



LYNCHBURG FIRE DEPARTMENT Our Values — Compassion, Honesty, Integrity, Trust July 2013



CHIEF'S CORNER

Drink, Drink, and Drink Some More!

Hello everyone, and welcome to the July 2013 edition of the Chief's Corner. The weather has certainly turned hot and humid for the last several weeks and I guess we know that summer is here. With this type of weather, the threat of overheating and dehydration increases and becomes a real concern. This month, I want to revisit a topic I talked about several years ago and discuss the importance of hydration. By this, I mean the practice of remaining hydrated (plenty of fluids) while you work, and preventing the problems associated with "running low" on fluid.

When we speak of dehydration in this instance, we are talking about the reduction of circulating fluid in the blood stream and, to some degree, the interstitial and intracellular fluid. We all know that when we work hard in hot weather we sweat and lose fluid. If we do not replace this fluid in a timely manner, then we can become dehydrated. When this happens, our blood gets thicker and the electrolyte balance gets off. The balance of electrolytes is very important and when this balance gets off all sorts of medical problems can occur. Sweating is necessary and very important in the process of keeping us cool when we are working hard and producing heat. We have to sweat to allow the moisture to evaporate and cool us down.

The problems begin to occur when we don't replace the fluids fast enough and the total volume of fluid drops. Sweat contains mostly water and salt (sodium chloride). But it also contains small amounts of potassium, calcium and magnesium. When we lose enough of these vital elements, we are subject to muscle cramps and cardiac dysrhythmias. As the volume of the circulating fluid decreases, the remaining fluid gets thicker and this puts extra strain on the heart. In order to help with this situation, the body starts to pull fluid from the cells and the interstitial space. When we are unable to replace the lost fluid (or not replacing it fast enough), a damaging cycle begins to occur until we can stop the loss. We must prevent this cycle by increasing our fluid intake and keeping the total volume of fluid at an acceptable level.

So, the question is, how do we do this on the emergency scene? The answer is: it's almost impossible to do so on the emergency scene. Now I don't mean that you should not replace fluids when you are sweating on the fire scene. I just mean that by the time you get a chance to rehab and get some fluid in you, you are probably already slightly to moderately dehydrated. The key here is to be well hydrated before responding to the emergency scene. It's too late after you have been working hard, in full gear, and sweating for 45 minutes. You must ensure that you are taking in extra fluids long before you respond to the emergency scene. In fact, this process should begin the day before your duty shift. On the day before you report to work you should prepare yourself by drinking lots of water and some electrolyte containing "sports drinks" if you can. Avoid drinking lots of coffee and soft drinks that contain caffeine because this is a diuretic and will contribute to your fluid loss. On the morning that you report to work you should continue your fluid intake and pre-hydrate as much as possible. By doing this you will be better hydrated to begin with and reduce the chance of becoming dehydrated on the emergency scene. This is something that is done regularly by college and professional athletes. On the day before the game, they consume lots of water and electrolyte containing drinks to prepare themselves for the fluid loss. They also continue to drink as much as possible during the game.

You must do the same thing. Pre-hydrate before coming to work, continue to do so during the shift and drink as much as possible on the emergency scene. When it's hot and you are sweating a lot, you need to take frequent breaks and continue to replenish the fluids. As I write this article, the temperature in the western part of the country is well into the triple digits and breaking records in many places. The temperatures here are hot and the humidity is high as well; making it difficult to stay cool and comfortable. Summer has just started and we can expect two to three months of this weather. Prepare yourself to deal with this and stay well hydrated. It could make all the difference when working on the next big one!

That about wraps it up for the discussion on hydration and how to prevent problems on the emergency scene. I hope you will be able to put this information into practice. It will go a long way towards preventing issues in this hot and humid weather.

Until next time, I hope you and your family are able to get outside and enjoy the summer weather. It's a great time of year and there are lots of activities for everyone. Take care and keep up the great work; however, never forget the most important rule: "Everyone goes home safe at the end of the shift."

