



Virginia State Firefighter's Association  
c/o David Akers, Secretary  
390 Craig Street  
Christiansburg, VA 24068

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*The Virginia*

Spring/Summer 2012

Volume 2, No. 1

**FIREFIGHTER**

*Newsletter*



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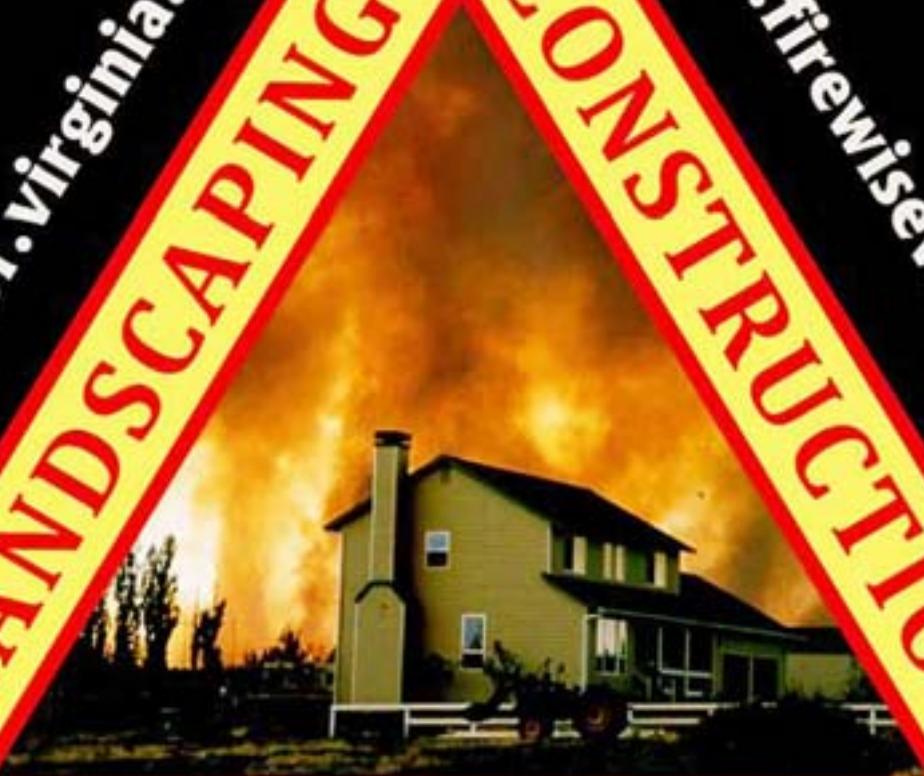
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## Are YOU Prepared?

# A Note From The President



It's hard to believe that another year has passed and our 126th. Annual Conference/Expo is just around the

corner.

We are working very hard to make sure this year's conference is going to be one of the best!

In addition to our regular activities and training sessions, a corn hole tournament is being planned that has created quite a bit of excitement.

I want to thank our committees for all the hard work they have done recently. In particular I want to give special thanks to Larry Logan for taking over the tremendous responsibility of acquiring vendors for the conference.

If you know of anyone who would be interested in a booth or display, please contact Larry with their information.

Chairman Larry Gwaltney and his conference committee are putting the finishing touches on topics to be covered. If you have any ideas or the need for a special topic, please contact Larry as soon as possible.

Special thanks to all those involved in working on and updating our web-

site. Be sure to check it out at [www.vsfpa.org](http://www.vsfpa.org).

We still have plenty of openings if you are interested in serving on a committee. Please contact me if you're interested in helping our association thrive.

We ask that you keep Tommy Chincault and his family in your thoughts and prayers. Tommy suffered a stroke a few months ago and is in the process of recuperating. Cards, letters and visits are greatly appreciated.

Also, our thoughts and prayers are with the families of our brother firefighters with the Gore Volunteer Fire Department and the Alexandria Fire Department who made the ultimate sacrifice in the line of duty.

Please be safe and make sure everyone goes home.

*kindest Regards,  
 Gary Allred, President*

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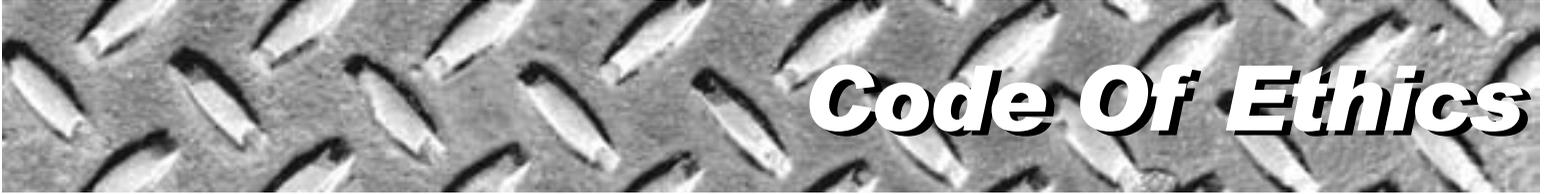
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# Code Of Ethics

## CVVFA Publishes National Firefighter Code Of Ethics

The American fire and emergency services has a very proud tradition of serving communities across our nation that dates back to colonial times. Throughout our nation's history, firefighters have been looked upon with great respect and admiration for their courage and dedication to their profession. To preserve the public's trust, a National Firefighter Code of Ethics was developed by a group of fire service leaders that calls on individual firefighters to pledge their support for maintaining the highest level of professionalism and behavior.

