



# The Bulletin

Official Publication of the Allegany Garrett Counties Volunteer Fire & Rescue Association

Volume XIII Issue 7

Barbara A. Knippenburg, Editor January 2019

## *Gorman Volunteer Fire Company Hosts Allegany and Garrett Counties*

### *Volunteer Fire and Rescue Association Meeting*

The meeting of the Allegany Garrett Counties Volunteer Fire and Rescue Association was called to order by President Bobby Pattison on Sunday, November 4, 2018 at the Northern Garrett Rescue Squad, hosted by Gorman Volunteer Fire Company. The Pledge to the flag was

led by Vice President Gene Kidwell. The Association was welcomed by John Mane, Chief of Gorman VFD. Twenty one companies and twelve Past Presidents were in attendance. Guests included: Dwayne Kitis, MIEMSS, Betty Grabenstein, PP LA

AGCVFRA, PP LAMSFA, Pam Kyle, President FCFF, LA PP AGCVFRA, Mary Carr, Sec FCFF, PP LA AGCVFRA, Georgiann Shuhart, Sec. AGCVFRA, Kayli Dunithan, Miss Fire Prevention. CVFRA.

### *Information Sharing*

**MSFA -2nd Vice President Dick DeVore** reported that MSFA has been meeting with MIEMSS & MFRI on the EMT Program. Frederick County is using a different program and is getting good results. They use a pre-screening process and students will be introduced to platinum program at the beginning of the class. Students will have a tablet issued to them for use during the class. They are planning three pilot programs in state starting in February. Western Maryland is one of them. This will extend the class to 180-190 hours. MSFA has requested that all eligible students in each class test as a group at the end of the class. New Medical Director Dr Timothy Chizmar worked with Dr. Alcorta until he retired. On February 13, 2019 the new Director Dr. Theodore Delbridge will take over. MSFA Raffle tickets are currently being distributed.

**Volunteer Company Assistance Fund—Barbara Knippenburg** reported that the application period ended January 6th and the next meeting of VCAF will be January 20, 2019 at Branchville VFD. If your company is interested in submitting an application for a loan, please contact Barbara.

**Allegany County Emergency Services—Dick DeVore** reported that all appropriations have been distributed.

**Garrett County Association: Mike Simmons** Next meeting January 30, 2019 at 1930 hours at Grantsville.

**A. Mike Walters Fellowship of Christian Firefighters** Secretary Mary Carr reported that they met January 5, 2019 at Potomac with 43 present.

**LODD Memorial—Gary Carpenter:** Gary Carpenter reported that all AGCVFRA deceased Past President's bricks have been placed at the memorial.

**Information Technology** – Jonathan Dayton –reported that the new website complete, ready to go live. He is looking for information going back to 2015 of Award winners. He would like to have pictures from each company to go with their information.

**Special Awards and Recognition**– President Bobby Pattison reminded everyone that it is Banquet season. Don't forget to submit your award winners to Allegany Garrett Counties Volunteer Fire and Rescue Association and Maryland State Firemens Association. Information on where to submit is available on the website.

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### Upcoming Meetings:

- **Maryland State Firemens Association Executive Committee — February 9 & 10, 2019 at United Com VFD, Queen Anne's County**
- **A. Mike Walters Prayer Breakfast— February 2, 2019 at Ellerslie**
- **AGCVFRA - February 3, 2019 at Grantsville VFD**
- **Garrett County Fire Rescue Association—January 30, 2019—1930 hours at Grantsville**
- **LA AGCVFRA—March 10, 2019—Friendsville Volunteer Fire Company**



## AGCVFRA Meeting—**HOARDING DANGERS for Firefighters—”DON’T GET TRAPPED”**

**Ways & Means** – Gary Carpenter – Baltimore Pike Auxiliary will be making a quilt to raffle, benefitting the Association.

### **Fire Prevention:**

Kayli Dunithan – would like everyone to spread the word that new participants are needed for the Miss Fire Prevention and Jr. Miss Fire Prevention programs.

**Smoke Alarms:** Gary Carpenter reported that donations are coming in. He is looking for a source of alarms to purchase.

