



## CHIEF'S CORNER

### Taking Care of Yourself

Greetings everyone and welcome to the Halloween edition of the Chief's Corner. I hope you and yours are doing well and getting ready for the upcoming "fire" season. The cold weather is coming but the recent temperatures have been nice. The end of this month will be Halloween, but I want to talk about a topic that is also scary...the connection between firefighting and cancer. Talking about this is not pleasant, but it is necessary for firefighters' health and long term well being. So, let's do it...

In April of this year, the Firefighter Cancer Support Network invited a group of experts to a meeting in Indianapolis to develop a "White Paper" on cancer in the fire service. These experts came from the medical field, legal and social/research communities, as well as fire departments from across the country. The intent of this paper was to discuss the link between firefighting and the increased risk of developing cancer. After several days of work, a draft white paper was produced that discussed the scope and extent of the problem. Some of the information contained in the report is disturbing, to say the least, and should cause every firefighter to pause and think about this issue. Here are a few facts from the report that should get your attention. Multiple studies have demonstrated credible evidence for statistically higher rates of multiple types of cancer in firefighters compared to the general American population. Some examples are:

Testicular cancer	2.02 times greater risk
Multiple myeloma	1.53 times greater risk
Non-Hodgkin's lymphoma	1.51 times greater risk
Skin cancer	1.39 times greater risk
Prostate cancer	1.28 times greater risk
Malignant melanoma and Brain cancer	1.31 times greater risk

If this information doesn't get your attention then you should probably be looking for another line of work. We all know that firefighting is a dangerous profession, but few of us realized the increased risk of these diseases until now. We still continue to go about our jobs as if nothing has changed over the years and we did not understand this risk. On a regular basis, I visit stations where the exhaust abatement systems are not connected to the vehicles, exposing everyone to diesel fumes and contamination. I still see firefighters wearing dirty, contaminated turnout gear and helmets. In addition, some of our members who also volunteer still carry their contaminated gear around in their vehicle without putting this gear in a proper storage container.

We all know that we are exposed to cancer causing agents on a regular basis and we must do everything we can to decrease our "uptake" of these agents. Research has shown

that the two routes of greatest concern for entry of carcinogens into our bodies are through the lungs and dermal absorption. These carcinogens enter our lungs when we do not use our SCBAs or remove them prematurely during overhaul. We also absorb these toxicants through the skin when working at a fire. (A little know fact: Skin's permeability increases with temperature and for every five degree increase in skin temperature, absorption increases 400 percent.)

To help reduce this risk and improve firefighter health, we need to educate ourselves and take the steps necessary to protect our bodies. I encourage everyone to read the entire report on this issue and heed the information. It can be found on the Firefighter Cancer Support Network's web page ([www.firefightercancersupport.org](http://www.firefightercancersupport.org)) and the report is called: "Taking Action Against Cancer In The Fire Service."

In the meantime, below is a list of immediate actions you can take to protect yourself. This list may also be found in the report:

- Use SCBA from initial attack to finish of overhaul
- Do gross field decon of PPE to remove as much soot and particles as possible
- Use Wet-Nap or baby wipes to remove as much soot as possible from your body while still on the scene
- Change your clothes and wash them immediately after a fire
- Shower thoroughly after a fire
- Clean PPE, gloves, hood, and helmet immediately after a fire
- Do not take contaminated clothes or PPE home or store it in your vehicle
- Decon fire apparatus interiors after fires
- Keep bunker gear out of living and sleeping quarters
- Stop using tobacco products
- Use sunscreen or sun block

Well, that wraps it up for this month. I hope everyone will take this information to heart and do what is necessary to protect themselves. It will help keep you healthy so you can enjoy a long life with your loved ones and be happy and productive. The cold weather and fire season is just around the corner so lets get ready.

Until next month, take care and keep up the great work, but never forget the most important rule: "Everyone goes home safe at the end of the shift."

