



DECEMBER 2018



PENNSYLVANIA'S 1ST REGIONAL COMBINATION FIRE DEPARTMENT

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Matt Arnold
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Hours of Operation:
Mon. thru Fri. - 7:00 to 3:00

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@YAUFRChief



/YorkAreaUnitedFireandRescue

CERT TRAINING PROGRAM



FIRE CHIEF'S CORNER

Wow! Where has this year gone. The last twelve months have been a flurry of activity for our department, all the while setting the stage for the coming year. 2019 will see us in the beginning stages of a new quality improvement process, getting closer to a joint CBA and enjoying the fruits of our labors with four new pieces of pumping apparatus, and anxiously awaiting delivery of our new ladder truck. The great work that we take such pride in is only made possible with the tremendous support of our commission members, municipal leaders and the efforts of our personnel and managerial staff. I thank each and every one of you for the support and commitment to the fire department mission. We must remain committed and never hesitate to push forward aggressively in an effort to be the best we can be at all times. It is my hope during this Christmas season we can all take a little bit of time to appreciate the lives and circumstances that we have been blessed with and to be thankful for one another, our nation and being able to work in the greatest profession ever. I wish you all happiness, safety and the love of family during this season.

Merry Christmas and Happy New Year!

Chief Hoff

TRAINING

- Our Department completed over 3,538 hours of training last quarter. Keep up the good work.
- All shifts completed the annual Confined Space Rescue refresher class in September.
- CPR/AED recertification is underway for the First Battalion. The dates are 12/3, 12/10 and 12/17. Classes start at 0900 hours at Victory Fire Company, Station 894.
- Fall company burns were held on 12/5, 12/10 and 12/12.
- Fire Officer III certification will begin January 2019. Ten members will take on this challenge to further their education.
- Check your EMT con-ed status. Make sure you are on track to have the required hours for recertification.
- Don't forget to enter all your daily training in Target Solutions. Check your training tracker to monitor your progress to reach the minimum ISO required training hours for the year.
- Please forward copies of training certificates that you receive so we can keep your training records current.

2018 Year To Date
 Number of Incidents - 3364
 Springettsbury YTD – 1347
 Spring Garden YTD – 726
 Manchester YTD – 790
 Year To Date Fire Loss - \$457,065
 Year To Date Property Saved - \$18,879,840

PROMOTION



Matthew Russ, a ten year veteran of the department, was promoted to Captain on November 3, 2018. He was officially sworn into his position at the November 13, 2018 Manchester Township Board of Supervisors meeting. Captain Russ was pinned by his wife Tiffany. Congratulations to Captain Russ on achieving this well-deserved milestone.



ALARM ORDINANCE CHANGES

York Area United Fire and Rescue has worked very hard over the last year, lobbying the charter municipalities for consistency in the administration of their respective fire alarm ordinances. These efforts have finally paid off, as we now have approved amendments to fire alarm ordinances throughout all three townships. While there may remain some minor differences at the township administrative level, the fire department has gained the ability to keep our public properly informed, regardless of the municipality we respond to. Some of the key aspects to the fire alarm ordinance changes:

1. Alarm definition – encompasses all alarms including fire, burglary and medical. Many of our citizens may not understand that there is no distinction when considering the number of false alarms in a year. All alarms are considered as one system.
2. Registration is required for all new systems and for all new residents if their home has an existing system.
3. Residents are required to maintain alarm systems in good operational condition, maintain operational directions for their system that are easily accessible and promptly notify the municipality within five (5) days when any change occurs.
4. The resident is responsible for keeping their system information up to date with the township on an annual basis.
5. Each registered system is entitled to unlimited emergency response to actual alarms. False alarms are limited to three (3) in a consecutive twelve-month period. Once again alarms include fire, burglary and medical and they are considered cumulatively.
6. False alarms in excess of the three allotted will result in the assessment of fine as determined by the municipality.

SMOKE DETECTORS

As always, please remember to check the batteries in your detectors. We always suggest changing the batteries in your detectors when you change your clocks for daylight savings time in the spring and fall. However, if you cannot recall the last time you checked those batteries, we encourage you to change them now to guarantee a working alarm.

Should you find that your alarm is out of date or not functioning, they can be purchased at any hardware store. If you need assistance with installation, obtaining a detector, or if you have any other questions relating to smoke detectors or fire safety – please contact our office at 717-718-2381. **WORKING SMOKE DETECTORS SAVE LIVES!**



COLD WEATHER, WINTER STORMS, BE PREPARED

Winter seems to have arrived early this year.



