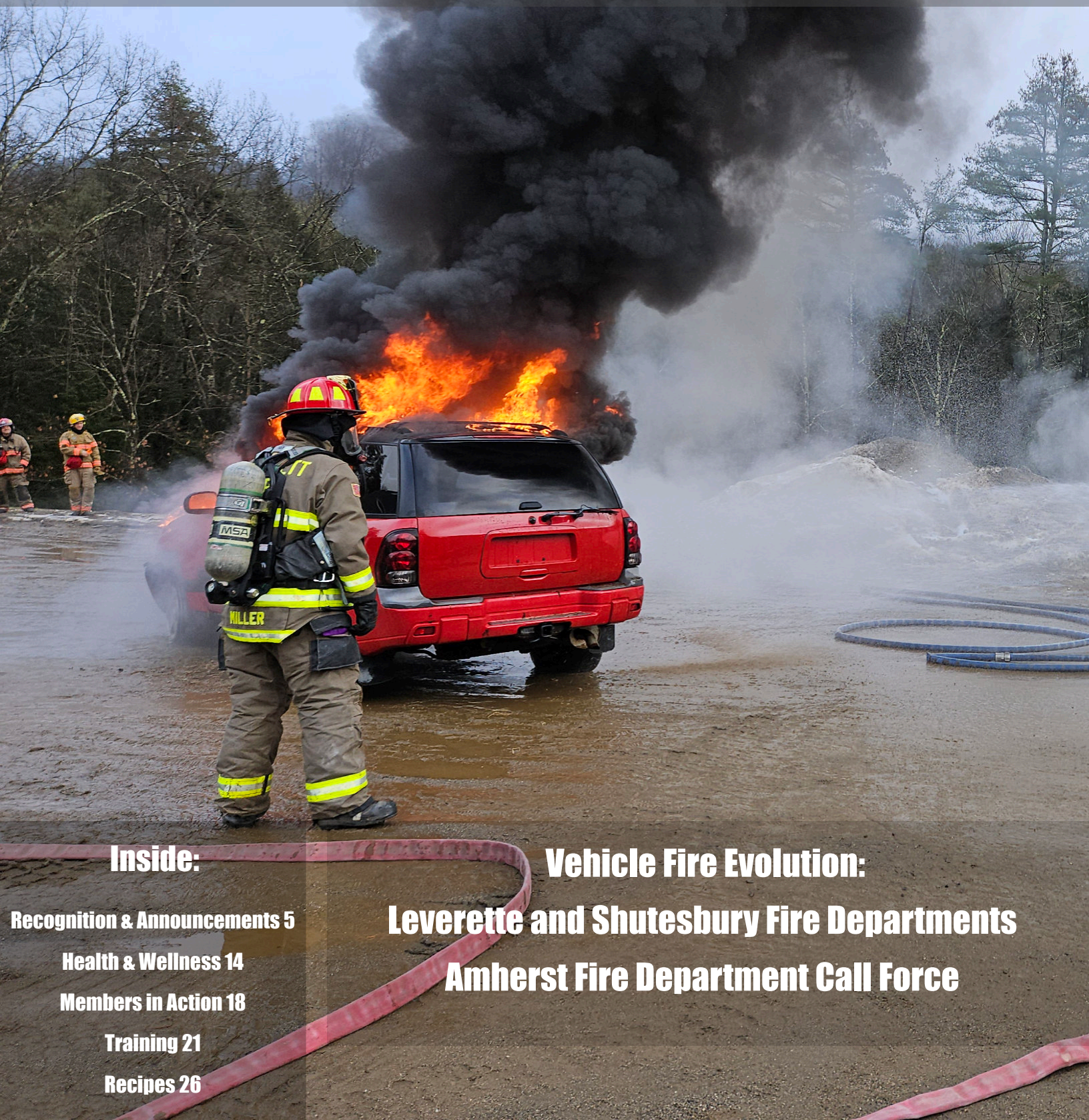


Call/Volunteers Serving Today to Protect Your Tomorrow

SMOKE SHOWIN'

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association



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New Changes for *Smoke Showin'*

Dear MCVFA Members:

Welcome MCVFA members to the Winter 2024 issue of *Smoke Showin'*. I hope this finds you and your departments in good health and serving strong your communities. This issue marks an exciting turning point in the history of our esteemed publication, with redesign, expanded sections, and rich with a diversity of contributions from our members and partners.

***Smoke Showin'* Gets a Makeover**

If you haven't seen it yet, our famous cover has been redesigned to reflect the passion and vibrancy of our member departments and the dedicated first responders around the Commonwealth. The "engulfed" new logo and mast bears the message of strength and energy threaded through the call/volunteer community, with a bold appearance that emulates the courage and commitment displayed daily by our members. You'll also notice that we have reorganized the flow of the publication to bring greater awareness to our members accomplishments, recognition, and milestones, while at the same time acknowledging the work and sacrifice of others.

We have expanded the range of topics to meet the needs and demands of a growing fire service. It comes as no surprise that health and wellness continues to be a critical aspect to firefighter safety, morale, and performance. You'll find a new section now dedicated to areas of mental health, nutrition, and general well-being, with contributions from respective clinical and spiritual experts. Likewise, firehouse culture plays a crucial role in job satisfaction, quality of life, and recruitment and retention—these new sections invite member perspectives as well as expert guidance.



Inside this Issue

As with every issue we pay homage to the leaders who have inspired us and guide our mission. Several leaders in the fire service are recognized for their service, including those we have lost and those who continue to rise as leaders. We showcase the dedicated service and training delivered by our member departments and their responders. The photos from our members speak volumes to their commitment to self, service, and community.

A final thought

You may wonder why an editor's column has an image of PPE instead of a headshot. This is deliberate. As a call/volunteer I have learned that the back of the uniform is far more meaningful than the front. When duty calls, what matters is that we have each other's back. Our first responders have our backs--Smoke Showin' has yours.

Thank you for your service. Be safe!

Jeffrey Gruenglas, DHSc, MSc, MA, HEC-C, I/C
Editor

President's Message

Dear MCVFA Members:

We are thrilled to once again offer you a wonderful and chock full issue of Smoke Showin'.



Deep thanks go to Dr. Jeffrey Gruenglas, the Editor of Smoke Showin', for putting together such a great issue. (Dr. Gruenglas does double duty for MCVFA -- he is Secretary of MCVFA -- so double thanks!) We are again offering this as an electronic version as many of you have commented that you like to get these issues electronically so you can read them on your computer/laptop/cellphone, etc.

MCVFA is thriving and doing well. Our membership is up considerably. We are in regular contact with the Department of Fire Services, so if there is anything we can do for you, please let us know. I just spoke to State Fire Marshal Jon Davine last week, and he is VERY interested in supporting call/volunteer firefighters. (In fact, he has already implemented a small request I made on behalf of some call/vol FFs. You can reach me at president@MCVFA.org .

Besides Smoke Showin', MCVFA also reaches out to you via our website (www.MCVFA.org where there are a number of reference materials.

Quick updates are offered on our Facebook page (<https://www.facebook.com/MCVFAff/>) so please follow that. If you have something you would like us to post, either send it to us or tag us on Facebook. Also, I put out a President's Message by email every month or so with some pretty good information, so please make sure we have your email address!

Stay safe!

Michael A. Goldstein, Ph.D.
President, MCVFA
Firefighter I/II and EMT-B

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MCVFA Offices

P.O. Box 1158, Sherborn, MA 01770-1158

1-800-551-FIRE

mcvfa@mcvfa.org | www.mcvfa.org

MCVFA President

Michael Goldstein, Sherborn

Editor

Jeffrey Gruenglas, West Barnstable

Publisher/Art Direction/ Production

Carlotta Maruca

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Address all editorial content to:

Smoke Showin'

P.O. Box 1158, Sherborn, MA 01770-1158

Or Editor@MCVFA.org

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questions please call

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Editor@MCVFA.org

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



State Fire Marshal Davine, Deputy State Fire Marshal Fournier, and the MFA's deputy directors, Joanne Gardiner (administration) and Dennis Ball (training).

Eric Littman Named New Director of MFA

Eric Littman has been named as the new director of the Massachusetts Firefighting Academy.

Mr. Littman's career in the fire service began nearly 30 years ago at the Cotuit Fire Department. He later made his way west and served with Las Vegas Fire & Rescue from 1998 to 2018, rising to the level of captain/paramedic. During this time, he took on numerous firefighter development responsibilities, including assignments as recruit training officer, fire instructor, and training captain of the LVFR Training Center. He additionally served for more than a decade as an adjunct instructor at the College of Southern Nevada. After returning home to his native Massachusetts, he has served for the past five years with the Medfield Fire Department.

