

Dan Hoffman ([00:00](#)):

Okay, welcome to part two of the Rouss Review, the City Works portion of our podcast. We're gonna invite in firefighter-paramedic Brinegar in just a moment. He's gonna talk to us about what it means to be a firefighter-paramedic, the process to go through in order to be one, day in the life kind of stuff. So without any further ado, let's get Dave in here.

Intro ([00:28](#)):

<Light music>

Dan Hoffman ([00:28](#)):

All right. We have our special guest here.

Amy Simmons ([00:30](#)):

Yay! Extra special.

Dan Hoffman ([00:31](#)):

Hey and Amy...

Amy Simmons ([00:32](#)):

I'm back.

Dan Hoffman ([00:33](#)):

You're back. She was sick last time.

Dave Brinegar ([00:36](#)):

Oh, okay.

Dan Hoffman ([00:36](#)):

You weren't here for last time.

Dave Brinegar ([00:37](#)):

Well, I missed it. Sorry.

Dan Hoffman ([00:38](#)):

It's fine. You missed it. It's all right. She was sick, but now she's back, and now we have a special guest introduce yourself special guest.

Dave Brinegar ([00:44](#)):

My name's David Brinegar. I'm a paramedic-firefighter with the City of Winchester.

Dan Hoffman ([00:48](#)):

Got it. How long you been with us?

Dave Brinegar ([00:49](#)):

20 years in July.

Dan Hoffman ([00:51](#)):

Ooh. It's about to hit that magic number.

Dave Brinegar ([00:54](#)):

Yeah, yeah. 20 years and five more to go.

Dan Hoffman ([00:56](#)):

You enjoying it?

Dave Brinegar ([00:57](#)):

Loved it. Yeah. Yep.

Dan Hoffman ([00:59](#)):

Loved it? That was past tense.

Dave Brinegar ([01:02](#)):

Well, I love it. I still love it.

Amy Simmons ([01:03](#)):

He's loving it still.

Dan Hoffman ([01:05](#)):

Good. That's what I like to hear.

Amy Simmons ([01:06](#)):

It's almost Valentine's Day.

Dan Hoffman ([01:07](#)):

It is almost Valentine's Day.

Dave Brinegar ([01:08](#)):

I mean, there's not many jobs where you come in and you don't know what you're gonna do in the day. You don't know who you're gonna meet. You don't know what you're gonna see. My mornings are a blank canvas.

Dan Hoffman ([01:17](#)):

That's kind of awesome. I kind wish my mornings were like that.

Amy Simmons ([01:20](#)):

I know. Every day is new day.

Dan Hoffman ([01:21](#)):

Every day is different, but I can guarantee it's gonna be meetings. Generally, I know who in advance, who I'm gonna be meeting with.

Amy Simmons ([01:29](#)):

And emails.

Dan Hoffman ([01:30](#)):

There's no mystery necessarily. The best I can hope for is, 'well, this meeting's gonna go well, or this meeting's not gonna go great.' It's definitely not the kind of blank canvas, as you've put it, which is fantastic. So you, on a typical day, you show up for a shift. And for those who aren't aware, firefighters, at least here in the city, they work a 24/48. So 24 hours on, 48 hours off.

Dave Brinegar ([01:59](#)):

Correct.

Dan Hoffman ([02:00](#)):

And then, of course, there's some variations and whatnot, but typical day, you're arriving at what time?

Dave Brinegar ([02:10](#)):

I get in about 6:30 in the morning.

Dan Hoffman ([02:11](#)):

About 6:30 in the morning. And you're there till about 6:30 the next day.

Dave Brinegar ([02:14](#)):

The next day, I get off at seven o'clock the next morning. I get there a little bit early, so I can get situated.

Dan Hoffman ([02:19](#)):

And you're staying overnight. So you have your bed.

Dave Brinegar ([02:22](#)):

We have our bunk.

Dan Hoffman ([02:24](#)):

You've got your bunk. It's the same bunk every time, right? Like you guys typically...cause whenever I do a full-shift ride-along...

Amy Simmons ([02:31](#)):

You don't wanna share.

Dan Hoffman ([02:33](#)):

No.

Dave Brinegar ([02:33](#)):

Well, most of the time.

Dan Hoffman ([02:34](#)):

Most of the time.

Dave Brinegar ([02:35](#)):

Most of the time you're in your own, you have your own area where you sleep at.

