



the General Alarm

April 2012

Fire Chief Steve Earley
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Promotion and Employee Recognition Ceremony

The Riverside City Fire Department hosted a Promotion and Employee Recognition Ceremony on April 13, 2012, at City Hall. The ceremony recognized the promotions of Mike Allen to captain and Dan Richmond and Pat Hopkins to engineer. Captain Steve McKinster (for his work in the CQI program) and Account Clerk II Kim Sabatello (for the many hats she wears in supporting prevention and administration functions) were honored as Employees of the Year. Inspector Roni Forst received the Distinguished Service Medal for her dedication to her profession and the safety of the public and fire personnel as well as her volunteer activity in programs such as the Spark of Love Toy Drive, American Cancer Society Relay for Life, and United Way Chili Cook-Off. (continued on page 4)





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Email from Linda Daugherty to all RFD Personnel on April 16: I want to thank the Firefighter's Union, the Department and Retirees for any and all parts you had in my career, as well as, the Retirement Dinner. No one could have ever had a place and people to work with that were so gracious in showing a person so much love and compassion. You were there for so many hard times for me, as well as, great times. I can't tell you how grateful I am to have had the privilege of working with you.

I once told someone that there has to be a lemon somewhere in the Department but I said, please don't tell me. It always concerned me when I would hear dispatch trying to get someone on the radio and no answer. I just wanted to get up and go looking for you. You all became part of my family. Thank you for treating me as though I were special. You made me so thrilled to have you as a part of my family even when I would see you out on the highway, working to save someone's life. You were so wonderful making the patient feel at ease and know that they were being well cared for and I would say that's my family. My mom really loved the care that you gave her. You made her feel so special. Thank you again.

I'm hoping for my health to get better so that I can stop by and say hi or bring you some cookies or just anything to show you that I will not forget you, and I don't want you to forget me. If I did something you didn't like, well then - - please do forget that.

Again, thank you for the Dinner, the Plaque and the Certificate and all the things you had already given me when I retired, including helping to get the place for the reception after my mom's funeral. I know I've forgotten some thing, but it is unending and I just told Jim this morning that I worked with the best people and had the best job anyone ever had. Thank you - - Thank you - - Thank you!!!!!!!

God Bless You, Take Care of You, Keep You Safe and Give You Good Health.
Be Careful Out There!
I Love You All.
Linda



With Sympathy...

Our sympathy goes out to Fire Maintenance Mechanic Vince Pia and his family on the passing of his older brother, Harold.

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April 2012

Birthdays



Retiree News

May Birthdays

Greg Bluma	5/26
Rand Brinkman	5/27
David Castaneda	5/20
Chuck Clements	5/14
Mike Esparza	5/9
Mike Estrada	5/29
Dustin Fenzke	5/26
Roni Forst	5/4
Tony Garcia	5/17
Steve Hallgren	5/21
Pat Hopkins	5/17
Todd LeSieur	5/28
Tim Odebralski	5/21
Tony Perna	5/3
Robert Redondo	5/12
Jonathan Reyes	5/3
Steve Schlom	5/15
Peter Sellas	5/13
Mike Staley	5/26
Matt Stibal	5/8

Donate Life Walk for Brandon: The Brandon Pentz Memorial Fund participated in the Donate Life Walk on April 28 at Cal State Fullerton. BC Mitch Wesche joined the Pentz Family and friends at the walk. Check out <http://www.active.com/donate/DonorFamilies2012/BrandonPentz> or www.BrandonPentz.org for information regarding information or donations.



Foster Incident : On April 9, Breathing Support 5 responded to its first emergency call, a single fatality residential structure fire on Foster Drive.



Recognition Ceremony (cont)