Mr. Littman graduated with Class #118 from the Massachusetts Firefighting Academy and earned a Bachelor of Science degree in Fire Science Management from American Public University. He is a certified paramedic, fire instructor, fire officer, safety officer, and fire prevention officer, and a passionate advocate for firefighter training and professional development at every level of experience.

Director Littman began his new role at the Academy on January 8, 2024. Please join us in welcoming him to DFS!

The “Call Father” Retires: A Life of Divine Intervention in the Fire Service

Lieutenant Daniel was hired by Fairhaven Fire Department in 1985 and retires tonight, 38 years later. He is a proud Call Firefighter, he is a “Good Jake”. He is the last firefighter on Fairhaven Fire Department serving from the 80’s, the last of an era within the department. Lt. Daniel served on Engine 5, Engine 2, Lt. Engine 1 then Lt. Engine 3. He was a proud member of the Rescue Squad.

Lt. Daniel started when FFD had 3 stations, 2 active call fire stations until 1990 and headquarters. Lt Daniel has served under 4 different chiefs, outlasted the entire service life of a ladder truck which was put in service the same week he started, and he outlasted the last open cab fire engine that was just retired 3 weeks ago. He fought fires all over the South Coast to name a few; Mullins Freezer, La Salette, Lincoln Park, Taunton Dog Track, and Ash Street Jail riot.



Among his numerous recognitions:

- Commendation: July 4th, 1988, Commendation for saving 6 lives, at an incident where a boat with 15 people sank. He also performed CPR on a USCG vessel after going back to look for more people at night in the fog.
- Commendation: November 6th, 1994, Commendation for saving a life from a structure fire, successfully making a rescue of a female resident from a burning house.
- Commendation: State of Massachusetts; for saving the life of a seal trapped on ice. (Year unknown, February mid 1990s)

Citations:

- Massachusetts Department of Fire Service Awards: Call/Vol 20 Years of Service, Call/Vol 25 Years of Service, Call/Vol 30 Years of Service, Call/Vol 35 Years of Service

Lt. Daniel is a true leader, one everyone looked to on the fire grounds. He always had the best jobs on the fire grounds, always inside on the



hose line, or had the jaws of life in his hands at car accidents. He was always 1st on scene and last to leave. He instilled brotherhood, being a family, and watching out for everyone. He always wanted to have all the “call guys” around as a group hanging out together. He will truly be missed. Your legacy will carry on in the firefighters you have taught so much to over the last 38 years! We wish you the best, enjoy that well deserved retirement!

“I'm ending what I feel was a lifetime as a Call Firefighter for the Fairhaven Fire Department, the red lights go away the smelly dirty gear gets turned in, the pager turned off, but the memories never leave, the great people I worked with will never be forgotten, that's what we have in common we're Firefighters till the end, This is my end, never will I regret one day of the last 38 years it was my life but that's me.” - Lieutenant Brian Daniel

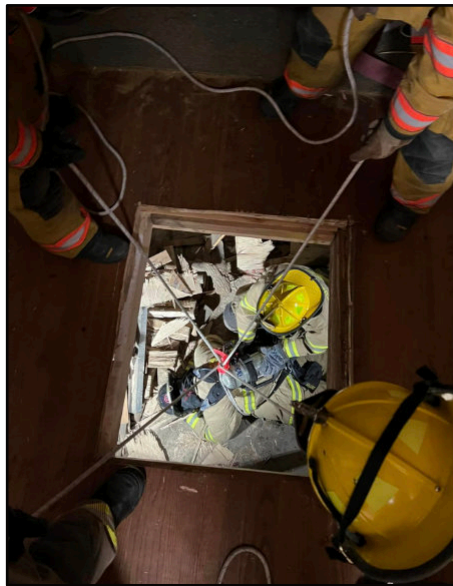


Hilltown Fire Department Engaged in Rapid Intervention Training

To date, more than 20 firefighters have completed the local certification program. Firefighters came together in February to formalize and continue training. Hilltown FFs are building a network for firefighter available to respond and support our local department. Photos are from February 15, 2024 training.



Floor Collapse Practice



Floor Lift Practice



Knot Practice



Keefe Chesmore (left)

Everyone Goes Home: A Lesson in Preparedness

Alan H. Greendale, Sr., Deputy Fire Chief, Holliston Fire Department

It started like any other call

It was Friday, April 24th, 2023. A beautiful spring day. Holliston Engine 2 was sent to Medway for station coverage. An uneventful detail. Upon returning to Holliston from Medway around 14:15, E2 personnel were immediately deployed to Northboro as part of a district strike team.

It was FF Chesmore, FF Frechette, FF/EMT Marcolli, and myself as Captain at the time. We arrived in Northboro around 15:00. I checked in with Command where we were issued radios and orders. We were to meet with a Deputy Chief in the woods with hand tools and Indian pumps for further instructions.

After speaking with the Chief we made our way to the fire line and started knocking the leading edge down. Other crews were setting up hoses to follow along behind us and wet it down. Our goal was to just stop the spread. We worked our way around the perimeter counterclockwise, knocking down a hell of a lot, which got noticed and received praise for. That's always a good feeling, so we wanted to keep after it.

I would estimate that we filled our tanks a minimum of ten times and put out at least 1000 meters of the fireline. After approximately an hour we made contact with another crew coming towards us. The fire was now surrounded. They were resting. After grabbing whatever information I could from them and seeing more fire ahead, we decided to press on. I wanted

HFD to get it done! As we pressed forward a district warden caught up to us. He told us to fall back because they were going to hit the entire area with a helicopter drop. We fell back to the crew we passed, sat down and drank water.

Something was wrong

During this time FF Chesmore had lagged behind a little. He wanted to catch his breath a few times. I know FF Chesmore to be a hard worker that wants to get things done. He had worked hard that day using either an Indian can or a rake. He even made the trip out to the street and back to get us drinking water. The entire time however, he maintained that he was fine.

It was the first hot day of the year. There was plenty added heat from the fire, smoke to tend with, and the terrain was difficult. He simply explained his feeling weak and tired away. Heat and blood pressure medication were the problem.

Nothing seemed out of the ordinary. As the fire was pretty much under control, I made the decision to pull out of the woods and head to rehab. My plan was to send FF/EMT Marcoldi and Chesmore home, after he was checked out. As we made our way out, Keefe seemed to be getting worse. We were just walking now and he had to sit a couple times. Marcoldi kept an eye on him, checking his pulse and breathing. Frechette sprayed him with water to keep him cool. I had Chesmore set the pace and stop whenever he needed to.

All 4 of us “medical professionals” decided it was just mild heat exhaustion and he would be fine. When we made it to the gated Y operation post, there was a gator. A Westboro FF/paramedic commandeered the gator to drive Keefe the rest of the way to rehab. While this was happening, I was keeping my Chief informed via text. My report at 17:32 simply stated, “Chesmore hurting. Heat Exhaustion. Trying to make our way to rehab.”

When I arrived in the State rehab truck, Chesmore was happy, laughing and joking. The techs checked his vitals and said he checked out fine. All was good. I shot over to the command post to TELL the IC (Sudbury chief) that I was going to send my man home because he needs to rest. I was unprepared for his response. “No. If he leaves here, he’s doing it in an ambulance.” I thought, that’s a little drastic but OK. Presumably the confused look on my face prompted him to add, “give him ten minutes

and see how he feels.” Fair enough. I made my way back to the rehab truck to tell Chesmore what Command had said. He was still chipper and maintained that he felt fine. Gatorade and snacks were helping. He’d be on his way home soon.

I then went to the back of the truck to update Marcoldi and Frechette. As we were talking, I overheard from the front, “hey buddy are you OK?!” I turned to see Keefe slumped over in the guy’s arms. He laid him back on the bench. Chesmore was completely unresponsive. I was in complete disbelief. This can’t be happening. He was fine. He checked out fine. He’ll be fine. The rehab truck was full of medics, so I was just in the way. I decided to run over to command with an update.

For the IC this update completely changed everything. The complexity, and urgency of the incident. As I headed back to the truck, Chief Ward came up to me, put his hand on my shoulder and said, he coded. They’re doing CPR and they shocked him. They’ve got him back.” He told me to just step aside and relax and that he was going to call my Chief. As I stood there, several Chiefs came up to me.

A close call

They’d put their hand on my shoulder and ask if I was OK. It was right then that the reality of the situation hit me. A thousand things ran through my mind. Coded? How? What did I miss? Where did I go wrong? All the what ifs? His wife? His kids? This could be Holliston’s first line of duty death and it’s on me. I didn’t have time to get lost in thought however. They were going to be transporting him to UMass Worcester. I released Jay and Eric to return home and headed to UMass arriving around 18:45.

The Chief had to make that call that no one ever wants to or is prepared for. He and the Chesmore family were en route. Andrea and the boys arrived 5 minutes after I did. Standing there facing Keefe’s wife and children was terrible. In the back of my head I was thinking, I may have just killed Keefe. They should be mad at me. I borrowed their loved one and they may never get him back. All I could tell them was he was breathing on his own when they put him in the ambulance. I had no more information than that.

