McCleese
Roger Rozell

2015 Relay For Life

By: Firefighter Natalie Darling

WOW, we sure did show off! Once again, our team participated in the Relay For Life of Lynchburg, which was held on June 12, 2015 at City Stadium.

We had a fabulous showing from the department, rotating apparatus throughout to help. We also had the best looking camp site, with Kent Ferguson's tent, firefighters in uniform (and even turnout gear), and of course, our bag pipers who are always willing to come out and do their part to make the event special for everyone. In addition, we had some very generous monetary donations to help support our team's efforts.

As you may know, we conducted a few different fundraisers this year, starting with the first-ever "Fill The Bucket" collection. On May 8th, collecting began at Wal-Mart and Target parking lots, from 8:00 a.m. until 3:00 p.m., then resumed for a couple of hours at LaCarreta on Timberlake Road during the dinner rush. The Fill The Bucket total was over \$2,500 and we were off to a very good start!

Then came the t-shirts, which were bought and sold by many. This year, shirts were available in two colors, and both were quite popular. All together, 325 shirts were sold, and our fundraising thermometer continued to rise.

The day of our event we continued to fundraise with BBQ sales, and this year pizza and watermelon were added to the menu with great success! Ann Jenkins, Rebecca Ferguson, Teresa and James Martin handled the food sales with ease, and on-site fire department personnel were very helpful at jumping in and promoting, collecting money and general "customer service." We sold about 70 BBQ sandwiches, 11 Pizzas, and 4 sliced watermelons (not to mention drinks, cookies, and chips). Thanks to everyone who helped, whether on-duty, off-duty, or civilian team members, this all went quite smoothly.

Other fundraisers included raffle tickets, an autographed t-shirt, and our first ever "telephone, telegraph, tell-a-firefighter just how hot they look in turnout gear." Members of LFD dressed out in whatever parts of turnout gear he/she felt would win the most in donations and walked the track. People were cheering and handing over their cash, and when it was totaled up, TODD STYLES came in as the winner of this year's competition...some people will do anything for money!

But seriously, thanks to all of the good sportsmanship here, as it was all for a good cause.



L-R: Scott Stanley, Natalie Darling, Matt Millner, Robert Lipscomb, Chad Reeves, Todd Styles, Retiree Dave Campbell, Steve Ripley, and Nick Thomas



Lynchburg Fire Department
2015 Relay For Life

So yes, we were busy, and hot, and tired. But with so much support from the Lynchburg Fire Department, community, and the American Cancer Society, our team total will exceed \$7,600 raised for this year. So everyone involved give yourself a big pat on the back; I thank you for your support and dedication. And, be on the lookout, we will start our fundraising early next year in hopes of raising even more for the valuable services and research that Relay For Life supports, in an ongoing effort to "Finish The Fight!"

Reminder

City offices will be closed on July 3, 2015 in observance of Independence Day.

Chief Bomar Receives Ralph Frank Award

Battalion Chief Ricky Bomar was selected by the Lynchburg Exchange Club as the 2015 Ralph Frank Memorial Award recipient. He was presented the award at the Exchange Club President's Dinner on June 19, 2015.

Presented annually, this award recognizes an outstanding firefighter, law enforcement officer, or emergency medical technician in the Lynchburg community who has distinguished themselves through an act of bravery, sacrifice, or superior performance in their job duties. Chief Bomar was recognized for his service to the Fire Department, Police Department, and the community.



Battalion Chief
Ricky Bomar

Mitchell Named CIT Instructor of the Year

Congratulations to Captain Jimmy Mitchell who received the 2015 CIT Instructor of the Year – Community Instructor. He received the award during the Crisis Intervention Team (CIT) Awards ceremony on June 11, 2015, as part of the Lynchburg/Central Virginia CIT Community.

Captain Mitchell has been a member of the CIT since its first CIT Basic class in October 2012. He was also responsible for introducing the class formerly known as Excited Delirium (now referred to as Agitated Condition) to the CIT program.



Captain
Jimmy Mitchell

Members Complete Fire Officer's Academy

Congratulations to Master Fire Fighters Earl Copes and Adam Morton, who completed the Virginia Fire Officer's Academy in June 2015. Both career and volunteer students attended from across the Commonwealth and were led by instructors from across the Nation with experience in both fire service and military.



Master Firefighter
Earl Copes

The Academy focused on the mechanics of leadership and effective communication and was held on the campus of the University of Richmond. Students were given different methods of communication and were required to use each method through role-playing with instructors. Chief Officers from Virginia also spoke out on Line of Duty Deaths, Behavioral Health, and Cancer within the fire service and what attending officers could do to help bring those numbers down.



Master Firefighter
Adam Morton

Earl stated, "this experience provided an opportunity to take an assessment of yourself, your leadership skills and ability. It then allows you to come back and make a difference in yourself, your station, and department." Adam commented, "this was a great experience with a lot of networking that allowed for relationships to be built with one another. I highly recommend the academy."

Fire Department Receives Multiple Awards at BREMS Ceremony

By: Battalion Chief Greg Wormser

The 2015 BREMS Awards Ceremony was held on June 18, 2015 at Peakland United Methodist Church. Providers from across the BREMS region attended the ceremony. The Lynchburg Fire Department and several of its members received great accolades.

