

Winter 2023



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.

Winter Cold and Flu Season is Here

As we all know, once the calendar turns to fall and winter, we're in peak cold and flu season. For most of us, this means extra sniffles and a cough, but for others, viruses like the flu can be serious business. Influenza causes hundreds of thousands of hospitalizations each year. Why risk it? The following gives you tips on how to stay healthy during cold and flu season.

The Common Cold:

- Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing.
- Most people recover in about 7-10 days.
- You can help reduce your risk of getting a cold: wash your hands often, avoid close contact with sick people, and don't touch your face with unwashed hands.
- Common colds are the main reason that children miss school and adults miss work.
- Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include: sore throat, runny nose, coughing, sneezing, headaches, body aches

Cold Treatment: (Info courtesy of the CDC) There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids. Antibiotics will not help you recover from a cold caused by a respiratory virus. They do not work against viruses, and they may make it harder for your body to fight future bacterial infections if you take them unnecessarily.

The Flu:

- Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.
- Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications.
- There are two main types of influenza (flu) viruses: types A and B.
- The best way to reduce the risk of flu and its potentially serious complications is by being vaccinated each year.
- Influenza (flu) can cause mild to severe illness, and at times can lead to death.
- Flu symptoms usually come on suddenly.
- People who have flu often feel some or all of these symptoms: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle aches, headaches, fatigue, possible vomiting and diarrhea (more common in children.)

Flu Treatment: Take Antiviral Drugs, if prescribed by a health care provider. Take everyday precautions to protect others while sick. Stay home until you are better. The CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care.



The Season of Giving

The season of giving is here—the stores are stocked, the gift catalogues are stuffed in mailboxes, and television commercials are in full holiday mode. Little Fork Volunteer Fire & Rescue Company is blessed each holiday season with generous and thoughtful gifts—and did you know that you can make a gift that lasts long past the holiday season? Long after the tree is taken down and all of the Christmas lights are stored, a planned gift to LFVRC can benefit the station in the future. While planned giving sounds intimidating or complicated, it is just thoughtfully thinking about a gift and putting the documents in place to see it through. Usually, the gift is made in the present, but not received by the organization until sometime in the future. Here are a few strategies to make charitable gifts:

Bequests

Leaving money to a charity in your will is an easy planned gift to make. When revising your will, you can elect to leave a percentage of your estate, a lump sum figure, or a certain asset (like your car or a CD). Once you've signed your will, the future gift is in place.

Life Insurance or Retirement Accounts

Similar to a bequest, naming a charity as a beneficiary of your life insurance policy is a very simple and easy gift. Simply designating a certain percentage of the life insurance proceeds on a beneficiary form will complete the gift. Likewise, naming a charity as a beneficiary on your retirement account (like your IRA or your 401K plan from work) is also an easy way to donate. Even a small percentage can make a huge difference to your favorite charity.

Life Estate

If you have property that you do not intend to pass on to your heirs, then gifting the property to a charity, but retaining a life estate is an interesting gift option. A life estate entitles you to live or use the property until you pass, and then the property becomes fully owned by the named charity. The gift is easily made by deed, transferring title of the property to the charity but holding back the right of use until a future point of time.

Trusts

Trusts can be used to structure gifts to accomplish multiple goals, such as providing lifetime income for a family as well as a charitable gift. Another trust goal could be passing assets efficiently to your family, and avoiding taxes, while also helping a charity. There are several different trust strategies that are often used, and we'll save those for another newsletter...

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COMMON WAYS TO GIVE



BEQUEST

A bequest in a will or trust is among the simplest and most generous ways to give.



RETIREMENT ASSETS

Retirement assets may be worth more if you donate it to help a charitable mission.



REAL ESTATE

Do you have real estate that you are not using or might consider as a gift later?



BENEFICIARY DESIGNATION

Consider helping by designating us as an account beneficiary recipient.



LIFE INSURANCE

If the original purposes have been achieved, consider re-employing it.



SECURITIES

This might help you minimize your tax burden or make a larger contribution.



CHARITABLE TRUSTS

A trust can be used to both benefit your family and the charity you love—with compelling tax benefits as well.