The idea for the Code was initially proposed in the Fire Service Reputation Management White Paper published by the Cumberland Valley Volunteer Firemen's Association

(CVVFA). Since then, the idea gained momentum and received support from the highest echelon of fire service leadership

"We may never have the opportunity again and I urge all fire service leaders to develop, establish, disseminate, abide and enforce a fire service code of ethics, said then-U.S. Fire Administrator Kelvin Cochran in 2010.

The Code is a guide for acceptable behavior already practiced by all but a very small percentage of the fire service. Isolated events that have occurred across the country involving lapses in ethical judgment by fire service personnel, led to the Code of Ethics being developed. It was the brainchild of the National Society of Executive Fire Officers (NSEFO) and has since gained the support of a number of local, state and national organizations, as well

as prominent fire service leaders.

"The Code of Ethics serves to remind our brethren firefighters of our moral and ethical obligation to the profession as well as to the people we serve," said CVVFA Past President Steve Austin. "The public places great trust in our profession and we need to exercise good judgment in order to preserve that trust. The Code of Ethics can serve as a compass to guide us in that direction."

With the support of various fire service organizations, the Code will be distributed throughout the fire service. Individual firefighters are encouraged to sign the Code and keep it in view to remind themselves each day of their pledge to the highest standards of professionalism and behavior.

For more information on firefighter ethics visit the the CVVFA's Firefighter Behavior website.

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# We Need Your 'Junk'

**Submitted By Clyde Clark  
President, ODHFS**

The Old Dominion Historical Fire Society Inc. is dedicated to preserving fire service history, especially in Virginia.

Based in Chester, Virginia, the society was founded in 1978.

Our 300-plus members include many current and former Virginia state firefighters as well as many Virginia fire departments, and they own more than 250 pieces of antique fire apparatus.

Many of these antiques served their entire service time running out of Virginia fire stations.

In order to make their rigs period-authentic, our members are in need of what you may now consider "junk" – items for which you no longer have any use, are going to throw away or put in storage and

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Jack Slagle, with Slagle Fire Equipment in South Boston, Virginia, was recognized for his 30 years of membership with the Old Dominion Historical Fire Society at the ODHFS State Meeting held in Chesterfield, Virginia. (Submitted by Lloyd Goddard, VSFA District 9 Representative)



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# President's Award

At the recent Virginia Fire Chiefs Mid Association Mid Atlantic Expo and Symposium hosted at the Virginia Beach Convention Center outgoing President Chief Jack Jones had the honor and privilege of selecting a fire service member to receive the annual W. C. "Bill" Smith President's Award.

After much consideration and thought President Jones selected a well known 50 year + Virginia fire service veteran, Fire Chief Charlie Singleton of Amherst. Few in the fire service do not know of the tireless efforts of Singleton on the part of legislation and funding for the fire service. He is a 27 year Chairman of the Legislative Affairs Committee of the Virginia Firefighters Association and a past Fire Chief of both Vienna and Ebony Fire Departments; he had a successful tenure as a volunteer Battalion Chief in the Fairfax County Fire & Rescue system where he had the opportunity to mentor and train many of the current Virginia Fire Service leaders who Charlie affectionately refers to as "his juniors".

In his remarks President Jones sighted his many years working with Singleton in the halls of both the Richmond Capital and in Washington DC where Charlie has an ability to gain access to Senators and Congressman's offices by using his encyclopedic memory of issues and past positions on fire service issues. Jones cited how Singleton would open the door with the elected officials and then turn the conversation over to Jones and others who would provide briefings and background on the most pressing matters of the day, not that Charlie did not know the subject matter but he was again grooming the next generation of lobbyists. Clearly all indicators of why Chief Jones had nicknamed Singleton "The Silver Fox" years ago. Few in the halls of government do not know the name and agenda of this fine man, many have learned that there is no hiding from the man from Amherst who has a passion for his firefighters. This selfless commitment to the men and women of the Virginia Fire Service along with Singleton's unyielding commitment to ensuring that elected officials



**Charles Singleton, right, accepting the W.C. "Bill" Smith President's Award From President Chief Jack Jones.**

remain aware, informed, sensitive, and accountable to the needs of Virginia's finest are all examples of why Charlie Singleton was selected by President Jack Jones to be the 2011 recipient of the Virginia Fire Chiefs Association

W. C. "Bill" Smith President's Award. Based on the applause and

extensive comments and observations by so many after the ceremony the choice was right on the mark, again demonstrating that the American Fire Service must move forward but must never lose sight of our history and traditions or lose respect for those that have gone before us giving so much, then, now and always.



