

Call/Volunteers Serving Today to Protect Your Tomorrow

# SMOKE Showin'



Winter 2016 • vol. 25 • no. 91

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association

## MAKE ME A FIREFIGHTER

New NVFC Campaign  
Aims to Increase  
Department Membership

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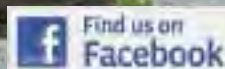
Health and Wellness


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Importance of Sleep

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Educator of the Year



A close-up, high-contrast photograph of a firefighter's helmet and an MSA G1 gas detector. The helmet is dark and metallic, with a yellow reflective strip. The gas detector is attached to the side, featuring a digital display showing '44' and a pressure gauge. The background is dark and smoky, suggesting a fire scene.

# 1 POWER SOURCE. 13 PATENTS PENDING. 0 COMPETITION.

To learn how the MSA G1 outperforms the other guys and [request a demo](http://msafire.com/breathe), visit [msafire.com/breathe](http://msafire.com/breathe).

WHEN YOU GO IN, WE GO IN WITH YOU.

**MSA**

The Safety Company

2016



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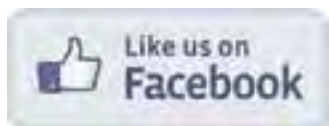
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Cover photo of the American Polymers Building, October 7, 2015, by Paul Shea

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## To All Call/Combo/Volunteer Chiefs

If you received this issue of *Smoke Showin'* and your members did not, your department is either in arrears on its dues or is not a member of MCVFA.

Please contact the vice president serving your area or the MCVFA office to become a member in good standing.

[www.mcvfa.org](http://www.mcvfa.org)

# Health and Wellness 2015, Year in Review

by Dominica D'Avella, MCVFA Health & Wellness Coordinator

Firefighter health is a topic that has gained more attention in the last few years, but the fire service's focus on it has been steadily increasing since the late 1980s. Several relevant NFPA standards predate the most well known health initiatives, such as the NVFC Heart Healthy Firefighter program (launched in 2003) and the IAFF/IAFC Wellness Fitness Initiative (launched in 1996). Would you have guessed these 1<sup>st</sup> edition dates? NFPA 1500: *Standard on Fire Department Occupational Safety and Health Program* (1987); NFPA 1582: *Standard on Comprehensive Occupational Medical Program for Fire Departments* (1992); NFPA 1583: *Standard on Health-Related Fitness Programs for Fire Department Members* (1995); NFPA 1584: *Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises* (2003). NFPA 1583 and 1584 had their most recent updates in 2015 and NFPA 1500 and 1582 were updated in 2013. Why does this matter?

These standards are tools to help ensure that everyone goes home. Health and wellness are life safety issues in the fire service and many departments struggle to integrate the content of these standards with all of their other priorities. The IAFC adopted a position statement in 2009 saying that "Every Fire Chief Should Adopt and Implement a Comprehensive Health and Fitness Program for their Department" based on the rationale that "the overall health and fitness of every firefighter is a critical component of a department's operational capabilities." The reality remains that in 2015, twenty years after the first edition of NFPA 1583, many departments still don't have a health and fitness program. Similarly, the 2012 IAFC position statement aimed at "Addressing the Need for Annual Occupational Medical Exams and Fitness Evaluations for All Firefighters" with the goal "to substantially reduce the number of preventable line-of-duty injuries and deaths within the fire service as a result of medical emergencies" also has a long way to go more than twenty years after the origin of NFPA 1582.

The most commonly cited obstacles for implementation of these standards are time and money. No one would argue that there's never enough of either, however, there's more to making progress on health and wellness in the fire service. All the time and money in the world aren't enough if there isn't sufficient will and skill to tackle a problem. When you think about health and wellness in your own department, can you honestly say that you have both the will and skill in place to move the needle? If the answer is yes, then let's find a way to share that knowledge because you're ahead of the curve. If the answer is no, then time and money are not your biggest obstacles. The real question is not IF it can be done (because there are departments who are doing it), it's HOW it can be done given the environment and resources you have to work with. And resources are about a lot more than dollars and cents – human capital is a critical part of the equation. We want to help you leverage what you've got.

With that in mind, we've worked on firefighter health and wellness on many fronts in 2015. Advocacy efforts to communicate needs and concerns of the call/volunteer fire service to state, regional, and national leadership are one such effort. The Training, Health & Safety Committee also now includes a Health & Wellness Coordinator. The addition of dedicated health and wellness expertise within the organization enables a greater capability to accumulate and summarize the latest information and get it back to MCVFA's five regions in an accessible form. Given that this is a new endeavor, I haven't had the opportunity to meet nearly enough of you yet, but look forward to doing so in 2016. I would like to hear from our membership about what health/fitness/wellness related activities you're doing that are working, what challenges you're facing, and start a conversation in each region about what may be helpful. I have many resources I can connect you with and am always on the lookout for the best of what's out there.

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Home delivery of *Smoke Showin'* is one of the many benefits of MCVFA membership.

## A New Era Begins

**When I joined the Port Jefferson, New York Fire Department in 1970 upon graduation from high school, little did I realize the path that I was on.**

**I** was the typical “probie,” knowing very little of the journey I was about to take. Having a Dad that was involved in this line of work did not hurt either. Early on, I’d see him run out of the house when the siren went off and then race three doors down to the firehouse and drive the fire truck past the house, lights flashing and siren blaring! How exciting was that! As a new firefighter, I learned quite a bit during those first few developing years from some well-seasoned veteran firefighters.

As I was gaining experience, I became interested in the firefighter associations to which the Department belonged. I would attend County and Regional meetings with some older firefighters, learning the ropes. I also began attending the State meetings. We’d come back after those meetings and make our reports to our membership. Now to be honest, before I started attending those association meetings, the group of young firefighters that I was a part of, really couldn’t wait for those reports to be over at our monthly meetings. They always seemed boring and we were only concerned about fighting fires and such, not dry reports about this and that. I began to realize, after a while, and I have said it repeatedly later in my fire service career, that these meetings, and the information we gathered, are as important as the tools on our apparatus. It was not called networking back then, but that’s exactly what it was...you were attending these association meetings and learning that many other departments sometimes had similar problems as well as solutions to those problems.



**Kevin Connolly**  
President

*now to be honest, before I started attending those association meetings, the group of young firefighters that I was a part of, really couldn’t wait for those reports to be over at our monthly meetings*

Moving to Vermont in 1985, I became active with the Vermont State Firefighters Association as a member of the Brattleboro Fire Department and then later with the Vernon Volunteer Fire Company. After about ten years, I decided I needed some time off. After about six years of not being an “active firefighter”, and a move to Northfield, Massachusetts in 2003, brought me to where I am today. Shortly after joining the Northfield Fire Department, I became involved with the MCVFA as the Department’s delegate and shortly thereafter to the position of regional secretary in Region 4, a position I held until elected to the regional vice president’s position for the term of 2014–15.

At the State Meeting this past October, I was nominated and elected to serve as the Association’s President. I realize I have some big shoes to fill, but I feel confident that I am up for the challenge.

I have made an effort to learn about the history of the organization to see where it all started. In addition, it was suggested that I take some time to set an agenda for the direction of the MCVFA. Yes, I

*continues on page 8* ►



## Part-time Benefits Law and Call Firefighters

**At the last state election, the voters enacted a law that requires employers to provide sick time to their part-time employees.**

**T**he law is Massachusetts General Law Chapter 149 Section 148C. And it doesn't apply to call firefighters, unless you want it to. Let me explain.

