

# THE FIREHOUSE CHATTER

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## SMVFA: LaVerne Stewart Award



EMT / IV-Tech Catherine Regina Caulder (Koegel), a 43 year veteran and life member of the SDVFDRS is the 2017 recipient of the LaVerne Stewart Memorial, EMS Excellence/Awareness Award, which was

presented at the annual Southern Maryland Volunteer Firemen's Association Convention. This honor is awarded to an individual who does the most in EMS excellence and awareness for his or her community or county via their leadership and activities. Her nomination by the SDVFDRS highlighted her outstanding performance, commitment, and dedication to the SDVFDRS.

Caulder joined the SDVFDRS in 1975, and quickly received her EMT certification. Over the years, she has held numerous rescue officer positions including lieutenant, captain, and assistant chief and strives to maintain a coherent relationship between the community and the SDVFDRS by actively interacting with other fire departments and rescue squads, St. Mary's Advanced Life Support, St. Mary's Hospital, St. Mary's Hospice, and the general community, especially the elderly. She has served as a mentor to numerous cadet and junior members, helping them understand the true meaning of volunteerism and the EMS purpose; highlighting the importance of a higher education and their future; providing lessons learned from drills, training, and/or calls; helping them balance their social, school, volunteer, and home lives; and provide words of encouragement and advice.

### INSIDE THIS ISSUE

Ray Carter	2
SMVFA: Fire Prevention Award	3
2016 Awards and Recognition	3
New Station: Moving Forward	4
Fire and EMS Tax Increase	5
Tick Bites	6

As past Assistant Chief Rescue, she guided her officers and membership to perform to their highest potential; helping them to maintain a balance between their personal, family, and volunteer lives. She treated all members with integrity and respect, listened to their concerns, and mediated problems and differences.

Through her leadership, officers organized and provided training and drills taught by themselves, the Medical Director, Washington Hospital Center, Maryland State Police, MFRI Instructors, and the Bay District VFD Health and Safety Officer; and assured that all EMS mandatory training requirements, such as CPR, N95, IV Tech, and Blood Borne Pathogens, were fulfilled. Caulder's positive attitude and strong leadership skills enhanced EMS participation throughout the years. This training and the active EMS membership participation translated directly into the increased quality of patient care, as denoted by St. Mary's Hospital Emergency Room Staff and community members.

She believes strongly in and supported the Quality Assurance (QA) Program, consisting of EMAIS, Glucometer Log, IV Tech Program/Needle sticks, AED'S, and Firehouse Software, providing many hours of support and encouragement to the QA Officer; thus promoting a higher standard of care.

Caulder supported the Membership Committee in their endeavor to reorganize, clean, and update membership files. She implemented an efficient

## SMVFA: LaVerne Stewart Award *(continued)*

process for LOSAP reporting and tracking.

She augmented the cleaning, painting, and organization of the EMS supply room to allow members to have better access to restock ambulances. The interior ambulance cabinets, stock room, and supply cabinets were labeled or relabeled, and updated with un-expiring dressings, medicines, and other supplies.

Caulder championed the rewriting of the EMS Pre-Basic manual; updating it with new material, guidelines and pictures. This new manual, electronically archived and accessible, will be used for years to come.

Caulder was also responsible for the procurement of updated, modern equipment, such as the Stryker stair chairs, Personal Protective Equipment (PPE), EMS desks and chairs, and supplies.

Most importantly, Caulder proactively perused the Maryland Institute for Emergency Medical Services

Systems (MIEMSS) Voluntary Ambulance Inspection Program (VAIP). Caulder was essential in the successful certification of all three ambulances (A67, A68, and A69) via the VAIP and received the Maryland Seal of Excellence certification. This endeavor took approximately 9 months of intense planning, organizing, and cleaning. “The Voluntary Ambulance Inspection Program (VAIP) serves to formally recognize those companies in Maryland that provide a high level of emergency service and to make this fact clearly apparent to the public.”<sup>1</sup>

Caulder’s successful EMS career is attributed to her no nonsense leadership; hard work; attention for detail, cleanliness, and personnel safety; and passion to help people.

<sup>1</sup> *Maryland Institute for Emergency Medical Services Systems, Voluntary Ambulance Inspection Program – Seal of Excellence, Voluntary Ambulance Inspection Program Standards (9 March 2010) iii, 1.*

## Ray Carter: 41 Years of Service

Ray Carter, a 41 year veteran of the SDVFDRS, joined at the age of 16 for “something to do.” In the 1970’s, Carter took a few years off to get married, build a house, and start a family. Although he initially joined as a firefighter, Carter also supported EMS as an assistant and driver. Over the years, Carter took an active role in the Auxiliary; taking on many responsibilities included President and Vice President.

