

Call/Volunteers Serving Today to Protect Your Tomorrow

SMOKE SHOWIN'

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association



CAPE COD ANNUAL REGIONAL WATER SHUTTLE DRILL

West Barnstable FD hosts the annual drill on Sandy Neck Beach, joined by Cotuit FD, Plymouth FD, Onset FD, Hyannis FD, Barnstable FD, Mashpee FD, Sandwich FD, Rochester FD, Truro FD, Yarmouth FD, Provincetown FD, and Joint Base Cape Cod FD.

Photo credit: Jeffrey Gruenglas

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MCVFA Offices

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From the Editor

Welcome MCVFA members to the Winter 2025 / Holiday issue. I hope you and your departments are well and in the holiday spirit!

Our cover embodies one of the best aspects of the Fire Service—our mutual aid partners. In this issue Keith Hanks opens up about personal chaos of life in the fire service and Chief Joe Maruca explores the challenges of good leadership and the imminent launch of NERIS to replace NFIRS. On the health/wellness front we share details of the Firefighter Health Research Study.

Check out too the action from our partners and members, including Fight For Air Climb in Boston and First Responder Therapy. As always you will find updates from our partners, MCVFA regions, and tasty recipes for the holidays.

Happy Holidays and Season's Greetings to all.

Thank you for your service. Be safe!

Jeffrey Gruenglas, DHSc, MSc, MA, NRP
Firefighter/Paramedic, West Barnstable Fire Department
Editor, *Smoke Showin'*



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Happy Holidays and Seasons
Greetings From MCVFA



CAPTAIN JOE “SANTA” SANTAPAOLA, GROVELAND FIRE DEPARTMENT, RETIRES AFTER 20 YEARS OF SERVICE

Joe responded on average to 72 percent of the calls in the last four years—an incredible accomplishment. Chief Robert Valentine, stated at Joe's retirement party, "Joe was incredibly dedicated and is leaving a huge void in our call firefighting roster.... Joe, you are already truly missed."

Best Wishes, Cap!



Left to right: Deputy Chief Richard York, Captain Joseph Santapaola, Senator Bruce Tarr, and Chief Robert Valentine. (Photo credit: Mike Jarvis Jr, Groveland Fire)

ADDICTED TO CHAOS

By Keith Hanks

The tones. The lights and sirens. The flames, blood, danger and uncertainty. The adrenaline and pure 100% unfiltered rush associated with it all.

The chaos.

The on call/volunteer side to firefighting and EMS is unique for a lot of reasons. One of those is the obvious of how almost any time we are called to an emergency it requires us to leave whatever part of our personal life we were engaged in. Be it our families, sleep, shopping, yard work or our full-time jobs, we go from a normally calm and “safe” situation to what is typically one filled with most of the above.

One thing the volunteer responder shares with its full-time or career counterpart is what sometimes becomes an addiction to the chaotic parts of the job and the feeling of instant gratification from what we do.

Once we get the taste for this “adrenaline dump” we want to always experience it. From rookie teenager to salty 30-year veterans, we all feel it to some degree throughout our time on the job. But what happens when we aren’t getting our fix of chaos and adrenaline?

The First Taste

When the general public encounters any situation they deem to be out of their control, especially an emergency they call us. The varying degrees of calls we respond on, each bring with them a different overall level of adrenaline response based on the individual responders worldview, history, current disposition, life events, and even health both physical and mental. Either way, the thrill of the call, helping or saving others and at times being the “hero” in the eye of the public becomes like a drug being pushed into a vein.

Creating Our Own

When the calls, lights and sirens, and danger aren’t happening on a regular enough basis to satisfy our newfound addiction, some of us turn to other ways to feel what we have now fallen in love with experiencing. Some of the more common avenues are alcohol and substance abuse, porn and sex addiction, tobacco use,

gambling, and over-eating. All of these provide at least a little semblance to what we’re getting from the job. Most of these tap into the instant gratification portion of what we yearn to feel when the job cannot provide it. Some also bring with it the aspect of danger from the unknown of what could happen or if we were “caught” in the act. This is often the case with the challenges of sex addiction, more specifically when it leads to unhealthy habits and cheating on our spouses/significant others.



Acknowledgment is the first step in gaining any control over problematic behavior. The second step is putting into place healthy coping mechanisms and modalities that can help tame the addictive behavior.

