

Summer 2018



## 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.

## Water Safety and Drowning Prevention



In the U.S. alone nearly 800 children drown each year. Drowning is the leading cause of unintentional deaths for children younger than 5. For children ages 1–14, drowning is the second-leading cause of unintentional injury-related death behind motor vehicle crashes. The death of a child, under the age of 4, is 14 times more likely to occur in a swimming pool than a motor vehicle.

The majority of fatal submersions occur at residential locations. Of those involving younger children, adults are present, yet become distracted, resulting in a lapse of adult supervision. People assume, when a person is drowning, they will be able to hear them drowning or know when they are in trouble, but on the contrary, drowning is swift and silent. Someone struggling to stay afloat and breathe is often unable to wave their arms or call for help; therefore, they drown in silence without attracting attention.

Little Fork Volunteer Fire and Rescue Chief Doug Monaco urges residents to be vigilant in preventing injuries and drownings by taking the following precautions when you and your loved ones are in or near water:

- **NEVER** leave a child unsupervised near a pool, spa, bathtub, pond, or any standing body of water for even a second!
- **ALWAYS** designate a responsible adult to be the “Water Watcher” of young children while in and around water.

- Install a four-sided, 5-foot fence with a gate. The gate should be self-closing and self-latching (latches should be above a child’s reach).
- **DO NOT** use flotation devices, i.e. air-filled or foam toys, noodles or inner tubes in place of life jackets/pfds (personal flotation devices).
- **DO NOT** allow children to play in and around the pool or spa area. Remove all toys, balls and floats from around or in a pool.
- **DO NOT** allow underwater play in a hot tub or spa.
- Know where the pump cutoff switch is located, in the hot tub or spa, so it can be turned off in an emergency.
- Keep a locked safety cover on the hot tub or spa when not in use.
- Learn to swim.
- Avoid swimming after dark and in muddy waters of lakes and rivers.
- Regardless of one’s swimming ability or size of the boat, require all persons to wear U.S. Coast Guard approved lifejackets/personal flotation devices (pfds) when boating or involved in water-related recreational activities.
- **DO NOT** dive into above-ground pools, shallow water or water where you don’t know the depth.
- **ALWAYS** swim and/or boat with a buddy and areas with lifeguards.
- Avoid alcohol consumption or use of other drugs during recreational water activities.
- Learn CPR! It saves lives.

For more information, visit the World Health Organization [www.who.int](http://www.who.int), Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov), Safe Kids Worldwide [www.safekids.org](http://www.safekids.org) and Consumer Product Safety Commission’s Pool or Spa Submersion Report, 2017 at [cpsc.gov](http://cpsc.gov).

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## Little Fork's TLAR Team Offers Compassion

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March 4, 2018 - At approximately 10:00 hours we received a call to assist with a horse down in a field in Amherst County, Virginia. Thyon Murphy Harris had fallen, and his owner was looking for assistance with getting him back up. They live in Monroe, over 2 ½ hours away. It was decided to start that way because of the distance and his age ...42. We know what you may be thinking – a 42-year-old horse!!! However, we have been surprised too many times in the past about how vigorous some of these animals can be. A vet was summoned - the plan was to have the vet evaluate Thyon and then make the decision on whether it was viable to attempt to lift him. If it wasn't, we were going to cancel and return back to the station. We expected to have an evaluation performed within an hour after our departure. Lieutenant Mainville (who remained in our area) was in constant phone contact with the owner during our entire trip. Well, even the best of plans can fall through. The vet was delayed and arrived just minutes before we did and completed her assessment of Thyon. We met with the vet and it had just been decided to allow Thyon to pass over the rainbow bridge into greener pastures. It turns out that Thyon had been saved five years ago by his present owner. After hearing his recent story, we completely understood why his owner tried everything possible to help him out. He weighed just over 600 lbs. when she rescued him. Due to her actions Thyon had returned to a healthy 1500+ lbs. Not only were we impressed with his owner, we were just as impressed with his "Purina Poster Child" status - see the picture. Below are a few words from his "mom."