Dan Hoffman ([02:38](#)):

Gotcha. Okay. So you arrive, you get settled in, then what happens?

Dave Brinegar ([02:45](#)):

We start our morning off with relaying information from the shift going off. You know, what they did, if there's any issues with equipment, anything extraordinary, or anything that happened on their shift that we should be worrying about or checking on. And it gives us kind of a rundown, and then after they're done, then we start our truck checks for the morning.

Dan Hoffman ([03:04](#)):

Okay. What's a truck check.

Dave Brinegar ([03:05](#)):

We'll go through the ambulance. If you're on the ambulance that day, you'll go through it and check your bags, check all your cabinets, check all your equipment, make sure it's all present. Make sure it all works. Make sure everything is there because you're relying on that for the next 24 hours. And you wanna make sure it's there and it works if you're not grabbing for something.

Dan Hoffman ([03:23](#)):

Gotcha. So you're a paramedic.

Dave Brinegar ([03:27](#)):

I'm paramedic.

Dan Hoffman ([03:27](#)):

Not all of our not of our folks are paramedics. Some of 'em are EMTs.

Dave Brinegar ([03:33](#)):

Correct. Some are EMTs.

Dan Hoffman ([03:34](#)):

What's the difference there?

Dave Brinegar (03:35):

It's a different skill level that they can do. A paramedic can do the different things like IVs. Doing an IV. Doing a surgical cric.

Dan Hoffman (03:46):

Okay. Say that last one again.

Dave Brinegar (03:47):

Cric. It's where you would make an airway in their throat.

Dan Hoffman (03:49):

Oh, a trach.

Dave Brinegar (03:50):

Yeah. The cric. Medications. We've got like 50 different types of medications we can give. An EMT is the entry-level area. Okay. They can do your vitals. Give some basic meds. Do a lot of the odd work that you need done while you're assessing a patient. They hook up the monitor. So I'll read the 12 leads and things like that. Where my EMTs they'll probably set it all up. We work as a team. I'm usually talking to the patient asking questions, and they're taking their blood pressure, taking their pulse, their temperature, which is big these days. That's their level, but they can't do things like the IVs. And there's other skills that you learn that they're not allowed to do.

Amy Simmons (04:36):

The AED, right?

Dave Brinegar (04:37):

They can do an AED.

Amy Simmons (04:39):

They can?

Dave Brinegar (04:40):

Yeah. A BLS provider can do the AED. They have CPR. And it's different skills you have. They can do the AED if it's like...Some of our fire apparatus may only have two EMTs on it for the day. So if they would run a cardiac arrest and they're the first ones there, they can grab the AED, take it in, and go ahead and do all that.

Dan Hoffman (05:02):

And for for those of you who dunno what an AED is, it's a defibrillator. So you've all seen it on TV. They rub the paddles together and they say clear and they shock the person. But that technology's come a long way since, you know, what I grew up with seeing on TV. They're in the emergency room and it's all dramatic and everything. Now, they're everywhere now. I'm pretty sure we have two or three in the building here. And it's a little small briefcase-looking thing with some stickers, you stick it.

Dave Brinegar ([05:37](#)):

Stick it and turn it on.

Dan Hoffman ([05:38](#)):

Even Amy could do it.

Amy Simmons ([05:39](#)):

<Gasp> Wow.

Dan Hoffman ([05:39](#)):

<Laughs>

Dave Brinegar ([05:39](#)):

And it'll tell you what to do. So yeah.

Dan Hoffman ([05:42](#)):

It's got little voice prompts and everything.

Dave Brinegar ([05:45](#)):

They'll tell you exactly. You know, check patient, we're going to defibrillate you. We're gonna shock you.

Dan Hoffman ([05:50](#)):

So EMTs can do that. Is there a different process, or is it just another layer of training? Like what if someone's an EMT or let's say they're starting from square one. Nothing. And they're like, 'I wanna ride an ambulance.' Where do they start?

Dave Brinegar ([06:07](#)):

Well, they start off pretty much volunteering first. Somewhere to get you into the class. Now, Handley has an EMT class. Lord Fairfax was running some EMT classes also. And Frederick County, they have an EMT class. You go to class anywhere between six months or so, six to eight months of training. It's a hundred and 40-50 hours. You get your EMT and then that also includes your CPR with that. If you decide you wanna move on to paramedic, there's a few choices. The one is Lord Fairfax has a two-year program that you can go through where you can get a degree.

