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Riding the Back Step Was Common in Times Long Past

By Jim Jarboe, Takoma Park VFD.

How many of you can remember those days? Back then, the only thing that I had to hold on to was the metal cross bar on the back step of each pumper (engine) or one of the two similar bars mounted on each side of the ladder truck. Add to that, I was standing in an unenclosed, unprotected space. That open-air standing position exposed me to the piercing sound of the siren, air rushing by, and potential threat of inclement weather and risk of possibly falling or being thrown from the vehicle. Both of our pumpers and the ladder truck didn't have any enclosed riding positions, including for the driver and officer.

While I would ride on any pumper or the ladder truck as may be required as part of an emergency response, I preferred riding the 1952 FWD pumper the most. It was the

first piece out on a fire call and it had a higher back step than the other pumpers. I could see all around except



They're ready to go! From L to R Bob, Jim and "AJ" Jarboe - Standing Engine 16 (1952 FWD pumper) in 1959.

for up front, unless I was standing on the middle step (though its real purpose was to provide access to the hose bed). Sometimes, by standing on the middle step, it would provide enough additional height that I could see off in the distance if there were smoke showing, possi-

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Liz Marks; Story

By John Mattingly, Sr.

Texting
& driving

On November 10, 2015, "Texting and Driving" presentations were given at St. Mary's County High Schools as part of the school systems Safety Awareness Program.

Following the presentations made at the Maryland State Firemen's Association Convention last year by Liz Marks and her mother Betty Shaw, contact was made with Superintendent of St. Mary's County Schools, Scott Smith, about the possibility of having them come to talk to the County high school students. He immediately welcomed the idea and was very impressed with the strong message that Liz provided about her near death automobile accident that she suffered while texting and driving.

Thanks to the school system staff, especially Director of Safety & Security Mike Wyant, for working to have this important safety program shared with our newest drivers. Also, a special thank you to the 3,000 young drivers for their attention and interest in this important pro-

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MSFA Officers 2015-16

President

Johnie F. Roth, Jr.
Bethesda Chevy Chase RS &
Sandy Spring VFD.
19104 Treadway Road
Brookeville, MD 20833
H 301-774-4901
C 202-215-2954
johnie.roth@bccrs.org

1st Vice-President

Michael A. Davis
Cockeysville VFC
10993 Glen Valley Road
H. 717-227-2931
C. 410-371-6966
davisemergency@gmail.com

2nd Vice-President

Mark A. Bilger
Hampstead VFC
4530 Black Rock Road
Hampstead, MD. 21074
C 443-791-4807

Secretary

Doyle E. Cox, P.P.
Prince Frederick VFD-Calvert
29132 Superior Circle
Easton, MD. 21601
H 410-690-3568
C 443-532-1416
dcox@msfa.org

Treasurer

Ronald J. Siarnicki
United Communities VFD—
Queen Anne’s
2130 Priest Bridge Dr., Ste 6
Crofton, MD 21114
C 301-467-5780
W 301-721-6212
rsiarnicki@aol.com

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The President’s Corner

by Johnie F. Roth, Jr.

“ Much has been accomplished these first six months . . . “

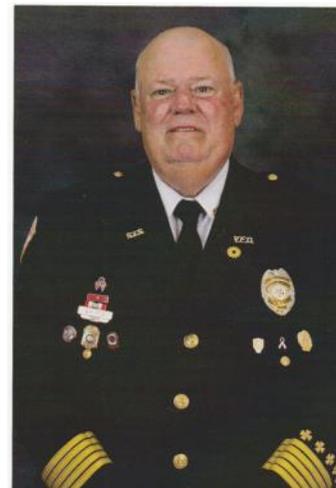
The first half of my term as your President of the Maryland State Firemen’s Association (MSFA) has been quite challenging to say the least. Dealing with the issues of Volunteers successfully passing the National Registry Emergency Medical Technician and the threat of some Maryland Counties desiring to opt out of the Maryland Residential Sprinkler Bill for new construction of homes has taken up most of my time and energy.