We stood there waiting for what seemed like an eternity (a few minutes), not knowing if Keefe was dead or alive. I could see in Greg’s eyes, he



Station 1

was on the verge of panic. His father was his best friend. He would never recover from this loss. The staff at UMass was great. They treated us like we were special and gave us preferential treatment. They still had no information for us. They decided to bring us to a family waiting room outside of the trauma center so we weren't standing in the ER entrance. A social worker was going to meet us in the room.

Just as we got to the room my phone rang. My caller ID showed Keefe Chesmore. I thought someone must have found his phone in the woods so I answered it. A joyful Chesmore was on the line. "Hey Capt, how's it going?" I couldn't believe it. I was shocked. He was dead. I regrettably yelled into the phone, my first thought. "Chessy what the f***!!!" I immediately thought Andrea should hear his voice so she knew he was OK. I handed the phone to her. This was a huge mistake. She instantly became hysterical. Screaming to him. Crying.

Turns out Keefe was the only one thinking straight. There was a reason he called me and not her. I could hear him telling her, "give the phone back to Al." I finally had to take it from her. The Chief then arrived and things wound down. After waiting an hour or so, we were allowed to see Keefe in the ER. He was going to be OK. They would keep him at UMass for the weekend for testing and observation. He has since recovered and returned to duty.

A moment of humility and reflection

Thinking back at the events of that day, I realize that if one small piece of the scenario was changed, we would have had a very different outcome.

If we weren't turned around by the helicopter, I would have pressed on and Chesmore dies in the woods.

If there wasn't a Gator in the woods, Chesmore probably dies in the woods.

If Command didn't refuse my request to send him home, Chesmore probably dies on 495.

If there wasn't an ALS ambulance right there, Chesmore probably dies.

If Chesmore wasn't surrounded with the best help available, he would have died at a brush fire.

I was commended for my leadership and all I could think was, I would have killed him with my bull headedness. There were certainly a lot of ifs. For whatever reason, call it sheer luck, everything worked out perfectly.

Leaders can never be too prepared

If you're ever planning a heart attack, in a rehab truck, surrounded by medics, near a trauma center, seems like a pretty good place to do it. Looking back from a leadership perspective, here are some of the things I thought of.

Was I prepared to call a Mayday? Could I give an accurate location in the woods for that Mayday? Make sure everyone listens to their body. Know the signs and symptoms. Know your people. Will they push themselves and hide weakness for pride? Check your people often. Beyond just the incidents. There's mental health to think of also.

Have an ALS ambulance at any call where your people are working hard. Make sure it doesn't get blocked in. Get emergency contact info from your people. When the paramedic asks, that is the wrong time to realize you need it.

Change the way you think. I was guilty of thinking, I am going to show these people what Call firefighters can do. It is not a competition. If you want a competition, have a muster.

As an IC, be ready for anything. Things can change in the blink of an eye. Never underestimate the importance of your decisions. Even the small ones could literally be the difference of someone's life.

At the end of the day, the most important thing is to make sure everyone goes home safe.

Williamsburg Fire Chief Steps Up to Full Time as Service Calls Jump

James Pentland. *Reprinted with permission.*

A new year has given the town and its firefighters something else to celebrate — a full-time chief.

Area chiefs and others gathered at the Public Safety Complex on Tuesday morning to mark Jason Connell's first day as a full-timer in the job he has held for more than 10 years.

Connell, 46, said he was honored to be chosen to lead the department into a new era. "I'm excited to put my whole life into helping my town out," he said. "It's something I've wanted to do for a long time."

His full-time job until now was as a dispatcher at the State Police barracks in Shelburne, a post he said he had found a little nerve-wracking to leave. Initially, he said, he was able to fit in the job of fire chief after hours and on weekends, but the Fire Department's call volume has increased steadily over the years.

In 2022, the department responded to 423 calls, which was the most recorded in a single year. Connell said the numbers aren't final for 2023, but it will be approximately 640, a jump of more than 50%.

"That's a lot of calls for service," he said.

Neither Connell nor Deputy Chief Daryl Springman could say exactly why the number of calls has increased, but the same trend can be seen across Massachusetts and the nation.

Nationally, fire calls more than tripled between 1980 and 2021, while the number of fires has steadily dropped, from almost 3 million in 1980 to approximately 1.3 million over the last decade, according to statistics compiled by the National Fire Protection Association.

Calls for medical aid have quintupled over the same period, from 5 million in 1980 to more than 26 million in 2021. False alarms and "other" calls have also risen substantially.

Along with the increased call volume, fire departments conduct numerous inspections of items such as solar panels, propane tanks and fire alarm systems. Administrative duties are also growing, and Connell noted he would be able to get firefighter training more organized as a full-time chief.

"It also allows for a dedicated person during the daytime and a point of contact in an emergency situation," he said.

Like most volunteer fire departments, Williamsburg is confronting a dwindling pool of volunteers, and Connell said the department relies heavily on some retired people during the day.



Jason Connell, the first full-time fire chief in Williamsburg, talks with James Robinson, the assistant director from Highland Ambulance, left, and Mike Rock, the Highland Ambulance director, during a reception Tuesday at the town's new public safety complex. (Staff photo/Carol Lollis)



Jason Connell, the first full-time fire chief in Williamsburg, talks with Greg Dibrindisi, the fire department incident safety officer, during a reception at the new safety complex Tuesday. (Staff photo/Carol Lollis)

Springman — who joined the department the same year as Connell, in 1996 — said it's good to have someone available to handle the day-to-day administrative work.

"It's a big change for the town," he said.

Town Meeting approved the full-time fire chief in June, appropriating funds for six months' salary this year. The position is budgeted at \$75,000 for FY25. The department historically has operated out of two stations, one in Williamsburg and the other just down the road in Haydenville. Now, firefighters are consolidated in the new \$5.3 million, 8,000-square-foot Public Safety Complex, with the department 90% moved in to the new building, according to Connell.



Jason Connell, the first full-time fire chief in Williamsburg, talks with Kevin Porter, the Worthington fire captain, during a reception held at the new safety complex on Tuesday. "It's a full-time job, any fire chief will tell you that, our call volume is just continuing to grow," said Connell. "I am blessed with a good group of guys, they make my job easy." (Staff photo/Carol Lollis)

When everything is cleared out of the old stations, they will be turned over to the town and put up for sale, he said.

Among the guests at Tuesday's ceremony was State Fire Marshal Jon Davine, the former Northampton chief. He said he was glad to see the leadership shift.

"Chief Connell has always been a good partner to us in Northampton," he said.

He also saluted the town for investing in the public safety building, which also houses the police department.

"It's good to see them moving forward," Davine said. "They had outgrown the space where they were."

He said he anticipated benefits also for neighboring towns, with Williamsburg now able to host regional trainings.

Springman said a full-time fire chief has been needed for some time.

"It's a step I think many towns will be taking over the next five to 10 years," Connell said.

James Pentland can be reached at jpentland@gazettenet.com.



Jason Connell, the first full-time fire chief in Williamsburg, listens as Daryl Springman, deputy fire chief, talks about the position, during a reception held at the new safety complex on Tuesday. To the left is James Robinson, assistant director of Highland Ambulance and Mike Rock, the Highland Ambulance director. (Staff photo/Carol Lollis)



Jason Connell, the first full-time fire chief in Williamsburg, talks with Jon Davine, the Massachusetts state fire marshal and former Northampton chief, during a reception held at the new safety complex on Tuesday. (Staff photo/Carol Lollis)

Fall River Promotes New Members in Ceremony

On January 9, 2024 the Fire Department Special Service Unit/Emergency Management Agency held a promotion and new members ceremony at Fire Department headquarters. Deputy Chief Richard Aguiar was promoted to Chief of the unit and Private Robert Correia was promoted to Lieutenant. Four new members were also sworn in as Privates. After the ceremony the guests were treated to a buffet.



Remembering Captain Robert A. Manners

We lost a very important member of the Fire family in January, and a Region 4 member.

Robert A. Manners (aka "bob Manners," aka The Right Reverend Manners aka 3rd duke of Shelburne Center) was lost due to fire service related cancer on Friday 1.19.2024 at 13:13.

Bob was a Fire Captain for the Shelburne Volunteer Fire Department. the President of the Franklin County EMT Association (FCEMTA), OEMS certified trainer, a Paramedic with AMR in Greenfield, MA, and an active Police Officer with the Town of Charlemont, MA.

Additionally, he was a Town of Shelburne Selectboard Member father, grandfather, husband, owner of llamas and Alpacas including the very popular "hole in the fence gang" that he regularly blogged about on Facebook. His posts always ended with the phrase "...the adventure continues."