Chaplain Carl Schmahl

A Ministry of Presence

After taking a few years off from his role as driver and EMT for Little Fork, Carl Schmahl returned this past July as a support member. He now completes all of the fire reports while simultaneously serving in his new capacity as department chaplain. Although not a new role for Carl, it is still a fledgling program for Little Fork and still early in the process of being defined.

For now, Carl wears his chaplain's hat so that all members will know him in his new capacity. Carl explains that chaplaincy is described as a "ministry of presence" – it is not so much what you say as what you do. "It is important that you are approachable," he says. He is actively involved with people who might not otherwise step foot in a church. He is there to meet their needs regardless of their beliefs.

One of the most important and difficult areas of his new position is critical incident stress management, such as a child's death or a particularly gruesome accident or fire scene. "I'm there to help the members help each other," Carl shares. "Emergency personnel are notorious for holding everything in instead of talking about what they experienced. I want everyone to know that I'm here for them, to be a good and

sympathetic listener. It's important for them to accept that what they feel is okay and that they might have sleepless nights if it's not resolved."

Carl will also be available in the event of a member's death or a line-of-duty death, to serve in any capacity needed, whether it be assisting the family with funeral arrangements, actually



officiating at the service, or organizing the details of the funeral procession. He wants everyone to know that he's there for them.

This is not the first time the former pastor of Warrenton Presbyterian Church has served as a chaplain. After graduating from seminary in the 1980's Carl joined the 150th Combat Aviation Battalion in the NJ National Guard as a chaplain. Later he was a chaplain with the 108th Mechanized Infantry Battalion in the New York

National Guard, and the 11th Special Forces Group of the US Army Reserve. He also served as a volunteer chaplain at our very own Fauquier Hospital concurrently while serving as a full-time pastor. He was often called upon to hold dying babies in his arms or to be there for families as they identified their loved one after a fatal accident. Although he was occasionally called on to perform funeral services, he did not consider it an opportunity to build his church. To him, it was a different way to serve the Lord, as he is called to do now.

"Carl is a dedicated member of Little Fork," Chief Doug Monaco comments. "We love his 'ministry of presence' as he assists families, patients, victims, firefighters, and EMS providers in their time of need. We are very fortunate to have this resource within our membership."

There are many ways that you can serve your community by volunteering with Little Fork Volunteer Fire & Rescue Company. You don't have to be a first responder! There are numerous opportunities for support members. Please see the website: littleforkvfr.org or call (540) 937-7717 to learn more.

By Lynnette Esse, support member

Current Resident

Permit 002
PRSTD MAIL
POSTAGE PAID
Jefferson, VA

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

Cookbooks Make Great Christmas Gifts

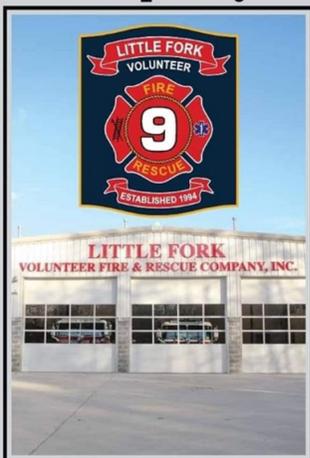
The Little Fork cookbook includes 442 family favorite recipes for appetizers, breakfast specialties, salads, soups, entrees, desserts, and more! They are available for pickup at the Little Fork Volunteer Fire and Rescue Station in the evenings. (Email Lisa

Lightner, lisa.lfvfrc@gmail.com to make other pick up arrangements.) We can also ship cookbooks directly to you if you cannot pick up at the fire station for a \$5 shipping fee. Order your cookbooks on the website:

littleforkvfrc.org/
little-fork-family-favorites

This is now our biggest fundraiser of the year!

A Collection of Family Favorite Recipes by



**Little Fork Volunteer
Fire and Rescue Company,
Incorporated
6011 Rixeyville Road
Rixeyville, VA 22737
540-937-7717 (station)
540-937-4656 (fax)
<https://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.
[https://facebook.com/
groups/littlefork/](https://facebook.com/groups/littlefork/)**