### **Scholarship Committee:**

Rod Bowser reported that the *Wings for Pat* event will be held April 13<sup>th</sup> at Friendsville. He had also received a donation of \$1000 for the Scholarship Fund.

### **Recruitment and Retention**

Jonathan Dayton – If you go to the MSFA website, Companies can post their profile. Every company can list their information so that anyone interested can check out your company if they are interested in joining. They are going to video tape 4 locations to put up on the site – Nicole Stottlemyer is representative for Western MD

**Fire Chaplains** – Dick DeVore – There is a meeting of Fire Chaplains on January 18th at the Carroll County Training Center.

**Insurance & Benefits** – John Shuhart reported that company lists of members and beneficiaries was distributed and will be mailed to companies not at the meeting. Payments are due on February 15, 2019. Accident Insurance premiums are still due from: Accident, Corriganville, Goodwill, and Luke.

**Safety** – Wayne Rounds –

Dr. Randy Frost, a hoarding expert at the Smith College

psychology department, defines compulsive hoarding disorder as, “the accumulation of, and failure to discard, a large amount of belongings that have little to no apparent value.” Belongings are accumulated until the rooms are no longer usable for their intended purpose. Hoarding can be found in anyone’s district and is not limited to specific financial situations, ethnicity, gender or location. The effects of compulsive hoarding disorder can be seen in the poorest households and in million-dollar mansions.

Hoarding has been around for years, but until recently, it hadn’t undergone substantial research, as it had been classified with obsessive compulsive disorder (OCD), limiting its potential for funding and research. However, in 2013, compulsive hoarding disorder received its own clinical diagnosis, and was added to the Diagnostic Statistical Manual of physiological disorders. As such, government funding will now be available so that compulsive hoarding can be researched and better understood.

**See the Signs**– Recognizing the signs that hoarding is present is easier in some buildings than others. Cluttered front yards, cars filled with belongings, porches filled with stuff and backyard privacy fences that hide large amounts of belongings can all be clues that the inside of the building mirrors the outside. Note: Some areas have strong codes and ordinances that prohibit front yards from accumulating large amounts of

clutter. If the home is inside a municipal district or homeowners association (HOA), the homeowner will only be able to collect things in the backyard and storage buildings. Their collection will not be allowed to extend beyond the front porch, or they can be cited for a building code violation. As such, you may not notice the signs of a hoarder house until a 360-degree size-up is performed, offering a better idea about the true status of the interior conditions.

### **Long Burns & Ventilation-Limited Fires**

Many firefighters think that when hoarding conditions are present, the fire will be large due to the fuel load. The fuel load may be there, but fire needs two other things to burn: oxygen and a heat source. Considering how some hoarder homes are situated, with “stuff” filling the entire area, the fire may lack airflow and therefore remain small. The result: The fire can smolder for a considerable time, with no visible signs from the outside. And if the fire continues to be deprived of oxygen, it may eventually snuff itself out. Now that we have established that hoarding can produce a “ventilation-limited” environment, we need to use some of the principles learned from the latest UL studies for tactics. During a presentation on this subject, Steve Kerber, director of the UL Firefighter Safety Research Institute, explained that the smoke conditions in ventilation-limited fires, smoke can be found coming out from eaves because the attic space is an open area space that is ventilated. Steve further

explained that leaking smoke can find its way into this open area and out the eaves. This doesn’t automatically indicate an attic fire; rather, it’s an indication of a ventilation-limited fire in the living space.

**Adjust Your Tactics**– Now that we have reviewed some tips related to ventilation-limited fires and size-up, how should we adjust for fires in a hoarder environment? First and foremost, if you suspect that hoarding is present, call the second alarm –NOW! The workload that your firefighters will experience is greatly increased due to the sheer amount of stuff you’ll need to work around or through. You’ll need the additional resources to rotate crews, extend rehab times and reduce the strain on your firefighters. Once you’ve called the second alarm, it’s time to fight the fire. Using the principles of ventilation-limited fires to achieve the initial knock down applies to the hoarding environment. Using the reduced airflow and keeping the fire in a ventilation-limited state will allow applied water to become more affective smothering the fire. It is commonly thought that fires in hoarding conditions need deep penetration into stacks of belongings to extinguish the fire, but most often it is only the top layer of stuff that is burning. Using an illustration of a rolled-up newspaper burning, the inside of the paper doesn’t burn initially. This principle is an example of the conditions inside the hoarder environment. The most effective use of these principles is during a transitional attack. Using the reach of the streams from outside the structure combined with the limited ventilation will allow