April 2012

The Unit Citation was awarded to the crews of E3A (Captain Mike Williams, Engineer Peter Habib, Firefighter/Paramedic Hector Calvillo) and T3A (Captain Jeff DeLaurie, Engineer Greg Bluma, Firefighter Matt Mathis) for their actions at a residential fire on January 29th in the 5400 block of Apricot Lane. Awards of Merit were given to: Captain Rich Bell, Engineer Brian Davis, and Firefighter Bill Milligan (for assistance in training props); Captain Todd Gooch and Engineers Greg Bluma and Dennis Hunt (for many years of service as DMV raters); Captain Garrett Coryell (for work in Safety Clothing Program); Firefighter Dave Nash (for assistance in small engine repairs). Letters of Commendation were awarded to: Firefighter Rob Foy and Engineer Clinton Breads (for landscape irrigation project at the Airport Station); Captains Dave Bakas and Scott Wilson; Engineers Mike Estrada, Pat Hopkins, Kenny Lundgren, Herb Mercer & Dan Richmond; Firefighters Wayne Hess, Bryan Hoffman & Chad Selk; and Firefighter/Paramedic Crispin Nunez (for their participation in the fabrication of various training props at the Department's Training Facility); Fire Mechanics Dean Martin, Joe Perry and Vince Pia (for literally keeping the RFD rolling). Customer Service Awards were given to Engineer Clinton Breads (cared for the dog of a patient who had passed away until family arrived a few days later) and for Firefighter Jeremiah Meadows (pulled over to assist a distraught woman with her two children; he figured out that the car was low on oil and took the initiative to purchase oil at his own expense).

The following were recognized for their years of service to the City.

30 Years:

Fire Chief Steve Earley, Deputy Fire Chief Mike Esparza and Captain Jeff Loveland

25 Years:

Battalion Chief Scott Blair, Captain Nick Faraclas, Captain Steven Horton, Captain Terry Miller, Captain Orby "Dru" Odil, Engineer Thomas Irwin, Senior Administrative Assistant Karen McCoy

20 Years:

Captain LeRoy Geohagen, Captain Todd Gooch, Captain Michael Reynaud, Engineer Roger Cutshall, Firefighter John Wescott, Plan Check Engineer Bob Jerz, Fire Inspector II Keith Moore, Fire Inspector II Lisa Munoz

10 Years:

Captain Michael Allen, Captain Milton Caceres, Captain Darin Muchmore, Captain Nicholas Navarro, Captain Bruce Vanderhorst, Captain Michael Williams, Engineer Carl Colby, Engineer Gary Giovannetti, Engineer Sean Smith, Firefighter Anthony Frausto, Firefighter William Milligan, Firefighter/Paramedic Marciano Duran, Firefighter/Paramedic Steven Hallgren, Firefighter/Paramedic Eric Peniata, Firefighter/Paramedic James Reynolds

5 Years:

Firefighter Cory Bruce, Firefighter Denise Delgado, Firefighter Andrea Ferchaw, Firefighter Ryan Hicks, Firefighter David Revollo, Firefighter/Paramedic Kristen Johnson, Firefighter/Paramedic Joseph Reed, Firefighter/Paramedic Francisco Robles, EOM Anthony Coletta, Account Clerk II Carol Crouch, Senior Office Specialist Misty Finney



More Mail...

April 2012

From BC Blair to RFD Personnel on April 20: This morning A shift crews responded to a structure fire - Sheridan Incident. I wanted to share a few thoughts with you about this incident. E5 was originally dispatched to the smell of smoke in the area. On their arrival in the area, they could smell smoke and according to the crew they thought either a structure fire or a dumpster. They searched the neighborhood and area, and came upon a structure with moderate smoke and fire. Reports of possible residents in the structure, Captain on E5 upgraded to a full structure response and chose to go on Fast Attack.

The crews of E5 and S5 did an outstanding job of both fire attack , rescue and patient care. The balance of the alarm arrived and assisted with all of the normal functions that we handle at a structure fire, with the addition of two victims in Full Arrest, and one family member unaccounted for creating numerous searches of the structure. Bottom line everyone on this scene did an outstanding job. Only one minor F/F injury - a back strain.

Thanks to all of the crews for doing your jobs efficiently and professionally. We will put together some lessons learned and share with all in the next week or so.

Great Job!



Email from Vince Pia to all RFD Personnel on April 30: Hello all, I'm using the "RFD Personnel" address in hopes of contacting as many of you as possible. On behalf of my family and myself I want to thank you for the kind words of condolences we've received for the recent passing of my older brother Harold. As some of you are aware, he was nearing the age of 81 and was a big influence in my life. I also want to thank The Association for the beautiful bouquet of flowers that is now the center piece of our dining room table. At the present time I'm recovering from shoulder surgery and will be away from the Fire Maintenance Shop for several months however, I do look forward to getting back and seeing you all.



This gopher snake wanted to be the new Station 14 mascot on April 21.



Somewhere along the line, warming up became a nonexistence segment of the past. Is it really necessary? I'm not sure what to do. It takes too long. I'm in a hurry today. I won't get hurt today!