Dan Hoffman ([06:44](#)):

So it's more of like an associate's degree. You don't need to have gone to a four-year college to get your EMT or paramedic. Which is great, 'cause a lot of times they push kids into these four-year programs when they don't need it.

Amy Simmons ([07:01](#)):

If you go to Handley, you can do the Innovation Center. They have that.

Dave Brinegar ([07:04](#)):

They have the EMT program there.

Dan Hoffman ([07:05](#)):

Great facility there. Taught by one of our former volunteers or current volunteers?

Dave Brinegar ([07:09](#)):

Current volunteers.

Dan Hoffman ([07:09](#)):

One of our current volunteers actually.

Amy Simmons ([07:11](#)):

Or you can be hired as a firefighter/EMT, right? And we'll train you from scratch.

Dave Brinegar ([07:15](#)):

Yeah. We've been running that program recently. People come in without any experience at all. And we've been doing an EMT program and the firefighter program with it. And it takes a little longer 'cause it'll take a year or more. You're in rookie school kind of until you move through that.

Dan Hoffman ([07:31](#)):

You normally ride an ambulance, right?

Dave Brinegar ([07:33](#)):

It jumps back and forth. I was on a fire truck this morning.

Dan Hoffman ([07:37](#)):

Which station are you out of?

Dave Brinegar ([07:38](#)):

I'm at Station 4, Shawnee.

Dan Hoffman ([07:39](#)):

You're at Shawnee. Okay.

Dan Hoffman ([07:40](#)):

Off of Weems.

Dan Hoffman ([07:40](#)):

That's the only one I haven't done a ride-along out of. So that's gonna be my next one. You're down at Shawnee. Apparatus we run out of there. We run a pumper, an engine, and an ambulance normally. Right?

Dave Brinegar ([07:55](#)):

Normally in a day, we'll have an engine and ambulance and a HAZMAT truck is stationed there.

Dan Hoffman ([07:58](#)):

HAZMAT truck. That's the third thing that's over there. The HAZMAT truck. First off, how old do you gotta be to start this process?

Dave Brinegar ([08:10](#)):

To volunteer, to start off, I think you can start 16 or 17. It's in that area there, but to actually be an AIC, Attendant In Charge, you gotta be at least 18.

Dan Hoffman ([08:20](#)):

Okay. Interesting. Let's say they've hit that age, which sounds like you can be in high school and actually start doing this from there. What does it take to actually get a job? Like you start volunteering, what's the process?

Dave Brinegar ([08:35](#)):

Well, the older way of doing it would be you volunteered. You had your certifications, your EMT Basic and your Firefighter one and two.

Dan Hoffman ([08:45](#)):

EMT basic and firefighter one and two. Got it.

Dave Brinegar ([08:47](#)):

Yeah. So if you have those, you can pretty much apply to work anywhere.

Dan Hoffman ([08:52](#)):

Let's say you go to high school. Our high school here is Handley. For those of you not local, Handley is our high school. It's an amazing high school. It's better than your high school.

Amy Simmons ([09:01](#)):

<Laughs>

Dave Brinegar ([09:02](#)):

It is pretty amazing.

Dan Hoffman ([09:03](#)):

It's a pretty amazing facility. I don't mean to brag, but it's fantastic. But you could be getting your EMT basic there before you even graduate.

Dave Brinegar ([09:13](#)):

Oh yeah.

Dan Hoffman ([09:14](#)):

What the firefighter one and two piece?

Dave Brinegar ([09:16](#)):

Frederick County does a firefighter class every year. It's another 130-140 hours of training that you need to get.. Now, like I said earlier, for the City, we've been hiring people without any certifications and we'll train them. So that's an option too. But if you have your certs, initially, it's a little bit easier to go through the process.

Dan Hoffman ([09:40](#)):

Cause it's pretty, I mean, it's competitive. Granted, the landscape has changed. There's not as many volunteers as there once was. The different skills and certifications, they keep getting more and more robust as medicine and science improve.

Dave Brinegar ([09:56](#)):

Especially for people who just wanna be a volunteer. It's kind of tough. Because if you're working your regular 40-hour job, and then you're trying to volunteer, take classes, and get everything, it kind of leans in more toward the career side.