Chief

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JULY ANNIVERSARIES

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

29 Years

Ninette Heath

23 Years

Ben Barber
Robert Lipscomb

16 Years

Nathan Chapman

15 Years

Lincoln Barnes

13 Years

John Ripley
David Jackson
Ed Fletcher
Danny Williams
Adam Davis

11 Years

Jimmy Seay

10 Years

Brandon Barney
Matt Smith

9 Years

Kenneth Bunch
Kent Hancock
Abbey Johnston
Matt Millner
Kevin Snead

7 Years

Joy Boteler
Alan Briceland

6 Years

Adam Morton
Neil Patterson
David Kidd
Chris Spencer

3 Years

Roger Irvin

CONGRATULATIONS

Retirement

Congratulations to Barney Roakes who retired effective July 1, 2013. We wish Barney well in his retirement and thank him for 22 years of service.

Birth

- Congratulations to Matt & Bethany Millner on the birth of their son, Parker James. He was born June 13th and weighed 7 lbs.
- Congratulations to Jason & Katie Campbell on the birth of their son, Weston Elliott. He was born June 18th and weighed 8 lbs., 8 oz.

RECRUITS GRADUATE

By: Firefighter Ruth Anne Phillips
The Lynchburg Fire Department's Recruit Academy #12 graduated! Twenty-three graduates took their oath of office during a ceremony held on June 27, 2013. Approximately 175 people attended the ceremony, with some traveling from all over the country to attend the event.



Graduates of Recruit Academy #12

The academy began on March 4, 2013 and included firefighter and EMS skills with Acting Battalion Chief Carwile overseeing and instructing many aspects of the program. The graduates will transition to field operations with a minimum skill level of EMT-B and Firefighter II, although many of the candidates were hired with prior experience and certifications. This will be an incredible asset to the Lynchburg Fire Department and the community. The graduates are excited to start this newest journey in their careers. Below are their new assignments:

<u>Recruit</u>	<u>Station Assignment</u>	<u>Shift Assignment</u>
Adam Barkley	Station 7	B Shift
John Bowling	Station 4	C Shift
Travis Calloway	Station 3	B Shift
Chris Coleman	Station 7	C Shift
Jeff DeGoede	Station 3	C Shift
Colby Felton	Station 3	A Shift
Colt Freeman	Station 7	A Shift
Josh Granger	Station 7	B Shift
Courtney Hall	Station 6	A Shift
Tyler Harrison	Station 8	A Shift
William Heywood	Station 1	A Shift
Chad Hogan	Station 6	C Shift
Trey Martin	Station 3	B Shift
Ruth Anne Phillips	Station 4	B Shift
Rudy Pierre	Station 1	C Shift
Donnie Smith	Station 1	B Shift
Eric Smith	Station 4	A Shift
Dana Stillman	Station 1	B Shift
Brian Stinnette	Station 1	C Shift
John Thompson	Station 7	A Shift
Robert Tucker	Station 1	A Shift
Adam Wagner	Station 1	C Shift
Andrew White	Station 6	B Shift



CENTRAL VA BURN CAMP

On June 12th, Lynchburg firefighters and family members rallied to cook for campers at the 2013 IAFF Burn Camp.

The camp is held annually in Charlottesville at Camp Holiday Trails and welcomes children (ages 7-17) who are burn victims. The camp offers the children a week-long opportunity to attend with other children who have suffered similar circumstances. IAFF members from across Virginia served as camp counselors, coordinators, and prepared meals. The Thanksgiving style meal that we prepare each year is always the favorite meal of the week! Participants always leave with a feeling of satisfaction and often choose to involve their own children in this service to others.

A BIG thanks to our members who helped this year (pictured). We hope that some of you will consider helping with this event next year!

Check out the pictures from this year's event on the Fire Department's Facebook page.