Taming the Addiction

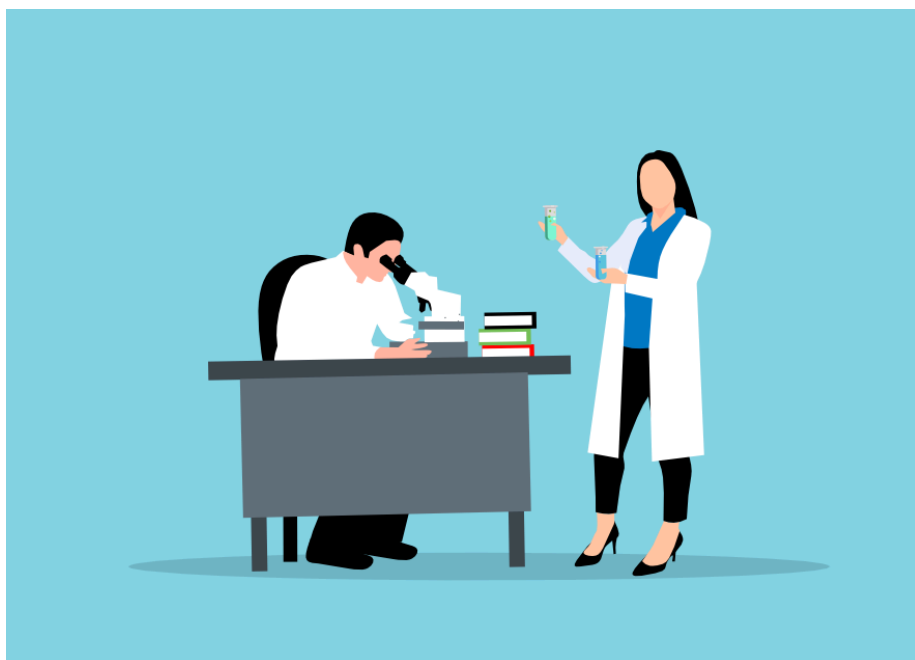
There’s nothing wrong with thriving in chaotic situations, as we often do as first responders. It becomes an issue when it rolls into our personal life and causes conflict, mental and physical health concerns, along with risky behavior. The ability to turn this on and off and use it only while appropriate lies in the modalities, resources and skills available to us.

Therapy, talk and more invasive kinds, are being proven to allow those with addictive personalities to moderate their need for “chaos.” One of the newer sources for self-care and healthy coping are mindfulness and meditation. Learning how to live in the now is currently being looked at as one of the most powerful tools a responder can have to deal with not only chaos but the everyday stress of being human.

It's time we took control over our addiction to chaos, so we can thrive in all aspects of our lives! The following are recommended reading that may be of interest to readers:

- *The Mindful Path to Self-Compassion, Christopher K. Germer, PhD*
- *Being Peace, Thich Nhat Hanh*
- *Breaking the Habit of Being Yourself, Dr. Joe Dispenza*

RESEARCH STUDY INVITATION: FIREFIGHTER HEALTH RESEARCH STUDY, EARN UP TO \$200



MCVFA members are invited to participate in a new research study led by Dr. Kales and his team at the Cambridge Health Alliance (CHA)/ Harvard Medical School.

This 9-month study is designed to compare the effectiveness of different lifestyle-based interventions in improving body composition, metabolic health, and quality of life among firefighters who are overweight.

Who Can Participate?

- Active volunteer/call or career firefighters who meet the following criteria:
- Aged between 18 and 60 years
- Overweight or obese
- Interested in losing weight while improving fitness and quality of life

What Does the Study Involve?

Participants will be randomly assigned to one of two groups.

Both groups will receive lifestyle recommendations on healthy diets, physical activity, adequate sleep and stress reduction, while avoiding harmful substances.

Study Procedures

If you decide to join the study, you will undergo a comprehensive baseline eligibility assessment at the Cambridge Health Alliance's Occupational Medicine clinic in Somerville, MA (free onsite parking is available). This will include: A clinical history, Laboratory tests,

Completion of study and lifestyle questionnaires, Physical examination, Brief Fitness assessments.

Throughout the 9-month study, participants will have scheduled follow-up visits at 3, 6, and 9 months to repeat the health and fitness assessments.

Compensation

Participants will receive a \$50 gift card for their time and commitment after completing the baseline eligibility assessment. Additionally, they will receive a \$50 gift card for each follow-up visit completed at 3, 6, and 9 months.

If you meet the criteria and are interested in contributing to this important research, please contact us at elidoriki@challiance.org or 617-665-1580. You will receive a call back with further information and to see if you qualify for the eligibility assessment.

REGISTER TODAY FOR THE “FIGHT FOR AIR CLIMB” IN BOSTON

*Submitted by: Sarah O’Connell, Holliston FD;
Board Member American Lung Association*



Join 300+ Firefighters from across New England on March 29, 2025 for the Firefighter Challenge at One Boston Place and support the American Lung Association’s mission to save lives by improving lung health.