### Continued: Hording Dangers for Firefighters...

the fire to be knocked down without exposing the firefighters to the challenging environment inside. Once the initial knockdown is made and all life safety issues have been removed, firefighters can open up the structure to allow the fire to be knocked down without exposing the firefighters to the challenging environment inside. Once the initial knockdown is made and all life safety issues have been removed, firefighters can open up the structure to allow for a safer entry. If the decision is made to open up the windows from the exterior, firefighters must use extreme caution and look for signs of a potential backdraft and flashover caused by the sudden rush of air. This danger can also be present inside the home as firefighters enter. The stacks of stuff can make a container inside a room, thereby providing the perfect environment for backdraft/flashover. Advancing firefighters must continuously evaluate the conditions and maintain situational awareness when opening up the structure and even during the overhaul process. An additional point to consider is the need for proper coordination of ventilation, all while understanding that we;

- Never vent behind an advancing hose team
- Vent nearest the seat of the fire first
- Vent away from the seat of the fire last

Opening the structure can relieve the pressure and transition the fire into a free-burning phase. Using a transitional attack and resetting the fire from the outside can keep it in check until a proper

## Winter Driving Tips for Apparatus Operators.....

route of entry is discovered/created, exit paths are established, and additional resources have arrived. Hoarder fires are not bread-and-butter fires; they are complex incidents that need to be identified and adjusted to before firefighters make entry or commit resources.

### Winter Driving Tips for Apparatus Operators

Michael Wilbur offers tips for drivers to prepare for



wintertime responses, including breaking, speed and maintenance.

- **Braking**— Start braking sooner than you would under normal driving conditions.
- **Speed**— Slow down! No one should expect the apparatus to show up in the same amount of time with six inches of snow on the ground versus dry pavement.
- **Steep or long grades** — Know your response area, slow down long before arriving at a steep or long grade, have the apparatus in the lowest gear and cover the brake. Always have a way out.

Slippery pavement— On slippery, snowy or icy pavement, reduce your speed,

drive slowly and with a heightened state of situational awareness.

- **Winding and narrow roads** — Keep well to the center of the lane; do not drift off the edge of the road. Drive slowly and scan ahead as far as you can.
- **Turning** — Slow down and signal your intentions long before the turn to warn others around you. As with cornering, understand that the weight of the vehicle pushing you forward may well overpower your ability to maintain traction, control and steer the apparatus and it may just go straight.
- **Corners** — Slow down well in advance of the corner. Understand that the weight of the vehicle pushing you forward may well overpower your ability to maintain traction, control and steer the apparatus; it may just go straight.
- **Losing control when cornering** — Most defensive-driving experts will advise you to steer into the turn, although human nature may have you react differently.
- **Intersections** — When approaching an intersection that has a green light, slow almost to a stop and understand that civilian drivers may not be able to stop in the snow or on the ice, regardless of the color of the light (Figure 1). When approaching a red light, come to a complete stop and make sure that all civilian drivers have stopped, are granting the right of way to you and are not going to slide into you.
- **Auxiliary braking systems** — When I drove in the snow, I would leave the engine brake on as long as I maintained traction and it would actually help me control and stop the vehicle. However, on ice, I would turn the engine brake Off not wanting it to throw the apparatus into a skid or spin. Today, I would guide my actions based on the recommendations of the auxiliary brake manufacturer. This information is generally found in the auxiliary brake manufacturer's operators manual.
- **Apparatus maintenance** — Tires must have 4/32 inches of tread depth and should be mud-and-snow tires. Apparatus brakes must be in proper adjustment so that they do not grab and throw the vehicle into a skid or spin.
- **Full chains** — Full chains are generally put on for significant snowfall (six inches or more; Figure 2) or in the absence of automatic chains. Any chains in contact with the tires make it much harder to stop the apparatus, as there is less road surface area in contact with the tire.