Dan Hoffman ([10:09](#)):

Yeah. That makes sense because I wouldn't want...I love our volunteers, the few we have left. I think people, because we have four volunteer companies and we don't have a City-only career station, I think a lot of folks think that there's a bunch of volunteers staffing these stations. It's actually not true. I think there isn't an apparatus that goes out the door, typically, that doesn't have a career person on it. Right?

Dave Brinegar ([10:40](#)):

Pretty much.

Dan Hoffman ([10:41](#)):

Yeah. It's pretty rare, actually. Actually, Shawnee, I think has the most.

Dave Brinegar ([10:47](#)):

Shawnee has a lot of volunteers that ride.

Dan Hoffman ([10:48](#)):

That ride. That's an important distinction. Volunteers, a whole different topic.

Dave Brinegar ([10:56](#)):

Yeah. Let's get back to the...

Dan Hoffman ([10:58](#)):

Back to the good stuff. So if they volunteered, or they've taken the classes, it is pretty competitive. It's hard. It's still hard to find good folks.

Dave Brinegar ([11:14](#)):

Well, it's hard to find good folks because of where we're located.

Dan Hoffman ([11:18](#)):

Yeah. We're kind of a little bit outside.

Dave Brinegar ([11:20](#)):

We're just close enough to Northern Virginia.

Amy Simmons ([11:23](#)):

Commuter

Dave Brinegar ([11:24](#)):

And the people who live here, the commute's not as bad.

Dan Hoffman ([11:27](#)):

Yeah. And for that 24-48 shift, if you want to be in a city, and we've lost a couple guys in the last year to DC because they wanted to be a city firefighter.

Amy Simmons ([11:39](#)):

More action.

Dan Hoffman ([11:40](#)):

Yeah. More action or whatever. And I told one guy, you know, I wished him well and I said, 'well, when you're done being a number, you can come back here and rejoin the family.' Cause we have, how many? 70? What are we at now?

Amy Simmons ([11:55](#)):

Seven?

Dan Hoffman ([11:55](#)):

77?

Dave Brinegar ([11:56](#)):

I think with the recruit class we got going through now.

Dan Hoffman ([11:59](#)):

Yeah. And, we're continuing hiring. We're gonna add a few more. Actually, we're adding three more positions now. And then we'll add most likely more if we get this next grant from the feds. So we're adding folks, but if you've already got those certifications, you're a step ahead.

Dave Brinegar ([12:18](#)):

You're a step ahead. You're ready to go.

Dan Hoffman ([12:20](#)):

Plus, we've probably already kicked the tires on you a little bit. That's if you volunteered with us, we've gotten to know you a little bit and we understand you're in it for the right reasons and you're committed. Cause it's a lifestyle.

Dave Brinegar ([12:34](#)):

It is. And the 24-48 is different for most people.

Dan Hoffman ([12:38](#)):

Talk about that a little bit. Kind of do a little more of the day in the life stuff.

Dave Brinegar ([12:43](#)):

So we checked our trucks off. Station routine. That's our house. That's where we live. So station routine means everything from putting the dishes away, cleaning the bathrooms, mopping the floors. Any extra special duties for the day that we would do. Like today is bay floor day at Shawnee. Which with the rain, I don't know if we're gonna get to do it or not. But one day a week, everything gets pulled out and gets cleaned. We have PT in the morning. We try and do an hour of working out. And then, we try and do one hour at least, or two hours of training a day. Depending on what it is, it could be tabletop. It could be going out in the bay pulling hose.

Dan Hoffman ([13:22](#)):

What's a tabletop.

Dave Brinegar ([13:24](#)):

What we're doing right here. Sitting and talking.

Amy Simmons ([13:26](#)):

Talk about situations.

Dave Brinegar ([13:27](#)):

Talk about situations. If we ran this house here, what are we going to do? Or if it's EMS topics, we review drugs, review meds, review what we would do as far as protocols. But also you got to remember, all that stuff I was told you, we're running calls through it all too.

Dan Hoffman ([13:44](#)):

Yeah. Talk about that. I think a lot of folks, you know, they'll see you...I know the guys like to go over to Firehouse Subs over on South Pleasant Valley. I'd say several times a week, I see one of our trucks out there and guys are going in to either get groceries right for dinner that night or they're picking up their lunch. People see the vehicle out there and they think, 'well, it's their lunch break.' It's not. It's not a lunch break. Talk about what happens.

