



## Chief's Corner

### Moving Into the Cloud

Hello everyone, and welcome to the August edition of the Chief's Corner. I hope you have been able to keep cool these last several weeks here in tropical Central Virginia. It seems like the furnace has been running full blast and there is no relief in sight. But take heart, fall is just around the corner and we can only hope for more temperate weather.

This month I would like to discuss the City's move to the cloud for e-mail services that will be taking place in the near future. It will be a change that affects all of us and the way employees access their e-mail and Office Suite services. Here is a quick overview.

For many years, the City has relied on IBM's Lotus Notes for e-mail services. This software also provided the calendar function and handled your contacts. As part of the ever-changing Information Technology landscape, the City's I.T. department is planning a move to a cloud-based service for e-mail and the associated features. When I say "cloud-based" service here, what I really mean is it will be internet based rather than running on the City's intranet. Because the e-mail will be cloud-based, it will be available anywhere that you can access the internet. You should not have to VPN into the City's intranet when you are out of town or at home to get your e-mail. This will be a great deal easier than the current system.



The new e-mail will be a Microsoft product called Exchange. It will also provide a calendar as well as handle your contacts. A lot of you probably are already familiar with this e-mail software and use it on a regular basis for your personal e-mail. For those of you who have not used this software, it should be an easy transition from Lotus Notes. Training will also be provided as needed.

As we transition to this cloud-based e-mail service, the City is also going to change the way we access the Office programs. The word processing and spreadsheet software will also be based in the cloud. Employees will access these services through the internet and will also store their documents there. Some "heavy users" will have the software loaded on their computer, but most will not. This is a function of the budget and the cost for placing the software on a computer versus accessing it via the internet. Loading the software on a computer is considerably more expensive. The transition to the cloud-based service will take place in the near future and I.T. hopes to complete the process before the end of the year. (That is a pretty aggressive timeline but it should be doable.) More information will be forthcoming as we move through the process and I will keep you apprised of any changes.

As the City makes the move to the cloud, there are several other changes on the horizon that will affect employees and how we do business. One major change is the move to electronic time sheets, scheduled to take place this fall. When this process is implemented, each employee will be responsible for logging into the HR Portal (or some part of dot net) and entering their work hours for each pay period. The supervisor must still approve the hours in some manner, but that will be done electronically as well. It will be very important for each employee to be diligent about this because if you fail to enter your hours you will not get paid. (Remember, these are your hours and your pay. Take this responsibility seriously.) The City and Finance will not be issuing "special checks" if you fail to get your information entered.

Speaking of the HR Portal, it is now the "go to" place for all things related to you and your pay. If you need to see your new pay rate or check on your leave balance, you can do this through the portal. Each employee is also responsible for keeping their personal information updated as well. If you have a change of some type in your status, you should log-in and make the changes. These changes include things like a new phone number or new address or even a change in your marital status. You are responsible for keeping this information up to date.

You know the old saying: "The only thing constant is change." That's certainly true in the Information Technology world and we are about to experience it. As the City moves "into the cloud," we must embrace the new way of doing things and adapt. If we don't we will simply get left behind. Get ready because it's coming...

Well, that's a wrap for this month's Chief's Corner. I hope you and your family have a great rest of the summer and enjoy the time together. Get outside and take advantage of the warm weather. Before you know it we will be shoveling snow and griping about how cold it is. That never seems to change; we are always "wishing" for the next season.

Keep up the great work and strive to make Lynchburg a great place to live, work and play! However, never forget the most important rule: "Everyone goes home safe at the end of the shift."

Chief

## IN THIS ISSUE

- Chief's Corner
- Anniversaries
- Certifications
- Health Exchange
- Fill The Boot Campaign
- New Apparatus In Service
- 9-11 Stair Climb
- 60 Second Safety
- Local 1146 Assists With Camp
- Guns & Hoses Reminder
- Moose Lodge Partners With LFD
- Summertime Safety



## August Anniversaries

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

### 27 Years

Robert Hamilton  
Peggy Coleman  
Michael Thomas  
Frankie Campbell

### 26 Years

Ricky Ring

### 19 Years

Heather Childress  
Scott Kelly

### 15 Years

Earl Copos  
Cary Word

### 9 Years

Allen Marston  
Derik Hudson  
Steven Evans

### 8 Years

Brian Younger  
Natasha Williams  
Charlie Shealy  
Jeremy Pillow  
Marty Misjuns  
Jamie Maxwell  
Eric Maschal  
Todd Glass