Although there has been progress within the last six months with our partners from MFRI and MIEMSS regarding the NREMT program and process, it still remains my goal to get ALL of the students that successfully completed the NREMT (that have been classified as “students in process”) all of my efforts, support, and help to become Emergency Medical Technicians.

MFRI has been working hard with the MSFA to correct problems that have occurred in the past and is working diligently to improve the process. Recently MIEMSS has recognized the difficulties in the process and has recently granted those students “EMR cards and status”. If you have questions relating to this you should contact MIEMSS directly.

As far as the Residential Sprinkler Bill is concerned, the Maryland State Firemen’s Association is 100% in favor of and will continue to support sprinklers in New Construction of Residential Homes in

Maryland. The current law in combination with working Smoke Detectors protects our residents and it assists the firefighters in our mission to Save Lives and Protect Property.



Much has been accomplished these first six months by the leadership and committees of the MSFA, but much remains ahead of us, and with your help we will continue to move forward in celebration of the MSFA’s 125th Anniversary.

THANK YOU FOR EVERYTHING YOU DO FOR YOUR COMMUNITIES AND THE GREAT STATE OF MARYLAND



NEWS BRIEFS

CARE IMPLEMENTATION IN MD

The Cardiac Arrest Registry to Enhance Survival (CARES) is an out-of-hospital cardiac arrest registry allowing for uniform data collection and quality improvement in each state and nationally. CARES data elements were implemented into eMEDS® statewide on December 1, 2015. An updated and consolidated Cardiac Arrest tab on the run form allows EMS providers to readily enter prehospital cardiac arrest information. The prehospital information can then be directly exported by MIEMSS to the CARES registry the first time it is entered, saving time for the provider. Maryland hospitals that receive patients that have ongoing care in the emergency department will then enter outcome data into the CARES record.

MIEMSS REGION I OFFICE MOVED

MIEMSS Region I office has moved. The

new mailing address is MIEMSS Region I Office, P.O. Box 113, 16 Broadway, Suite D, Frostburg, MD 21532. The phones are changed.

Providing Dinners at Thanksgiving

By Jim Jarboe, Takoma Park VFD.

The Takoma Park VFD & Auxiliary, in partnership with the Auxiliary of the Cissil-Saxon American Legion and Takoma Park Lions Club, provided funds to purchase 25 dinners for families throughout the Takoma Park area.

Each dinner was able to feed approximately 6-8 people. Dinners consisted of all the trimmings including turkey and pie. This year,

marked 21-years of Takoma Park’s participation because we care about our community and the ones in need. Since 1995, approximately 500 families have received dinners. With each dinner, a list of “cooking” safety tips was included.



Dave Hooker, Adam Bearne, Jim Jarboe, TPVFD and Mike Bigler, District Governor (22-C) Lions Club.

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“FIRST ON THE SCENE ... STILL RESPONDING.”

New "Clean Shaven" Look Nets Big Bucks for Bessie Marshall Fund

By Ron Watkins,
MSFA Public Relations
Committee

It started as a joke, with President Johnie Roth teasing Past President Dave Keller about his beard. As Dave said, he had grown it as a part of the "no-shave November" program at his job, and with deer hunting season still going on, he hadn't shaved it off yet. At the Friday night reception before the Executive Committee meeting, Johnie asked Dave, "How much would it take to get



For a good cause. Getting ready for the shave. Steve Cox, Dave Keller, Jr. and Richard Brooks. Getting ready for the shave.

you to shave that off?" With only a slight hesitation, Dave came back with an answer. "\$250.00." Johnie then announced that he was putting up the first \$100.00, and the pot grew from there.

On Saturday, December 5, at the meeting; it was announced that there was \$400.00 in the pot, that more donations were welcome, and that the beard would be shaved off at the lunch break!

