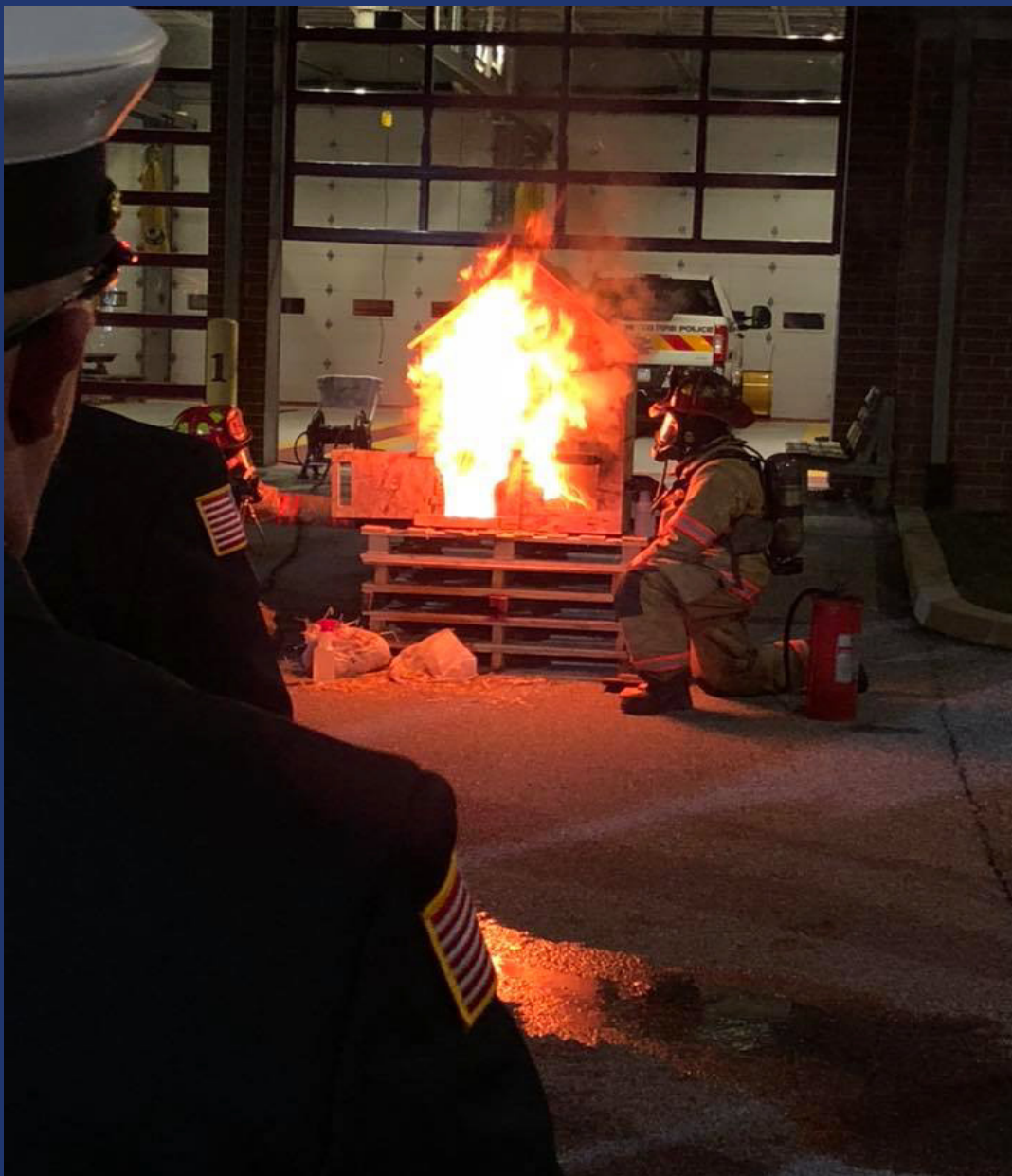




MARCH 2019



PENNSYLVANIA'S 1<sup>ST</sup> REGIONAL COMBINATION FIRE DEPARTMENT



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**Daniel J. Hoff**  
Fire Chief

**John Woods**  
Battalion Chief

**Jay VanPelt**  
Battalion Chief

**Matt Arnold**  
Battalion Chief

**Joe Madzellan**  
Battalion Chief

**Brett Graham**  
Battalion Chief

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Office: 717-718-2383

Office Hours :  
Mon. thru Fri. - 7:00 to 3:00  
Operation Hours : 24/7

[www.YAUFR.com](http://www.YAUFR.com)



@YAUFRChief



/YorkAreaUnitedFireandRescue

**PALMER DOLLHOUSE DEMO**

## FIRE CHIEF'S CORNER

*Greetings and Welcome to the First Edition of the YAUFRR Newsletter for 2019.*



It is hard to believe that we are at the end of March. The snow has melted as temperatures are getting warmer and the days are getting longer. It won't be long before the grass is growing, birds are chirping and best of all our two HACC attendees will be graduating.