### 5 Years

R. D. Irvin

### 2 Years

John Bowling  
Trey Martin

## Certifications

### Chemistry of Hazardous Materials

Heather Bowen  
Travis Guthrie  
Jamie Maxwell

### EMT – Intermediate

Trey Stillman

### Fire & Emergency Svcs. Administration

Matt Millner

### Fire Instructor I

Jason Boteler  
Tucker Driskill  
Chad Hogan  
Patrick Madigan  
Dane Phelps  
Joy Boteler  
Zach Foster  
Chris Hiner  
Jason Marston  
Greg Pyton

### Haz-mat Adv. Tactical Control Course

David Cox

### Paramedic

Colt Freeman  
Chris Hiner

### Virginia Fire Officer Academy – Safety Through Leadership

Earl Copos

## Health Exchange — Weight Loss

By: Firefighter Kenny Bunch

Most of us know that being overweight and obesity are some of the greatest health problems facing our country today. Two-thirds of adults are overweight, and about half of those are obese. These figures are based on BMI (body mass index), rather than weight alone, because it takes into account that shorter people tend to weigh less than taller people. It's not perfect; the BMI of muscular athletes is often in the obese range. BMI is figured by dividing your weight (in pounds) by your height (in inches) squared, then multiplying by 703. So, if you are 75" tall and weigh 200 lbs., your BMI would be 24.9. This is not a "fits-all" equation because other factors such as bone density and muscularity can raise the BMI of a fit person into the overweight or obese range. Refer to the the ranges in the table to determine your current status.

BMI	Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
40 and Above	Morbidly obese

Unfortunately, many of us are overweight, and most of us can't use the excuse of being extra muscular. So what do we do? Weight loss, dieting and fitness is a multi-billion dollar per year business. There's no shortage of books, groups, plans, pills, and gimmicks claiming they can make you drop 20 lbs. in two weeks. Recently, I saw a commercial for a cream that you rub on your waist line, coupled with a vibrating belt you wear, that claimed to melt the pounds off. All of these options can be overwhelming; so, how do we know who to believe? Despite what the billion dollar mega monster diet machine would have us believe, there's only one way to lose weight and consistently keep it off. That is to burn more calories than you take in. Really...it's that simple. Well okay, it is still complicated, and the more you lose the harder it gets, but there is no pill, cream or vibrating belt that can do it for you.

What are calories and how do we learn to control them? A calorie is defined as the amount of heat required to raise the temperature of one kilogram of water one degree Celsius. Basically, it is a way to measure fuel. Everything we eat has fuel potential (calories). Different foods have different potential as fuel, therefore having a different range of calories. This difference can be broken down by category: 1 gram of protein has 4 calories, 1 gram of carbohydrates has 4 calories, 1 gram of fat contains 9 calories, and 1 gram of alcohol has 7 calories. So our decisions of what to eat (and drink) correspond directly with how many calories we ingest. This is why some diets push the low fat angle, because fat is the highest in calories...therefore, it must be bad.

The next part of the equation is how our body stores the calories that we don't use as fuel on a daily basis. All food is converted in the body to sugar, some is burned immediately while some stored in the liver to be used later. Any left-over sugar is converted to fat and stored at various locations around the body to be used (theoretically) at a time when there is nothing coming in and nothing stored in the liver. It takes 3,500 calories to equal one pound of stored fat. (Remember this, you will see it again.)

How do we know how many calories we need? A good rule of thumb is the 10 percent rule, which basically means that a 200 lb. person, performing moderate day-to-day tasks, will need approximately 2,000 calories to maintain his/her weight. In order to lose weight, this person would need to create a deficit in calories. Since it is recommended that an individual only lose 1-2 lbs. per week, this person would need to cut caloric intake to 1,500 calories per day. Also keep in mind that a 200 lb. person is consuming 14,000 calories per week just to maintain weight, so attempting to lose 2 lbs. per week would result in a 50 percent reduction in calories, which could result in fatigue and other problems.

It's easy to see why people get discouraged and why companies promising quick fixes are so popular. Don't fall for the gimmicks; they are a waste of money. Programs that work, like Weight Watchers (or plans that help you count your your calories) are an excellent choice. Beware of plans claiming you'll lose more than 1-2 lbs. per week. They can work for a short time, but ultimately you'll need a lifestyle change to maintain your weight loss. Remember, you didn't gain weight overnight, and you can't lose it overnight. It's better to learn to adopt a healthy relationship with food from the start. This includes not denying yourself things that you really like, just enjoying them in moderation. If you don't, you will inevitably return to the habits that contributed to weight gain. Calorie counting and control is the only way to successfully lose and maintain weight. I firmly believe that watching what you eat, or monitoring your fuel consumption, is the foundation of good health.