If the early start to the cold weather and pre-Thanksgiving snowstorm are any indicators, we may be in for a brutal winter. Before the holiday season kicks into high gear, take some time to make sure you and your family are prepared for winter storms. You should be prepared at home, on the road, and at work!

At home, make sure that after a snowstorm, you clear a path to your house from the road. This will help people, including emergency responders, reach you safely. If you have a fire hydrant on or near your property, make sure snow is cleared at least 36" all the way around it. This helps firefighters find and access the hydrant to connect hoses and open the valve. Before a winter storm hits, make sure you are

prepared with any supplies that might be needed in case you can't leave the house. Supplies should be enough to last up to 3 days.

Emergency supplies should include:

- Food (non-perishable) and don't forget about food for your pets.
- Water (for drinking and sanitation)
- Fire extinguisher
- Fully charged cellphone (consider having a portable battery pack to recharge, if needed)
- Flashlights and spare batteries
- Weather radio (battery operated, with spares)
- First aid kit
- Make sure prescriptions are refilled and available
- Infant/children supplies (including formula and diapers)

It is best to avoid driving during a winter storm, but if you absolutely must, make sure to check weather reports and road conditions before you leave. Fill your fuel tank before the storm hits. Bring your cellphone and a car charger with you. Make sure someone knows where you are going and the route you plan to take.

Have a roadside emergency kit in your car that includes:

- Food (non-perishable)
- Water
- First aid kit
- Fire extinguisher
- Blankets, outdoor clothing (coat, gloves, hat, etc.), instant hand warmers
- Road flares, reflective triangles, or red/orange flag or clothing
- Basic tool kit
- Spare tire, jack, lug wrench
- Jumper cables or battery pack
- Snow shovel
- Container of ice melt and kitty litter (for traction)
- Tow strap and/or tire chains

Be wary of incoming weather. If it appears there is a chance you might get stranded at work during a winter storm, bring your home preparedness kit from home with you, and remember to bring a pillow, blankets, and toiletries, should you become stranded overnight.



NIXLE NOTIFICATION SYSTEM

Ready.gov, the official public preparedness website of the U.S. Department of Homeland Security, is a valuable resource.

YAUFR is always available to answer any questions you may have. We can also help you find basic skills training to help those in need before Fire, EMS, and Police arrive. Want to take your preparedness to the next level? We have just completed our first Community Emergency Response Team (CERT) training with four graduates. It is our intention to make this an annual offering to the citizens we serve

Remember to sign up for Nixle, the YAUFR public alerting system, which will broadcast severe weather watches and warnings, and will also be used to provide emergency instructions in the event of a disaster. To subscribe, simply text YAUFR to "888777."



**Stay connected to the information
that matters most to you!**

**Stay instantly informed of trusted, neighborhood-level
public safety and community information.**

You choose the information you want, for the addresses you
want, all delivered by text message, email and over the web.

Simple • Trusted • No Cost

**Manchester, Spring Garden and Springettsbury Township
Residents**

YAUFR is now live on the Nixle Public Safety Notification System.

**Text YAUFR to 888777 to sign up and stay informed of important
emergency services messages in our area.**

HEALTH NEWS

Ten tips for staying healthy through the winter!

In just a few weeks, winter will officially begin. But depending on where you live, the winter weather is already here and it may be taking a toll on the healthy lifestyle you've worked hard for. Whether you typically eat too much comfort food and desserts, or exercise less (or not at all), winter can really hurt your health. This year, instead of sitting back and accepting the unhealthy changes in your life, make an early resolution to stay active, eat right, and in the process, help ward off seasonal depression. Sound easy, right?

The best strategy to beat these negative habits is to be proactive, so start now by implementing some of the following ten tips to stay healthy this winter. There's nothing better than reaching the end of the coldest season feeling and looking your best...

1. Make a Plan

People are easily knocked off their healthy routine because of how busy the start of winter season is. With holiday celebrations beginning at the end of November and carrying you into the new year, it's no wonder people ditch their regular routing - maintaining it can seem insurmountable.

However, don't let busy weekends and winter break get in the way of being healthy. It may seem stressful, but map out the first month or two of the winter season. Add family and other social commitments, camps (if you have kids), and any big work deadlines. Doing this will allow you to see where you have free time to fit in exercise or plan an active outing.