The law says that an employer must provide at least one-hour of paid sick time for every thirty (30) hours worked by an employee. The earned sick time can be used for care of the employee or the employee's spouse, child, parent or parent of a spouse (in-law), who is suffering from a physical, or mental illness or injury, home care or preventive care. It can also be used for routine medical appointments. Generally, an employer must allow their employees to earn at least 40 hours of sick time per year. There are six pages of law full of special provisions and formulas, so what I've provided is a very general outline so you get the sense of what this law is about.

In the definition of "Employee" in the law, the law specifically excludes "employees of cities and towns" unless their city or town accepts the provisions of this law by a vote or by appropriation of the city or town. So, the law is a local option for cities and towns, and

unless your town accepts it, it doesn't apply to part-time municipal employees (call firefighters).

What about fire districts? The Commonwealth exempted districts in the regulations at 940 CMR 33.02 under the definition of "Employee". Here they exempt employees of "local public employers not covered by the term cities and towns, for example school committee, including regional schools and educational collaboratives", unless adopted by a local vote.

So, the good news for fire chiefs is that we don't have to keep sick time records and try to figure out how to apply sick time to call firefighters. Can you even imagine a workable system?



**Chief Joe Maruca**  
attorney at law

### Chiefs: Share Your Department's Needs

If you haven't done so yet, fill out the U.S. Fire Service Needs Assessment Survey at [www.nfpa.org/2015needsassessment](http://www.nfpa.org/2015needsassessment). Really, right now, please don't wait. Time is running out.

Grant funding for your fire department depends on your participation in the Fourth Annual Fire Service Needs Assessment by the NFPA. The US Congress and US Fire Administration rely upon the results of the Needs Assessment Survey to identify gaps with the nation's fire service. The more they know about your department and understand your needs, the more accurately they can allocate funding to support you.

The survey also provides important benchmarking data you can use to justify your needs, your budget and your operations.

The Needs Assessment Survey is only done once every five years.

In past years, small town call/volunteer fire departments have been underrepresented in the survey. This means that the large metro department's voices get heard and your voice gets lost. Make 2015 the year that your voice is heard. Fill out the survey today. The survey closes on January 15, 2016, so don't wait.



MCVFA-Sponsored Bills			
Bill Description	Bill Number	Sponsor	Status
An Act relative to death benefits to surviving spouses of call and volunteer firefighters	H.2308 S.1353	Gentile Eldridge	Joint Public Service Committee Hearing on 9/8/2015
An Act to provide volunteer firefighters with a local option real estate tax exemption	H.2583 S.1537	Kulik Rodrigues	7/8/2015 House - Read second and ordered to Third Reading; Senate - Reported favorably and referred to the committee on Senate Rules
An Act providing for a distinctive registration plate for firefighters	H.3040	Mark	Joint Transportation Committee
An Act authorizing voluntary contributions to the Massachusetts Fire Fighters Academy Trust Fund	S.1538	Rodrigues	Joint Revenue Committee Hearing held on 05/05/2015
Other Bills of Interest			
For legislation to prohibit disciplinary actions by employers on employees serving as volunteer emergency responders	S.977	Gobi	Joint Labor and Workforce Development Committee Hearing held on 05/26/2015
An Act relative to SMART retirement plan fees	S.1351	Downing	Joint Committee on Public Service Hearing on 11/10/2015
For legislation relative to the creation of the Commonwealth technical rescue regions and coordinating council	H.3484 S.1298	Timilty Tarr	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act relative to enhanced fire protection in new one and two family dwellings	H.2089	Balser	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act relative to line of duty death benefits	S.1438	Timilty	Bill reported favorably by Committee and referred to Senate Ways and Means
An Act relative to the retirement benefits of state police dispatchers	H.2353	Kocut	House Committee on Public Service Hearing on 9/15/2015
For legislation to provide fire chiefs with access to CORI information	S.950	Timilty	Joint Judiciary Committee Hearing on 9/16/2015
An Act pertaining to firefighter disability (Robert T. Kilduff Cancer Fund)	H.2396	Ryan	Joint Committee on Public Service Hearing on 11/17/2015
An Act relative to the recovery of emergency response costs	H.2148	Kulik	Joint Public Safety and Homeland Security Committee
Opposed			
An Act relative to appointment procedures for the State Fire Marshal	H.2087	Ayers	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act pertaining to public fire safety and professionalism	H.2141	Hunt	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act relative to standards and qualifications for the position of fire chief or chief engineer in cities, towns, fire districts, or authorities	H.2186	Toomey	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act relative to the Department of Fire Services Commission	H.2088	Ayers	Joint Public Safety and Homeland Security Committee Hearing held on 06/18/2015
An Act relative to distinctive registration plates for firefighters	H.3017	Howitt*	Joint Transportation Committee
*Clarification - The MCVFA is opposed to the language in the bill. Rep. Howitt is filing this bill on behalf of an individual. He has been and remains a supporter of the Fire Service.			

have some ideas as to the direction I'd like to see the group progress. But this organization is made up of its members and I (and the Executive Board) need (and welcome) your input as to what you'd like to see also.

I basically broke my thoughts down to three items: Past, Present and Future.

The past is something we cannot do anything about. It's our history. When the organization was formed, the original members had a plan. Fourteen fire departments gathered together and were guided in the right direction. Over the years more departments joined seeing the good that the Association was attempting to do, but after time, some became dissatisfied with either the direction or the people running the Association. It's time to let our differences go and to think about what you can do to make this organization better.

The present is now. Sadly our membership numbers are down in some regions. This is not a gloom and doom, end of the Association declaration. Your regional vice presidents have been making an intense effort to attract members to regional meetings. We realize that in today's world, it is extremely tough to make every single meeting. However, meetings are an important part of any organization. We try to provide significant information to the membership. In turn, the information we are able to obtain from our members can help us manage the organization better. We rely on you, our members and future members to drive this Association. The fire service of today, in general, is not your father's fire service. In the age of social media, cell phones, etc. the Association has to find a better way to reach out to the members, especially to the younger generation. The question arises as to what platform for information you would like us to use? And what do you want to see as far as training, additional benefits, etc.? We are always open to your suggestions.

Now, to the future of the MCVFA. Thanks to a small dedicated group within the Association, we are, and will continue to be, a viable organization. However, we continue to ask that you become involved within the Association. If you are currently not a member, we would like you to consider joining the MCVFA. Even if your department is not a member, we do accept individual members. We would like to invite you to attend a regional meeting or two. If you have a certain passion within your department, become a member of an MCVFA committee. My approach in regards to being on an Association committee is that you do not necessarily have to meet face to face, but can accomplish the same with emails, phone calls and the like.

A By-Law change passed at the State Meeting last year, eliminated the spring state meeting. Moving forward, the Association's only state meeting will be in October. The

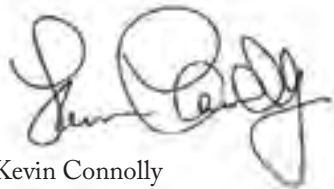
executive board will be working on a plan to increase attendance at this meeting, possibly including a firefighter memorial program and short seminars of interest to our members.

While my list might seem lengthy (too long for this column), this is one item I'd like to see us accomplish during my term, but I need your help. The Association would like to keep our dues where they are now, but if we do not see a significant increase in membership, we may be forced to raise them. This could limit the benefits that we have now and also restrict what other programs and benefits the MCVFA would like to promote.