April 26th is the date that FF Findley and FF Ort graduate from HACC and I am hopeful that we can send a large contingent of personnel to that event to show them our support. Word from the academy is they are both making us proud with their efforts. There have been a lot of personnel changes in the last year and I want to thank each and every member of our great department who has helped in any way to educate, train and welcome those new firefighters to the greatest profession on this planet, and the best department in the area. Thank you all and keep up the great work.

Many of you have heard something about our quality improvement initiative that is just in its infancy. We feel it is important to examine everything we are doing and begin putting systems in place to accommodate necessary change. This will ensure we are always at the top of our game, building upon the efforts of the past. Our goal is to be certain that we remain a valuable asset to our citizens. You will hear more of this in the coming weeks, but we would ask that everyone become involved and make this project a total department and community commitment.

I would like to congratulate FF Serikstad on successful completion of his EMT certification, FF Banks on completing his Rookie Manual and all our probationary firefighters for the successes they are having in their training program. You all make us proud and are encouraged to keep up the hard work and commitment.

Until the next edition – stay safe and take care of each other!

*Chief Hoff*



## TRAINING

- YAUFRR completed a total of 19,414.85 training hours for 2018.
  - a. Driver training: 1,646 hours.
  - b. Facility training: 1,690.5 hours. Training conducted at the York County Fire School. (i.e. burns, hand line advancement, search and rescue, ladders, etc.)
  - c. Hazardous Materials training: 336.5 hours. Annual Haz-Mat Ops. refresher.
  - d. Officer training: 1,492.85 hours. Training required for officers. (i.e. incident command, scene size up, Fire Officer II, etc.)
  - e. Company training: 14,249.25 hours. (i.e. building construction, saw operations and maintenance, water supply, fire detection / alarm / suppression systems, General Order review, forcible entry, ropes & knots, fire behavior, building familiarization / reviews, elevator rescue, ground ladders, etc.)
- Spring company burns are scheduled for 4/3, 4/10 and 5/8. Burns start at 13:00 until approximately 22:00 hours.
- Fire Officer III class is in progress. Nine (9) members are enrolled to continue their career development.
- Haz-Mat Operations refresher classes are scheduled for 4/13, 4/20 and 4/27. Classes are at the Victory Fire Company, Station 894. All classes start at 09:00 hours.
- Check your EMT con-ed status. Make sure you are on schedule to have the require hours for recertification. Make sure all material is submitted to the Federation in a timely manner to avoid any issues before your certification expires.
- Don't forget to enter all your daily training in Target Solutions. Check your training tracker to monitor your required ISO training hours for the year.
- Please forward copies of training certificates that you receive so we can keep your training records current.



2019 Year To Date  
Number of Incidents - 588  
Springettsbury YTD – 206  
Spring Garden YTD – 163  
Manchester YTD – 131  
Year To Date Fire Loss - \$1,493,650  
Year To Date Property Saved - \$20,805,100



## SCHOOL SAFETY FORUM

Recently, Battalion Chief Madzellan was asked to participate in a school safety forum during the Pennsylvania Association of School Business Officials' (PASBO) annual conference in Hershey. BC Madzellan was one of five panelists participating in the moderated discussion entitled "25 Great Ideas and Lessons Learned," discussing topics such as emergency planning, fire drill procedures, life safety inspections, and facility access. The forum was also broadcast live on the conference website.

YAUFR Emergency Management staff work closely with the schools in our community to ensure a safe environment for students and faculty. BC Madzellan is a member of the York County Safe Schools Coalition, which meets quarterly to discuss issues surrounding safety in the County's schools and other childcare facilities. One of our closest partners is Central York School District. BC Madzellan has been actively involved with the school in the update of the District's emergency plan, and regularly attends District Safety Committee meetings, and conducts supervised fire drills and annual safety inspections at each of the Central York's buildings. These Emergency Management efforts are conducted in support of the overall Department mission.



**Congratulations to EMA volunteer Emily Smeltzer on the completion of her Basic Level EMA certification.**



YAUFR is continually looking for community volunteers who may not be interested in emergency response but have a desire to assist their fellow residents. Emergency management training is usually free, available on-line from the comfort of your home and available at your own pace. We would love to have you as part of our EMA team, planning and preparing for our community's time of need. If interested please contact YAUFR headquarters at 717-718-2383.