L-R: Jennie & Jody Mayberry, Steve & Angela Ripley, Witt Johnston, Allen & Virginia Marston, Abbey Johnston, Chase Ripley, Caleb & Sara Marston, and Jordan Mayberry

JOHNSTON COMPLETES VA FIRE OFFICER'S ACADEMY

Congratulations to Master Fire Fighter Abbey Johnston, who completed the Virginia Fire Officer's Academy in June 2013. Both career and volunteer students attended from across the Commonwealth and were led by instructors from across the Nation. It focused on the mechanics of leadership and effective communication.



VA Beach Fire Chief Steve Cover and Master Fire Fighter Abbey Johnston

Master Fire Fighter Johnston offers the following tidbit of insight that she gained from the Academy...

Think of a time when you were faced with a leadership challenge and failed miserably. This was the opening directive from Art Jackson, one of the speakers at the Virginia Fire Officer's Academy in Richmond earlier this month. Whether it involves your child, spouse, co-worker, subordinate, or peer, we have all been faced with challenges where there's an expectation that we take the lead in one capacity or another. Very few people get it right one hundred percent of the time. When someone or something challenged you, did you lose your temper? Did you ignore the conflict? Did you "resolve" the issue with the individual then gossip about it to others?

Mr. Jackson's leadership presentation to our class was by far the best instruction I have ever received. As he engaged our class, he took each of us on a journey through how we came to possess our leadership styles (or lack thereof), what is and is not working, and how much more effective we could be if we followed some very basic guiding principles. He explained that the qualities that we should possess as firefighters are the same qualities that make us deserving of public trust and affection and help us grow to become great leaders. As a class we listed integrity, passion, dedication, decisiveness, and competence as our top five desired leadership qualities. What do you think it takes to be a great leader? Who is your hero and what qualities does he/she possess? Most importantly, how do your qualities measure up? Are you doing your part to be either an excellent leader or follower?

He went on to explain that leadership isn't for everyone. For leaders to be successful and to grow their organizations, families, etc., they MUST have strong followers whose trust they have earned. This comes back to those basic qualities that are required of all leaders. He used several real-world examples from his years at West Point to illustrate the difference between obedience and loyalty to one's leader and how in the heat of battle, whatever that looks like for you, the difference can mean success or tragedy.

After a few hours of his energetic and candid presentation, we all had to sit back and give serious thought to how we could improve as either leaders or followers. In a revelation of sorts, he helped us see that without morals and leadership qualities we believe in, we are just kind of going through the motions, pretending to be one thing or another. Each of us has to decide how we will approach our career, regardless of rank, committing ourselves to improvement in small increments. One step at a time, we can advance ourselves from complaining about the way things are to making things the way they ought to be.

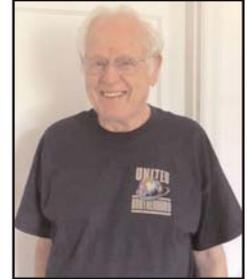
RETIREE RECONNECT

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.

Jesse "Shake" Ware

30 Years of Service
(January 9, 1948 to July 1, 1978)

This month's "Retiree Reconnect" highlights retired Captain Jesse Ware (a.k.a. "Shake").



Jesse "Shake" Ware is the Lynchburg Fire Department's oldest living retiree, at 90 years old! He has a vast amount of knowledge and family ties to the department. Shake's family members who also worked at LFD include his brother William "Flip" Ware; his son, recent retiree Rick Ware; his cousin, Acree Ware; and his uncle Aubrey McCraw.

Many have asked where "Shake" got his nickname. He advised us that he did not receive his nickname at the Fire Department (as many of us do); but, instead he was given the nickname as a child.

Below are a few questions we posed to "Shake," along with his responses.

