

Winter 2016/2017



**Little Fork Volunteer Fire
and Rescue Company, Inc.**

WE ARE ALL
VOLUNTEERS.
WE ARE DEDICATED,
RELIABLE
AND PROFESSIONAL.
WE ARE HERE FOR YOU
ANY TIME OF DAY OR
NIGHT.

Is Your Urgency an Emergency? Make the Right Call

You should.....

Use self care for:

Coughs
Colds
Sore Throats
Mild Chest Infection
Minor Cuts & Grazes
Alcohol Hangover

Visit your local pharmacy or GP for:

Headache
Diarrhea
Vomiting
Infection
Stomach Ache
Refilling Prescriptions

Visit Urgent Care Center for:

Sprains & Strains
Minor Burns & Scalds
Minor Illness & Injuries

Call 911 for:

Severe Chest Pain
Severe Bleeding
Head Injury
Breathing Difficulties
Stopped Breathing
Choking
Uncontrolled Seizures
Suspected Stroke
Severe Burns or Scalds
Severe Allergic Reactions

Do you know when to Make the Right Call to 911?

Knowing when to call for emergency medical services (EMS) could help save a life. Knowing when NOT to call can also save lives by not wasting our community's precious emergency resources on non-emergency cases. — Chief Monaco

Horse Rescued From Hayloft

October 14 - Little Fork's Volunteer Technical Large Animal Rescue Team (TLAR) was dispatched to assist with extricating a horse that was found upstairs in a hayloft in Botetourt County Virginia. Phoenix and a new mare got into a tussle and Phoenix broke down the barrier to the stairs and escaped the fight by going up into the hayloft. Phoenix is a sixteen year old and suffers from COPD. After attempting a self-rescue the owner reached out on Facebook for help. A friend advised her about Little Fork's Volunteer TLAR Team. The owner immediately contacted Chief Monaco.

The team was assembled and responded and the owner was placed in contact with Lieutenant Melissa Mainville. The Lieutenant served as the liason between the responding crew and the owner. While she was waiting for the team to arrive she was advised to spend time grooming him to keep him calm. She also called a local vet to have on hand when the team arrived. Once the team of volunteers arrived they assessed the situation and got to work. They wrapped his legs with protective wraps, sedated him, and moved him onto a rescue glide, which was rigged with a chain hoist and secondary safety rope and pulley system.



With every precaution taken they started the decent. When his hooves got slightly caught up they were able to free them and continue down the stairs.

Once down he was still not out of the woods. The team removed him from the glide and he slowly awakened. He tried to stand up and instantly collapsed in respiratory arrest. The vet performed an emergency tracheotomy so that Phoenix was able to start breathing again. Eventually he was able to stand and move to his stall.

According to a subsequent Facebook post, Phoenix is doing well.

2016 Highlights

- 61 volunteer members responded to 523 incidents
- 100% response rate to all emergency calls
- \$1.268 million of property saved
- Several lives saved
- Local fire insurance rates lowered by more than \$1.9 million dollars.

Always on the Move

John Donohue

Little Fork EMS Lieutenant

By Lynnette Esse

John Donohue has been volunteering his time with Little Fork Volunteer Fire and Rescue Company for the past 15 years, ever since he and his wife, Pat, moved to Culpeper County from New Jersey. He has been serving as an EMS Lieutenant since 2012. He is on-call for 12-hour shifts on occasional weekends, responding to emergency calls from his home in Quail Ridge, just a few miles from the station.

Why does he do it? "I just like to help people," he said.

Chief Doug Monaco commented, "John brings a unique sense of humor to our organization. All of our volunteer providers thoroughly enjoy running calls with John. His 'bedside manner' is to the point - he quickly gets to the matter at hand and provides a high level of care to each and every patient that he encounters. His years of experience show as he deals with trauma and other incidents. He places service to his community as a high priority in his life. We are fortunate to have an individual of his caliber as a lead provider in our organization."

John's mother died when he was 13 years old. His next door neighbor, who was a surrogate mother for many years for John and his five brothers, took him down to the First Aid Building when he was 18 to become a

volunteer. He learned advanced first aid, CPR, defensive driving, child birth, and extrication. Although he was forced to participate at first, he found the whole thing to be fun, thrilling, and rewarding. Now, 39 years later, he is still enjoying the challenge.



John began volunteering while attending Manhattan College in New York City, where he graduated in 1981 with a Bachelor of Science in Mathematics. Being good with numbers, he tried working in a bank in New York City as a teller and later in the auditing department, but since there was no challenge, he grew bored and left that job after several years.

While running calls on the Saturday night duty crew for the First Aid Squad, John met his wife, Pat. They ran calls together and dated for 6 to 7 years before getting married in 1984. She has since stopped volunteering, but he

has never been able to give it up.

Several of John's brothers invited him to come work with them in the computer field. With on-the-job training, he learned computer programming, commuting from his home in New Jersey to Long Island every day for the next 21 years.

Always wanting to fly, John got his pilot's license in 1990 just for fun. Quickly, however, he discovered that it was a very expensive hobby. He joined the Civil Air Patrol, where he got to fly for free as a Search and Rescue Pilot for 10 years. He still maintains his pilot's license, flying out of Warrenton Airport on trips to New Jersey to visit his family.

When things began to slow down in the computer industry, John started looking for employment opportunities in other parts of the country. He saw an ad for the Fairfax County Police Department. He got the job and he and his wife moved to Virginia.

Of course, he was the oldest person in his Police Academy class of 109 recruits. Only 97 of them graduated, with John graduating 23rd in his class full of twenty-somethings. He has been patrolling the streets of Fairfax Station for the past 14 years. He is eligible for retirement, but is just not ready yet.

John looks forward to riding his Kawasaki motorcycle, flying airplanes, and riding in ambulances just a little more often when he finally does take the plunge into retirement. Are you beginning to see a pattern here?

Current Resident

Permit 002
PRSTD MAIL
POSTAGE PAID
Jefferson, VA

Little Fork Volunteer Fire and Rescue Co. Inc.
6011 Rixeyville Road
Rixeyville, VA 22737

We Are Here For You

The volunteer members of the Little Fork Volunteer Fire and Rescue Company proudly protect the quality of life, social, economic and environmental infrastructure of the northern end of Culpeper County. LFVFC is proud of our mission to provide trained, certified, volunteer personnel to respond to all of your emergencies.



**Little Fork Volunteer
Fire and Rescue Company,
Incorporated**

**6011 Rixeyville Road
Rixeyville, VA 22737
540-937-7717 (station)
540-937-4656 (fax)
<http://littleforkvfc.org>**

**We welcome new members
and encourage community
participation. Please contact
us if you are interested in
joining.**

**Please visit and join our
Facebook page to see area
fire and rescue activities.
[Facebook.com/groups/littlefork](https://www.facebook.com/groups/littlefork)**