Chief

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## OCTOBER ANNIVERSARIES

Congratulations to the following members who celebrate anniversaries with the department in October:

### 35 Years

Eddie Campbell

### 32 Years

Ricky Bomar

### 27 Years

Thomas Mack

### 22 Years

Mike Richardson

### 21 Years

Allen Carwile  
Sean Regan  
Quincy Scott  
Tom Bartell

### 17 Years

John Norman  
Warren Jamerson  
Roger Harris  
Darrell Hamlett

### 15 Years

Jason Campbell

### 4 Years

Chad Reeves

## TRAINING REMINDERS

- EMS/Fire Skills Drills will be conducted on October 7-9 and October 28-30. Times for each station to attend the class have been distributed.
- BREMS Education Night will be held at Lynchburg General Hospital in the First Colony Conference Room on October 8th at 7:00 p.m.
- Trauma Team Conference will be held at Lynchburg General Hospital in the First Colony Conference Room #2 on October 24th from 5:30-6:30 p.m.
- Identifying/Caring for Victims of Strangulation and Rape Awareness will be conducted November 4-6. Times for each station to attend the class have been distributed.

October is  
Breast Cancer Awareness Month



## OUR BOOTS RUNNETH OVER!

By: Master Firefighter Abbey Johnston

Thanks to the hard work and dedication of our employees, our Fill the Boot campaign for MDA was yet again a huge success!

We collected \$30,141.47 in just over a week! In addition to providing treatment and equipment for area families, this money will fund research to find new treatments for over 40 neuro-muscular diseases. The highlight of my year is the phone call I make each September to the MDA to report our collection totals. You are making a huge difference in the lives of local families and adding to the public's affection for our profession. THANK YOU to each and every station that participated.



Capt. Jonathan Wright & Firefighter Cary Word collecting for MDA

Local 1146 is looking to expand collection opportunities and is seeking to have someone step up and organize a 5K road race for MDA that will raise funds toward our 2014 campaign. If you are interested in coordinating this event, contact me ASAP.

## CONGRATULATIONS

- Congratulations to Natasha Williams on the birth of her daughter, Ny'Asia Paige Sales. She was born September 13<sup>th</sup> and weighed 9 lbs. 10 oz.
- Best wishes to Gavin Jones whose last day with the Fire Department will be October 8, 2013. We wish him well in his new career.

## MUSEUM UPDATE

The Board of the Lynchburg Fire Department Museum, Inc. (LFDM) recently completed two major tasks. This includes completing application for 501(c)(3) non-profit status, and, most recently, identifying a potential site where all of the antique equipment can be stored. Completing these two tasks, ahead of schedule, is vital to the future success of LFDM and we are grateful to those who have assisted each step of the way!

The LFDM has also reserved a website domain ([www.lynchburgfiremuseum.org](http://www.lynchburgfiremuseum.org)) and are looking forward to its launch in October. The website will feature pictures of the old relics, significant historical events, and information on upcoming events. Speaking of upcoming events, check out the event information listed below.

Finally, we appreciate the positive feedback about the Retiree Reconnect segments in this newsletter. It has been a real joy speaking with the retirees about their experiences and accounts of the Lynchburg Fire Department. Please find listed below our Board Members and advisors should you have any questions about LFDM.

### Upcoming Events

October 5, 2013

Day at the Point - Fall Festival at Point of Honor, 112 Cabell Street (10 a.m. - 3 p.m.)

Sponsor: Lynchburg Museum System

Display: 1871 Madison Cobbs Steamer (weather permitting)

October 5, 2013

Bedford Volunteer Fire Department 125<sup>th</sup> Anniversary Parade (3-5 p.m.)

Sponsor: Bedford Volunteer Fire Department

Display: 1887 Hayes LaFrance Ladder and 1943 Seagrave (weather permitting)

### Lynchburg Fire Department Board Members

Rod Smith, President

Tammy Sage, Secretary

Brandon Brown

Sandy McNamara

Greg Wormser

Jonathan Wright, Vice President

Matt O'Daniel, Treasurer

Lewis Lichford

Julia Thomas

### Advisors

Brad Ferguson

Darryl Whitesell

Ken Kiger

David Wright

## 2013 BREAST CANCER AWARENESS CAMPAIGN LIVE • FIGHT • DREAM

Once again, the Lynchburg Fire Department has partnered with local businesses to raise awareness and funds for The Centra Foundation's M.A.A.M. Fund (Mammograms Annually A Must).



Shirt design

M.A.A.M. is a local volunteer group associated with The Centra Foundation, whose mission is to raise awareness of the importance of screening mammograms. M.A.A.M. helps to fund and organize free mammography screening for the community and supports media campaigns to build awareness about mammography.