Carter remembers working the carnivals, dinners, and dances. “A lot of fun working with good people, like your grandfather (Jack Koegel). We all worked together to get it done.”

Carter noted the biggest challenge to the Department is finding people to help. “We used to come down here for something to do. Now there’s lots to do. People are busy. Young people aren’t like they used to be; it’s hard to keep them to stay.”

In his message to the community, Carter denoted the importance of volunteerism and community support. “Please volunteer and help. Everything they do down

*by Stephanie Boyd*



*Ray Carter with Maryland Delegate Deb Rey at 2016 SDVFDRS Installation*

here in this building is for you. There are lots of ways. You don’t need to ride an ambulance or fire truck. You have the Auxiliary and just coming to our events down here.”

Carter remains an active Auxiliary member and routinely drives the ambulance. Thank you, Ray Carter, for your years of service, dedication, and valuable time. The Department, especially the Auxiliary, would not be where it is today without you.

## SMVFA: 2017 Fire Prevention Award

The Fire Prevention Committee, led by Heather Bean, was awarded the 2017 Southern Maryland Volunteer Fireman's Association's Fire Prevention Award.

The Fire Prevention "Class" Awards are presented each year at the Annual Southern Maryland Volunteer Firemen's Association convention, to a department that does the most by "Class" for Fire Prevention in their community. The awards are for the department's effort and therefore, submission of the entry must be for the department, rather than an individual. The intent of these awards is to recognize the Fire Prevention activities performed by the department in their particular community.

The SDVFDRS Fire Prevention Committee was honored for their Fire Prevention Week activities.



*Fire Prevention Chair, Heather Bean, receives award from Past President Johnny Wathen*

Each year, the committee visits Second District schools to promote fire prevention, fire safety and escape plans, and to familiarize children with firemen and their equipment.

## Awards and Recognition

Several members were recognized at the 66<sup>th</sup> Annual Installation of Officers held in February 2017. Congratulations and thank you for all your hard work!

- **Chief's Awards:** Keith Bussler
- **President's Award:** Dan Browne
- **Fire Person of the Year:** Eddie Stauffer
- **EMS Person of the Year:** John Decker
- **EMS Rookie of the Year:** Kathy Stauffer
- **The Harry Koehler Memorial Award:** Stephanie Boyd
- **Auxiliary Spirit Award:** Betty Carter

**Fire LOSAP\*\* Points:** Charles Welch (242), Blair Swann (244), Robbie Springer (263), Dylan Walker (273), Aaron Canter (302), Eddie Stauffer (310), Lyn (Redtop) Henderson (327), Heather Bean (347), Bobby Stauffer (370), Gary Joy (399)

**EMS LOSAP Points:** Nathan Mundie (425), JP Caulder (441), Ashely Wingler (448), Cathy Caulder (454), Jeremy Chism (515), Jim Rodriguez (521), Ray Carter (584), Dan Browne (608), Bobby Lynch (626), John Decker (1004)

**Auxiliary Service Hours:** Sandra Mattingly (141), Georgia Wheeler (159), Larry Proctor (163), Betty

Carter (168), Ray Carter (174), Pat Roche (177), Susan Joy (178), Mike Johnson (186), Keith Dove (211), Robin Dove (275)

**Fire Responders (calls):** Ryan Patton (129), Keith Bussler (132), Blair Swann (139), Robbie Springer (153), Aaron Nelson (154), Dylan Walker (167), Jacob Walker (177), Eddie Stauffer (205), Lyn (Redtop) Henderson (224), Bobby Stauffer (271)

**Rescue Responders (calls):** Jim Rodriguez (82), Kathy Stauffer (85), Dan Browne (146), JP Caulder (147), Ashely Wingler (163), Cathy Caulder (185), Fuzzy Knott (316), Ray Carter (459), John Decker (473), Bobby Lynch (534)

**Years of Service:** Maureen Fields (5), Austin Archer (5), Dan Riley (5), Ashely Wingler (5), Kelly Eno (10), Keith Dove (10), Darlene Johnson (10), Pat Roach (10), Jeremy Chism (10), John Decker (10), Brandy Nelson (10), Charles Welch (10), Mike Johnson (15), Georgia Wheeler (15), Nancy Starks (20), Dan Browne (20), Theresa Cullison (20), Heidi Bowles (25), Chuck Charles (25), Cindy Bowes (30), Joe Slade (35)

*\*\* LOSAP points (combination of service hours, meetings, calls, drills, etc.).*

## New Station: Moving Forward

The SDVFDRS and the appointed Building Committee has worked extensively since April 2013 to explore options to either renovate our existing station, or build new. The existing station, built in 1960, has undergone six (6) additions and has reached the point where it no longer provides the space and facilities to adequately carry forward 50 years into the future.