Sympathy is extended to the family of Frederick J. Robinson Sr., who passed January 19 at the age of 90. Robinson was recognized on his 90th birthday last May 18th by VSFA District 9 Representative Lloyd Goddard for his 51 years of service to the city of Richmond, as one of the first black firefighters hired in 1950. (Lloyd Goddard Photo)



## Cuts Could Be Looming For Virginia Firefighters

From The Daily Press  
Newport News, Virginia

A proposed shared services agreement between the Newport News and Hampton fire departments could in future years result in the departments eliminating firefighters.

Newport News City Manager Neil Morgan's proposed 2012-13 budget does not include cuts to the fire department. But his budget memo does indicate that the new mutual aid agreement -- where bordering stations along the eight-mile Hampton-Newport News border would respond to emergencies without regard to jurisdictional boundaries -- could in the future result in Newport News cutting up to 12 firefighter positions.

The new mutual aid agreement, which still has yet to be voted on by both municipalities, would be part of an overall agreement to improve efficiencies. Other initiatives include centralizing purchasing and the hiring process for both fire departments.

Hampton Fire Chief David Layman said he doesn't know whether Hampton, which has about 200 firefighters, would also cut its fire department. He said they would study response times and calls over the course of one or two years to determine whether cutbacks are warranted.

Morgan said new efficiencies from the shared services agreement could allow them to cut the positions through attrition in the fire department, which has about 370 employees. The cutbacks could take place as soon as the 2013-14 fiscal year, Morgan said.

But Ben Burbic, president of the Newport News firefighters' union, said he finds it "irresponsible" that the city is already talking about reducing the force.

The city is considering whether to build a new station in Denbigh, to replace Fire Station No. 11, which is temporarily located in a warehouse-like building at the Newport News-Williamsburg International Airport.

Burbic also said that with the increasing potential for new housing in Denbigh, such as the Huntington Pointe development, it doesn't make sense to trim the fire department.

The city recently hired 12 additional firefighters for the new Fire Station No. 3 off of Jefferson Avenue in midtown.



The Poquoson Volunteer Fire Company recently purchased a 1990 Ford Super Duty mini-pumper/brush truck with 8,000 miles from the Intercourse Volunteer Fire Department in Pennsylvania. The truck cost \$12,500 and the department took delivery of it in January. It is presently going through some minor repairs, lettering and equipment installation.

# Awarded For Heroism

## Buckroe Volunteer Fire Company Celebrates 61 Years

On February 4, the Buckroe Beach Volunteer Fire Company of Hampton, Virginia, celebrated its 61st anniversary as a fire company with a celebration held at the Crowne Plaza Hotel in Hampton.

The fire company initially began organizing in the early 1940s. It was not officially organized until May of 1951.

Hampton city officials, including volunteer chiefs and presidents from other companies within the city of Hampton, as well as the fire chief of the Division of Fire and Rescue for the city of Hampton, Hampton's city manager, city council members and the president of the Virginia State Firefighter's Association, were all in attendance to assist and enjoy the celebration.

The evening began with a friendly social hour followed by a delicious sit-down dinner.

After dinner a program included the introduction of all notable guests and the installation of officers for the fire company, the ladies auxiliary and the rescue squad.

The firefighting officers were installed by Hampton Fire Chief David Layman and the administrative officers were installed by VSFA President Gary Allred.

The ladies auxiliary officers were installed by Hampton City Manager Mary Bunting and the rescue squad officers were installed by EMS officer of the Division of Fire and Rescue Lt. Russell Barnes.

The highlight of the program was the presentation of the Mayor's Proclamation for Chief Sidney Pearce for the heroic actions taken by him on July 27, 2010, in rescuing three occupants of a car accident.

This proclamation was presented to Chief Pearce by Councilman Ross A. Kearney Jr. with councilmen Chris Stuart and Donnie Tuck standing with Chief Pearce in support of the proclamation.

A special plaque was also presented to Chief Pearce by the Buckroe Beach Volunteer Fire Company in recognition of his outstanding service and dedication to the company and his continuing service as chief of the volunteer com-



**Buckroe Beach Volunteer Fire Company Chief Sidney Pearce for heroic actions in rescuing car accident victims on July 27, 2010.**

pany since 1984, as well as for his heroic actions in rescuing the car occupants.