I have a very optimistic (passionate, some might argue) attitude, especially when it comes to this organization. I know that all of you that read this would not be where you are if you did not love this job. I am reaching out to ask that you get involved and help make this Association better than it is now. Working together will accomplish this.

In closing, I hope everyone had an enjoyable and safe holiday season. I look forward to working as your State President and to continue promoting the organization and developing a rapport with you and other members of the Fire Service.

Thank you all, and be safe!



Kevin Connolly  
MCVFA President



## Health and Wellness

continued from page 4

In 2015, some of the fire service events and training I attended included the NSCA's Tactical Strength and Conditioning Conference (the only major fitness conference dedicated to the needs of firefighters, law enforcement, and military), the National Professional Development Symposium at the National Fire Academy (where health, wellness, and safety were prominently featured), Group and Individual Crisis Intervention, and MFA's train-the-trainer on the statewide protocol for Emergency Responder Rehab. The 2016 calendar is just starting to take shape, but NVFC's Training Summit, which includes a focus on key fire and emergency service issues relating to health and safety, is on the agenda. Please feel free to reach out to me via email: dominica.davella@gmail.com or the MCVFA Facebook page. Let me know about events in your region, questions or ideas you have, or important stuff you thing I should be aware of. I hope to meet many more of you in 2016 and do what I can to help you stay safe.





## Daily Maintenance for our Mental Fitness

**Sarah Gaer, MA**  
Riverside Trauma Center

We all know that if we want the equipment to work when we need it, we have to keep it maintained.

We have to keep up on the oil changes and check the brake lines. We need to make sure the hoses are cared for and test them out occasionally. We need to use the correct fuel and we need to use the vehicle. If it sits and sits and sits, we know that it may not work when we need it.

Mental Fitness is very much the same way. If we do not maintain our mental fitness, we leave ourselves vulnerable to many potential conditions including depression, addiction, PTSD and suicide. That's not to say that there aren't times that we do everything right and still develop troubles but in most cases, the stronger our mental fitness is, the more able we are to overcome whatever may be placed in front of us.

So how do we provide maintenance to our emotional and mental wellness? Sleep Hygiene is perhaps one of the most important factors in mental wellness. There is ample research that links lack of sleep or poor sleep habits with mental fitness and physical health.

### Plan Enough Time in Your Schedule for Sleep

If you know you have to get up early, don't schedule something that will have you out late the night before.

### Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals that Interfere with Sleep

Avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.

### Turn Your Bedroom into a Sleep-Inducing Environment

To achieve such an environment, lower the volume of outside noise with earplugs or a "white noise" appliance. Use heavy curtains, blackout shades, or an eye mask to block light, a powerful cue that tells the brain that it's time to wake up.

### Establish a Soothing Pre-Sleep Routine

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed.

### Go to Sleep When You're Truly Tired

If you're not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.

### Use Light to Your Advantage

Natural light keeps your internal clock on a healthy sleep-wake cycle.

### Keep Your Internal Clock Set with a Consistent Sleep Schedule

Waking up at the same time each day is the very best way to set your clock, and even if you did not sleep well the night before, the extra sleep drive will help you consolidate sleep the following night.

### Nap Early—Or Not at All

If you must nap, it's better to keep it short and before 5 p.m.

### Lighten Up on Evening Meals

Finish dinner several hours before bedtime and avoid foods that cause indigestion.

### Exercise Early

Exercise helps promote sleep if it is done several hours before going to bed.

### Follow Through

On the average, adults do best with 7 hours of sleep, which can obviously be hard to get as a first responder, but these steps should help. If your sleep difficulties don't improve through good sleep hygiene, you may want to consult your physician or a sleep specialist.

For more information about sleep and mental health, please see <http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/mood>.

If you or someone you know is struggling with thoughts of suicide, please contact the National Suicide Prevention Lifeline at 1-800-273-TALK.

To learn more about mental health services in the area that are specifically available to First Responders please check: Brattleboro Retreat Uniformed Service Program at [BrattleboroRetreat.org](http://BrattleboroRetreat.org) (802) 258-3700; or OnSite Academy at [OnsiteAcademy.org](http://OnsiteAcademy.org).



## 2015 Fire and Life Safety Educator of the Year Award

**Lieutenant David Evans, the Assistant Principal of the Pentucket Regional High School, and member of the West Newbury Fire and Groveland Fire Departments, received the 2015 Fire & Life Safety Educator of the Year Award.**



**Lisa Evans and Jonathan Seymour**

**L**ieutenant Evans is a passionate and dedicated educator who shares his knowledge and commitment to safety with people of all ages. He has been able to combine his love of education and public safety through the development of Pentucket High School's Safety and Public Service Innovation Academy. The Academy engages students in grades 7-12 to serve their communities by participating in a unique sequence of courses and industry certifications such as First Responder/CPR, Teen CERT, Junior FF/Fire Science program, Emergency Management and NIMS. The program has grown significantly in three years, beginning with 48 students and expanding to 240 students this year. The students can take courses in public safety, forensics, literature and society, justice, Practical Law, and psychology of a crime.

The overlap of his passion is infectious. Lieutenant Evans has designed the Academy so members of the safety sector make incredible presentations to his class at least weekly. Members of the National Fire Academy, Massachusetts Fire Academy, State Police Arson Investigation, Gang Unit, Graffiti Unit, Bomb Sniffing Dog Unit, Scuba Diving Team, Juvenile Probation Officer, and many more have all made presentations in his class. Students are also required to participate in job shadowing and internships in the area of public safety that most interests the student. Students have chosen to job shadow police, fire, and EMS but more unique job shadowing included shadowing of a District Court Judge, and an Animal Control Officer.

Students are graduating with a clearer path toward their chosen careers and enrolling in EMT courses, joining local fire departments, and planning for post high school education with confidence that they have explored many fields. Some graduates of the Safety and Public Service Innovation Academy have been hired by local fire departments and have gone on to attend the Massachusetts Firefighting Academy.

Additionally, students have assisted the West Newbury Fire Department with developing and teaching Fire and Life safety lessons at local elementary schools during Fire Prevention Week. Then the students determine a need for additional lessons they would like to reinforce at the elementary school. The public safety students prepare an age appropriate lesson plan and

return to the grammar school to make follow up presentations.

Lieutenant Evans drags everyone in. It is very likely that a representative of the West Newbury, Groveland or Merrimac Fire/Police Department is at these events. If you are in the West Newbury Summer Recreation Program or Scouts you have most likely have had a tour of the station and presentation on fire and life safety by Lieutenant Evans. Some local area departments have even sent there new recruits over to the West Newbury JR Firefighter program to start firefighter training. If you are a member of the community in need of training in Fire & Life Safety, he will help you find a class or create an overview for you.

Lieutenant Evans has developed many partnerships to support this program, and his passion for education has influenced many fellow firefighters to train others. The Academy and the Junior Firefighter programs are both models of creativity, innovation and community partnerships that equip young men and women for service in their local communities. The strength and success of these programs owes a great deal to Lieutenant Evans.