“Ruff Stuff”:

Meet the First Responder Therapy Dogs



Meet the First Responder Therapy Dogs. The organization boasts over 210 teams across the nation and they visit fire houses, police stations, and dispatch centers. First Responder Therapy Dogs is 501C charity.

Interested in a visit with these incredible and loyal canine partners?

Reach out to Roland Courtemanche and Monty the Golden Retriever at 978-210-6838 to schedule a free visit.

Bruins B fit challenge

Faith's Healing Touch for First Responders

J.D. Hebert

As a chaplain deeply connected to the lives of our brave first responders, I witness the significant challenges they face daily. Beyond their acts of heroism lies a hidden struggle – the deep loneliness that often accompanies their sacrificial service. In this exploration, I highlight a powerful remedy: the transformative embrace of faith communities. Through firsthand experiences, we'll explore how faith can be a guiding light of hope, healing, and camaraderie for those dedicating their lives to others.

Resilience amid challenges. Observing the remarkable resilience of our first responders in the face of adversity is humbling. As their chaplain, I've seen them navigate high-stress situations with dedication. Yet, it's crucial to acknowledge the toll on their mental well-being. Loneliness can seep in amid their heroism, and we must address it through a holistic approach recognizing their unique challenges.

Irregular schedules and sacrifices. First responders face unpredictable schedules that contribute to a sense of isolation. Despite sacrifices in personal well-being, they consistently serve. My role is to honor these sacrifices and explore avenues for genuine connections within our community.

Navigating trauma with grace. Exposure to trauma creates barriers to healthy relationships for first responders. Acknowledging potential isolation, my role involves fostering a supportive community that understands and acknowledges their unique experiences.

Building authentic relationships. Establishing authentic relationships is challenging for first responders due to their unique stressors. My commitment is to actively participate in forming connections beyond the workplace to mitigate their profound loneliness.

The Role of Faith Communities

Compassion and understanding. Faith communities rooted in compassion, understanding, and love profoundly impact our first responders. Engaging with these



communities provides a sanctuary for sharing burdens, finding solace, and receiving unwavering support.

Structured support systems. Faith communities offer well-established support systems through pastoral care, prayer groups, and counseling, addressing emotional and mental health challenges.

Community outreach and service opportunities. Active engagement in community service provides purpose beyond professional duties, fostering a deep sense of belonging aligned with first responders' altruistic values.

Inclusive fellowship. Faith fellowship's inclusivity counteracts potential isolation, offering a welcoming community where first responders are embraced as individuals seeking genuine connection and support.

Spiritual nourishment. Faith communities provide spaces for spiritual growth and reflection, offering transformative nourishment for first responders dealing with the emotional toll of their work.

Faith communities play a pivotal role in addressing the loneliness experienced by first responders, offering more than just words – they actively integrate principles of compassion, understanding, and love into their lives. Supporting first responders on their spiritual and emotional journeys contributes to a resilient society that values and cares for those who serve. Faith communities emerge as a powerful antidote to isolation, providing solace and understanding on the transformative journey of healing and connection. In extending our support, we amplify the resilience of first responders, fostering a brighter, more connected future.

J.D. Hebert has over 30 years of experience as a firefighter. He serves as a Chaplain for fire, EMS, and Mass Corp MA.



come right back to our own personal lives. The mixing of the two separate parts of our lives happens on a much higher level when you work as an on-call/volunteer. Often, important events like a birthday party are interrupted, requiring us to render aid to those in our communities.

For the most part, after an emergency response, on-call/volunteer members immediately leave the station or scene and return to their lives. Be it at home, middle of a shift at their full-time jobs, their kids baseball game, or even grocery shopping. We don't give it a second thought when leaving what is often a chaotic situation that can be filled with heart-wrenching images. What often follows is stress and at times forms of secondary trauma in the homes and personal lives of the firefighters.

Tailboard therapy, ramp talk and the firehouse kitchen table have traditionally been used for the initial defusing of these emergency scenes but often more help is needed. Critical incident stress meetings/debriefings are important but are typically held days after an incident. What's being discovered

The life of an on-call or volunteer firefighter is different in many respects from that of our full-time or career counterparts.

Peer support is an up-and-comer in the fire service regarding always having someone to reach out to and talk to. However, the responder themselves needs to be able to self-regulate and de-escalate with or without a peer support member present. Coping

skills is a term often thrown around and misunderstood. At the heart of a healthy coping skill is its ability to truly ground the individual using it. Grounding brings you back to the moment. Not thinking about the past. Not worrying about the future.

Tactile stimulation, breathing techniques, ice packs to the neck, calming music and meditation are just a few of the modalities that firefighters can use to bring themselves back down after responding to a chaotic scene. Department leaders and administrators should be encouraging the education of their members in what stress, trauma, and even PTSD can look like in an effort to sideline the long-term repercussions.

In the end, it is possible to balance the stressors of the on-call/volunteer firefighter culture with our personal lives. Whether it's a birthday party or just returning to our full-time jobs, we all deserve the peace that comes with proper processing of what we see and hear on the job.

So, what do we do as on-call/volunteer members to manage the trauma?

The idea of "leaving it at the station," or not bringing the emergency home, can seem callous. Yet a healthy processing of these situations is vital to longevity on the job.

through research and the newer open dialogue regarding mental health is that more and more firefighters are dealing with unresolved trauma.

Any member at every level of the fire service should have resources and modalities in place to help them deal with the stressors and traumas of the job. For on-call/volunteers specifically it's imperative that we strive to not have a negative interaction with our loved ones following our return from these emergencies. We need to be able to reset our "fight or flight" system before we walk back into our roles as parents, friends, spouses, or employees.

Keith Hanks is a retired firefighter and EMT from Massachusetts and 21-year veteran of the fire service. He worked heavily in the training of others as a certified educator, and field training officer. He was diagnosed with Complex PTSD in 2015. He has since dedicated his life to advocating for mental illness, substance and alcohol abuse recovery, and suicide awareness.

Members in Action

Nothing makes us prouder than to showcase our members in the line of duty. The Editor welcomes photos with brief description that highlight your department's work. Photos are credited to their respective submitting fire departments.

Plainfield and Savoy Fire Departments

Submitted by David Alvord, Fire Chief/EMT-B, PVFD



Savoy Crew- Structure Fire in our neighboring town of Savoy in November that we were requested to respond. Plainfield responded with our 3,000 gal. vacuum tanker, Tank 2, and personnel to this "fully involved" fire.



Plainfield Crew- 52nd Annual Plainfield Firefighters Barbecue, held Sunday of Labor Day weekend. Firefighters serve 400 barbecued chicken dinners to residents and visitors every year, it is one of our major fundraising events. Photo includes Plainfield firefighters, EMT's and Police, Mass. DCR District 10 fire crew, mutual aid fire chiefs, and newly appointed DFS State Fire Marshal, Jon Davine.

Fall River, Massachusetts



September 19, 2023.
Fall River Firefighters and our Mutual Aid partners battled a multiple alarm fire on Brightman Street as well as additional calls for service during this incident.



Leverette and Shutesbury Fire Departments
Join Forces with Amherst Fire Department Call Force for
Vehicle Fire Training Evolution—Firefighter safety, water
conservation, and hazard recognition.





Looking for an Incident Management Team?

They are closer than you think!

Charles “Butch” Garrity, Deputy Team Leader; Larry Holmberg Finance Section Chief

You are responding as a fire officer like any other day and then you have that once in a career incident. The incident taxes your department and is far beyond your normal and mutual aid resources. Now what?

The Commonwealth is fortunate to have a multitude of resources that it can deploy to assist. One of the lesser-known resources available are the Type 3 incident management teams (IMT). One example of this is the Northwest Massachusetts Incident Management Team (NWMIMT), another is the Barnstable County IMT.

The NWMIMT team originated in Franklin County in 2010. NWMIMT team members began taking extensive training through the Colorado Wildfire Incident Management Academy and the New York Wildfire Incident Management Academy and completed task books demonstrating proficiency in all command and general staff positions.

Since inception, the NWMIMT team has responded to numerous incidents, trainings, exercises and planned events throughout Berkshire, Franklin, Hampden, and Hampshire Counties. The team and team members have also deployed to numerous large-scale incidents. In 2012 in the wake of Superstorm Sandy, the team responded to New York City’s Citi Field, home to the Mets baseball team, to manage a



Logistics Staging Area. In 2015 after extreme snowfall impacted Boston and other eastern Massachusetts communities, the Massachusetts Emergency Management Agency (MEMA) requested the team to respond to the Bedford Staging area and assist MEMA with the many resources deployed to Massachusetts for snow removal.



In 2017, the Team responded to Puerto Rico to assist with the Hurricane Marie disaster recovery. In 2018, the team responded to Bay County, Florida to assist with the recovery efforts post Hurricane Michael. In 2019, the team deployed to Rhode Island for the Aquidneck Gas Emergency. In 2023, a team member deployed to Hawaii to assist with the recovery efforts in Maui after the significant



Training

wildfires they experienced including the devastating Lahaina wildfire.