Additional awards were also awarded to company members for total hours volunteered and for lengths of membership in the company.

The ladies auxiliary awarded service pins to its members for the many years of service and dedication to the Buckroe company.

Following the awards and presentations, the ladies auxiliary distributed a number of door prizes to lucky attendees.

The evening ended with music and dancing.

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# Dealing With Firefighter Stress

## How To Deal With The Stresses & Anxieties Of Being A Firefighter

By Stanley Popovich

Stress and anxiety are very common when you're a fireman. As a result, here is a list of techniques that a fireman can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

When facing a current or upcoming task at your job that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time.

Completing these smaller tasks will make the stress more manageable and increases your chances of success.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, you are at your place of work and you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

In dealing with your anxieties at your job, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be

anticipated and can affect the results of any situation. Get all of the facts of the situation and use them to your advantage. The more control you have over your stresses and anxieties, the better off you will be in the long run.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

Managing your fears and anxieties takes practice. The more you practice, the better you will become.

## Managing The Fear & Anxiety Of The Unknown As A Firefighter

All most everybody worries about what will happen in the future. The prospect of not knowing if something good or bad will happen to you in the near future can produce a lot of fear and anxiety. As a result, here is a list of techniques and suggestions on how to manage this fear of dealing with the unknown.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember that we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today.

Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. When the time comes, hopefully you will have learned the skills to deal with your situation.

Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation and increase your self-confidence.

Remember to take a deep breath and try to find something to do to get your mind off of you anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

A lot of times, our worrying can make the problem even worse. All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble managing your anxiety of the future, then talking to a counselor or clergyman can be of great help. There are ways to help manage your fear and all it takes is some effort to find those answers.

## **BIOGRAPHY:**

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>.

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# 70 Years Of Service

Submitted By Dale Jamison  
Chaplain PVFC

The Poquoson Volunteer Fire Company Inc., a member of the Virginia State Firefighter's Association, continues as it has over the last 70 years to serve, support and protect the town and now city of Poquoson.

It was originally formed with 18 volunteers as the "Messick Fire Department" in the southeastern section of the Poquoson District of York County.

The fire department started out with a 1941 flatbed Ford truck purchased from Riggins Motors. A 650-gallon tank and running boards were fabricated and added along with hose and other firefighting equipment that the department could afford.

Over the years, the fire department continued to grow to provide fire service to the town/city. The department now has two modern stations, located at 1035 Poquoson Ave (Station 1) and at 562 Wythe Creek Road (Station 2).

The membership has grown also with active, honorary and life members totally over 60 members. The department continues to support the city of Poquoson by purchasing equipment that is not always included within the city's operational budget, by raising funds from our Community Picture taking event held each fall, where the department averages about \$28,000.

This year the department was able to purchase a 1990 Ford Super Duty mini-pumper/brush truck with 8,000 miles, by placing a bid with Intercourse Volunteer Fire Department in Pennsylvania.

We were successful with the bid of \$12,500, and took possession of the truck in January. It is presently going through some minor repairs, lettering and having equipment placed on board and should be in active service by early March.

The company also has helped



**New 27-foot all-aluminum North Wind marine boat, manufactured in Seattle, Washington. Arrived in mid-January.**

out the city by purchasing two new Eagle Attack thermal imaging cameras for \$13,000.

These lightweight cameras will provide vision enhancement in fire fighting and similar emergency response activities. The old MSA imaging cameras will be donated to the Poquoson Police Department.

The city, through a grant with Homeland Port Security grant program, was able to replace our old 21-foot fire boat with a new boat. The new boat is a 27-foot all aluminum North Wind Marine boat manufactured in Seattle, Washington.

It is powered by twin 225 HP Suzuki outboards and a Vortex V6 engine to power the jet drive and provide pumping capacity of 1,000 Gal. per minute. The top speed of the boat is about 48 MPH, using 10 gallons of fuel per outboard motor.

It is equipped with a water cannon and a remote-operated water cannon is going to be added later.

The electronics are the top of the line with a Hummin Bird 1198 camera, GPS and sonar with Ray Marine monitors.

Since the arrival in mid-January, the new boat has been going through testing and being equipped with water safety equipment needed for victim rescue and other water related emergencies.

One important organization for any fire department is its Ladies Auxiliary.

The Poquoson Fire Auxiliary help support the Volunteer Fire Company and the Rescue Squad by holding Fish Fries each year. The first fish fry for this year will be held at Station One on Poquoson Ave. on April 28th from 3:00 PM to 7:00 PM. Eat in or carry out will be provided with easy drive through services.

The Poquoson Volunteer Fire, Rescue Squad and the Ladies Auxiliary wish the very best to one of our own, Gary Allred, president of the VSFA.

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