## Fill The Boot

By: Firefighter Natalie Darling

The 2015 Fill the Boot Campaign is just around the corner! The International Association of Fire Fighters (IAFF) has been a long time supporter of the Muscular Dystrophy Association (MDA) and the "Fill the Boot" Campaign.

By the time you are reading this, you should have already attended one of the kick-off sessions that were held at the end of July. This year, our collection week is August 17-23 (a schedule will be posted on the G-drive in the MDA folder). The collection locations are the same as last year, so hopefully you already know which ones in your territory work best. We have also been allowed a voluntary week, which will be August 10-16. During this week, you may collect while off-duty with family members; so let's all do a little extra in support of a great cause!

This year, our goal is to raise \$48,000. This is slightly higher than the total collected last year by Lynchburg Fire Department, and I feel confident that we will meet this challenge with no problem.

Supplies will be delivered to all fire stations prior to collection dates. Please feel free to call (947-1899) or email me with any additional needs or questions. I look forward to another successful Fill the Boot Campaign by the Lynchburg Fire Department!

## Fire Department Places New Apparatus In Service

By: Captain Jonathan Wright

Recently, the department took delivery of two new medic units. Manufactured by PL Custom Emergency Vehicles and featuring Kenworth T-270 chassis, these vehicles will be assigned to Medic 3 and Medic 4. In fact, by the time this edition of the Flashpoint goes to print, both units should be in-service. Like our previous delivery (Medic 1), these vehicles are equipped with roll-up doors and PL Custom's "Medic- In-Mind" functionality.

These new units demonstrate again how fortunate the department is to have outstanding support with our fleet. Thanks to Captain Chris Adams and Master Firefighter Robert Turner for developing the specifications needed to acquire these vehicles and to Captain Frankie Campbell for his assistance with the final inspection. In addition, thanks to all the members who provided input and suggestions. Special thanks also to Jimmy Seay for his assistance installing equipment.



## Second Annual Lynchburg 9-11 Memorial Stair Climb



By: Master Firefighter Todd Davis

Once again, The Fire Foundation, Inc., has partnered with the National Fallen Firefighters Foundation and the Central Virginia Firefighter's Association to host the Second Annual Lynchburg 9-11 Memorial Stair Climb. The event will be held Saturday, September 12, 2015.

Climb the stairs of The Bank of the James Building to honor the memories of the 343 FDNY firefighters who bravely gave their lives trying to save others on September 11, 2001.

Participants will climb the 20 stories, five and a half times, representing the 110 stories in the Twin Towers. Everyone will wear a photo badge to honor one of the fallen heroes. Firefighters have the option to climb in their turnout gear. On average, it takes approximately 1.5 to 2 hours to climb.

Check-in will begin at 7:30 a.m. in the lobby of The Bank of James Building (828 Main Street). Teams of 5-6 participants will begin climbing in waves every four minutes. A moment of silence will be observed at 9:00 a.m.

This event is limited to 343 participants. The fee is \$40 per person. Participants will also receive their their photo badge and t-shirt as a memento for their support of the memorial event. Registration is now open at [www.lyncburg911stairclimb.com](http://www.lyncburg911stairclimb.com).

Half of the proceeds will benefit the National Fallen Firefighter Foundation, which offers peer counseling and resources to the family and colleagues of fallen firefighters. The other half of the funds will be used to build training props at the local Fire Training Center for career and volunteer firefighters. The 2014 stairclimb event was a huge success with approximately 143 participants and more than 50 volunteers/staff. Over \$10,000 was raised, with \$4,800 going to the National Fallen Firefighter Foundation, and \$4,800 to the Central Virginia Burn Camp.

Please consider supporting the 9-11 Stair Climb by participating or volunteering. (Volunteers are still needed on the day of the event. Volunteer opportunities are available from 6:30 a.m. to 10:30 a.m. and also from 10:00 a.m. to 2:30 p.m.) If you would like to volunteer, contact Todd Davis at 942-3473.

Take a moment to remember the fallen, and more importantly, to remember the survivors left behind. To register, visit [www.lyncburg911stairclimb.com](http://www.lyncburg911stairclimb.com)

## 60 Second Safety

By: Battalion Chief Ricky Bomar

### Effective Incident Plan Evacuation



Effective incident plan evacuation should begin with the initial call dispatch and continue throughout the response.

Less practiced means of egress such as ladder bails, wall breaches, and Truck Company operations should be included in station training.