NWMIMT team members continually hone their skills training, assisting with planned events, exercises, and responding to incidents as requested. The team has been fortunate to have the support of the Western Region Homeland Security Advisory Council for training and a



positive relationship with many stakeholders such as the Massachusetts Emergency Management Agency.

The NWMIMT team typically responds as an Incident Management Assistance Team in Massachusetts (IMAT). A recent example was a three-alarm structure fire in Monroe, Massachusetts on January 24, 2024. The team assisted with accountability and communications. When the team or its members deploy out of state it is on an Emergency Management Assistance Compact (EMAC) Incident and respond as a Type 3 Incident Management Team. The team is given specific assignments and parameters to operate in and integrates into the local incident command system, to best assist the area impacted by the disaster.

NWMIMT team is composed of individuals from many disciplines: fire, law enforcement,



emergency management, EMS, business, and others. One of the unique aspects of NWMIMT members that differentiates us from many other Type 3 teams around the country is that we are volunteers. We often don't receive compensation for our work unless it is a multi-day deployment or an EMAC deployment. We are always seeking candidates who would be interested in joining the NWMIMT team and assisting with our challenging disaster response efforts.

For more information go to <https://www.nwmimt.org/> or contact ButchGarrity@gmail.com



Engine Company Evolution #1:

2 Engines with Water Supply – 2 Hand Lines

Chief Joe Maruca

Objective: To place an initial attack line (1 3/4") of minimum 150' and a backup line (2 1/2") of minimum 150' in-service and flowing at least 300 GPM using units and staffing typical of personnel that ordinarily respond. A reverse lay by a second engine to water supply of 300' of LDH shall be established.

Evolution Description

A reverse lay using two engines and one supply line with 1 attack line and 1 back-up hose line. Reverse lay of 300' of LDH from fire scene to hydrant or alternate water source. Crew shall deploy 2 hose lines capable of flowing a minimum of 300 GPM within 5 minutes from the start of the evolution (or 8 minutes if drafting). Engine shall be permitted to charge initial attack line with tank water; hydrant or static water source shall be established before back-up line is in place.

Evaluation Criteria

All lines shall be completely deployed from hose beds.

All nozzles shall be flowing minimum GPM at appropriate pressures.

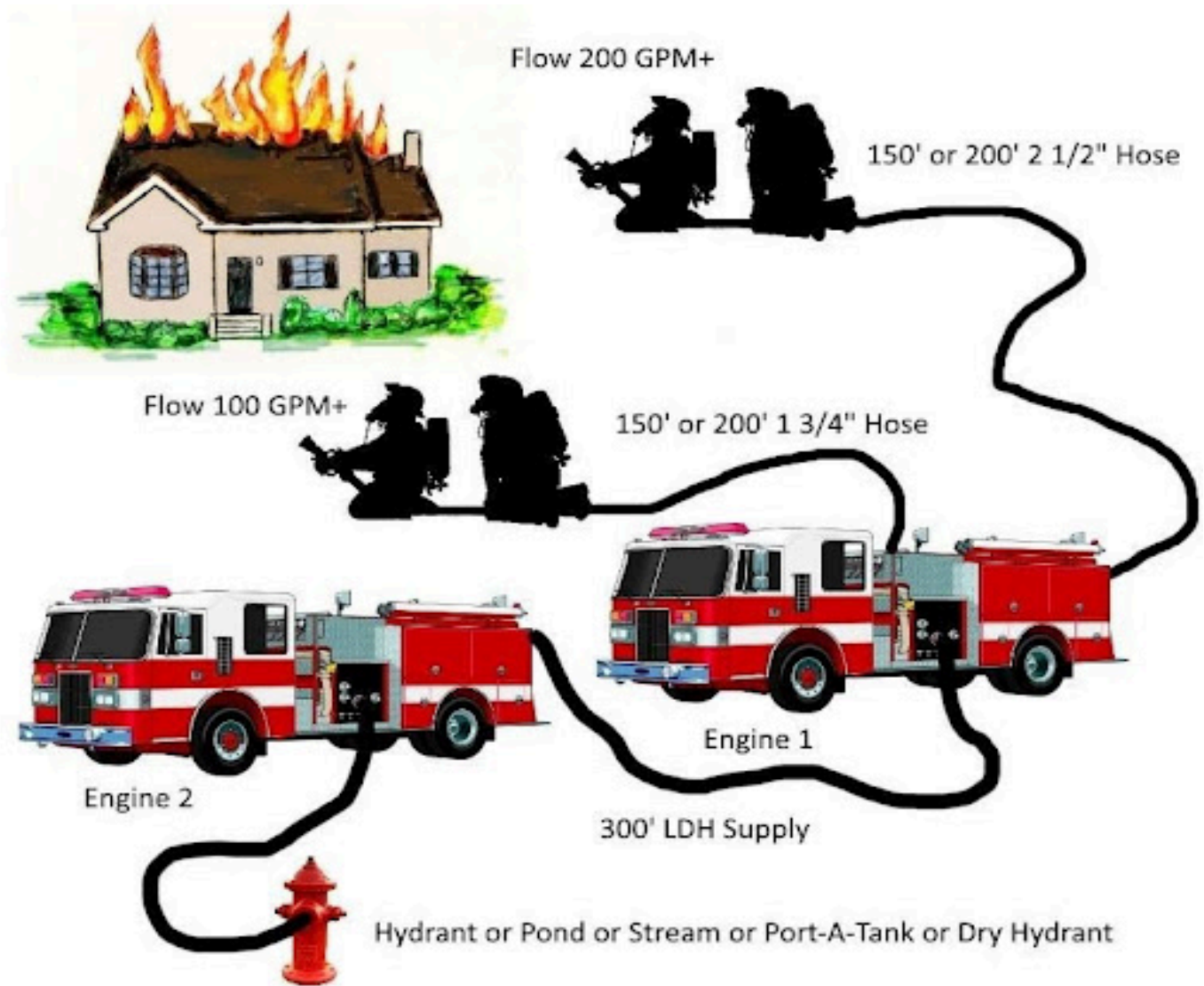
Time begins when first engine stops at simulated fire scene and sets brakes. Time ends when water is flowing at required flow/ pressure from both lines and supply line has been established. There shall be no stoppage in water flow.

Recommended maximum time: 5 minutes if using hydrant / 8 minutes if drafting

Reference NFPA 1410, 2000 Edition; Training for Initial Emergency Scene Operations

Assignments

1. Captain/Lieutenant 1st Engine – SCBA, Portable Radio, Hand Light and Thermal Imaging Camera - Radio Report, 360 Size Up, Staffs 1 3/4" attack hose line.
2. FF #1 – SCBA, Portable Radio, Hand Light, - Advances the 1 3/4" attack line.
3. Driver/Operator 1st Engine – Properly stabilizes and operates the apparatus
4. Captain/Lieutenant 2nd Engine – SCBA, Portable Radio and Hand Light – Supervises establishment of water supply, Staffs 2 1/2" backup hose line.
5. Driver/Operator 2nd Engine – Properly stabilizes and operates the apparatus.
6. FF #2 – SCBA Portable Radio, Hand Light – Assists with establishing water supply, stretches and staffs 2 1/2" back-up hose line.



Procedures

- 1st Engine sets-up at Side Alpha of the building (or simulated building). Keep in mind positioning of additional apparatus such as aerial ladders and tenders/tankers. Also, three sides of the target address should be viewed, if possible.
- Officer #1 sizes-up existing conditions and transmits a brief initial report.
- Officer #1 conducts a 360 degree size-up with the Thermal Imaging Camera and gives an updated radio report.
- Driver/Operator sets-up, stabilizes truck and engages pump. Sets out traffic cones.
- FF #1 stretches 1 3/4" hose line (150' or 200' pre-connect).
- Officer #1 & FF #1 flow hose line at "fire" until end of evolution. Flow 100 GPM or more.
- 2nd Engine arrives after a 1 minute delay and reverse lays 300' of supply line to a water source (hydrant, port-a-tank, pond/stream, dry hydrant or cistern).
- 2nd Engine Crew establishes water supply and pumps water to 1st Engine.
- Officer #2 and FF #2 stretch 2 1/2" hose line (150' or 200') from 1st Engine.
- Officer #2 and FF #2 flow 2 1/2" hose line at "fire". Flow 200 GPM or more.
- Evolution ends when both hose lines are flowing a combined 300 GPM or more at proper pressures and with all FF in full PPE and breathing air from SCBA.

Score sheet

Infractions are counted for each person and each occurrence of the infraction. A total score of less than 0 is possible.