We have completed an Initial Needs Assessment Program and Feasibility Study with Hueber-Breuer Construction Company Incorporated, Division of Fire Protection Services from Syracuse, New York who was selected because of their extensive experience in Fire-matic knowledge and construction. This venture lasted from July 2014 to December 2014 with many public forums and committee meetings.

As a result of the study, the Building Committee recommended to the membership that a new Fire/EMS Station be built on the land behind the existing station, with funding obtained from fundraisers, Department funds, St. Mary's County Revolving Loan, Maryland State Loan, state and federal grants, private sources, and private loan.

After a step back to consider community feedback and re-evaluate requirements, the SDVFDRS membership voted at the October 2016 Business Meeting to move forward with plans for a new station via a vote of confidence. The new station will house the Fire and EMS services designed to meet the needs of our growing community with better response times and modern equipment. While the station is under construction, the existing station will continue to serve the Second District. When the new station is online, the existing station will house the Auxiliary and remain "as is." Other purposes for the existing station are being proposed such as recreational, non-profit, and commercial use. The SDVFDRS will be conferring with the St. Mary's County Office of Public Works for existing County needs. We are looking for community members interested in serving on the committee to plan for the future use of the existing building.

Per community feedback, overdue and scheduled

maintenance to the existing building was performed over the past two years, including concrete repair, new roof, awing cover for Command 6 and Utility 6, new IT equipment, new kitchen appliances and community hall makeover, organization and cleanup of storage areas, and addressing of mold in meeting rooms. A Fundraising Committee was also established, and several fundraisers were held.

In December 2016, the SDVFDRS entered into a contract with Maginnis + del Ninno Architects to carry the plan forward. The estimated cost and square footage of the proposed building will be announced with the completion of schematic drawings.

In February 2017, with the FY18 Budget submission, the department submitted a letter of intent to the St. Mary's County Commissioners for FY19 Fire and EMS tax increases and future loan application.

In May 2017, a restricted bank account for the New Building Fund was set up to contain all monies associated with the new building (e.g. income sources such as donations, loans, and grants) and from which expenses will be paid. Accountant Diane Little's services will be utilized to assure monies are correctly accounted for.

The New Building Committee is planning many activities to raise funds specifically for the new building, such as dinners, dances, monthly raffles, and "Buy a Brick." In-person and online donation drives are also being planned. "Fill the Boot" signs will be posted to demonstrate fundraising and donation progress.

In July, the New Building Committee will begin posting monthly status reports on the SDVFDRS website. Questions and concerns should be emailed to [newbuilding@sdvfd.org](mailto:newbuilding@sdvfd.org), or mailed to SDVFDRS, ATTN: New Building Committee, P.O. Box 1, Valley Lee, MD 20692. Although we expect concerns, we would also appreciate notes of support and encouragement. Remember, our

## New Station: Moving Forward *(continued)*

members are community members who believe in, love, and want to give back to the people. Their intent is to better serve and provide for the community now and in the future.

Those wishing to support the Fundraising Committee should contact Heather Bean at

[fundraising@sdvfdrs.org](mailto:fundraising@sdvfdrs.org) or stop by the station on Wednesdays after 6:30 P.M.

If interested in donating to the New Building Fund, please check out our website at [www.sdvfdrs.org](http://www.sdvfdrs.org). A "Donate Now" link is available at the top of the home page.

## Fire and EMS Tax Increase

The Second and Ninth District Fire and EMS services are provided by volunteers from the community. Our volunteers spend countless hours supporting the community via EMS and Fire responses, training, annual refreshers, station and grounds cleaning and maintenance, and administrative duties. These volunteers, also tax-paying residents, save our community hundreds of thousands of dollars a year in personnel salary and benefits. They also spend countless hours planning for the future of the department and how to best grow to serve the community. The department's recommendation to request Fire and EMS tax increases is not a request taken lightly, nor is the recommendation to transition Fire and EMS services to a new station. Not only do these decisions financially affect the community, but they also financially affect and add workload to our Fire and EMS volunteers, who feel strongly that these changes will benefit and strengthen the community.

The SDVFDRS plans to pursue Fire and EMS tax increases not only to support funding for a new station, but to save for future requirements and to offset current deficits.