Maryland Fire and Rescue Institute  
 University of Maryland  
 Western Maryland Regional Training Center  
 Post Office Box 5153  
 13928 Hazmat Drive  
 Cresaptown, MD 21502-5153

Class Update in Allegany / Garrett County (note: may not reflect entire schedule)

Report Date: January 3, 2018

Class	Log Number	Location	Start Date	Days	# Students	Status
EMT	-	WMRTC	8/15/18	W/Sun	20	Testing
Fire Officer III	-	Shaft	9/9/18	Sun	11	Completed
Firefighter II	-	WMRTC	9/16/18	Sun	15	Completed
EMT Refresher	-	WMRTC	12/1/18	Sa/Su	9	Completed
Haz Mat Awareness	-	SGCRS	1/8/19	Tues	(16)	Active
EMT	-	GCCTTC	1/14/19	M/W/Sat	(5)	Canceled
EMT	EMS-106-S051-2019	WMRTC	1/16/19	Sun/W	(17)	Open / Active
<b>*Fire Officer II</b>	<b><i>MGMT-202-S022-2019</i></b>	<b><i>Grantsville</i></b>	<b><i>2/4/19</i></b>	<b><i>M/W</i></b>	<b><i>(6)</i></b>	<b><i>Open</i></b>
<b>*Firefighter I</b>	<b><i>FIRE-101-S049-2019</i></b>	<b><i>Deep Creek</i></b>	<b><i>2/7/19</i></b>	<b><i>Th/Sun</i></b>	<b><i>(6)</i></b>	<b><i>Open</i></b>
Firefighter I	FIRE-101-S054-2019	WMRTC	2/12/19	M/Sat	(15)	Open / Active
Fire Officer IV	MGMT-401-S010-2019	Shaft	2/17/19	Sun	(10)	Open / Active
<b>*Pump Operator</b>	<b><i>FIRE-113-S029-2019</i></b>	<b><i>Deep Creek</i></b>	<b><i>3/4/19</i></b>	<b><i>M/W</i></b>	<b><i>(3)</i></b>	<b><i>Open</i></b>
<b>*Firefighter II</b>	<b><i>FIRE-201-S037-2019</i></b>	<b><i>WMRTC</i></b>	<b><i>3/5/19</i></b>	<b><i>T/Th</i></b>	<b><i>(4)</i></b>	<b><i>Open</i></b>
Site Operations	RES-101-S036-2019	WMRTC	3/6/19	M/W	(13)	Open / Active

Notes:

1. Numbers in parentheses indicate total preregistered students
2. \*red color, bold, and italicized font indicates additional enrollment needed for class to start
3. OOS represents students from out of state



## Region I MIEMSS Update January 2019

### Region I EMS Hall of Fame

Nominations are now being accepted, see attached form. Call Region I office for more details

### Grants

50/50 matching grants were prioritized, agreement letters will be sent shortly. Priority was given to 12 Lead acquisition, then AEDs, and then to the mechanical chest compression devices.

Garrett County Emergency Services \$17986.39 LP15 12Lead

Deep Creek VFD \$1295.00 LP 1000 AED

Allegany County Emergency Services \$27508.61 (7) Lucas 3 Chest compression Devices (for Cumberland Fire, Cresaptown VFD, Ellerslie Amb., Flintstone VFD, Georges Creek Amb., Lavale Rescue, Tri-Towns EMS)

### MIEMSS Executive Director

Dr. Theodore Delbridge has been announced as the new MIEMSS Executive Director, he will take over on February 13, 2019,

### Assistant State EMS Medical Director

Dr. Timothy "Tim" Chizmar Is now the State EMS Medical Director, he worked with Dr. Alcorta until October 31<sup>st</sup> when Dr. Alcorta officially retired.