The money was to go to the Bessie Marshall Fund, which goes to provide assistance to volunteers injured or sick, not in the line of duty, if they cannot work. More money was presented, and the total of



Before the shave. Past President (PP) Tom Mattingly presents PP Dave Keller with his service pin.

\$640.00 was collected. This is about the cost of one whole case for the Bessie Marshall

MSFA Officers Cont.

Financial Secretary

Mitch Vocke
Jarrettsville VFC—Harford
PO Box 401
Jarrettsville, MD 21084
H 410-692-6914
C 410-808-1693
wmv@harfordpublicsafety.org

Chief Chaplain

Rev. John F. Long, Jr.
Ferndale VFC—Anne Arundel
343 Cool Breeze Ct.
Pasadena, MD. 21122
H 410-437-6756
C 443-623-0753
pray@msfa.org

The Volunteer Trumpet

This periodical is issued six times a year by the Maryland State Firemen's Association. Its purpose is to publish interesting and informative articles for the volunteer fire, rescue and EMS personnel of MD. Send inquiries to trumpet@msfa.org

Mike Dixon, Editor

Heidi M. Coleman, Copy Editor

Chip's Firehouse Logbook: Past, Present and Future

Protect Life and Property

by Chief Clarence "Chip" Jewell, III

The most basic form of fire protection in our country can be traced back to the 1600's with the fire wardens in New Amsterdam. It did not take long for some of our first arriving Americans to realize the ravages of fire and the need for at least rudimentary level of fire service. These early New Yorkers had the basic instinct of survival: the protection of life and property.

Initially, volunteer fire protective societies and companies were organized with local citizens providing the manpower and equipment. As communities grew into cities, this same basic foundation of the fire service prevailed. Night watchmen and town criers would patrol the streets and alert the citizens with rattles, bells and horns. In larger cities, the individual fire companies ultimately developed into paid fire departments.

Regardless of the size of the fire service organization, the preamble of the charter, opening paragraph of the constitution and by-laws or depart-

ment mission statement of essentially every fire service organization specifically states our organizations exist to "protect life and property."

That is why it is so difficult to understand how any fire service organization or any fire service personnel can be opposed to residential sprinklers.

The light weight construction of today is far less tolerant to heat than the standard con-

"As the family home continues to be the deadliest location from fire, we must band together to assure future construction practices include a residential sprinkler system."

struction practices many of us have grown up with. The old philosophy of "get off the roof when it get's squishy" no longer applies. Exposed metal gusset plates and open bow-

string metal lattice work, not to mention the new plastic beams and supports, lose structural integrity in a matter of minutes. The fire load in today's residential dwelling is not cotton fabric and wood, it's a variety of plastics and petroleum based products that burn fast with acrid smoke.

The ability of the occupants of a residential dwelling to safely evacuate fire has become an even greater challenge as fire spread, fire load

and construction practices continue to reduce the window of opportunity to escape. As the family home



continues to be the deadliest location from fire, we must band together to assure future construction practices include a residential sprinkler system.

My wife subscribes to the magazine "Southern Living" that highlights the estate lifestyle and beautiful houses throughout the south. Each year, a new house is featured as the Southern Living Idea House that is publically displayed demonstrating the amenities and distinctive character of the design builder. As this year the house was located near Charlottesville, VA, my wife and I traveled to Albemarle County to visit this lovely mountain setting.

This house was located at least a mile into the countryside in a secluded wooded lot with a magnificent view. This new home was designed to appear more rustic and aged. The interior was spectacular, with marble tops, sculptured moldings, and the latest technologies. Well, some of the

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"Our organizations exist to protect life and property. That is why it is so difficult to understand how any fire service organization or any fire service personnel can be opposed to residential sprinklers."

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Join at www.nvfc.org/MSFA.
Or call 888-ASK-NVFC (275-6832).