Operational expenses, especially EMS, have increased dramatically. The 2016 Audit revealed an EMS deficit of more than \$39,000, which is being supplemented by the Fire service income. Therefore, an EMS tax increase must at least cover this deficit, as well as projected inflation.

Recruitment and retention are growing problems for both Fire and EMS. There is an increasing probability of EMS and volunteer service becoming

a combination career within the next 15 years due to increased call volume and inability to provide a daytime crew as volunteers have daytime jobs. Neighboring rescue squads are already routinely being utilized by our community to provide mutual aid support, which increases response times and removes ambulances from these mutual aid areas. The administrative support required to operate the Fire and EMS services has also dramatically increased, with increase requirements to efficiently and successfully run the department including Financial Management; Facility Management; IT Infrastructure and Support; and Federal, State, and Local Regulations. With these requirements, there is an increasing probability of Chief, President, and IT positions becoming paid positions. Funding is required for salaries and benefits.

St. Mary's County Fire Tax was established in 1986. In 2000, the SDVFDRS fire tax was increased to 4.4% (2<sup>nd</sup> District) and to 3.6% (9<sup>th</sup> District). Rescue tax was established in 2005, with SDVFDRS rate set to 0.8%.

Per the St. Mary's County government, the fire tax rate is capped at 5.6% (2<sup>nd</sup> District) and 5% (9<sup>th</sup> District) and the EMS tax rate is capped at 2%. If the maximum cap is recommended, the increase to community property owners would be approximately \$26 per year for every \$100,000 in property value. For example, a property value of \$300,000 would have a tax rate increase of approximately \$78 per year or \$6.50 per month.

Community support is essential in the success of the volunteer Fire and EMS services. The additional burden of fundraising has caused several

## Fire and EMS Tax Increase *(continued)*

volunteers to reduce EMS and Fire service support. Most of our volunteers have families and full-time professions; therefore, have limited hours to give. Supporting the SDVFDRS via the Fundraising Committee and coming out to fundraising events is

an ideal opportunity to help the department prepare for the future and to minimize the recommended tax increase.

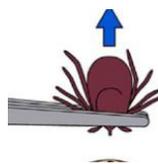
## Tick Bites

Most people are familiar with ticks – small spider-like animals that find their way onto our bodies after a hike in the woods, BBQ in the back yard, fetch time with the family dog, and other outdoor activities. These small creatures attach themselves onto the skin and feed on blood. Sounds like a scene from a horror movie! Unfortunately for some, this is true as some tick bites result in the transmission of disease. Most ticks don't carry diseases, and most tick bites don't cause serious health problems, but it is important to remove a tick as soon as you find it, monitor for symptoms, and proactively seek medical attention if symptoms appear.

### How To Avoid Tick Bites? 10 SIMPLE TIPS...

1. Ticks are most active from late spring to early fall.
2. Avoid wooded and bushy areas with high grass and leaf litter.
3. Walk in the center of trails.
4. Repel Ticks with DEET or Permethrin:
  - Use repellents containing 20–30% DEET on exposed skin and clothing. It can safely be used on children over 2 months of age.
  - Use products that contain 0.5% permethrin on clothing and gear, such as boots, pants, socks and tents. Remains protective through several washings. Pre-treated clothing is available and may be protective longer. Do not use directly on the skin.
5. Long pants and long sleeves help keep ticks off of skin. Tucking pant legs into socks, and shirts into pants, keeps ticks on outside of clothing.
6. Find and remove ticks from your body.
7. Bathe or shower as soon as possible after coming indoors (preferably within 2 hours).

8. Conduct a full-body tick check using a hand-held or full-length mirror. Ticks like warm, moist areas of the body – armpits, groin, and hair. Parents should check children; don't forget ears, belly button, behind knees, between legs, and around waist.
9. Examine clothing, gear, and pets for hitchhikers. Use tick control products on your pets. Don't forget – a pet in your bed is an ideal time for a tick to jump hosts!
10. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.



### How to Safely Remove a Tick

- Use fine-tipped tweezers. Protect bare hands with a tissue or gloves.
- Grab the tick close to the skin; do not twist or jerk the tick.
- Gently pull straight up until all parts are removed. Use steady, equal pressure.
- Wash your hands with soap and water or an alcohol-based rub.
- Clean the site with soap and water or an antiseptic.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.
- Do not use petroleum jelly, a hot match, nail polish, or other products to remove ticks.
- Never crush a tick with your fingers.

### Diseases Transmitted by Tick Bites

Lyme Disease – Most common local tick-borne disease. Bacterial infection; can spread to joints, heart, and nervous system.