Dave Brinegar ([14:12](#)):

We don't get a lunch break. If the tones go off and the woman in the ceiling tells us where to go, everything gets dropped and you go. You could be sitting down to that nice steak that you just fixed. Well, there it's gonna sit. So yeah, we're on call pretty much 24 hours for the time, anytime at all.

Dan Hoffman ([14:31](#)):

I remember one ride-along I was doing, we were at the grocery store getting some ingredients for dinner for that night. We had just gotten everything and you know, I'm just riding along. They don't need me to go on a call. So we're pushing the shopping cart of a bunch of stuff we had gotten and all of a sudden radios start screaming, and they're like, 'oh, we gotta go.' They were about to leave it. I was just like, 'Just leave me behind, I'll take care of this. Let me get this stuff. Come back around and pick me up later. Or I can get a ride back over to the station.' But no, if I hadn't been there, you guys have to drop everything. Whether you're standing in line waiting for your order, whether you've just sat down. Everything gets dropped right then and there, and off you go to the call.

Dave Brinegar ([15:27](#)):

Off we go. Usually the grocery stores are pretty good about rolling our cart in the refrigerated area. And we can just come back and pick the cart up later on.

Amy Simmons ([15:36](#)):

Isn't that nice?

Dan Hoffman ([15:36](#)):

That's smart.

Dave Brinegar ([15:37](#)):

Yeah. Martin's is pretty good about doing that for us.

Dan Hoffman ([15:40](#)):

Good to know. So, you're through with the day, sitting down for...Tell me about dinner 'cause that's kind of a special ritual for a lack of a better word in a lot of houses.

Dave Brinegar ([15:53](#)):

Yeah. Dinner's a big thing. I mean, it's all sit down, eat together, talk to each other. I compare what I have to your family home. I'm with these guys at least 48 hours a week, if not more. Sometimes, I see them more than my wife. 'Cause when I'm off, my wife's working. So, I see her in the evening for three, four hours. I spend as much time with my crew that I'm working with.

Amy Simmons ([16:21](#)):

Plus you guys have to rely on each other, so you really need to know strengths and weaknesses.

Dan Hoffman ([16:27](#)):

Now, on your shift with your crew, are you the cook?

Dave Brinegar ([16:30](#)):

Yes. I'm the cook.

Dan Hoffman ([16:31](#)):

Oh, okay.

Amy Simmons ([16:32](#)):

Are you the one cooking for INSIGHT [Citizen's Academy]?

Dan Hoffman ([16:34](#)):

Yes I am.

Amy Simmons ([16:35](#)):

Yes!

Dave Brinegar ([16:36](#)):

I was the executive chef for 11 years.

Dan Hoffman ([16:39](#)):

Oh really?

Amy Simmons ([16:40](#)):

Oh wow. Okay.

Dave Brinegar ([16:41](#)):

At Bridgewater college.

Dan Hoffman ([16:42](#)):

Okay. Pre-firefighter. What made you make this switch?

Dave Brinegar ([16:48](#)):

Started riding along, volunteering at home and the bug bit me.

Dan Hoffman ([16:51](#)):

Interesting. That's very cool. So what's your specialty then?

Dave Brinegar ([16:56](#)):

I worked for a college. I can make anything, but the biggest stuff I was taught was a lot of barbecue. Memphis-style. Southern-type food. But it's whatever.

Dan Hoffman ([17:09](#)):

Yeah. It's kind of hard to do like a long cook, like a smoking or like a grilling, 'cause like I said, tones, go off, you gotta go. I mean you shut down the grill. Everything happens.

Dave Brinegar ([17:22](#)):

Well. So, a lot of times, we'll plan ahead the day before or the shift before what we wanna do or if we wanna do something. And I'll throw a pork butt in the smoker at home, you know what I mean?

Dan Hoffman ([17:32](#)):

I gotcha.

Dave Brinegar ([17:33](#)):

So we have it all there and I usually plan out all the meals.

Amy Simmons ([17:36](#)):

We do our public safety session for INSIGHT Citizens Academy, they're gonna cook for us.

Dave Brinegar ([17:41](#)):

We're going to do our award-winning chili.

Dan Hoffman ([17:44](#)):

Oh really?

Dave Brinegar ([17:45](#)):

I was on the team for that.

Dan Hoffman ([17:46](#)):

You were on the team with...oh.

Dave Brinegar ([17:48](#)):

Brandon.

Dan Hoffman ([17:48](#)):

Brandon. Oh yeah, I was about to say another name that starts with a B.