2015 Fire & Life Safety Education Conference was held in Westford, MA in September.



State Fire Marshal Coan; West Newbury Fire Chief Michael Dwyer; recipient of the 2015 Fire & Life Safety Educator of the Year Award Lieutenant David Evans; wife of award recipient firefighter Mrs. Evans; and Pentucket High School Principal Jonathan Seymour.



photo courtesy of DFS

# Cancer

by Chief Joe Maruca

Cancer is killing firefighters at two and three times the rate it kills civilians. We are just beginning to realize this. Every fire you go to is HAZMAT. Toxic chemicals, hundreds of different kinds, are being absorbed into your body, ingested and inhaled. Cancer is probably killing more firefighters than all other causes combined; we've just never realized it and we haven't been measuring it. You need to start protecting yourself now. Chiefs and fire officers need to start protecting their firefighters now.

In October I attended three different meetings where the issue of cancer in the fire service was addressed. I attended the Firefighter Safety Symposium at the Massachusetts Firefighting Academy where about two hours was dedicated to this topic. At the National Volunteer Fire Council (NVFC) meeting in North Carolina, there were at least two sessions on the topic, and at the NFPA Responder Forum in Indianapolis, a morning was

devoted to cancer related issues. The problem of cancer in the fire service is very real.

The smoke and soot coming from today's fires is loaded with toxic chemicals. These chemicals are getting all over your personal protective equipment (PPE). Your PPE is tracking these chemicals into your apparatus, your fire station, your personal cars and trucks and even your homes. If you are storing PPE in your car, you are contaminating your car.

If you are wearing dirty PPE, you are contaminating your body. If you are hanging dirty PPE in the fire station, you are contaminating the fire station.

Your hood does not stop your skin from absorbing toxic chemicals. Wearing a dirty hood around your neck concentrates toxins around your neck and they are absorbed into your skin. The skin around your neck is particularly susceptible to absorption. The higher the temperature the more your skin absorbs. Toxic gas penetrates your PPE where your pants and boots meet, at the cuffs of your gloves and under your hood. You are breathing toxic chemicals during overhaul if you aren't wearing a self-

contained breathing apparatus (SCBA). You are ingesting toxins if you don't wash your hands before eating in rehab.

Here's what you need to do starting now:

- Wash your PPE at least once a year and after each working fire.
- Decontaminate your PPE at the fire scene with a hose line. Get as much smoke and soot off it before you climb into the cab of your truck to return to quarters.
- Wash the seats and interior of your apparatus cabs regularly. It is important to remove contaminants from the seats and other cab surfaces. Think about how much time you spend driving around in a potentially contaminated cab.
- Have two hoods. After a fire switch to the clean hood and wash the dirty hood. Departments should issue two hoods to each firefighter. The early data says that hoods may be a big part of the problem.
- Rinse off your helmet liner and gloves after each use.
- Don't remove your SCBA until the fire is cold and there is no smoke or steam. Don't use your four gas meter to declare

*continues on page 16* ►

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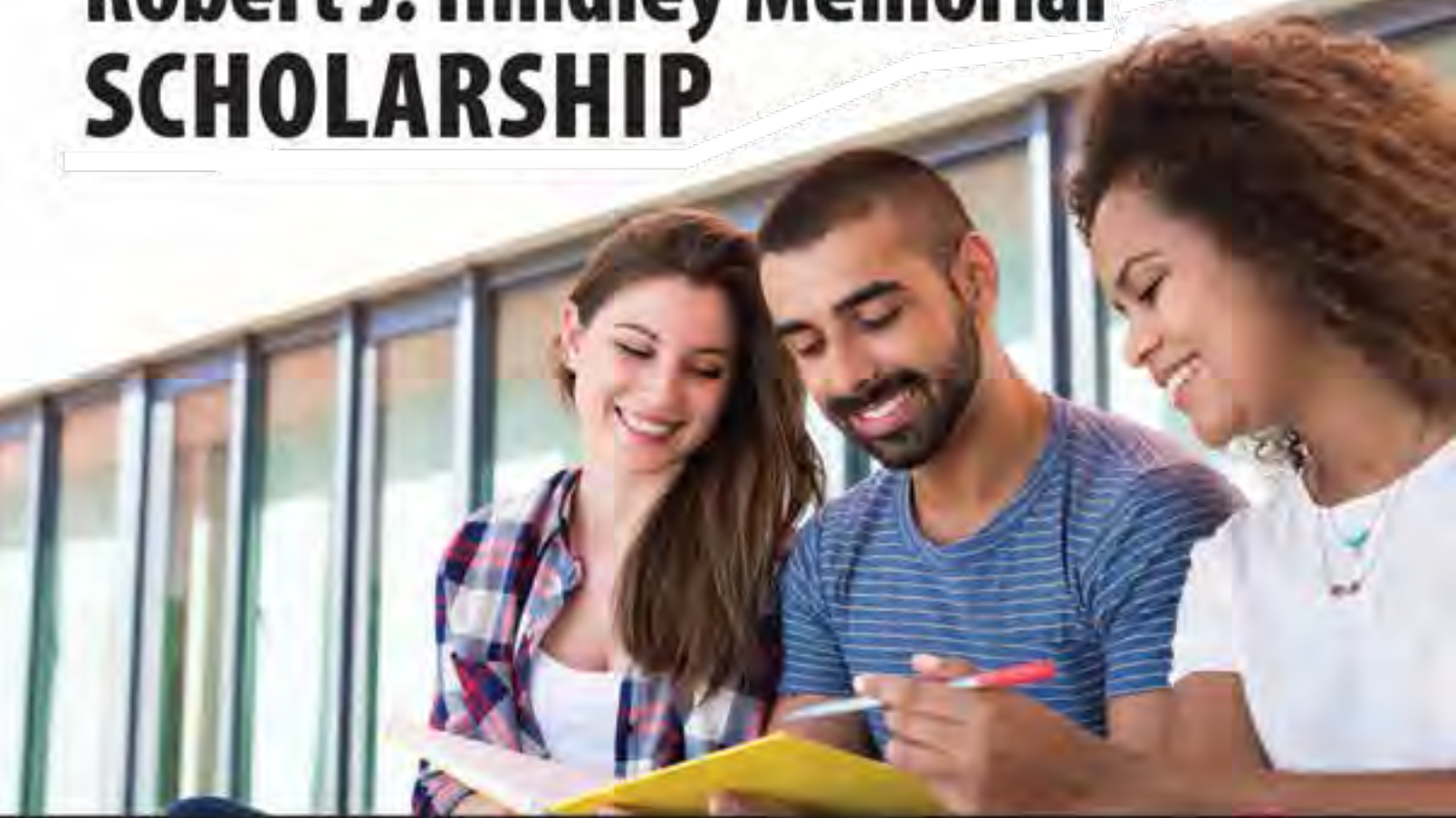
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# Achieve your Goals with the MCVFA Robert J. Hindley Memorial SCHOLARSHIP



The Massachusetts Call/Volunteer Firefighters' Association (MCVFA) will be awarding five (5) \$1,000 Robert J. Hindley Memorial Scholarship. The scholarship is available to an MCVFA member or immediate family member.

## Requirements

### Official Transcript or Letter:

- A school official transcript or letter from the most recent institution attended. If unavailable, please provide a written explanation and a copy of the highest level diploma or certification received.

### A Statement of Interest of 400 words or less including:

- Why you want the Robert J. Hindley Memorial Scholarship
- Your personal, educational, and career goals
- A list of extracurricular, community, and/or volunteer activities. Include dates of participation and a brief description of each activity. You may provide an explanation for lack of involvement under special circumstances. Special circumstances include financial hardship, family responsibilities, etc.
- Any other information you want the Scholarship Committee to consider.