#NVFCBEYOURBEST

Liz Marks

(Continued from page 1)

gram. We hope that those who had an opportunity to talk with Liz and Betty were able to have their questions answered about her accident and lengthy road to recovery. Our wish is that all in attendance benefited from Liz's Story.

Plans are being made to have Liz and Betty return in the spring of 2016 to make presentations to the junior and senior classes prior to their Homecoming event. This will mean that approximately 6,000 students will have been provided with this very important safety presentation.

We would like to wish continued success to Liz and Betty for their community outreach, and to St. Mary's County for their efforts to provide safety to their young residents.



North East Fire Company Remembers Chief Penhollow

By Mike Dixon

North East, January 18, 2016 — On a frigid, January day, family, friends, and the Cecil County Fire Services gathered to say goodbye to Chief James F. Penhollow as he was laid to rest at the North East Cemetery. Jim, 84, passed away, January 14, 2016.

He joined the Company in the late 1940s and served the community for over a half-a-century. Over the decades he held many positions, including the senior line leadership post for five or six years in the 1960s and early 1970s. He took a leadership role in establishing the volunteer length of service award program in Cecil County and he chaired that committee for thirty years. When the county established a centralized dispatch system in 1962, Jim was one of the first four dispatchers hired to staff the new operation.

Chief Penhollow was fondly recalled as a lively conversationalist and stories about happier days filled the afternoon. He had mentored a generation of firefighters who now serve the county in leadership positions. And he was remembered for his dedication as he devoted much of his adult life to protecting the citizens of Cecil County.



On the final ride, old 38, the American La France, has just passed under the crossed ladders and Station 4, North East. *Additional photo page 9*

The Chaplain's Corner

Taking steps to prevent PTSD.

By Chief Chaplain John F. Long, Jr.

In this article I want to pass along to you how you can help yourself in preventing Post Traumatic Stress Disorder (PTSD), ensuring a long career in the emergency services.

First, we have to have an understanding of what PTSD is. PTSD, or Post Traumatic Stress Disorder, is a psychiatric disorder that can occur following the experience or witnessing of a life-threatening events such as military combat, natural disasters, terrorist incidents, serious accident, or physical or sexual assault in adult or children.

Most survivors of trauma return to normal given a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time. These individuals may develop PTSD. People who suffer from PTSD often relive the experience through nightmares and flashback, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person's daily life.

People with PTSD experience three different kinds of symptoms. The first set of symptoms involves reliving the trauma in some way such as becoming upset when confronted with a traumatic reminder or thinking about the trauma when you are trying to do something else. The second set of symptoms involves either staying away from places or people that remind you of the trauma, isolating from other people, or feeling numb. The third set of symptoms includes things such as

feeling on guard, irritable, or startling easily.

PTSD is marked by clear biological changes as well as psychological symptoms. PTSD is complicated by the fact that people with this condition often develop additional disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability, marital problems and divorces, family discord, and difficulties in parenting.

PTSD can be treated with psychotherapy ('talk' therapy) and medicines such as antidepressants. Early treatment is important and may help reduce long-term symptoms. Unfortunately, many

people do not know that they have PTSD or do not seek treatment.

So now that you have a definition on what PTSD is let me tell you about some on-line training that is available to help you protect yourself and better

"The first three courses I recommend that everyone in the emergency services complete are from the National Fallen Firefighters Foundation Fire Hero Learning Network . . ."

prepare yourself for the inevitable trauma events you will be facing while serving in the emergency services.

The first three courses I recommend that everyone in the emergency services complete are from the National Fallen Firefighters Foundation Fire Hero Learning Network and are free of charge:

Curbside Manner: Stress First Aid for the Street

Just as doctors talk about "bedside manner" when talking to patients, the "curbside manner" of first responders really makes a difference in how people experience and process a difficult life event. This first responder training module teaches "curbside manner," a set of proven principles and actions that help first responders assist civilians in crisis by ensuring their safety, understanding their individual needs, meeting those needs, and promoting the connectedness and self-efficacy necessary for recovery. Each principle – cover, calm, connect, competence, and confidence – is first shown in action, then explained in detailed, practical language in this fires responder training module.