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

During our conversation with "Shake," he shared these few memories that stood out:

- Shake told us how he remembered the old "horse stalls." He even shared that he recalled the stalls being a secret hiding spot for one of the firemen to hide his whiskey!
- He recalled one of the horses being struck and killed by a street car in front of Guggenheimer Hospital (near our current Station 2).
- Shake recalled one incident when he and his crew responded to a car fire. When they arrived on the scene, the driver was treated and transported to the hospital. To their surprise, the police officer informed them that the car had been stolen from the Richmond Airport and the driver was a wanted man!

What do you miss the most about the department, and what advice would you give to someone just starting their career with the department ?

I miss the men that I worked with the most. Look out for each other! When you spend as much time together, in close quarters, you become closely knit and should look out for each other.

CERTIFICATIONS

Paramedic

Patrick Madigan
Josh Morton
Jeannie O'Brien

Virginia Fire Officers Academy Safety Through Leadership
Abbey Johnston

RETIREE SOCIAL

On June 7, 2013, the Lynchburg Fire Department Retirees' Social was held. Undoubtedly, it was the biggest crowd ever! The department honored the following recently retired members and presented them each with their framed memorabilia.

Walt Bailey	Richard Bass	Derrick Carwile
Barry Crabtree	Linda Eagle	Paul Ginther
Ed Jones	Carla Mann	Dave Mason
Fred Mills	Robbie Ore	Curry Rice
Ron Sanders	Mike Smith	Rod Smith
Rick Ware		

During the Social, a brief presentation was provided on the progress being made with the Lynchburg Fire Department Museum, Inc.. Challenge coins were also offered for sale, with proceeds benefitting the Museum. In addition, Chief Ferguson presented a special "Chief's Coin" to retirees who were in attendance who had retired with 25 years (or more) of service.

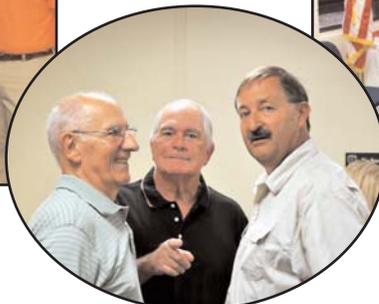
Retirees, as well as department members, also enjoyed displays of the M & M Hart Nozzle and Siphon. The nozzle was used at the Academy of Music fire (circa 1900) and was also carried on hose wagons and on the 1914 Seagrave 75' ladder truck. The siphon was used on the reserve steamers in the 1920s & 30s and at the Flood of 1936 on Jefferson Street. Special thanks to retired firefighter Rod Smith for all of his work to restore these relics.



Fire Chief Brad Ferguson presents memorabilia to recently retired Captain Carla Mann



(Above: Fire Department Shop Staff.....Past & Present)
L-R: Retiree Mike Hagar, Mike Mitchell, Stuart Clark, Rod Smith, Jonathan Wright, Retiree James Cothran, Fire Chief Brad Ferguson, Retirees Charlie Mosby and Fred Mills.



(Above) L-R: Retirees Danny Smith, Rod Smith, Robert Gardner, and Gene Hensley

(Left) L-R: Retirees Jimmy Swisher, Jimmy Hayes, and Richard Bass

REMINDERS

City Observes Independence Day Holiday

All City offices will be closed on Thursday, July 4, 2013 in observance of Independence Day.

EMSAT

Date/Time: July 17, 2013 at 7:30 p.m.

Topic: Infection Control

The following CE will be awarded:

(ALS — Category 1 Area 89; BLS — Category 1 Area 06)

Contact: Matt Millner, Training Division, ext. 6359

Communications Meeting

Date: August 1, 2013

Time: 8:30 a.m.

Place: Fire Administration Training Room

Guns 'N Hoses

Date: August 11, 2013

Time: 4:00 p.m.

Place: Lynchburg Hillcats Stadium

Cost: \$10 per ticket

Contact: Jennie Mayberry (455-6342)



(Above, Fire Department Relics Displayed)
(Left) M & M Hart Nozzle
(Right) M & M Hart Siphon