### Two (2) Letters of Recommendation:

- One letter should be from a teacher, employer, or a member of the community familiar with you and your goals and the other from a member of the fire service. If it is not possible to provide a letter from a member of the fire service, please attach an explanation.

## How to Apply

Application forms can be obtain from:

[www.mcvfa.org/scholarships](http://www.mcvfa.org/scholarships)

Send your application form along with supporting documents to: [recruit@mcvfa.org](mailto:recruit@mcvfa.org) or

**Massachusetts Call/Volunteer Firefighters' Association (MCVFA)**  
**Robert J. Hindley Scholarship**  
**PO Box 52, Marlborough, MA 01752**

**CLOSING DATE: MAY 1, 2016**



For eligibility information and requirements, visit [www.mcvfa.org/scholarships](http://www.mcvfa.org/scholarships)

# Robert J. Hindley Memorial Scholarship APPLICATION

PLEASE TYPE OR PRINT:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Sponsor's Name: \_\_\_\_\_

Name of Sponsor's Department: \_\_\_\_\_

MCVFA Dues Paid Years: \_\_\_\_\_

Region Applying (circle one):      1      2      3      4      5

## ACADEMIC INFORMATION

Type of program in which you plan to enroll for the 20\_\_\_\_ - 20\_\_\_\_ academic year (check one):

☐ Graduate      ☐ Bachelor      ☐ Associate      ☐ Technical/Trade      ☐ Certification

Planned Field of Study: \_\_\_\_\_

Enrolled or Planning to Enroll (check one):    ☐ Full Time      ☐ Part Time

Name of School/University Attending: \_\_\_\_\_

Name of Trade School/Certificate Program: \_\_\_\_\_

Field of Study: \_\_\_\_\_

List any civic groups, organizations or extracurricular activities, volunteer work, etc.:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Send your application form along with supporting documents to: [recruit@mcvfa.org](mailto:recruit@mcvfa.org) or mail to  
Massachusetts Call/Volunteer Firefighters' Association (MCVFA),  
Robert J. Hindley Scholarship, PO Box 52, Marlborough, MA 01752



CLOSING DATE: MAY 1, 2016

[www.mcvfa.org/scholarships](http://www.mcvfa.org/scholarships)



Supporting Those Who Serve

## Increase Your Membership

# Recruit Volunteers to Your Department with Help from “Make Me a Firefighter” Campaign

If your department is like most volunteer or combination departments in the U.S., you struggle to maintain the staffing needed to provide the adequate level of service to your community.

Chief Kevin D. Quinn  
National Volunteer Fire Council Chairman



**T**he numbers are clear. The National Fire Protection Association reports that in 1984 there were 897,750 volunteer firefighters, and that in 2013 there were 786,150. This is a 12 percent decrease. In that same time period, call volume has tripled, largely due to increased medical emergency calls.

Why are we having problems recruiting new members? There are a lot of factors, including increased demands on people's time, increased training requirements, and geographical shifts as people move away from smaller communities for job opportunities.

But there is another challenge as well – lack of awareness among the public about the need for volunteer firefighters and EMTs. The National Volunteer Fire Council (NVFC) conducted a national survey last year that found that 41% of respondents didn't know if their local department utilized volunteers. Perhaps even more telling was that 79% of respondents did not know their department was seeking volunteers. It is hard to expect people to step up and serve if they don't even know the opportunity is available.

The survey did uncover some promising news. It found that 29% of the U.S. population is either “definitely interested” or “might be interested” in volunteering as a responder in the fire and emergency service. Among under-represented audience, the numbers were even higher. 44 percent of Millennials (those aged 18-35) expressed at least some interest in volunteering, which is encouraging for an industry whose population is aging and needs new blood to secure its future. In addition, 36 percent of minorities expressed interest in volunteering, shedding light on what has to date been a largely untapped recruiting market.

What do we do to bridge this gap in awareness to get new members in the door, diversity in our ranks, and attract the next generation of responders? It is a challenge for many departments to focus on recruitment when they are already short-staffed and under-funded. That is why the NVFC has launched a new volunteer recruitment campaign to help.

Funded by a federal SAFER grant, the Make Me A Firefighter campaign aims to connect departments with potential volunteers and provide personnel with the resources and training to successfully recruit new members. This is the first national campaign of its kind and features messaging and materials that have been tested to resonate with target audiences. And best of all, it is completely free.

Here are steps you can follow in order to take full advantage of this new recruitment campaign.

• **Post your volunteer opportunities at <http://portal.nvfc.org>.**

The campaign features a searchable database of volunteer opportunities at local departments so potential recruits can connect. But they can't find your department if you aren't listed. Register at <http://portal.nvfc.org> and post your volunteer opportunities today. This enables interested members of the public to find you from a variety of volunteer opportunity search databases, including [www.MakeMeAFirefighter.org](http://www.MakeMeAFirefighter.org) and [www.AllForGood.org](http://www.AllForGood.org). In addition, you can track the progress of potential recruits who connect with your department through the database.

- **Make sure your department is ready for new recruits.**

As you bring potential members to your department, make sure your current members are ready to welcome them. No one wants to join an organization where they feel like an outsider or are disrespected or ignored. Current members need to remember that they were all new to the department at one time as well, and should be there to provide information, assistance, and support to potential volunteers and new recruits. Train your members in diversity and inclusion, and when younger members have ideas or input, let their voices be heard. The NVFC will be releasing a series of online courses to help departments reach new audiences, embrace new members, and retain those who join. These will be available soon at <http://portal.nvfc.org>.

- **Let your community know you need volunteers.**

While the NVFC is doing national outreach to let the public know about the need for volunteer firefighters and EMTs, the best way to inform your specific community that you need volunteers is if you tell them. The NVFC has developed a series of ready-to-use materials you can customize for your local audience. These include ads, emails, flyers, social media messaging, tools for working with the media, and more. Access these resources at <http://portal.nvfc.org>.

- **Utilize personal invitations and hold sampling events.**

NVFC research has shown that personal invitations and sampling events are key draws for people when making the decision to join their local fire department. Personal invitations mean that someone has specifically invited them to join, and sampling events are activities that allow the potential recruit to get a glimpse of what a volunteer firefighter or EMT does. A sampling event may be a ride along, open house, or booth or recruitment station at a local community fair. The NVFC has a list of ideas and tips for holding a sampling event as well as template invitations to help you invite community members to join your department. Find these at <http://portal.nvfc.org>.

- **Promote the campaign.**

The public web site at [www.MakeMeAFirefighter.org](http://www.MakeMeAFirefighter.org) contains information to help potential volunteers learn what it means and what it takes to be a volunteer in the fire and emergency services. It also contains a search engine to help these individuals connect with your department. Let your community know about this web site. If you have contacts in other departments, you can also share the campaign with them and let them know the resources that are available to help them recruit new members. Find tools to promote the campaign at <http://portal.nvfc.org>.

Recruiting takes effort, but the resources available through the Make Me A Firefighter campaign helps reduce the burden and simplifies the process. The bottom line is that we need more boots on the ground firefighters and EMTs, and the only way to get them in is to reach interested individuals. Use the Make Me A Firefighter campaign to reinvigorate your recruitment efforts, expand your target audiences, and access materials and resources to make your local campaign a success. Get started today at <http://portal.nvfc.org>.