Stress First Aid for Fire and EMS Personnel

Firefighter Life Safety Initiative #13 states: "Firefighters and their families should have access to counseling and psychological support." Stress First Aid (SFA), an important component of fulfilling this Life Safety Initiative, is a set of supportive actions designed to help emergency responders assist each other in reducing the negative impacts of stress. SFA was designed specifically to support firefighters, EMS, and rescue personnel.

Everyone Goes Home; After Action Review

After Action Review (AAR) offers the fire service the opportunity to formalize the tradition of informal post-incident conversations into a simple, but systematic, guided process of analyzing, refining, and improving incident response.

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The Back Step

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bly indicating a working fire. If so, it would often heighten my readiness of what I may be called upon to do after arriving on the scene.

Yet, my most important concern was for my safety and that of other firefighters standing beside me; tightly holding onto the bar with both hands and maintaining a bracing stance with our feet and legs. This was especially important when the pumper (or ladder truck) is about to round a curve or go over a bump. Sometimes, I knew beforehand where these curves and bumps were located because of my familiarity with frequently traveled response routes. However, at other times, I didn't know when the pumper or ladder truck was about to encounter a sharp curve or bump until it happened. That could be an intense moment for all of us!

My greatest concern was the risk of

possibly falling off or being thrown from the pumper (or ladder truck) if it were to suddenly swerve to avoid striking something in the road, or control were lost resulting in a crash or rollover. My safety and that of others riding the back step or sides of the ladder truck, were entrusted to the skill and experience of the driver.

As noted earlier, bad weather was something that I had to deal with at times. That is, the wind, rain, snow, sleet and freezing cold. When it was encountered, in addition to my protective gear (i.e., helmet, coat, gloves and boots), I could hopefully get additional protection from huddling under part of the hose bed cover, when it was available.

In today's fire service, enclosed pumpers and enclosed ladder trucks are obviously a lot safer for firefighters to ride than back in the early days in my fire department. Everyone is seated and wearing their seat belts—not holding onto a pumper's back step cross bar or a

ladder truck's side mounted bar. Moreover, fully enclosed cabs also provide greater protection against bad weather, a siren's wail and if involved in a crash or rollover, as compared to when I was simply standing on the back step or side of a ladder truck, merely onto a fixed metal bar.

Evolved emergency vehicle design and features were born out of necessity, firefighters ingenuity and lessons learned from past decades. Regardless of the absence of fully (or even partly enclosed) riding positions on our two pumpers and ladder truck. I accepted it as the way it was, nothing more. I still miss those days, and many of you probably do as well. Today, they are just memories, but good ones.

Chief Penhollow Remembered

See article page 7



North East's American La France, 38, eases past Station 4, North East, on the final ride. The Charlestown Fire Company helped North East by providing an aerial unit. Chief Hamilton of the North East Fire Company stands at attention next to his command unit as the final radio call went out and the funeral procession passed under the crossed ladders.

Cambridge Sprinkler Demonstration

Dorchester County residents and officials got a chance to see the effectiveness of sprinklers at extinguishing a fire in a dwelling. The State Fire Marshal's Office and the Maryland State Firemen's Association hosted the demonstration in Cambridge, which featured a side-by-side comparison that shows the speed of a typical home fire.



Top Photo — The burn comparison

Middle photo (L to R) Jeff Thompson, John Spiker, MSFA Pres. Johnie F. Roth Jr., Calvin Stack, Richard Smith, Del. Sample-Hughes, Sen. Jim Mathias in background Lt. J.B. Tieder.



Bottom Photo — (L to R) MSFA Executive Committee Member Richard Smith, MSFA President Johnie Roth and Rescue Fire Company Chief Robert Phillips.