Members of the Lynchburg Fire Department will wear the "special edition" shirts during the week of October 14-18. In addition, members of the public may purchase shirts, hooded sweatshirts, and "dog tag" style necklaces by contacting Tammy Sage at 455-6341.



Dog Tag design

Thanks to our sponsors this year:

The Fire Foundation  
Craft Automotive Group  
High Peak Sportswear  
R. B. Taylor and Sons  
The Oaks  
Harris

Lynchburg Firefighters Assoc.  
Beeline Towing  
Piedmont Fleet Services  
Select Bank  
The Texas Inn (T-Room)

## FALLEN FIRE FIGHTER MEMORIAL SERVICE

By: Firefighter Jeremy Pillow

Each year, I am reminded of an expected duty that I have as a sworn firefighter, and also as an adopted brother within the Lynchburg Fire Department family. This duty is to remember those who have served before me and to recognize those members of my adopted family who paid the ultimate sacrifice and did not return home to their own families.



Lynchburg Fire Department's Annual Fallen Fire Fighter Memorial Service will be held on Sunday, October 13, 2013, at 2:00 p.m. at the Fire Fighters Fountain in Miller Park. This year the wreath will be placed by Lynchburg Fire Department members, retired Captain Roy "Bud" Martin and his son, Firefighter Trey Martin.

This event is held annually to honor 22 Lynchburg firefighters who have died in the line of duty. Also remembered are three members of area volunteer departments who died in the line of duty, two of which were members of the Lynchburg Fire Department. All fire department members and their families are invited to attend. Fire Department members are encouraged to wear "Class A" dress uniform.

Make plans to attend this ceremony and take part in the department's tradition of remembering the surviving family, while paying tribute to the lives that were sacrificed.

## RETIREE RECONNECT

The purpose of this segment is to allow department members to "reconnect" with our retired members and find out what they've been up to! It will also introduce new department members to our retirees who served for many years and share some of their valuable knowledge.

### Commander III James Bomar

30 Years of Service  
(March 16, 1956 to  
April 1, 1986)

(Pictured right: James Bomar poses beside an old LFD Indicator Box)



### Share a fond memory or experience(s) that you were a part of during your service with the department.

- On my first day as a Firefighter, I reported for duty at 7:30 a.m. at Station 1 (B Shift), #7 Engine Company. The first thing the crew taught me to do (before 8:00 a.m.) was how to catch a hydrant and, before 8:30 a.m. that morning we responded to a brush fire call. That was the first of a dozen brush fires that #7 Engine responded to that day. The Fire Department had a waiting list of reported fires that day and as soon as an engine company cleared from one fire, they were dispatched to another. Engine #7 returned to Station 1 at 6:30 p.m. and needless to say, I got a lot of training that day. I was a dedicated Firefighter from that day until I retired 30 years later.
- Shortly after January 1976, the Fire Department assumed the duties of providing emergency medical services. I was the coordinator of EMS at that time. A passenger train derailed in Shipman, VA, in the middle of the night. The Sheriff's Office requested an ambulance and supplies from our department. When we arrived on the scene, a doctor who was a passenger on the train, was doing triage. We transported two patients to UVA Hospital. The lesson I learned that day is you need a good triage system. Six people died at the scene and all of the patients who were transported that day survived.
- On February 25, 1975, we lost two firefighters in a building collapse on Main Street (A Shift was on duty). I got the second alarm call at 11:00 p.m. that night. The Fire Department was on 24 hour shifts, with a day on and a day off schedule. At 5:00 p.m., the Chief informed me to go home, clean up, and report to Station 1 as the Captain of Engine 7, which was the only engine company in service that B Shift day. I reported to Station 1 at 6:30 a.m. and I stayed in the dispatch room until approximately 2:30 p.m. when we received a call of a structure fire at Lynchburg Training School. We arrived to a four-story building fire that had 200 mattresses stored in the basement on fire. We were able to contain the fire but it took us until midnight to clear the scene. This was the worst two days of my 30-year career.

### What do you miss the most and what advice would you give to someone just starting their career with LFD?

I miss the people the most. My advice to someone just beginning their career is to learn as much as you can about firefighting and emergency services and always be enthusiastic about your job. Always treat each person as you would like to be treated.