Whenever you start getting confused about what to do, or feel like it's not necessary, a reliable course of action is to ask yourself a simple question: Why? What is the purpose of this? What am I trying to accomplish? If you can answer those questions, chances are you'll be able to work it all out just fine. If you can't answer those questions satisfactorily, don't be afraid to seek out the advice of someone more experienced in that particular area.

When it comes to warming up, what are we trying to accomplish? The name itself is a bit of a hint, but increasing body temperature is just one element. It might be easier if we rename the warm-up to training preparation. Now if we ask what we're trying to accomplish, it should be obvious: we're preparing our bodies for the training to follow.

The single most important thing to keep in mind while warming up is that the purpose of this whole process is to prevent any injuries during our workout.

That being said, I recognize that some injuries and pain are inevitable with any physical activity, particularly among groups of people who have the shared tendency to constantly improve. However, I see this not as an excuse to ignore it, but as a reason to do everything we possibly can to minimize the occurrence and severity of injuries. Much of this is accomplished through the warm up and form during specific movements.

So what should a warm-up actually look like? Here are some guidelines to help you develop what I would consider an effective training preparation (warm up) protocol.

Monostructural Work

This can be some type of repetitive activity like biking, jogging, body weight squats or jumping rope. I don't believe this to always be necessary. Its purpose is to get some initial body temperature increase and systemic loosening in unusually cold temperatures or for individuals who have been immobile for a long period of time prior to training. This should be low intensity and for about 2-5 minutes depending on need. I usually start warm-ups with one of these or some basic agility drills. Agility work is a lot more interesting than jogging or biking and most people love it.

Foam Rolling

This seems to be one of the most overlooked and underutilized systems of a warm up. Using a solid piece of foam to break apart the tight muscles and connective tissues in our body prior to any workout is honestly one of the most effective ways to prevent strains and tears. The foam roller also stimulates blood flow and increases elasticity to our muscles. Start at the top of your back/shoulder blades, and slowly roll back and forth working your way down to the lower back, gluts, and hamstrings. Then hit the lateral part of the quads (ITB), and finish with your hip flexors/anterior quads. Keep in mind that this isn't supposed to feel like a Swedish massage. It's uncomfortable and hurts a little at times, but worth the benefits. (continued on page 7)

Warming Up (cont)

Dynamic Warm-up

This is where we get into the kicks, jumps, push/press/pull, and lunges. My goal with this portion of a warm-up is two basic things: make sure I address all the movements or joints necessary, and try to get in enough variation day to day that I stay engaged and perform it properly.

Here are 2 examples of a good full body dynamic warm up:

10-jumping pull-ups
10-push-ups
10-squats
10-lunges
Repeat 3 times

Or

With a 45 pound bar (gradually increase the weight each round)
10-deadlifts
10-hang cleans
10-front squats
10-shoulder press
Repeat 3 times with a short break in between to add weight



Range of Motion Drills (ROM)

The last part of the warm up should consist of ROM drills. High kicks, lateral swings, cherry pickers, high knees, lunge and hold, trunk twists, arm circles, etc.....

Perform the ROM drills after your body temp and heart rate has increased and your muscle/tissue has some pliability. Each movement should last 1-3 seconds. This is not a static stretch!

I hope this helps you out during your work outs, and remember, if you are feeling pain.....STOP!

For demonstrations of any movements, you can visit the below link.

<http://www.crossfit.com/cf-info/exercise.html>

PHOTO ALBUM

April 2012

Men Who Cook: On April 28 at the YMCA, this year's RFD team led by Tim Odebralski won best ethnic dish and people's choice for shrimp/scallop tacos, ahi tuna appetizer, and sangria. Blair Tonkin volunteered to be "auctioned" off at this year's Real Men Cook Event at the YMCA (photo to right). He raised \$450 for the cause. Paul Avila also volunteered to be auctioned off and raised \$350. Good job, guys.



Left: Public Safety Dispatchers were recognized on April 11.

Right: Brandon Mollicone explains the electrical system to his crew as part of certification training.



More Mail...