Photos Credit:
James Brown
Director, Educational Support
Services
Maryland Institute for Emergency
Medical Services Systems

Additional photo page 12

Chip's Firehouse Logbook

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latest technologies. Missing was the life saving technology that, compared to marble counter tops, would have been minimal expense with the most potential savings – human life.

As we enter into the legislative season, the battle lines are already being drawn to allow exceptions to the requirement of residential sprinklers in single family dwellings. Many of the same arguments are used that were used many years ago when legisla-

tion was introduced to require residential sprinklers in multi-family dwellings. But, the hundreds of fires that have remained in the incipient stage and unknown numbers of lives that have been saved since this life saving technology was introduced in Maryland will never be known.

It is incomprehensible to me that any firefighter, fire company or fire service organization would not oppose this legislation. Our priority has to be our citizens. Our fire companies and departments exist for one reason and one reason only: to protect life and property. If we can save one life as a result of our actions, we accomplish the foundation belief for organizing fire protection adopted by our forefathers. Our actions are not just pulling hose lines and entering burning structures. Our actions include fire prevention, public fire education and proactive involvement in programs and legislative initiatives to save lives.

Our legislative committee needs our support, 100% of our support. If just one member from each MSFA member company attended hear-

ings, we could have over 370 people in Annapolis every time adverse legislation is heard. We, at the very least, need to make sure every legislator hears from their local fire department about the critical need to maintain the residential sprinkler legislation as written. We need the unified voice of our entire statewide fire and rescue to be heard.

“Our legislative committee needs our support, 100% of our support.”

At the December MSFA Executive Committee meeting in Berlin, a side by side demonstration of the effectiveness of residential sprinklers was a truly enlightening demonstration for the non-believers. Senator Jim Mathias addressed those attending the Executive Committee meeting stating, “...what a property owner does in their house is their concern, until they dial 911, then it becomes our concern.”

What is even one life worth? Our time, our support and our efforts to make sure residential sprinklers are the new member of the fire service that responds to a fire within seconds of ignition. We are the new centurions of our communities, standing guard to assure the safety of our citizens. Residential sprinklers stand guard inside a dwelling 24 hours a day. We cannot let our guard down. We must gather as team, united in a cause, a cause that is the very fabric of our fire and rescue service – “TO PROTECT LIFE AND PROPERTY”.

Be Safe,

CHIP

Chaplain's Corner

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The next few online courses require membership to the National Volunteer Fire Council.

- ◆ Putting out the Fire: Stress Resilience Strategies;
- ◆ Preventing and Coping with Suicide in the Fire and Emergency Services
- ◆ Behavioral Health in the Fire and Emergency Services

What to Expect: Helping Your Family Adapt to the Volunteer Fire Service

We all need to realize that when one of us is having difficulty dealing with a traumatic event that this is a normal reaction. We need to look after each other, first by talking to each other; second, by seeking support from our chaplains, CISM team, or EAP; and third by supporting those who are going through counseling so that they will want to come back and continue serving.

Take the steps now to help you better shield yourself and be better equipped to help your brothers and sisters when the time may arise that they may need help.

Submittals for the Memorial Service are due by March 1, 2016 to Chaplain Harry Hetz. Please try to get submittals to him as soon as possible, so that he can accommodate everyone.



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www.msfa.org
55 Sunnybrook Drive
Elkton, MD 21921

**Representing the volunteer fire,
rescue and EMS personnel of
Maryland**



*Pres. Roth, Richard Smith, Del. Sample-Hughes, Sen. Mathias, Jeff Thompson, John Spiker, Fire Marshal Brian Geraci
Del. Johnny Mautz, Calvin Stack;
Also in the line up Asst Chief Adam Pritchett #5, Capt Ben McCarter #7, Capt. Randy Travers #9, F.F. Janice Banks #10,
Capt Kevin Carr #12, F.F. Chris Foxwell # 16 and Lt.J.B.Tirder # 17*