## NVFC Fall Meeting

Captain Mike Bird (retired) and Chief Joe Maruca

The National Volunteer Fire Council (NVFC) held its annual Fall Meeting in Charlotte, North Carolina from October 21 to October 23, 2015. The NVFC represents the volunteer fire and EMS service on national issues. The Massachusetts Call/Volunteer Firefighters Association is a state affiliate of the NVFC. If you aren't a member of the NVFC you should be, more on this later. Each Spring and Fall the NVFC holds a meeting of its Board of Directors. We are the Directors representing Massachusetts.

At this year's Fall Meeting, there was a great deal of discussion and learning about the issue of cancer among firefighters. See the column titled "Cancer", also in this issue of *Smoke Showin'*, for a detailed discussion of this issue.

The NVFC Directors toured the Minerva Professional Bunker Gear Cleaning and Repair Facility in Charlotte, NC. This tour tied into our discussions about cancer. Minerva also has locations in New York, Florida and Ohio. They clean and repair PPE and they are a fully NFPA 1851 compliant third party care and maintenance facility for PPE. You ship them a set of gear, they will inspect it for damage, clean it and ship it back to you. The facility was surprising small for the amount of PPE that pass through it. You can learn more about Minerva online at [www.bunkergearcleaners.com](http://www.bunkergearcleaners.com).

While it isn't necessary to send your PPE out to Minerva or one of its competitors to properly clean and inspect your PPE, it is an option you can consider.

Another presentation at the meeting was on the topic of large animal rescue. Many rural fire departments get involved with large animal rescues (mine does) and we had presentation by Dr. Rebecca Gimenez and John Haven of the Technical Large Animal Emergency Rescue, Inc. (TLAER). The organization (TLAER) provides Awareness, Operations and Technical Level training for large animal rescue. TLAER is one of a growing number of organizations working towards improved training, equipment and resources for this type of emergency response. You can learn more at their website: [tlaer.org](http://tlaer.org) or by finding them on Facebook.

In other business, we reviewed federal legislation that will affect the volunteer fire and EMS service. Among the legislation that the NVFC is lobbying Congress about are funding for AFG/SAFER, the Volunteer Responder Incentive Program, Volunteer Fire Assistance (VFA) funding, the Supporting Emergency Responders Volunteer Efforts Act and the Medicare Ambulance Access, Fraud, Prevention and Reform Act.

The NVFC has asked Congress to fund the AFG and SAFER programs at \$405 million each. This is the same amount they were funded in FY 2011, at their peak. The President's budget request for each is only \$335 million. NVFC believes there are still significant unfunded needs in the volunteer and combination fire service that AFG and SAFER could help alleviate, but funding has been too low to make progress.

The Volunteer Responder Incentive Protection Act would provide

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Supporting Those Who Serve

a \$600 per year tax exemption for volunteers. The first \$600 of any stipend received by volunteer firefighters and EMS providers would be exempt from federal income taxes. This exemption was in effect as recently as 2010, but its provisions expired. NVFC hopes to revive it for at least three years.

The NVFC is asking Congress to increase the funding for the Volunteer Fire Assistance (VFA) grant program from \$13 million to \$16 million. This program provides volunteer fire department in small towns with a 50/50 grant match for the purchase of wildland fire training and equipment.

The Medicare Ambulance Access Act would make permanent the current rates that EMS providers are reimbursed through Medicare for providing ambulance service. The bill would preserve the current “bonus payments” that are set to expire at the end of March 2016. These bonus payments were originally designed to ensure that reimbursement rates equal the cost of providing services. In 2007 the Government Accounting Office reported that Medicare reimbursement rates fall short of the actual cost of providing ambulance service. This shortfall is most pronounced in areas with low population density. The shortfall puts a tremendous financial pressure on volunteer EMS services that typically operate in more rural areas and with fewer resources at their disposal to begin with.

Supporting Emergency Responders Volunteer Efforts Act is federal legislation that would provide a \$1,000 annual tax credit for active members of volunteer emergency services organizations.

The NVFC will be rolling out a new diversity and inclusion plan for the volunteer fire service. As the number of volunteer firefighters drop and call volume increases, the NVFC believes that many departments could increase their membership by reaching out to minorities and to women. In particular, women are seriously underrepresented in the ranks of the volunteer fire service. Rarely do women exceed

5% to 10% of fire departments, yet they make up 50% of the target age group for recruiting volunteers. Studies by the NVFC have shown there is more interest among women for volunteering in the fire and EMS service than we are recruiting. The NVFC will be developing policies and procedures designed to better recruit and retain women.

In the general area of firefighter recruitment and retention, the NVFC has launched a new website: [makemeafirefighter.org](http://makemeafirefighter.org). This will be a place where civilians can learn about becoming a volunteer firefighter and they can find out about volunteer fire opportunities near where they live. The site will also have information for fire departments about how to put together recruitment materials and recruitment programs. And, there will be place for fire departments to post when they need volunteer firefighters. That part of the new site that lists volunteer opportunities is already up and running. If your fire department or EMS department needs volunteers you should post your needs on the NVFC Department Portal: [portal.nvfc.org](http://portal.nvfc.org). Try it now.

The NVFC has also partnered with Shell Pipelines to help provide pipeline training to fire departments. If you have a gasoline or oil pipeline in or near your community you can take online training at the Awareness, Operations and Technician Level from Shell Oil. Other partners in this project include the American Petroleum Institute, The Association of Oil Pipelines, the IAFC and the National Association of State Fire Marshals. For this free training go to [nasfm-training.org/pipeline/](http://nasfm-training.org/pipeline/).

The final part of the NVFC partnership with Shell Oil is the honor of having the NVFC Logo and a volunteer firefighter recruitment message painted on the deck lid of NASCAR #22, driven by Joey Lagano. Watch for it.



## Cancer

*continued from page 11*

- it safe to remove SCBA because this meter doesn't detect most of the toxic chemicals that are off gassing from the ashes of the fire.
- When you go to rehab or are picking up after the fire, don't wear your hood around your neck. Take it off. The hood is concentrating toxins into your skin.
  - Wash your hands when you go to rehab and when you get back to the fire station before you handle any food. This way you avoid ingesting toxins.
  - Take a hot shower as soon as possible after a fire and the hotter the water the better. The hot water opens your pores and allows the water to clear the toxins.
  - Workout soon after each fire. A workout helps your body cleanse itself of toxins.
  - Never take dirty PPE into your home.

- Avoid wearing PPE in the living quarters of your fire station. You don't want to contaminate kitchens, sleeping areas and furniture.
  - If you carry PPE in your car, make sure it is in a closed gear bag. Put it in your trunk or the back of your pickup truck. Keep it as far out of the passenger area as you can. Departments that have their staff carry PPE in their cars should provide gear bags as standard issue equipment.
- The fire service institutions are taking this cancer risk seriously. The NVFC passed two resolutions at its fall meeting, once urges fire departments to provide firefighters with two hoods and the other urges departments to provide gear bags if call/volunteer firefighters carry their PPE.

You should consult NFPA 1851, *Standard on Selection, Care and Maintenance of Protective Ensembles for Structural Firefighting and Proximity Firefighting*, for the best ways to clean and decontaminate your PPE. You can read NFPA 1851 without having to purchase it at NFPA.org. (All NFPA standards are available for free reading at the NFPA website.)

If you're a chief, issue a new standard operating guideline based upon the above actions and make sure your firefighters are protected. If you are a firefighter, don't wait for your department to issue a new standard operating guideline, start protecting yourself now. You don't need special permission or training to take these actions.