Dave Brinegar ([17:52](#)):

Buchanan.

Dan Hoffman ([17:52](#)):

He was a judge at the chili cook-off we did here in the office. <Whispers> That I won.

Amy Simmons ([17:58](#)):

<Laughs> <Whispers> Yes. You won that.

Dan Hoffman ([17:58](#)):

I won that.

Dave Brinegar ([18:00](#)):

<Whispers> Cause I didn't try.

Dan Hoffman ([18:00](#)):

Ha! Ha! <Laughs> Now I want a taste. So when you guys do the chili, I need to try it.

Amy Simmons ([18:06](#)):

You need to come to INSIGHT.

Dan Hoffman ([18:08](#)):

What style is it?

Dave Brinegar ([18:12](#)):

His style?

Dan Hoffman ([18:12](#)):

What style is the award- winning chili?

Dave Brinegar ([18:14](#)):

The award-winning chili is a sweet spicy smokey.

Dan Hoffman ([18:18](#)):

Oh, that's right up your alley.

Dave Brinegar ([18:20](#)):

Something good for a cold rainy day.

Dan Hoffman ([18:24](#)):

When we're done here.

Dave Brinegar ([18:25](#)):

<Laughs>

Dan Hoffman ([18:25](#)):

All right. Back to being a firefighter, as you can see everybody...

Amy Simmons ([18:29](#)):

Back to business.

Dan Hoffman ([18:29](#)):

Eating and breaking bread together, that's a big thing in these houses. I built a new station in my last job, and one of the things they were most proud of is that some of the older guys and some of the

retired guys got together and built a table. It was a beautiful table with an inlay of the station and everything. That was huge because that's where they sit around.

Amy Simmons ([18:56](#)):

Team building.

Dan Hoffman ([18:57](#)):

Exactly. They debrief the day. They break bread together. They share stories together. They commiserate. That's the kind of atmosphere that you get after you're done eating. Then what happens?

Dave Brinegar ([19:09](#)):

Well, they clean up the dishes because I cook.

Dan Hoffman ([19:12](#)):

<Laughs> That's an incentive.

Amy Simmons ([19:13](#)):

That is nice.

Dave Brinegar ([19:14](#)):

Usually in the evenings, it's more of a little bit on the laid back side. We may do some stuff, but usually it's just get ready for bed, get everything situated. Recheck our cleaning for the day. We recheck everything. Just make sure everything's right.

Amy Simmons ([19:28](#)):

Hope no calls come in well while you're sleeping.

Dave Brinegar ([19:31](#)):

When I'm sleeping? Yeah. I hope no calls come in when I'm sleeping.

Dan Hoffman ([19:34](#)):

But if you're on a medic, you're probably not gonna get a good night's sleep.

Dave Brinegar ([19:38](#)):

You're usually up a few times a night give or take.

Dan Hoffman ([19:40](#)):

Now, are you one of the type that you try to get like good sleep in between calls or are you the type that, you're kind of half awake the entire time.

Amy Simmons ([19:50](#)):

You know what's coming.

Dave Brinegar ([19:51](#)):

I go back to bed.

Dan Hoffman ([19:53](#)):

I get back. I go back to bed.

Dan Hoffman ([19:54](#)):

Gotcha. I'm so terrified when I do a ride-along that I'm gonna get forgotten or that I'm not gonna wake up. Cause as a City Manager, you don't wanna be like, 'oh yeah, Dan slept through all the alarms.' You don't want that. So I sit there kind of in a state of constant anxiety like it's about to go off. The tones are about to go off. The tones are about to go off.

Dave Brinegar ([20:15](#)):

Even when you sleep though, you sleep that way. We sleep that way. I don't get a really solid night, even if we don't run a call. You don't get a solid night's sleep because the back of your head's always waiting for that tone to drop and the lights to come on and the buzzer to go off and the bell to ring.

Amy Simmons ([20:30](#)):

Scare you awake.

Dave Brinegar ([20:33](#)):

Well, pretty much it does.

Dan Hoffman ([20:35](#)):

Well, over at Rouss, the alarm is like terrifying. I think it's Rouss where it's just abnormally loud and harsh.

Amy Simmons ([20:43](#)):

Is it really old? Cause it's the oldest station.

Dave Brinegar ([20:46](#)):

They're just loud. Friendships is loud too.

Dan Hoffman ([20:49](#)):

Yeah. Anyways. All right. So you get through the night, you wrap up the next morning.