*"I just wanted to say thank you to Chief Monaco and your department today. My horse Thyon was a very special horse. His specialty was teaching children how to ride. He took great care with them and was ever so gentle with them. Thyon came to me five years ago as a rescue. He was the horse that no one expected to make it. Found in the back of a barn by animal control officers eating his stall to stay alive. After his rescue, at 38-years-old, he defied all the odds and expectations. He became Purina Feeds poster child for their Equine Senior Feed. He was the life of the farm and his human Momma, Roxanne.*

*Today he went down and couldn't get back up. You guys came out and drove 3 hours to help him. It*

*didn't matter his age or where we were, there was a need and you guys were there. Upon your arrival, the vet informed you there was nothing that could be done for him. Instead of packing up and leaving, Chief Monaco came over and soothed him and comforted his human Momma. You could have left, but you saw now a different purpose. To stay and offer support. I want to thank you from the bottom of my heart for your compassion, care and support. You guys understand that sometimes it isn't the rescue, it's the compassion that is needed. The horse world lost a great soul today, but you all made a really hard day just a tiny bit easier to handle. Thank you, I'll never forget what you did for my horse and I today." Sincerely, Roxanne Harris*

# Yvonne Herbst

## Little Fork Volunteer Fire & Rescue Company Support Member

Most people are under the mistaken impression that you have to run into burning buildings or face life-and-death situations in order to be of service to your local volunteer fire and rescue company. Not true! (Of course, volunteer firefighters, drivers, and EMTs are needed, but there are many other ways to help.)

In 2013 Erin Herbst was invited by Kristina Price, the former Public Information Officer (PIO) of Little Fork, to produce several videos for the department. Erin and her brother, Ian, interviewed and videotaped Chief Monaco, numerous Little Fork volunteers, and community residents who had benefited from Little Fork's services. The four videos they produced together can now be viewed on Little Fork's website at [LittleForkVFR.org](http://LittleForkVFR.org).

Soon afterwards, when Little Fork needed someone to update and manage their website, Ms. Price recommended Erin's and Ian's mother, Yvonne, as a local expert who could help Little Fork manage their website and assist with fundraising and social media marketing.

As a support member Yvonne has served as the Public Information Officer (PIO) and webmaster for Little Fork for the past five years. In addition to maintaining and updating the department's website on a regular basis, she manages the annual Give Local Piedmont fundraising campaign, which raised more than \$2,500 this year.

Yvonne also set up the ongoing YouCaring campaign and donation link for the TLAR and fire department pages, and promotes Little Fork fundraisers, news, announcements and events through various relevant social media groups.

Owner of Herbst Marketing, Yvonne is a self-taught expert in small business website development, internet marketing and social media marketing. Her 5-star rated company has been helping local business owners leverage the power of the internet and social media to promote and market themselves since 2008.



Yvonne taught herself how to build her own website and generate customers online out of necessity starting in 2001. As the owner of a local yoga studio, the New Life Yoga Center in Warrenton, Virginia, Yvonne realized that she needed a cost-effective way to help local residents find her yoga classes online. Learning how to market and promote her own yoga studio online helped to keep her classes filled. "I was fortunate to be mentored by Don Campbell, one of the nation's foremost WordPress and local search engine optimization experts at the time," Yvonne said.

When the lease for her yoga studio space ended in 2006, Yvonne was invited to teach through Fauquier Health's Wellness Center. She continued to teach yoga classes there for the next two years, but eventually decided she wanted more control over her work schedule. She wanted to be able to work from home and provide a valuable service to people. Thus, Herbst Marketing was born in 2008.

Yvonne has had a soft spot for Little Fork ever since the first day in 1996 she and her family moved into their new home in South Wales. "My husband, Jerry, fell onto the coffee table late that night after I had gone to bed," Yvonne recalled. "He suffered the pain of broken ribs for hours before I came downstairs the next morning and found him. I called 911 and Little Fork showed up within minutes. We are very fortunate to have such a dedicated volunteer fire and rescue department with a 100% response rate right down the road."

"I am happy I can use my skills to help them raise the funds they need to get a fire station," Yvonne stated. "It is heartbreaking to see the abysmal conditions our volunteers endure – with no kitchen, no showers, and no decent place to sleep. Their dedication and the level of service they provide is truly amazing."

"Yvonne was awarded the 2017 President's Award last October," said Chief Doug Monaco. "This is given on an annual basis to members who have provided outstanding administrative support to the organization. The administrative function is the backbone of fire and rescue stations. Yvonne excels in this often-overlooked area in fire and rescue companies."

*~Lynnette Esse*

Current Resident

Permit 002  
PRSTD MAIL  
POSTAGE PAID  
Jefferson, VA

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

**Congratulations** to Miranda Gillespie, Ben Ramey, Wyatt Brooks and Noah Furr on their recent certifications of: Commonwealth of Virginia Firefighter Level I and II; Hazardous Materials Awareness and Hazardous Materials Operations.



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

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