Stay healthy.





I hope that you all were able to spend some time with your family and loved ones this holiday season. I hope those of you that attended the 25th Anniversary/Christmas Celebration enjoyed the evening and I would like to thank Chief Goodwin, his Deputy, and Rachel Rawlings for all their hard work. If this is something you enjoyed please provide me feedback as it is possible this will become an annual event.

Once again, the Massachusetts Fire Academy will be conducting a Call/Volunteer Recruit Firefighter Training program this year in Fall River. I would like to wish the recruits well during their training and education and their continuing fire service career.

In September, we had our most recent regional meeting in Onset. Past President Burnett presided over the election of the Regional Coordinator. Incumbent Tom Rose and Rachel Rawlings of Onset were nominated with Rawlings being elected as the Regional Coordinator for Region 1. I would like to thank Tom for his many years of dedicated service to the MCVFA and to Region 1. I would also like to congratulate Rachel and look forward to working with her as we continue to move the region forward.

In October at the State Meeting, there was a revision to the Bylaws that will change how the Association does business. It was recommended and passed unanimously to reduce the number of state meetings from two to one. Previously, the MCVFA held two state meetings, one in April and the Annual Meeting in October. Beginning in 2016 there will only be one state meeting in October.

The position of President of the MCVFA was up for election at this meeting. With Past President Burnett not seeking reelection, it was necessary to take nominations from the floor. Region 4 Vice President Kevin Connolly was nominated and elected as the incoming President of the MCVFA. Congratulations Kevin. I look to working with you to continue the goals and following the direction of Past President Burnett has laid out.

In closing, I want to thank Past President Burnett for his passion and dedication to the MCVFA during his tenure as President. Without his guidance and direction, many of the things we have accomplished over the past two years would not have been possible. I have one thing to say to President-Elect Connolly, you have some big shoes to fill. GOOD LUCK!

As always, if you have any questions or comments about MCVFA State/Region 1 business please feel free to contact me. My email address is [vpremier1@mcvfa.org](mailto:vpremier1@mcvfa.org)

and my phone number is 508-509-3531. You can also contact your Regional Coordinator Rachel Rawlings at [rawlingsr.onsetfd@gmail.com](mailto:rawlingsr.onsetfd@gmail.com).



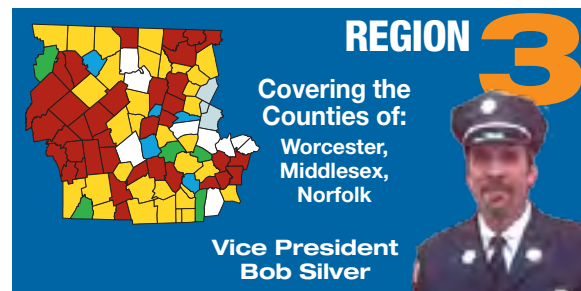
*Editor: Firefighter Lisa Evans of West Newbury was recently appointed as the Regional Coordinator for Region 2 and we thought you should know something about her.*

Lisa has been with the West Newbury Fire Department for five years and received her National I/II Firefighter Certification from the Massachusetts Fire Academy in 2011 as a part of Class 039. Lisa volunteers for the Pentucket High School's Safety and Public Service Innovation Academy, West Newbury Junior Firefighter program, and loves to give the little ones a tour of the station.

She has been involved in the West Newbury Fire Company as treasurer for three years. As the treasurer, she automatically became the delegate to the MCVFA. Lisa participated in Region 2 meetings and realized the importance of membership with the MCVFA and then offered the information to her brothers and sisters at the station. She now wants to share that passion with all of Region 2, located in the North Shore.

Lisa is a graduate of Merrimack College where she earned a Bachelor's degree in Accounting and then she graduated from Middlesex Community College, earning a degree in Dental Hygiene.

Proud moments include: three-time winner of the West Newbury National Night Out Firefighter Team Challenge, and is still the department's fastest donning drill winner. Nicknames include: Den Mother, Mama, and Mrs. Lieutenant, because Lisa's husband, David, is a Lieutenant on the West Newbury Fire Department. She just can't help trying to take care of everyone.



## COMPLACENCY REMINDER

Complacency is something I know all of us seasoned firefighters can identify with. This article is just a

*continues on page 18* ►

reminder for the seasoned firefighter and a lesson for the new generation firefighter.

A few areas of complacency seem to be Box Alarms, smoke detectors sounding, and training.

Box Alarms are a common false alarm, whether the cause is cooking, a faulty smoke detector, accidental activation of a pull station, or even a water flow alarm due to a broken pipe or faulty air compressor. My experience has seen and heard of firefighters not responding or rolling over and going back to sleep thinking "It must be a false alarm". Just to clarify, this does not include all firefighters and does not happen at all box alarms, but it does happen especially with the seasoned firefighter who has responded to hundreds of these false alarms.

Smoke detectors sounding seems to be another routine fire call that all departments respond to, whether it be from cooking, faulty or dirty detectors, or low battery levels.

Training seems to be another complacency concern. Departments try to spend a lot of time with specialty trainings whether it be confined space rescue, hazmat, or water rescue to name a couple. Routine trainings like ventilation, advancing charged hose lines, search and rescue seem to take a back seat because it is something everyone seems to think they have done to death.

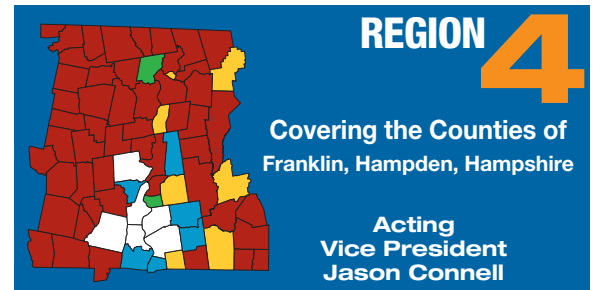
Millbury Fire Department recently had a working fire in an apartment building that was five floors with 54 units. Most of the residents were elderly and there were many disabled residents. This incident was the Department's first fatal building fire in 34 years.

Days prior to the fire, the department was able to hold trainings in a building that was slated to be torn down, a building the department was not familiar with the layout. The trainings conducted in the building were search and rescue with a charged hose line, advancing a charged hose line, and ventilation. This was also the department's first opportunity to have extensive training with the new SCBA. These are all basic trainings that have been neglected over the years so that more advanced training could be held.

I was just coming back into town with my son when the alarm came in, a Box Alarm. The first words to my son were, "bet it is burnt food". Some comments from other firefighters were the same and some rolled back over to go back asleep until the report of smoke in the building was reported from the chief.

From the time of the alarm and the fire being extinguished, which was contents only, was 10 minutes and the victim was transported to EMS in 14 minutes. The training from the previous days all fell into place and despite it being a fatal fire, the Millbury Fire Department had the fire knocked done very quickly, the victim was transferred to EMS and all residence were evacuated it a very timely manner. It was a textbook response to a possibly very horrific working fire.

Back to the basic trainings, even it seems redundant.



*article by outgoing Region 4 VP Kevin Connolly*

Greetings from Region 4. By the time you read this, although I was elected to serve again as the Regional VP in September, I was nominated and elected as your Association President at our State Meeting held in Millbury. I am honored to be able to serve the membership in this position. This is not to say that I will not be around in Region 4...I will! I hope that by the time you read this there will be a new Region VP. I will give what guidance I can to whoever is elected.