### Recertification and MIEMSS Licensure System

- Every provider (EMR, EMT, CRT, and Paramedic) before their recertification date must sign on to the licensure system, under the applications tab select renewal to start the recertification process. If you have not received your new certification card call the Region I Office or MIEMSS Main Office for assistance.
- Providers can view their total credit hours towards recertification by going to training and clicking on reports. To view individual classes use the drop down date selection, click on the go button, then click on the small PDF icon button above the date drop down boxes.
- Everything that a provider needs to do such as affiliation, reinstatement application, application for initial certification, extension request, and change of address etc. should be done on this site.

The Licensure System is accessed by going to [www.miemss.org](http://www.miemss.org) and clicking on the large red provider login button at the bottom right of the screen. If anyone has trouble getting on the system they should call 1-800-762-7157 or 410-706-3666 ask for Licensure & Certification.

### Upcoming events

- Region I EMS Council –Jan. 17, 7pm, Location to be determined
- Miltenberger 2019 March 8-9 Rocky Gap

Dwayne Kitis, work: 301-895-5934, cell: 410-350-1368, email: [dkitis@miemss.org](mailto:dkitis@miemss.org)



*Left: Dr Timothy "Tim" Chizmar, State Medical Director, attending MSFA Executive Committee meeting at Snow Hill*



## CANCER: A REAL POTENTIAL CATASTROPHE FOR FIREFIGHTERS.

Firefighters suffer statistically higher rates of multiple types of cancer as compared to the general population.



### THE HAZARD OF CANCER TO FIREFIGHTERS

Firefighter cancer is a looming potential catastrophe for each and every firefighter – volunteer or paid – and their organization. Cancer is considered to be the most dangerous and unrecognized threat to the health and safety of our nation's firefighters.

Multiple studies conducted by hospitals, institutions of higher learning, fire service agencies and NIOSH have repeatedly demonstrated evidence and biological plausibility indicating statistically higher occurrence rates of multiple types of cancers among firefighters than compared to the general U.S. population, including:

- Testicular cancer
- Multiple myeloma
- Non-Hodgkin's lympho-

- ma
- Skin cancer
- Prostate cancer
- Malignant melanoma
- Brain cancer
- Colon cancer
- Leukemia
- Breast cancer

### CONTROLLING FIREFIGHTER CANCER RISKS

Risk control techniques widely utilized today include: risk avoidance, loss prevention, loss reduction, segregation of exposure and risk transfer.

In the case of exposure to carcinogens, much of the general risk control practice centers upon attempting to avoid the risk altogether. Unfortunately, an emergency responder is instead "rushing into the exposure area while others rush out."

Therefore, pre-planning to avoid potential exposure as much as possible involves understanding critical information before entering a hostile environment ripe with cancer causing agents.

Once you enter a hot zone, the ability to avoid exposure to the carcinogen is minimized. Therefore, **risk avoidance** is nearly impossible for fire service personnel.

If it is necessary for personnel to enter a hot zone, then educating those personnel to recognize hazards becomes critical. These firefighters must also use all levels of personal protective equipment to protect them from any form of absorption, adsorption, inhalation or ingestion. Available entry route options must be considered and also protected to reduce the probability of any additional exposure to carcinogens.

### WHAT IMMEDIATE ACTIONS CAN I TAKE TO PROTECT MYSELF?

1. Use SCBA from initial attack to finish of overhaul. (Not wearing SCBA in both active and post fire environments are the most dangerous voluntary activity in the fire service today.)
2. Complete gross field decon of PPE to remove as much soot and particulates as possible.
3. Use Wet-Naps or baby wipes to remove as much soot as possible from your

head, neck, jaw, throat, underarms and hands immediately and while still on the scene.

4. Change your clothes and wash them immediately after a fire.
5. Shower thoroughly after a fire.
6. Clean your PPE, gloves, hood and helmet immediately after a fire.
7. Do not take contaminated clothes or PPE home or store them in your vehicle.
8. Decon fire apparatus interior after fires.
9. Keep bunker gear out of living and sleeping quarters.
10. Refrain from using tobacco products.
11. Use sunscreen or sun block.

Protecting yourself with personal protective equipment is a key form of **loss reduction**. While the equipment in and of itself will not eliminate the exposure, knowing why it is used and then actively using it will help you from being exposed to a higher level of contaminants and related carcinogens. Protective equipment will NOT eliminate exposure and follow-up activities such as washing your hands and face, as well as cleaning all gear and equipment thoroughly after each incident will additionally help protect you from exposure.