Dave Brinegar ([20:55](#)):

You meet with the crew coming on. You say, 'Hey, this is what we did yesterday. Anything specific they need to know?' If there's something getting fixed or something broke or whatever we had to deal with, and change your clothes and go home.

Dan Hoffman ([21:09](#)):

If you had one bit of advice to give to somebody, an 18-year-old Brinegar.

Dave Brinegar ([21:19](#)):

<Laughs>

Dan Hoffman ([21:19](#)):

You meet him and he's about to be bitten by the bug. What advice would you give him?

Dave Brinegar ([21:25](#)):

I would say, if this was at 18, get your certs. It's an awesome career. I wish so many times that I had known about it earlier. 'Cause I started in my thirties. So, I'm on the later side of things. I'm dealing with these 18-year-olds and 19-year-olds right now.

Dan Hoffman ([21:43](#)):

You could be retired.

Dave Brinegar ([21:44](#)):

Yeah. Well, exactly. I already had one career and then, the other one, so I would tell 'em it's amazing the amazing people that you meet on a daily basis, what you get to do, and what you get to see. No other job can give you this.

Dan Hoffman ([22:03](#)):

Yeah. And people are always excited to see you. Now, they might be in a bad situation.

Amy Simmons ([22:08](#)):

But they might be happy your there.

Dave Brinegar ([22:09](#)):

You're seeing them on probably their worst day. Or most of 'em. But...

Amy Simmons ([22:14](#)):

You get to help.

Dave Brinegar ([22:14](#)):

We're getting help. There's a lot of people out there that we've managed to, you know...

Dan Hoffman ([22:19](#)):

Save.

Dave Brinegar ([22:19](#)):

I wanna say, yeah, save, keep alive. Whichever. But you know, a lot of times people just wanna talk. And I meet people that you would never guess where they're from or what they did. So it's just an amazing job and you get to meet a lot of people, do things you don't normally do.

Dan Hoffman ([22:40](#)):

That's very cool. So if someone's interested in starting down this path, whether you're here in Winchester or if you're listening from out of town, go to the Winchester's website. We've got information on there. Just go to the department page and find fire and rescue. And there's more information there.

Amy Simmons ([23:02](#)):

And we have videos on the physical tests and all what you have to go through.

Dave Brinegar ([23:06](#)):

Physical tests.

Amy Simmons ([23:07](#)):

Yeah. We have all that on there.

Dave Brinegar ([23:08](#)):

They can do that or they can also volunteer at one of your local stations, and they'll help you get all your training you need. Especially if you're a younger person who don't really have a lot of a job background.

Dan Hoffman ([23:21](#)):

And we often pay. I know we had money in the budget this past time and a lot of jurisdictions will pay for you to get your paramedics cert. We do a class every so often where if we have enough folks interested in doing that. It's a good career where if you don't want to take on a bunch of student loans, you don't wanna leave college with a hundred-thousand dollars in debt. This is a good way to do very well over the course of your career and not have to deal with four to eight years of college.

Dave Brinegar ([23:54](#)):

Hmm. And like I said, you're ahead. You get done, you're not in debt for student loans. And you're getting paid training as you're doing it.

Amy Simmons ([24:01](#)):

And you get to make a difference every day.

Dave Brinegar ([24:02](#)):

And you get difference every day.

Dan Hoffman ([24:03](#)):

Well put, all right, Brinegar. Thank you very much for coming and chatting with us.

Dave Brinegar ([24:06](#)):

You're very welcome.

Dan Hoffman ([24:07](#)):

I appreciate it very much. And I look forward to checking out that chili.

Dave Brinegar ([24:10](#)):

Sounds good.

Music ([24:11](#)):

<Light music>

Dan Hoffman ([24:16](#)):

So that was Dave Brinegar. Nice guy.

Amy Simmons ([24:19](#)):

Another nice fella.

Dan Hoffman ([24:20](#)):

I haven't spent a ton of time with him. I don't think I've written along with him cuz he normally rides outta Shawnee, but that will be my next full ride-along. Plus I want to see him put his food where his mouth is and see how good his chili is.

Amy Simmons ([24:36](#)):

Well, come to INSIGHT and you'll figure that out.

Dan Hoffman ([24:38](#)):

Now, I feel challenged. All right. So that's it for part two. Have a good rest of your week everybody and see you around City Hall.