During my term as Regional VP, I am sure you are aware that I instituted additional regional meetings (6) to allow more members to attend throughout the three counties. Included in this was a Legislative breakfast, while not an actual business meeting, did allow members and local legislators to mix and discuss topics of interest and concern. First, I have to thank all the members that did attend the meetings. I hope that the information we provided was of some use to you. Next, I must thank those departments who hosted these meetings and the dinners they served. We never went away hungry!



Region 4 VP Kevin Connolly thanking Chief John Greene of Montague Center Fire Department for hosting the November meeting

The Region has been instrumental in establishing a training program on First Responder Suicide Prevention. I am confident that this will carry on to the other regions. The Region teamed up with Sarah Gaer of Riverside Trauma Center and Matt Wolkenbreit of Community 911 Training; without them, this very important topic could not have been accomplished. Sarah gave a short program at the September meeting in Williamsburg.

At the November meeting held at Montague Center F.D., MSP Trooper Jim Carmichael and Montague

Police Chief Chip Dodge gave a program on Active Shooter Protocols in schools. This was a very informative piece on what to expect from local law enforcement should something like this occur in our towns. If you do not have an SOP in regards to this, it is recommended you work with your local police department.



Massachusetts State Police Trooper Jim Carmichael, Montague Police Chief Chip Dodge, and Region 4 VP Kevin Connolly

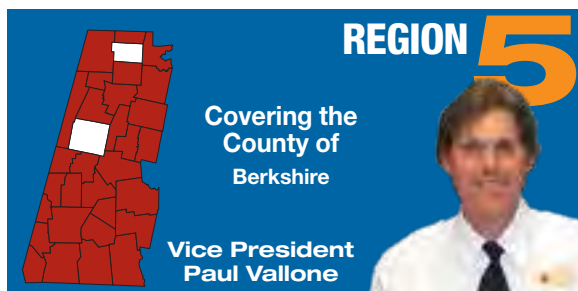
I had the pleasure of attending Call/Volunteer Recruit Class #54 graduation held at the Easthampton High School in early November. As usual, the place was packed with family members and members from the recruits' Fire Departments. Good luck to the 33 new members of the Fire Service.

Don't forget the MCVFA Facebook page, the MCVFA Region 4 Facebook page, the MCVFA Legislative Facebook page and our Twitter account. All of our committees are also looking for new members. Most committees meet a few times during the year. Others committees get together by phone or e-mail. We can use your help!

Again, if you have something newsworthy—dinner, retirement, fire school, or any other function—let us know at [vpregion4@mcvfa.org](mailto:vpregion4@mcvfa.org).

In closing, I hope everyone had an enjoyable holiday season. I look forward to being your State President and to continue to promote the organization and developing a rapport with you and other members of the fire service.

Thank you and be safe!



## FEMA Grants Adams \$800K for New Fire Truck

(Permission to reprint courtesy of [iberkshires.com](http://iberkshires.com))

The Federal Emergency Management Agency awarded the money to replace its 30-year-old ladder truck

through the Assistance to Firefighters Grant program.

"The Adams Fire Department is thrilled that we have received this amazing grant award," Fire Chief Paul Goyette said. "The upgrade to our fleet, will allow us to continue to provide protection of life and property in the town of Adams."

The grant was written by Assistant Chief David Lennon and the money will be used to replace the department's 1987 ladder truck.

"Our firefighters work tirelessly to keep our families safe, and it's up to us to make sure they have the equipment they need to do their jobs safely and effectively," U.S. Sen. Elizabeth Warren said in a statement on Friday. "Chief [Paul] Goyette and the Adams Fire Department deserve credit for their efforts to get this grant and for their work protecting the community day in and day out."

Warren's office announced the award along with U.S. Sen. Edward Markey and U.S. Rep. Richard Neal.



"Thanks to this important funding, the Adams Fire Department will be able to reach even higher in their efforts to respond quickly and effectively to emergencies," Markey wrote. "These first responders are on the front lines every day, and we need to make sure they have the tools they need to do their jobs as best they can. I commend Chief Goyette and the entire Adams Fire Department for their efforts securing this funding that will help keep our neighborhoods safe and more secure."

The grant program is designed to help local fire departments purchase needed to protect the firefighters from hazards.

Adams is a volunteer fire department. Smaller towns tend to have difficulty funding the purchase of new trucks. Both North Adams and Cheshire received grants last to purchase new engines.

"The brave men and women of the Adams Fire Department put their lives at risk each day keeping their town safe. That is why I believe they deserve the resources necessary to do their jobs professionally and effectively. This federal grant will help them purchase a new ladder truck which will continue to keep the community safe from fire hazards. It's great news for the town of Adams," Neal wrote.

Goyette said it will take about a year to build a new truck. The department will research vendors before selecting one to place an order.

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## Lee Fire Department's Bus Vehicle Extrication Class

*Photos taken by Jim Hunt, Lee FD*

Lee and Lennox Fire Departments held a joint transit bus extrication training in October. Special thank you to R.W.'s Towing for moving the bus, BRTA for donating a retired unit, and J Donovan and Son Sand and Gravel for hosting.



## Vehicle Extrication Class

The Hinsdale Fire Department taught a class on vehicle extrication with their extrication equipment to give the firefighters of Peru Fire Department hands on training. The photos are courtesy of the Peru Fire Department.



## 2015 Berkshires SPAAMFAA Show

*Photos by Ed Harvey*

October 11, 2015 at the Stockbridge Train Station, Stockbridge, MA



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# REGIONAL NEWS

## Cheshire Fire Department Receive Its New Engine

*Photo by Fire Chief Tom Francesconi*

Chester recently took delivery of this 2015 Pierce Sabre custom fire engine. The new engine carries 1000 gallons of water and has a compressed air foam system. It will be replacing their 1986 Pierce fire engine.



## Call/Volunteer Firefighter Recruit Class #54

*Photo Courtesy of Department Of Fire Service*

On November 4, 2015, Class #54 of the Call/Volunteer Recruit Firefighter Training program graduated having completed 240 hours of training on nights and weekends. The 32 graduates, represent the 18 fire departments of: Amherst, Belchertown, Chesterfield, Dalton, East Longmeadow, Easthampton, Granby, Great Barrington, Hadley, Hampden, Hatfield, Monson, Palmer, Richmond, South Hadley-District 1, Southampton, Ware, and Williamsburg. The ceremony took place at the Easthampton High School, 70 Williston Avenue, Easthampton, MA.





# The Benefits of Joining the MCVFA

The Massachusetts Call/Volunteer Firefighters' Association (MCVFA) is always working on a statewide level to improve legislation, funding, safety and training. We are the voice of the call/volunteer fire and EMS services in the Commonwealth.

Don't miss out on this excellent opportunity for your department and join the MCVFA today at [www.mcvfa.org](http://www.mcvfa.org).

Questions on membership, please contact  
MCVFA President, Kevin Connolly at  
[president@mcvfa.org](mailto:president@mcvfa.org).

## Benefits

- > Recruitment and Retention Assistance
- > Training
- > Legislative and Legal Support Pertaining to Emergency Services
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- > Scholarships
- > Subscription to Smoke Showin' Magazine
- > Health and Welfare
- > Heating Assistance Program
- > Junior Firefighter Program
- > MCVFA Merchandise
- > Communications

**For a detailed list of benefits and to join visit [www.mcvfa.org](http://www.mcvfa.org)!**



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