# HEALTH NEWS

## 5 Reasons To Take A Walk

*It's time to shake off winter and start to get back into shape!*

### 1. Lowers Risk of Cardiovascular Disease

[StepToHealth.com](http://StepToHealth.com) says, "Plenty of people aren't aware of the many health benefits of walking". That being said, it also explains that about 40-percent of adults don't walk "at all," and that number is increasing as technology keeps more people inside.

However, it says walking minutes per day can have a huge health benefits, namely cutting your chance of developing cardiovascular diseases - this half hour of daily walking can cut heart disease and stroke by 27-percent, it adds. "By increasing your health rate, daily walks greatly improve your overall heart health," notes the source.

### 2. Helps Ward Off Other Diseases

The Michigan State University notes that walking can help prevent chronic diseases other than heart disease, including Type 2 Diabetes, and even some forms of cancer. In the case of diabetes, simple walking helps lower blood glucose and insulin resistance, notes the source.

Since cancer is the second leading cause of death after heart disease in the U.S., the source explains that getting at least 150-minutes of "moderate-intense" (meaning brisk) activity spread throughout the week can help lower the risk. That's only about 20-minutes per day when you do the math, which should be manageable for most people.

### 3. Controls Anxiety and Boosts Mood

A post from Reader's Digest suggest 7-tips to "get the most happiness from your daily walk," adding that making small changes to your current walk routine can ease anxiety. In fact, just changing the way you walk can have an impact on how you feel, notes the source.

It cites an study in the Journal of Behavior Therapy and Experimental Psychiatry that say participants remembered more positive words from a list when they employed a "happy" walking style (straight posture and arm swinging) than those with a negative walking style (slumping with little arm movement).

### 4. Promotes Weight Loss

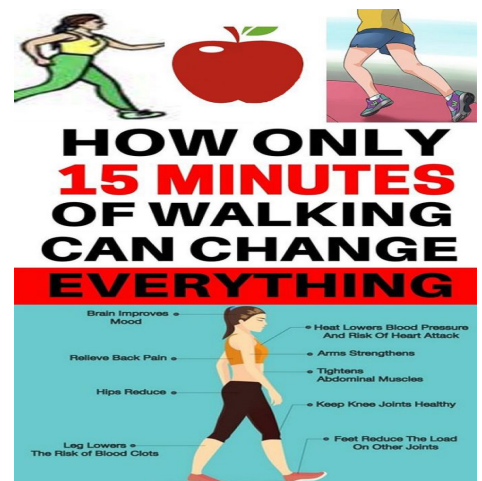
You might not equate walking with a weight loss regime, but according to sources including [DevelopingGoodHabits.com](http://DevelopingGoodHabits.com), "Walking to lose weight is possible." The source says you can lose 1-pound per week by building "the walking Habit."

It explains that this weight loss doesn't involve any fad diets or other hidden tricks. Perhaps more surprisingly, the same source claims that walking can often burn more calories than running. Using a 300-pound as an example, it explains that at a 3-miles per hour walking speed, this subject would burn 540-calories in an hour, and 857-calories at 2-miles per hour during a 2-hour stroll to "smell the roses."

### 5. Easier on Joints

Jogging and other forms of activity can be tough on your joints because you're putting more pressure to the ground with each step compared to a moderate walk. In fact, the Arthritis Foundation said walking actually "supports your joints," helping to bring oxygen and nutrients to cartilage that normally doesn't get fed by inactivity. "If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration," it adds.

Not only can it help your joints, walking can also help to tone and strengthen leg and abdominal muscles, and adding a "pumping" arm motion during your walk can increase range of motion and take pressure off joints and muscles - which is especially helpful if you have arthritis, it adds.



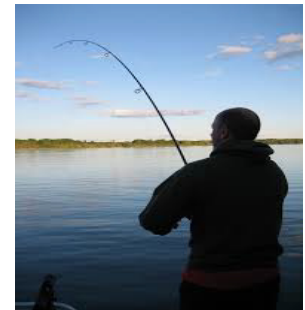
## EMPLOYEE SPOTLIGHT

The Employee Spotlight for the first edition of the YAUFRR Newsletter for 2019 features one of our newest employees,  
**Mr. Ryan Bosserman.**

- 1 How long have you worked for the fire department?** I have worked for the department for three weeks. I previously have had five years as a volunteer in Cumberland County.
- 2. Before working for the fire department what was the most unusual or interesting job you had?**  
Prior to working for the department I worked in a factory that made flat glass.
- 3. How or why did you become involved in the fire service?**  
I became involved in the fire department initially because I was a kid looking for something to do. After running some calls and experiencing the brotherhood being a fireman is all I wanted to do.
- 4. What is your proudest fire service moment?** Making a good stop on one of my first fires.
- 5. If Hollywood made a movie about your life, who should be cast to play you?**  
Chris Farley - if he were still alive.
- 6. What is your favorite travel or vacation spot?** Moose Head Lake, Maine
- 7. What is your favorite past time?** Fishing
- 8. What are the top two items on your bucket list?** Northern Pike Fishing in Canada and travel West
- 9. If you could live anywhere in the world where would it be and why?** I would move to northern PA because the sights up there are unreal.
- 10. Tell us one thing about you that would surprise most people.** I brew my own beer.