Excerpt of article by: William F. Jenaway, Ph.D., CFPS, CSP, CFO, CTO is Vice President of Education, Training and Consulting for VFIS



## IN MEMORY



*Betty Dawson, Georges Creek Ambulance Service  
Harriett Hutcheson, Goodwill Auxiliary, PP LA AGCVFRA  
Shirley Walbert, Cresaptown Auxiliary, PP LA AGCVFRA  
Harold L McDonald Sr., District 16*

*MSFA PP Jacqueline Olsen*

Midland Fire Company

### Chicken Dinner

Friday, January 18, 2019  
Friday, February 15, 2019  
1600—1830 hours

Adults—\$9

Children—\$5

Includes: 1/2 chicken, fries or mashed potatoes w/gravy, green beans, coleslaw, roll, desert

Bittinger Vol. Fire Dept.

### SUPER BOWL WINGS

February 3, 2019  
3:30 pm

### SPRING CASH BASH

April 6, 2019

Doors open at noon  
2 chances to win per ticket  
Tickets \$ 30  
Guests \$25

Friendsville Vol Fire Dept

### GUN BASH

February 23, 2019  
11am—6pm

Ellerslie Volunteer Fire Co

### ALL YOU CAN EAT WINGS

Starting at 3:00 pm  
January 11, 2019  
February 8, 2019  
April 12, 2019  
May 10, 2019  
June 14, 2019

Spaghetti Dinner

Good Will Fire Company

First Friday of each month 4pm-6pm  
Fireman's Armory in Lonaconing



### MARCH GUN RAFFLE

Eastern Garrett Co VFRD  
March 2, 2019  
1—6 pm  
Food & Beverages included

### Bowling Green VFD

Bingo Every Friday Night

Oakland Fire Department

### 2019 MEGA BASH

March 9, 2019  
Noon—6pm Doors open at 11  
185 Drawings  
\$33,550 in prizes  
Only 500 tickets sold  
2 chances to win per ticket  
Food & Beverages included  
\$100 per ticket includes one guest

Eastern Garrett Co. V.F.R.D.

Spaghetti Dinners

2nd Saturday each month

3:00 - 7:00 p.m.

Adults: \$7.00

Children: \$3.50

Turkey Dinners

4th Sunday of:

March

April

September

Midland Firemen's Tavern

WINGS Wednesdays

starting at 1700 hours.

Barton Ladies Auxiliary

### Public Dinners

2nd Tuesday of the month  
From 3:00 pm to 6:30  
Cook books for sale: 301-697-0923

Deep Creek Vol Fire Co

Gun & Cash Bash

March 23, 2019

1—6 pm doors open at noon

Donation \$25

Guest \$25

Includes chances to win 10 guns, cash prizes and a grand prize of a 4-wheeler



## The Bulletin

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Allegheny Garrett Counties Volunteer Fire and  
Rescue Association  
PO Box 252  
Barton, MD 21521

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Check out our Facebook Page:  
Allegheny Garrett Counties Volunteer Fire  
and Rescue Association

Check us out on the  
WEB—  
[AGCVFRA.com](http://AGCVFRA.com)

**Getting to the call safely is the most  
important job you have!  
Buckle up!  
Remember  
Everyone Goes Home!**



Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, be fire smart!

 <p>Half of all home heating fires occur in the months of December, January and February.</p>	 <p>Heating equipment is involved in 1 in every 7 reported home fires and 1 in every 5 home fire deaths.</p>	 <p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
 <p>Keep portable generators outside, away from windows, and as far away as possible from your home.</p>	 <p>Install and test carbon monoxide alarms at least once a month.</p>	 <p>Plug only 1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.</p>
 <p>Have a qualified professional clean and inspect your chimney and vents every year.</p>	 <p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>	



For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).

Frostburg, MD 21532

17608 Old Dans Rock Road

and Rescue Association

Allegheny Garrett Counties Volunteer Fire

Barbara Knippenburg, Editor