## FIRE PREVENTION WEEK/MONTH



The theme of the 2013 Fire Prevention Week is "Prevent Kitchen Fires." The NFPA selected this theme to encourage greater care when cooking and an awareness of kitchen fire dangers. As cooking is the number one cause of home fires and home fire injuries, the week of October 6-12 is set aside to promote safe kitchen habits with stoves, microwaves, and other appliances. Remaining attentive while cooking and managing how close children and pets are to anything hot will help keep families safe.

"On average, firefighters respond to more than 400 kitchen fires every day" says Lorraine Carli, Vice President of Communications for NFPA. "By making kitchen fire safety the theme for 2013 Fire Prevention Week, we can raise the awareness of the leading cause of fires, unattended cooking, and provide life saving safety tips to improve the safety of everyone in the home." Below are a few kitchen safety tips:

- When you fry, grill, or broil food, stay in the kitchen.
- Maintain a kid- and pet-free zone at least three feet away from the stove.
- Turn pot handles away from the stove's edge.
- Keep a lid and oven mitt nearby when you're cooking to use in case of a grease fire. If you have a grease fire, slide a lid over the pan. Turn off the burner and leave the pan covered until it is completely cool.

Below are some tips for station personnel from Lynchburg Fire Department's Public Education Specialist, Jennifer Mayberry, to keep in mind when providing fire prevention presentations:

- Remember your audience and be mindful of their attention spans/interests. Toddlers want to see the big trucks, whereas more mature spectators appreciate more detailed facts involving the equipment and how it works.
- Play kids' videos/CDs! A few recommendations are:
  - Be Cool about Fire Safety video
  - Your Fire Escape with Safe-T-Bear video
  - Let's Rap Fire Safety CD

Elementary age children love these videos and animations. You would be surprised to see how much attention they pay and will answer your questions pertaining to the videos.

- Turnout gear demonstrations are always a hit no matter what age. The older groups have enjoyed when one of their own get to put on a clean set of gear instead of watching the firemen.

October is always an extremely busy month for the Lynchburg Fire Department to provide fire prevention/safety presentations. Contact Jennifer Mayberry at 455-6342 if you have questions regarding scheduled events.

## FLU SHOTS

The City will once again be offering free flu shots to all City employees on November 6<sup>th</sup> and 18<sup>th</sup> at the Library Community Room (2315 Memorial Avenue), between 7:30 am and 4:30 pm. No appointment is necessary.

Get your Flu Shot!



In addition, as in the past, fire department field personnel will receive flu shots at the fire stations. Below are the dates that the Occupational Health staff will visit the fire stations.

- October 28 (A-Shift)
- October 29 (B-Shift)
- October 30 (C-Shift)

## Upcoming Events

### Ducky Derby

Date: October 5, 2013  
 Time: 9:00 a.m. — 12:30 p.m.  
 Place: Peaksview Park (Ardmore Drive Entrance)

### Day at the Point Fall Festival

Date: October 5, 2013  
 Time: 10:00 a.m. — 4:00 p.m.  
 Place: Point of Honor

### Bedford Volunteer Fire Dept. 125<sup>th</sup> Anniversary Parade

Date: October 5, 2013  
 Time: 3:00 p.m.

### Fire Safety Day

Date: October 5, 2013  
 Time: 9:00 a.m. — 12:00 noon  
 Place: Home Depot

### Fire Prevention Week

Dates: October 6-12, 2013

### Firefighters' Ball

Date: October 12, 2013  
 Time: 6:00 p.m. — 1:00 a.m.  
 Place: The Kirkley Hotel  
 Cost: \$60 (single); \$100 (couple)  
 Contact: Abbey Johnston (434) 444-4422, or Allen Marston at (434) 660-0244.

### Annual Fallen Fire Fighter Memorial Service

Date: October 13, 2013  
 Time: 2:00 p.m.  
 Place: Fireman's Fountain — Miller Park

### EMSAT

Date: October 16, 2013  
 Time: 7:30 p.m.  
 Topic: How Sweet It Is: Diabetic Emergencies  
 The following CE will be awarded:  
 (ALS — Category 1, Area 89; BLS — Category 1, Area 05)  
 Contact: Matt Millner, Training Division, ext. 6359

### 23<sup>rd</sup> Annual John A. Stephenson Memorial Youth Run

Date: October 19, 2013  
 Time: 8:00 a.m. — 10:30 a.m.  
 Place: Riverside Park