- Transmission: Infected deer tick attached to skin for at least 24 hours.
- Symptoms: Early (3–30 days): red expanding

## Tick Bites (continued)

rash (bullseye or solid – occurring in 70–80% of cases), headache, fatigue, fevers, chills, muscle aches. Late (days–months): Bells (Facial) Palsy; swelling of a large joint; severe neck stiffness or headache; additional expanding red rashes; heart palpitations or irregular heartbeats; dizziness or shortness of breath which comes and goes; shooting pains, numbness or tingling in hands and feet; short-term memory problems; pain in tendons, muscles, joints, and bones which comes and goes.



- Diagnosis: Symptoms, physical findings, and blood test.
- Treatment: Antibiotics.

*Rocky Mountain Spotted Fever (RMSF)*. Bacterial infection; can cause serious damage to internal organs, such as your kidneys and heart.

- Transmission: Infected tick attached to skin for 6 – 10 hours.
- Symptoms: 3 to 14 days. Flu-like symptoms, severe headache, high fever (above 101F). Red, non-itchy rash on the wrists and ankles, spreads down into palms of your hands and soles of your feet, and up arms and legs to torso.
- Diagnosis: Symptoms and physical findings.
- Treatment: Antibiotics.

*Tularemia*. Rare bacterial infection.

- Transmission: American dog tick and lone star tick for at least 24 hours. Also transmitted via other exposures.
- Symptoms: 3–5 days. Flu-like symptoms, high fever, skin ulcer at bite site, and regional swelling of lymph glands.
- Diagnosis: Blood tests.
- Treatment: Antibiotics.

*Ehrlichiosis*. Rare bacterial infection.

- Transmission: Lone start tick, attached for at least 24 hours.

- Symptoms: Within 14 days. Fever, headache, fatigue, and muscle aches.
- Diagnosis: Symptoms, physical findings, and blood tests.
- Treatment: Antibiotics

*Babesiosis*. Rare infection of the red blood cells by microscopic parasite.

- Transmission: Deer tick, attached for at least 36 – 48 hours.
- Symptoms: Not everyone develops symptoms. If they occur, appear 1 week – few months. Flu-like symptoms, paleness of the skin, enlarged spleen and/or liver, jaundice.
- Diagnosis: Blood test.
- Treatment: Drug therapy.

*Powassan Virus*. Extremely rare disease causes inflammation of the brain. There were 69 reported cases from 2006 to 2015; with all reports from the Northeast and Great Lake regions. There were no reported cases in Maryland. 10% of those infected died and 50% had some form of neurological disability.

- Symptoms: Not everyone develops symptoms. If they occur, appear 1 week – 1 month. Fever, headache, vomiting, weakness, confusion, loss of coordination, speech difficulties, and seizures.
- Transmission: Deer tick, attachment time unknown.
- Diagnosis: Symptoms, physical findings, blood and spinal fluid tests.
- Treatment: There is currently no cure.

*Alpha-Gal Allergy*. Red meat and pork allergy caused by the Lone Star Tick. Information is being collected and analyzed. Symptoms: Hives, shortness of breath. Dangerous anaphylactic reaction is possible. Can occur within 10–12 hours after eating.

Sources: <http://www.webmd.com/skin-problems-and-treatments/tc/tick-bites-topic-overview>;  
<http://www.eyeonannapolis.net/2017/04/maryland-ticks-lyme-our-worst-year-yet/>; See online article for additional sources.

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PERMIT #46

## POSTAL PATRON

### *Calendar of Events*

August 13 - Breakfast  
August 26 - Yard Sale  
September 10 - Breakfast  
October 8 - Breakfast  
October 28 - Spaghetti Dinner  
November 4 - Fall Craft Fair  
November 12 - Breakfast  
December 10 - Breakfast with Santa



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Something you want to see in our newsletter? Email Stephanie at [Stephanie.boyd@sdvfdrs.org](mailto:Stephanie.boyd@sdvfdrs.org).

## In Loving Memory: Lucy Mae Hanson

Ms. Lucy Mae Hanson joined the McKay's Beach Volunteer Ladies Auxiliary within a few months of it being created, and supported the Auxiliary as it transitioned to the SDVFDRS. She actively supported the Department with over 55 years of service; holding every elected office of the Auxiliary. She supported many hours of work and preparation for dinners, dances, and carnivals.



*May 17, 1930 - June 27, 2017*

She came from a family of SDVFDRS members. Her mother (Myrtle Russell), brother (Puggy Russell), husband (Norris Hanson), two sons (Jimmy, Marvin), and two daughters (Nancy, Lucy) were/are members of the department. Her time and dedication continues to be an inspiration.