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April 2012



AIRSHOW COMMITTEE

April 23, 2012

City of Riverside
Attn: Steve Earley, Fire Chief
3085 St. Lawrence Street
Riverside, CA 92504

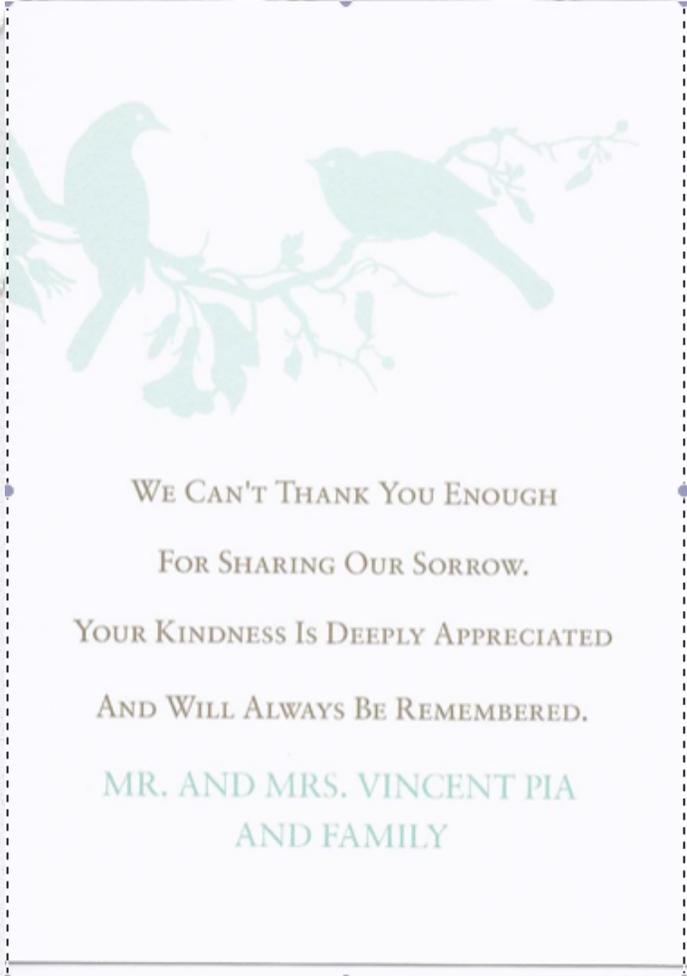
Re: Riverside Airport's "Airshow 2012"

Dear Chief Earley:

On behalf of Riverside Airport's Airshow and Open House Committee, I would like to thank you for all of the support provided by the Riverside Fire Department in putting on "Airshow 2012". The Committee thanks Riverside Fire Department and the members of the Riverside Fire Department who were in attendance at the Airshow to ensure the public's safety. Special thanks to Battalion Chief Lawayne Hearn for all of his assistance in preparation for and during the Airshow.

The 20th Annual Airshow and Open House attracted 85,000 spectators. While enjoying the Airshow and learning about the airport and the aviation community, the spectators were entertained by top notch performers such as Tim Weber in the GEICO Extra 300, Jon Melby in Pitts Muscle Bi-Plane, Doug Jardine in his Sbach 342, the Smoke-n-Thunder Jet Car, John Colver in his T-6 "Wardog", Frank Donnelly with Dr. D's Old-Time Aerobatics, the Silver Wings Flight Team, the A-10 "Thunderbolt II" and P-38 "Lightning" "Heritage Flight", the Just in Time Skydivers and last but not least the C-17 from March Air Reserve Base. Also at the Airshow were rare and unique WWII and later aircraft including the C-53 "Skytrooper", an FM-2 Wildcat, a F-6F Hellcat, a F-8F Bearcat and a P-51 Mustang. There were many other warbirds, antique, classic and homebuilt aircraft, helicopters, a classic car show and a military vehicle show. This event has helped to educate the citizens of Riverside about their airport and the aviation community.

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April 2012

Growing Families

Please join us in congratulating Dustin and Morgan Fenzke on their new addition. Brooklyn Marie Fenzke was born on April 16th at 7:34PM. All are healthy and well and enjoying time together at home. (see photo to the right)



CHOG Drill: The RFD hosted the quarterly County Hazardous Operations Group drill on April 5. RFD haz mat personnel taught at three different stations dealing with radiological monitors, classifying unknowns, and tech info resources.



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Above: B shift participated in the Citrus Towers High Rise Drills at the end of April. Below: Station 2 personnel host a station tour for Liberty Elementary School. Pat Mullen and Anthony Frausto teach about a firefighter being a friend and Sean Wilde assists students in holding the pressure line





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More Recognition Photos