2. Add Something Active to Social Gatherings

Much of the holiday season is filled with getting together with family and friends. And the cold weather usually worsens after the holidays, which tends to keep us inside. Instead of agreeing to and falling into this social hibernation, suggest the group does something active during the get-together.

There are fun activities for both children and adults - hiking through a forest, sledding, skiing, and skating are just a few. Even when it's just adults in the group, kids aren't the only ones who can enjoy the snow! Of course, be safe by wearing appropriate clothing and protective gear if you're going to be outside for long periods of time, and don't ignore severe cold warnings.



3. Eat Healthy Meals As Often As Possible

It can be tempting to resort to your favorite comfort foods during winter. It's common to crave warm casseroles, pastas, and other heavy, carb-filled meals, but many of these comfort foods aren't healthy. Add in the holiday gatherings and you're likely to greatly increase your fat, sodium, sugar and calorie intake during the cold months.

To combat this unhealthy habit, plan to eat healthy meals rich in vegetables as often as possible - many veggies might be out of season but that shouldn't stop you from eating them. When you do indulge, don't go overboard, moderation is key and you can still enjoy some of your winter favorites without adding to your waistline.

4. Snack on Healthy Food

Many people find themselves snacking more in winter. It could be from the winter blues dragging you down and causing you to eat your feelings and stress, or it could simply be the change in the season has on your body and mind. Whatever leads you to snack more, it doesn't need to be an unhealthy habit.

In fact, snacking can be quite good for you, as long as you aren't loading up on foods high in sugar and fat or that can make you feel sluggish. Snack on foods that have antioxidants, vitamins, protein and fiber - a well-rounded diet will satisfy your hunger while also boosting your energy and strengthening your immune system.



HEALTH NEWS

5. Try a New Exercise or Train For a Race

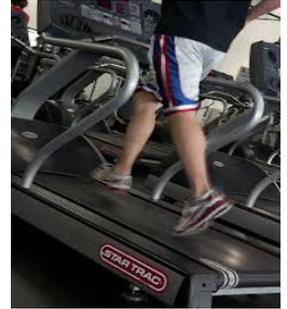
Sometimes the best way to ensure you stay active all winter long is by changing up your regular workout. Holiday commitments at the beginning of the winter are likely to mess with your schedule anyway, so join a new exercise class at the start of the season to set the tone for the coming months.

Exercising outside in the winter is often impossible depending on where you live, so try an indoor class that catches your eye. Or sign up for a race in the spring - this will motivate and force you to exercise regularly in order to be ready for it. Try a regular running race or something trendy, like a zombie run.

6. Join a Club or Plan Regular Gatherings

After the high of the holiday season, it's easy to fall into a slump. The parties are over, and the reality of winter can seem even more depressing after such excitement. Since your mental health is just as important as your physical health, join a club or enroll in a course.

It's the perfect opportunity to try something new, meet new people, and get out of the house at least once a week. Once you've committed to something, it's more effective in getting you to follow through. You should also plan regular social gatherings - even meeting up for a coffee with a friend can give you a much-needed boost.



7. Get Enough Sleep



Getting a good sleep every night should be a goal year-round, yet it's something that so many people don't follow through on. When you're stressed and have a busy schedule, sleep is often the first thing people give up, but letting your sleeping habits suffer can hurt your health.

Sleep is the way your body refuels. With too little of it, you're more likely to skip on hitting the gym or making a healthy meal. When you don't get enough sleep, especially during time of stress and hectic lifestyle, your immune system is weaker and more vulnerable to viruses. And if you don't rest enough when you're sick, it's going to be more difficult to get better.

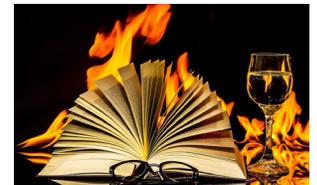
8. Watch Your Alcohol Intake

It's not that people drink more alcohol during winter, but they do tend to drink it in large - and sometimes unsafe - quantities. For many the holidays are filled with laughter, happiness and all-around cheer. From religious traditions and New Year's Eve to work parties and social gatherings, it's fairly common for people to throw caution to the wind and consume more alcohol because "it's the time of year".

However, using this excuse over and over again throughout the month will add up. Alcohol is high in calories, and excessive drinking can damage your health. Know your limit and remember to dress warm if you're going out drinking, alcohol can numb your senses, putting you at risk.