Firefighter  
**Ryan Bosserman**



## 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!**



**PUT A FINGER ON IT!**  
**WORKING SMOKE ALARMS SAVE LIVES.**

## EMPLOYEE PROMOTION



Brett Graham was promoted to Battalion Chief on February 9, 2019. He was officially sworn into his position at the February 19, 2019 YAUFR Commission meeting. Battalion Chief Graham was pinned by his son Liam. Congratulations BC Graham on achieving this well-deserved milestone.

## EMPLOYEE RECOGNITIONS

The following awards were presented at the February 19, 2019 YAUFR Commission meeting:

- Captain Patrick Mooney was presented with the Fire Chief's Award 2018 by Chief Hoff
- Firefighter Christopher Mowry was presented with the Battalion Chief's Award 2018 by BC VanPelt
- Firefighter Chuck Yingling was presented with the Training Award 2018 by BC VanPelt

Congratulations on achieving these well-deserved awards.



**FIRE CHIEF'S AWARD  
2018**



**BATTALION CHIEF'S  
AWARD 2018**



**TRAINING AWARD 2018**

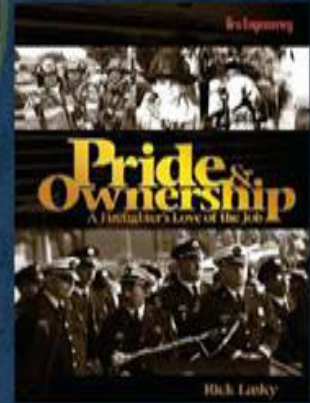
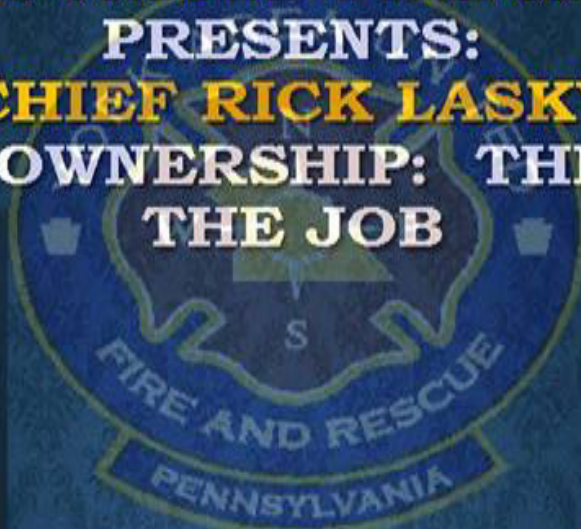
## ARRIVAL OF NEW APPARATUS

YAUFR would like to extend our sincere appreciation to our charter townships for their support in helping us redevelop our capital apparatus replacement plan. We are proud to have taken delivery of our four new Spartan pumpers in January 2019 and anxiously await the arrival of our replacement ladder truck. This support from our charter municipalities ensures a quality fleet, reduced maintenance cost and a replacement philosophy that will help control future costs.





**YORK AREA UNITED FIRE AND RESCUE**  
**PRESENTS:**  
**CHIEF RICK LASKY**  
**PRIDE AND OWNERSHIP: THE LOVE FOR**  
**THE JOB**



**Pride and Ownership** holds no punches. Chief Rick Lasky takes a hard look at the fire service and finds it short on the only element that makes it effective: passion. Chief Lasky gives an upfront and honest criticism about the need to reignite the love of the job on every level, from chiefs on down.

**Program Features:**

*Our Mission, The Firefighter, The Company Officer, The Chief, Our Two Families, Ceremonies That Stoke the Flames of Tradition, Marketing Your Fire Department, Making It All Happen and Taking Care of Number 1, Have You Forgotten?*

**Date:** November 16th, 2019 / **Time:** 9:00 am – 5:00 pm

**Location:** Central York Middle School Auditorium

1950 North Hills Road

York, Pa. 17406

**Target Audience:** All fire service personnel

**Cost:** \$20.00 per person

**For questions contact:**

YAUFR Headquarters @ 717-718-2383 or [Training@yaufr.com](mailto:Training@yaufr.com)

Registrations and fees should be sent to

**YAUFR - 50 Commons Drive - York, Pa. 17402**