## Local 1146 Members Help With MDA Camp

By: Captain Abbey Johnston and Jennifer Mayberry  
On June 22, 2015, members of IAFF/Local 1146 assisted children at the MDA Camp while they fished at the Skelton Campground at Smith Mountain Lake.



Jennifer Mayberry assisting campers

Every year, these young folks, who have been diagnosed with some form of muscular dystrophy, attend camp and look forward to fishing with the firefighters as one of the main highlights. Several campers require significant assistance due to their physical limitations. These brave young men and women, some confined to wheelchairs, put their fears aside and climb aboard a fishing boat to take part in a fun and rewarding hobby. This would not be possible without the generous firefighters who contribute their time and talents.

Another group of Local 1146 members arrived the afternoon of June 25 to purchase and serve meals to approximately 75 campers and counselors at MDA Summer Camp. Children and adults alike raved about the pasta and pizza selection! Their gratitude was evident in the smiles on their faces. Thank you to all who participated (especially those who brought their children to serve).



Local members serve meals to campers

## Guns 'N Hoses Reminder!

Don't forget tickets are available now for the Guns 'N Hoses game that will be held on August 23, 2015 at 4:00 p.m. at the Hillcats Stadium. Tickets are \$10 per ticket. To purchase, contact Greg Wormser or Ann Jenkins at Fire Administration.

## Moose Lodge Partners With LFD To Help Kids

The Tommy Moose® program is one of the most successful community service outreach programs in the history of the Loyal Order of Moose. Moose Lodges and Chapters across the U.S. and Canada have purchased over 100,000 Tommy Moose plush dolls and presented them to Police, Fire, and other Emergency Workers to be carried in their vehicles.



The Tommy dolls are given to children during stressful or traumatic situations, calming them, and giving them a soothing object to refocus their attention, while emergency aid takes place.

The Moose Lodge on Lakeside Drive in Lynchburg has provided the Lynchburg Fire Department with a supply of Tommy Moose dolls. They would like to continue to provide these dolls as needed. (As stations have need to replenish, please contact Jennifer Mayberry in the Fire Marshal's Office.) For more information about the program, visit [www.tommymoose.org](http://www.tommymoose.org)

## Summertime Safety

By: Jennifer Mayberry

It's that time of year when the days are getting longer and warmer and everyone wants to enjoy it! With warm weather comes grilling, pool time, camping, a lot of heat, sudden storms, and flash flooding. But it's not enjoyable when you have to call 911 for an emergency. Here are a few safety tips to make sure everyone has a wonderful fun-filled summer!

### Extreme Heat

- Stay in an air-conditioned building as much as possible.
- Avoid being in the sun as much as possible to prevent dehydration and your body temperature from rising.
- Use sunscreen if you will be outside.
- Be aware of the weather for the day and don't plan strenuous activities around the hottest part of the day.
- Wear loose fitting, light weight, light colored clothing.
- Drink plenty of water to prevent dehydration.
- Take frequent breaks if you MUST work in an area that is known to be hot.
- Check on the elderly and very young on a regular basis because they have a tendency of heating up the quickest and either can't or may not tell you.

### Storms

- Have a NOAA weather radio to alert you when severe weather is going to be in your area.
- Never stay outside during an electrical storm.
- If you hear thunder you are at immediate risk of being struck by lightning.
- Stay away from tall objects that may attract lightning, especially metal.
- Find a sturdy location to seek shelter without windows in case of high winds that may pick up debris.
- Six inches of water can cause your vehicle to lose control. One to two feet of rushing water can carry your car away. If the road is flooded, turn around, don't drown.
- Have an emergency supply kit prepared in case you are without power for an extended amount of time or roads around your location are blocked from downed trees and power lines.

### Grills and Fire Pits/Camp Fires

- Keep all fires a safe distance away from combustibles, 10-25 feet is recommended.
- Check your propane tank and gas lines for leaks prior to igniting.
- Never start a fire with a flammable liquid, remember the flammable fumes can travel back to the canister.
- Keep an eye on wind speeds so embers aren't carried into trees, bushes, rooftops, or anything that will burn.
- Keep a three foot safety zone from kids and pets to avoid injury.

### Swimming Safety

- Make sure children are supervised at all times.
- Never swim alone. Never horseplay around a pool. Make sure the pool gates and doors are secure when not in use so kids and animals cannot get inside and drown.
- Wait 30 minutes after you eat before you swim.
- Make sure you can see what is in the water before getting in. By looking first, this helps prevent injuries from jumping on top of someone or running into a dangerous animal.
- Never swim when you have been drinking alcohol.
- When you start to get tired or notice the children getting tired, take a break for a while.