9. Make time to De-Stress

Winter weather - shorter days, cooler or downright cold temperatures, rain, and snow - can have negative impact on all areas of your health. It can cause you to feel lousy and lazy, lose your motivation to exercise, and increase your stress, often resulting in Seasonal Affective Disorder (aka winter depression), weight gain, and general unhappiness that affects your personal and professional relationships.



However, you can fight back and have a healthy, happy winter by making the time to let go of the stress. Officially schedule it into your calendar and don't cancel on yourself. Meeting with friends, curling up with a good book, exercising, playing a sport - whatever helps you blow off steam, do it regularly.

10. Protect Against Cold and Flu Viruses

Pretty much everyone has the common cold or flu at some point in their life. You've also probably had one or two really bad ones that kept you in bed for days or even weeks. While taking certain vitamins and making healthy choices in the winter can help keep your immune system strong, even the healthiest of people get sick sometimes.

To help protect yourself against the cold and flu this winter season, make sure you wash your hands regularly (especially after touching doors, taking public transit, and so on), get the flu shot or at least learn more about it, and get plenty of rest if you feel something coming on.

EMPLOYEE SPOTLIGHT

1. **How long have you worked for the fire department?** 25 years
2. **Before working for the fire department what was the most unusual or interesting job you had?**
Security Specialist in the Air Force
3. **How or why did you become involved in the fire service?**
When my father moved to North York a friend ask if I wanted to become a Junior Firefighter
4. **What is your proudest fire service moment?** My partner and myself rescuing 2 kids from a low head dam
5. **If Hollywood made a movie about your life, who should be cast to play you?**
Steve Buscemi
6. **What is your favorite travel or vacation spot?** I enjoy new experiences, so I try and go to new places with my family. We do not often repeat vacation spots. We enjoy both warm weather and cold weather destinations.
7. **What is your favorite past time?** Spending time with the family
8. **What are the top two items on your bucket list?** Heli-Skiing and sky diving
9. **If you could live anywhere in the world where would it be and why?** I would like to live in Europe, there are many places where I can live an hour from the beach and an hour from a ski resort.
10. **Tell us one thing about you that would surprise most people.** Managed an auto repair shop before I became a firefighter
11. **Anything else you might want people to know about you.** Besides cooking I like to bake also.



Firefighter
Joseph Stoppard



Winter Holidays



EMPLOYEE SPOTLIGHT

1. How long have you worked for the fire department? 10 years and 3 months

2. Before working for the fire department what was the most unusual or interesting job you had?

I was privileged to work in the Staff Judge Advocates Office when I was stationed in Iwakuni, Japan, before being honorably discharged from The United States Marine Corps.

3. How or why did you become involved in the fire service? My brother Bob got me involved as a volunteer in 1993 at Goodwill Fire Co. #1 of Jacobus after I came home from the Marine Corps.

4. What is your proudest fire service moment? Being hired as a career firefighter/EMT at Manchester Township Department of Fire Services, after being in volunteer fire service for 15 years.

5. If Hollywood made a movie about your life, who should be cast to play you? Ralph Macchio - Remember him? The Karate Kid

6. What is your favorite travel or vacation spot? Most of my vacation time is spent in Ocean City, Maryland with family and friends or visiting my oldest daughter, Kayla in Nashville, TN.

7. What is your favorite past time? Spending time with my wife, Jody and my two daughters, Kayla and Kortney.

8. What are the top two items on your bucket list? First would be to see both of my daughters graduate college. Second is to be able to watch both my daughters be happy and successful in their careers and lives.

9. If you could live anywhere in the world where would it be and why? I have been blessed to have the opportunities to have visited a couple different countries in the world. None of which I'd want to live. That being said, it will always be in the United States, in any state that would make my wife and I happy.

10. Tell us one thing about you that would surprise most people. This will be my 37th year singing with the Glen Rock Carolers, a tradition for my family in since 1848.

11. Anything else you might want people to know about you.

Sometimes I'm a hard person to read, never to be under estimated, especially on how much I can eat! LOL!



Firefighter
Todd Kroh



THANK YOU!

Jerry Poland from VFIS stopped by Station 891 to donate a Palmer dollhouse training prop to the Department. It can be used to demonstrate fire behavior to our firefighters as well as to demonstrate to the public the importance of closing bedroom doors at night.

Thank you to Jerry for his continued support to the fire service in our area!



Happy Holidays!

May your holidays sparkle with moments of love, laughter, and goodwill, and may the year ahead be full of contentment and joy. Have a Happy Holiday Season.