Safety

Points are deducted for each safety infraction.	Pts	# Infractions
1. Crew seated & belted while engine in motion	10	
2. All required protective clothing worn properly	10	
3. SCBA/PASS activated and worn properly	10	
4. Crew checks for traffic when mounting and dismounting apparatus	5	
5. Vehicle operated safely (under control, park break set, etc.)	10	
6. Wheels chocked	5	
7. Engine Operator sets out traffic cones	5	
8. Running	5	
9. Other (note)	5	
10. General safety	5	
Total (point value X # of infractions)		

Procedures

Points are deducted for each infraction (failure to perform / perform properly).	Pts	# Infractions
1st Engine:		
Engine spots at fire building allowing truck co. access and view 3 sides	5	
Officer sizes up existing conditions and transmits a report	5	
Officer completes 360 with TIC and transmits a report	10	
Firefighter & Officer stretch and flow 1 ¾" attack line – no "spaghetti"	10	
Personnel carry proper tools and equipment	5	
Pump engaged Pressure Governor set Proper Pressure & Flow	10	
Flood lights/scene lights activated if at night	10	
2nd Engine:		
Engine/Crew reverse lays 300' of supply line from 1st Engine to Water Supply	10	
Water supply is established and water pumped to 1st Engine	10	
Firefighter & Officer stretch and flow 2 ½" backup hose from 1st Engine	5	
Personnel carry proper tools and equipment	5	
Pump engaged Pressure Governor set Proper Pressure & Flow	10	
Flood lights/scene lights activated if at night	5	
Total (point value X # of infractions)		

Total Safety Points Deducted	
Total Procedure Points Deducted	
Total Score for the exercise = (100 – Safety – Procedure)	

Recommended Time: 5 Minutes with Hydrant & 8 Minutes Drafting

A total score of less than 70 results in failure of the exercise

Was a minimum of 300 GPM delivered?

Pass • Fail •

Were nozzle pressures & flows correct?

Yes/Pass • Fail •

Were hose layouts from the water source adequate to supply engines?

Yes/Pass • Fail •

Were hose streams operated without major interruption*?

Yes/Pass • Fail •

*more than 10 seconds

Date _____

Crew Members:

Firehouse Stew

Servings: Feeds about 8 to 10



Ingredients:

2 pounds ground beef
 2 pounds Kielbasa sausage – slice into 1/2 inch pieces
 1 medium onion – chopped
 4 cloves of garlic – chopped
 2 large carrots – chopped
 2 celery stalks - chopped
 4 cups of water
 2 cans whole kernel corn
 2 cans white kidney beans*
 2 cans diced tomatoes
 4 large potatoes – diced
 2 teaspoons sage
 2 teaspoons rosemary
 Optional: chili powder or red pepper flakes to taste
 Salt & pepper to taste



Directions:

Cook ground beef in large skillet over medium heat until it breaks up, but is not completely cooked, about 5 minutes. Add Kielbasa, onion, carrot, celery, and garlic, and then cook and stir until meat is cooked. Drain off grease.

Add the beef & sausage mix to a large pot over medium low heat. Add all other ingredients and stir.

Cover & simmer. Stir occasionally. Cook for 1 hour or longer.

*White Kidney Beans = Alubias Blancas in Spanish & Cannellini in Italian. Or, use red kidney beans.

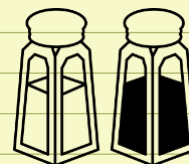
Sweet & Sour Meatballs

Makes about 24 Meatballs



Ingredients:

1/2 pound lean ground beef
 1/2 pound ground veal
 1 large egg, beaten
 1 clove garlic, minced
 1 onion, chopped
 1/4 cup minced parsley
 3 tablespoons sugar
 3 tablespoons lemon juice
 2 cups beef stock
 2 slices of bread (or rolls)
 Vegetable Oil
 Salt & Pepper



Directions:

In a mixing bowl, mix the beef, veal, and egg together.

In a heavy skillet, cook garlic & onion in vegetable oil until onion is soft. Add to the meat and mix.

Add the parsley, salt, and pepper to the meat and mix

Soak bread in water, squeeze the water out of the bread, break up bread, and mix into the meat.

Roll about 24 meatballs.

Cook the meatballs in vegetable oil, turning until browned on all sides.

Add the sugar, lemon juice, and beef stock to the pan (cover the meatballs). Simmer for 15 minutes and serve.

OSHA Proposes Sweeping New Rules for Fire Departments

Chief Joe Maruca



OSHA, a federal agency, has proposed new workplace regulations for fire departments within its jurisdiction. This includes Massachusetts fire departments and firefighters, along with about 23 other states that are considered “OSHA” states. If approved, these changes will have substantial operational and financial impacts on all our fire departments.

The OSHA proposal is 604 pages long. The proposal was formally published on February 5, 2024, and public comment (that’s you) is open until May 6, 2024. You can comment online – see the sidebar for information about how to comment.



The proposal states that OSHA plans to adopt by reference, with some amendments, the following twenty-two (22) NFPA Standards:

- NFPA 1001, Standard for Structure Fire Fighter Professional Qualifications, 2019 Edition
- NFPA 1002, Standard for Fire Apparatus Driver/Operator Professional Qualifications, 2017 Edition
- NFPA 1005 Standard for Professional Qualifications for Marine Fire Fighting for Land-Based Fire Fighters, 2019 Edition
- NFPA 1006, Standard for Technical Rescue Personnel Professional Qualifications, 2021 Edition
- NFPA 1021, Standard for Fire Officer Professional Qualifications, 2020 Edition
- (NFPA 1081, Standard for Facility Fire Brigade Member Professional Qualifications, 2018 Edition)
- NFPA 1140, Standard for Wildland Fire Protection, 2022 Edition
- NFPA 1407, Standard for Training Fire Service Rapid Intervention Crews, 2020 Edition
- NFPA 1582, Standard on Comprehensive Occupational Medical Program for Fire Departments, 2022 Edition
- NFPA 1910, Standard for the Inspection, Maintenance, Refurbishment, Testing, and Retirement of In-Service Emergency Vehicles and Marine Firefighting Vessels, 2024 Edition
- NFPA 1951, Standard on Protective Ensembles for Technical Rescue Incidents, 2020 Edition
- NFPA 1952, Standard on Surface Water Operations Protective Clothing and Equipment, 2021 Edition
- NFPA 1953, Standard on Protective Ensembles for Contaminated Water Diving, 2021 Edition
- NFPA 1971, Standard on Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting, 2018 Edition
- NFPA 1977, Standard on Protective Clothing and Equipment for Wildland Fire Fighting and Urban Interface Fire Fighting, 2022 Edition
- NFPA 1981, Standard on Open-Circuit Self-Contained Breathing Apparatus (SCBA) for

Emergency Services, 2019 Edition

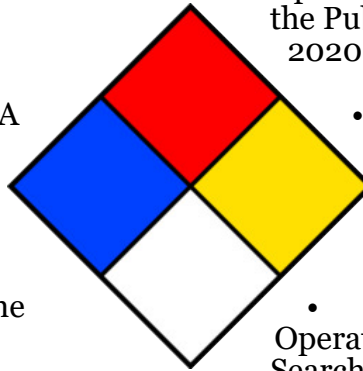
- NFPA 1982, Standard on Personal Alert Safety System (PASS), 2018 Edition
- 1984, Standards on Respirators for Wildland Fire-Fighting Operations and Wildland Urban Interface Operations, 2022 Edition
- NFPA 1986, Standard on Respiratory Protection Equipment for Tactical and Technical Operations, 2023 Edition
- NFPA 1987, Standard on Combination Unit Respirator for Tactical and Technical Operations, 2023 Edition
- NFPA 1990, Standard for Protective Ensembles for Hazardous Materials and CBRN Operations, 2022 Edition
- NFPA 1999, Standard on Protective Clothing and Ensembles for Emergency Medical Operations, 2018 Edition

- NFPA 1561, Standard on Emergency Services Incident Management System and Command Safety, 2020 Edition
- NFPA 1581, Standard on Fire Department Infection Control Program, 2022 Edition
- NFPA 1660, Standard for Emergency, Continuity, and Crisis Management: Preparedness, Response, and Recovery, 2024 Edition
- NFPA 1700, Guide for Structural Fire Fighting, 2021 Edition
- NFPA 1710, Standard for the Organization and Deployment of Fire Suppression Operations, EMS, and Special Operations to the Public by Career Fire Departments, 2020 Edition
- NFPA 1720, Standard for the Organization and Deployment of Fire Suppression Operations, EMS, and Special Operations to the Public by Volunteer Fire Department, 2020 Edition

OSHA would also adopt the ANSI/SEA 207, American National Standard for High-Visibility Public Safety Vests, 2011 Edition as regulation for us to follow.