For the second year in a row, the Lynchburg Fire Department was recognized as "Agency of the Year" among the 42 agencies within the BREMS region. This award is a testament to the hard work and contributions that many people make throughout the year. Frankly, this award could have every individuals name on it who impacts our organization and the community in a positive way; from the personnel at the shop, to the personnel running calls, to the ancillary staff and city-wide stakeholders who make this organization great. In addition, the following personnel received awards:

EMS Administrator of the Year Excellence in EMS Dispatcher of the Year

Lynchburg Fire Department — Battalion Chief Heather Childress
Lynchburg Fire Department — Fire Chief Brad Ferguson
Department of Emergency Services/Lyn-Comm — Pam Watson, Evening Supervisor

These award recipients are now eligible for the Governor's EMS Awards, which will be announced at the EMS Symposium in November. As you can see, our people are our success and you all have a part to play to continue making this organization great. Congratulations to all the nominees and award winners!

Some of the other nominations that we should be proud of include: Abbey Johnston nominated for EMS Educator of the Year, Jennifer Collins and Candace Brown for EMS Contribution to Children, and Josh Phillips EMS Provider of the Year.

Thanks again to all who are involved in making this organization great. We are a world class department with some of the best equipment and technology that money can buy; but most importantly, great people.



Fire Chief Brad Ferguson
Agency of the Year Award
and
Excellence in EMS Award



Battalion Chief
Heather Childress
Administrator of the Year
Award



Master Firefighter
Brandon Barney

Promotion

Congratulations to Brandon Barney who was promoted to the rank of Master Firefighter effective July 1, 2015.

Brandon is a registered Paramedic and has been a member of the department since 2003.

He will serve in his new role at Station 4 — A Shift.

Certifications

Driver/Operator Pumper

| | |
|--------------------|-----------------|
| Beau Arn | Robert Barkley |
| Heather Bowen | Travis Calloway |
| Tucker Driskill | Tim Greenway |
| Chris Hiner | Chad Hogan |
| Ruth Anne Phillips | Shaun Riley |
| Adam Wagner | Andrew White |

EMT-Intermediate

Travis Calloway
Tyler Harrison

Fire Officer I

Adam Morton
Charles Shealy

Paramedic

Tucker Driskill
Courtney Hall

Fire Prevention Org. & Mgmt.

Matt Millner

Fire Instructor I

David Jackson

New Health & Fitness Exchange

By: Firefighter Kenneth Bunch

I'd like to introduce you to a new Health & Fitness column that will be a part of *Flashpoint* each month. This month, I would like to provide an explanation of the goal of the column, and examples of things you may find here. It is my desire for this to be interactive and informative for us all.

Historically, this has been a difficult, and sometimes unpopular, topic within our department. However, I feel like health, wellness, and fitness are the basis of everything we do. We are occupational athletes, and as such, we owe it to the citizens, each other, our families, and ourselves to take care of our health. People can have all the knowledge of strategy and tactics in the world, but if they can't physically do the job, the knowledge is useless. Equally important, as much as we may love this career, the ultimate goal of everyone here should be retirement. It is my desire for everyone to leave here healthy enough to enjoy their retirement they have worked so hard to earn.

I begin the column with a disclaimer. I am neither a certified nutritionist, nor am I currently certified as a fitness trainer. Several years ago I did successfully complete the Peer Fitness course, and even though I have not maintained this certification, this course, along with my personal journey, has given me a fair amount of knowledge and experience that I would like to share. In addition, I view this as an opportunity to learn and expand upon that base. Having stated that, I want this to be your column. I have found a program that works for me, but I know that everyone's fitness level and fitness goals are different.

One of my goals for this column is to answer questions from you. Each month, feel free to send me questions via e-mail at kenneth.bunch@lynchburgva.gov. Depending on the number and complexity of the questions, I will research and answer as many per column as possible. All

questions and answers will be handled judgment-free and anonymously. If I don't receive questions, I will select different topics each month, rotating between exercise, wellness, and nutrition. I would also like to have guest columnists from time-to-time, so if anyone would like to share thoughts, ideas, or write an entire column, feel free to e-mail me. Topics of questions will be limited to nutrition and exercise, and be mindful that all correspondence will be through City e-mail. I look forward to learning and sharing more about this important aspect of our job.

Guns & Hoses

By: Battalion Chief Greg Wormser

The 8th Annual Guns & Hoses Game will be held Sunday, August 23, 2015 at City Stadium.



Once again we are partnering with the Lynchburg Hillcats and the Lynchburg Police Department to raise money for the Muscular Dystrophy Association (Fire Department) and Special Olympics (Police Department). Tickets are \$10 and include a FREE t-shirt (for the first 1,000 people). Your ticket also admits you into the Hillcats game immediately following the Guns & Hoses game, which will begin at 4:00 p.m. You may purchase your tickets from Battalion Chief Greg Wormser (Training Division) or Ann Jenkins (Fire Administration) beginning July 1st.

In addition, the Fire Department has also been invited to participate in a Home Run Derby Charity event at City Stadium on July 10th at 6:00 p.m. Firefighter Travis Guthrie will represent the department as he competes against other local celebrities, and retired Oakland Athletics baseball player Jose Canseco.

Congratulations to...

- Deputy Chief Anthony Smith who retired effective July 1, 2015 with 35 years, 1 month service.
- Captain Thomas Mack who retired effective July 1, 2015 with 28 years, 8 months of service.
- Holly & Brian Shackelford (and big brother Isaac), on the birth of their daughter (and sister), Brylee Victoria. She was born June 21st and weighed 7lbs., 2 oz.
- Tim & Whitney Greenway on the birth of their son, Wyatt Lee. He was born June 28th and weighed 7lbs., 6 oz.

60 Second Safety

By: Battalion Chief Ricky Bomar

360 Evaluation

The importance of a complete 360 degree scene evaluation cannot be overstated, as evidenced in these three photos.

Any irregularities can also often be identified and documented during the Vital Building Information Survey.