Other parts of the regulations use some elements, but not all or most, of these standards:

- NFPA 10, Standard for Portable Fire Extinguishers, 2022 Edition
- NFPA 600, Standard on Faculty Fire Brigades, 2020 Edition
- NFPA 1201, Standard for Providing Fire and Emergency Services to the Public, 2020 Edition
- NFPA 1451, Standard for a Fire and Emergency Service Vehicle Operations Training Program, 2018 Edition
- NFPA 1500, Standard on Fire Department Occupational Safety, Health, and Wellness Program, 2021 Edition
- NFPA 1521, Standard for Fire Department Safety Officer Professional Qualifications, 2020 Edition



- NFPA 1851, Standard on Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting, 2020 Edition
- NFPA 2500, Standard for Operations and Training for Technical Search and Rescue Incidents and Life Safety Rope and Equipment for Emergency Services, 2022 Edition

I listed all of these out so you can see and appreciate the immense scope of this plan. As you can see, this represents volumes of new requirements for how fire departments operate, how firefighters are trained and deployed, and adds dozens of new reports or reporting requirements.

This means that instead of these NFPA standards being voluntary consensus standards or best practices, they will become legally required under the law for us in Massachusetts. Why is OSHA doing this? Besides and in addition to their obvious concern for the traditional hazards to firefighters (fire and burns, falling through a floor, falling off a ladder, or smoke inhalation) OSHA has noted the fire service discussion and fire service calls

to do something about firefighter cancer, and firefighter mental health and suicide. Some of these new OSHA rules are focused on creating firefighter health and wellness programs.

What this means to your department

OSHA's observation is that we, the fire service generally, haven't significantly reduced deaths and injuries in recent years, particularly cardiac deaths by using voluntary measures and following best practices on our own. Instead of waiting for us to act voluntarily, OSHA is going to require medical exams and cardiac screenings (it looks like at least every three years).

The big picture rational for this is that we, the fire service as an industry, have failed to voluntarily use our consensus standards or other means to reduce injury or death, and to take the steps necessary to address cancer and mental health/suicide issues. It's called "market failure and need for regulation". Essentially, they are saying that while we in the fire service might talk about how important our health and safety is, we aren't actually doing much about it, and they now need to step in and require us to act.

But you and I understand that the overwhelming majority of fire departments are poorly funded and lack the resources to voluntarily meet NFPA standards. Half of the fire departments in the United States serve communities smaller than 3000 people and have no meaningful budgets. There is no money for wellness programs, medical exams, and other needed programs. And even if someone gave these departments money for programs, our fire stations lack the space needed for them. There are departments that can't wash PPE, even with a free washing machine, because they don't have running water, hot water, or any space to put the washing machine. OSHA doesn't understand this.

These new rules will require departments to have preplans for target hazards and conduct community risk assessments. These are great ideas and things we all ought to be doing, but we

lack the budget, the staff with the skills to do them, and the technical elements (pricey software) to publish it. OSHA does not understand this. They think we don't do these things because we don't want to or refuse to.

Make your voice heard

You need to make OSHA understand. Go online and comment. OSHA is responsive to comments from employees and employers, especially when you give them logical reasons why their proposed rules won't work. Tell them you have no planning staff or administrative personnel to do any of the required reports. Tell them what your budget is and what barely pays for.

The MCVFA and the National Volunteer Fire Council (NVFC) are both going to provide a lot of comments on your behalf, but additional comments from firefighters and fire chiefs are needed to make it clear to OSHA that we lack the resources to comply.

If you don't comment, you'll end up with regulations that will overwhelm your budget and your staff.

How To Comment on the OSHA Proposal.

Link to the Official Notice:

<https://www.govinfo.gov/content/pkg/FR-2024-02-05/pdf/2023-28203.pdf>

Link to Comment Portal:

<https://www.regulations.gov/docket/OSHA-2007-0073>

OSHA Q&A:

QUESTIONS AND ISSUES COMPILED
FROM THE EMERGENCY RESPONSE
NOTICE OF PROPOSED RULEMAKING
([osha.gov](https://www.osha.gov))

Connecticut – Rhode Island – Massachusetts

Small Town Fire Chiefs Seminar



Saturday, April 20, 2024 | Willimantic, Connecticut

*Hosted by New England Volunteer Fire & EMS Coalition, Inc.
Partnered with the National Volunteer Fire Council & NFPA*

The NEVFEC is presenting its Small-Town Fire Chief Seminar. This seminar helps the rural volunteer fire chief and fire service to better protect their citizens and property, and to have a better understanding on how to work with the obstacles encountered in providing rural emergency services.

We in the rural small town volunteer fire service share similar problems and responsibilities. We're responsible for protecting 65% of the country's land mass and 100 million American lives. Join your fellow chiefs and department leaders from small communities and learn how to use NFPA Standards to benefit your department, how to increase and improve training, and how to recruit more volunteer firefighters.

Agenda

7:30 AM	Registration (Coffee & Snacks)
8:00 AM	Welcoming Remarks
8:15 AM	Fire Chief Authority under NFPA Standards
9:00 AM	Break (coffee)
9:15 AM	UL presentation- Science of Modern Fire Behavior
10:00 AM	What is the NFPA?
10:45 AM	Break (coffee)
11:00 AM	Recruitment & Retention of Volunteers
12:00 PM	Working Lunch
12:45 PM	Recruiting & Retaining Women in the Volunteer Fire Service
1:30 PM	Gen Z & Small Bite training
2:00 PM	Break (Drinks & Snacks)
2:15 PM	Training Program Management for the Volunteer/ Combo FD & NFPA 1410
3:30 PM	Panel Discussion Challenges of Today's Volunteer/ Combination Fire Chief
4:15 PM	Closing Remarks

Register Today

\$65 fee

(Includes lunch, all training materials and an NVFC individual one-year membership)

Limited to 50 attendees.

To Register go to:

[Registration](#)

Eastern Connecticut Fire School
1 Fire School Road
Willimantic, CT

30 Minutes from I-395 – Exit 37

40 Minutes from I-91 – Exit 35

5 Minutes from RT 6

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NVFC
NATIONAL VOLUNTEER FIRE COUNCIL
FIRE • EMS • RESCUE

Registration link: <https://lp.constantcontactpages.com/ev/reg/7duuqnx>



Region 1

This is my first go at contributing a little to Smoke Showin'. This is not in my comfort zone and as the saying goes, "definitely not in my wheelhouse." I Guess I'll start with a brief introduction. I'm a FF with the Carver Fire Department, assigned to Station 2, Engine Co 2 in North Carver. I work as a Station Trainer as well with our new Firefighters when they complete recruit training. I try to help out as best I can around the Department.

It has been quite a while since we have had a Region 1 meeting. I'd like to have one in the spring. If anyone would like to host this, please feel free to reach out to me. It doesn't have to be a grand affair—a short meeting, perhaps coffee and a snack, and a chance to show off your firehouse or a new piece of apparatus. Please contact me with questions or interest.

Recently Plymouth County Fire / Rescue Training Association Held a three-day course on

Firefighters Survival Training. I've been told it was outstanding as well as very intense. The training was conducted at Carver Fire Departments Training Facility and at Headquarters. Multiple towns participated.

Stay safe, and get your brush gear ready to go. Brush fire season is around the corner!

Michael Palimeri

MCVFA Region 1 Coordinator
mpalimeri@gmail.com



Firefighters from at least three Region 1 towns engaged in training evaluations.

Region 2

The "Battle of the Badges" Is On!

Police Chief Fisher and Police Deputy Chief Wojtkowski of the Newbury Police Department have challenged Fire Chief Evans and the Newbury Fire Department to a Corn Hole Championship. We are expecting 7 NFD teams, 5 NPD teams and so far, 2 Council on Aging teams. The hope is to raise some funds for the Newbury Food Pantry and have some fun along the way. We ask participants and spectators to please consider donating much needed items including tissues, soups, baked beans, other canned goods, socks, pasta, dry goods, etc.

The Corn Hole Championship will be hosted at the Newbury Fire Station Training Room, Morgan Ave, April 6, at 12 Noon. Anyone wishing to donate please bring your contributions to either the Newbury, Police or Fire Departments. Thank you.

Groveland Fire Department Retirement

Groveland Fire Chief Robert Valentine is pleased to recognize Lt. Al Credit and Firefighter Tracy Gilford upon their retirement from the department with 25 years of service and 41 years of service respectively. "Call/Volunteer firefighters are a special breed. They serve with pride, dedication, and professionalism, and they do it by leaving their warm homes in the nastiest of weather, during family events, holiday celebrations, day or night," said Chief Valentine. "They hear a tone on the radio and leave to respond to a call for help from a resident they might know, or a stranger. It doesn't matter. They respond."

Over 50 people, including Town of Groveland officials, fire chiefs from neighboring communities, and others attended a retirement party for both men on February 20, at Groveland Fire Headquarters.

Gentlemen, Thank you for your Service.



Left to right: State Senator Bruce Tarr, Lt. Al Credit, Firefighter Tracy Gilford, and Chief Robert Valentine. Credit and Gilford display citations from the Massachusetts Senate recognizing their years of service to the community. (Courtesy Groveland Fire Department)

Region 4

REGIONAL NEWS

Hello, I hope this finds everyone well!

We have a few trainings coming up during the next couple of months.

- “Taking Care of Our Own” which is sponsored by the National Fallen Firefighters Foundation, will be held **April 13** at the DFS Springfield campus. Training covers planning for a line-of-duty death or serious injury. Contact Chief Chris Norris of Easthampton Fire Department for more information.
- Two Basic 6 Training Programs are coming up: one for Hampshire County scheduled for **March 10** and one for Franklin County beginning **April 6**. Check with your chief for more information.
- The Western Mass Emergency Medical Services’ Committee Annual Meeting will be held on **April 11** at The Boylston Room in Easthampton. The meeting will start at 11:00 a.m.

On February 10 and 11, an Active Assault Integrated Response training from the Advanced Law Enforcement Rapid Response Training (ALERTT) system was completed in Bernardston, bringing nearly a dozen and a half agencies together to help prepare for worst case active shooter scenarios. The program focused on providing medical care, triage, patient extraction, and most importantly includes F.D. and EMS personnel in the training. They worked on Incident Command, setting up Staging Areas, coordinating radio traffic, and more. The class is designed for front line first responders. Various members from local police, fire and EMS departments were in attendance. Also in attendance were members from MSP and Greenfield Community College. Instructors from both fire and police were on hand to bring this important training to the county!

This program comes highly recommended especially for fire and EMS personnel. If you are interested in this training, please contact Sgt. John Richardson,

Bernardston Police Department, (413) 648-9208 (Station).

We are glad to see a large number of local departments were able to take advantage of the latest Firefighter Safety Equipment Grant Program monies. Also, just a reminder that the Assistance to Firefighters Grants (AFG) for FY 2023 Application Period ends on **March 8**.

Congratulations are in order

Congratulations to Chief Brian J. Cook of Leverett Fire Department. Chief Cook was sworn in as a member of the Massachusetts Fire Service Commission in January. He represents FCAM – Full Call Fire Departments!

Congratulations to Chief Joshua Sparks who was sworn in recently as the new Chief for South County EMS.

Annual dues are coming up

Finally, a reminder to all departments – the new dues year will begin in a few months. I would like to remind all member departments to pay their dues in a timely manner. I would also like to add that if your department is not currently a member, to consider joining the MCVFA this year.



Follow us on Facebook at MCVFA www.facebook.com/MCVFAff/ or MCVFA Region 4 www.facebook.com/MCVFAReg4CRV and MCVFA webpage at www.mcvfa.org

MCVFA Region 4 Connecticut River Valley

Kevin Connolly
Region 4 VP
Northfield F.D.

Region 5

On Saturday January 27, 2024 The New Ashford Fire Department took delivery of a replacement engine from Pelham, MA Fire Department. The engine is a 2003 HME Central States with a 1500 GPM pump and 1000-gallon tank.

The HME Central States had replaced a 1990 Grumman FireCat, E-2 that needed some work to the pump. The HME Central States also replaced a 1981 Hahn, E-3 that was taken out of service.

The Town had approved the funding in September 2023 to replace both the 1990 Grumman and 1981 Hahn with the Pelham Engine 2.

Special Thanks to the voters of the Town of New Ashford and the members of the New Ashford Fire Department for their tireless efforts and work on this important project.



On Wednesday February 7 the members of the Clarksburgh Fire Company firefighters practiced entanglement and wall breaching techniques.

These are essential skills needed for a firefighter if he/she were ever to be trapped in a room and needed to escape the building.

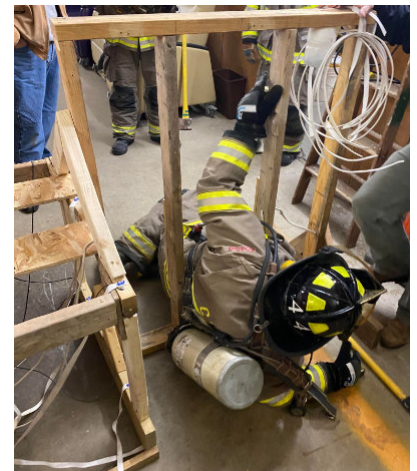
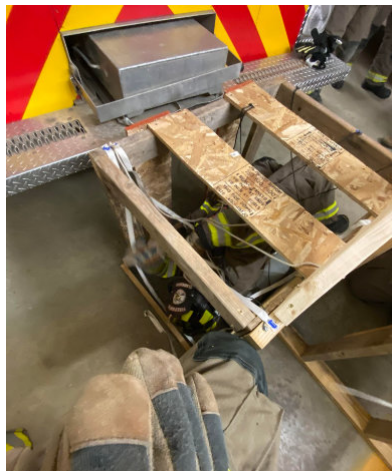


Photo credit to Clarksburgh Fire Company and training props credit to FF Goodell.

Region 5

REGIONAL NEWS

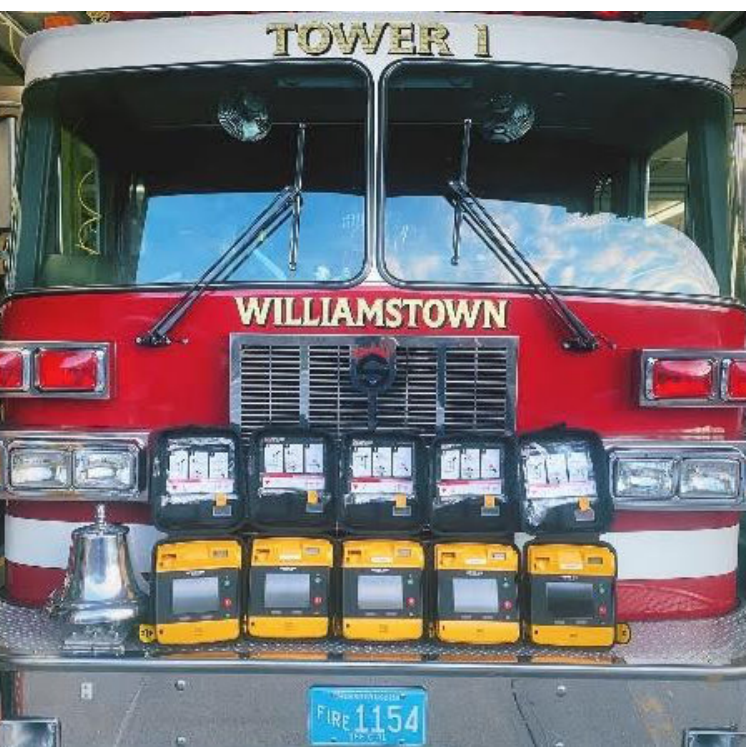
Future firefighter helping wash Lenox Dale Fire Company Engine 6.

Capt. Prew's son doing a great job washing the engine.



Photo credit to Lenoxdale Fire Company.

The Williamstown Fire Department had been awarded a grant to upgrade the departments AEDs. The grant was secured by Amalio Jusino of Emergency Response Consulting.



The Department on December 21, 2023 took delivery of 5 life Pak 1000 AED's and also a Lukas CPR chest compression device. The newly upgraded AED's and Lukas will provide the Williamstown Fire Department and the community the much needed up to date equipment to be used during a cardiac arrest event.

Congratulations to the Members of the Williamstown Fire Department and a big thank you to Amalio Jusino on another successful grant!

Frank M. Speth III
Vice President
Region 5

MCVFA 2023 State Meeting

October 28

Hadley Fire Department

MCVFA Board and members assembled for a report on the Association and to commemorate fallen heroes for their service





MCVFA Officers

2024

President

Michael Goldstein, Sherborn FD
President@MCVFA.org

Secretary

Jeffrey Gruenglas, West Barnstable FD
Editor@MCVFA.org

Treasurer

Michael Goldstein, Sherborn FD
President@MCVFA.org

Executive Vice President

Chris Hajder, Swansea FD
chrishajder552@gmail.com

Region 1 Vice President

John Walcek, Wareham FD
john_walcek@warehampolice.com

Region 1 Coordinator

Mike Palmieri, Carver FD
mpalmieri@gmail.com

Region 2 Coordinator

Lisa Evans, Groveland FD
reg2cor@mcvfa.org

Region 3 Vice President

Vacant

Region 4 Vice President

Kevin Connolly, Northfield FD
shamrock3910@comcast.net

Region 5 Vice President

Frank Speth, III, New Ashford FD
vpregon5@mcvfa.org

Region 5 Coordinator

Kevin Hampstead, Clarksburg FD
klhnyy27@yahoo.com



Smoke Showin' Wants You!



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NEXT ISSUE DEADLINE IS JUNE 18, 2024

Editor@MCVFA.org