Firefighters, first responders, and civilians climb 789 stairs to the top. You can climb the stairs as a department to build camaraderie or race to the

top for the trophy. The fastest team (top 5 combined times) gets bragging rights for a whole year and the 2024 Fastest Team to beat is Portland, Maine.

The Fight For Air Climb includes awards for Top 3 fastest male and female individuals in each age group, Top Fundraising Team, Top Fundraising Individual, and Largest Team. Choose how you want to climb and what you want to wear with full-gear, modified-gear, and no-gear options.

Discounted registration during December with code: MCVFA20

To register, donate, and get more information, please visit www.fightforairclimb.org/boston

Check out the participants from this year’s event!



Hanson FD



North Andover FD



Plainville FD



Firefighter on Air



Tyngsborough FD

WHERE HAVE ALL THE LEADERS GONE?

By Chief Joe Maruca (Retired)



A leader, particularly in the fire service, isn't simply "the boss" or chief who can use their power to push people to do things their way.

If I had to point to one thing that will lead to the decline and fall of the call/volunteer fire service in Massachusetts, I would say it is a lack of future leaders.

There are currently some great leaders in the call/volunteer fire service, but it feels like there are fewer and fewer call/volunteer firefighters ready and willing to step up and lead their departments or lead in fire service organizations. I'm hoping I'm wrong and whole bunch of new and potential new leaders will reach out to me and tell me I'm wrong, and that they want to lead.

There are lots of opinions and thoughts about what defines a leader, and what makes a good leader. When I think about the call/volunteer fire service here's what I think a leader is:

- A leader is someone who sees how the fire department can be improved and rallies firefighters, officers, select board members, and the public, to move towards a better vision. They are a catalyst for organizational change.
- A leader is someone who prepares themselves and the fire department for the future.
- A leader is emotionally mature and does what's right for the community, even if he or she doesn't like it.

Let's look at these leadership qualities and how they relate to a small call/volunteer or combination fire department.

If a fire department isn't moving forward or improving, it's failing

If a department is doing what it did ten years ago or not planning to be doing something different five years from now, it is falling behind the world and going to become obsolete or ineffective. We live in a world where everything is changing fast—just look at your cell phone and tell me how anyone can rationally think they can hold back change.

We have all seen this at our department or a neighboring department: All is well and then suddenly the Select Board or Town Administrator is hiring a new chief or pushing the department to go combo or go career. This happens when we fail to plan for the future and get into the mindset that there's no need for change, we've always done this well. What's happened? The department fell behind ever changing community expectations.

A good leader sees that the success of their fire department, and its members, hinges on how you accept and manage change. This means having a vision for how you will be different in five years. A good leader is always asking and answering the questions: What can we do better? What won't we have to do anymore? How will our emergency call volume change, both in terms volume and the types of calls? How will political and community expectations change? How do we get ahead of change?

It is the act of publicly asking and answering these questions that results in leadership success. Don't be afraid to have these public conversations. They need to be public, or nobody will follow. Yes, public discussions about doing new things or changing how you do things are messy, lengthy, and can be difficult. But, without them, resistance to new ideas will doom the organization.

Don't be afraid of making a mistake or coming up with the wrong answer – I did this almost every day in my twenty years as fire chief and had to learn how to say I got it wrong and fix it.



How you react to your errors and how you fix them is more than important than appearing not to make errors. This is a critical part of being the leader of the fire department.

A good leader must have a vision for a better future

No organization or business ever rose to greatness and success simply keeping the status quo or fighting to preserve the past. Us “old guys” fall into the trap of defending the past against the future. We are seeking vindication for what we've done or accolades for our past achievements. We lose sight of the fact that the future requires being different than what we did. Different isn't bad, it's just different. Our reward for a job well done must be to see our departments grow and succeed in the future.

Leaders are good at challenging themselves to accept hard and inconvenient truths as opposed to the prevailing wisdom or status quo. That's being emotionally mature. Put another way, it's about facing reality on realities terms and dealing with it. It's about knowing that it isn't about you – it's about the mission.

Leaders must always keep learning and growing

We must set the example for our firefighters and EMTs by going to new classes and learning new skills. We can't expect the people we lead to learn and grow if we don't. I served under two fire chiefs who almost never attended a department drill. They were poor leaders (in many other ways as well).

We also have to prepare ourselves for the future. If OSHA has its way, all fire chiefs (career, call, and volunteer) will have to have Fire Officer 3 training. How many of you are prepared to do this? How many of you see this as an opportunity – go get the training now, so you are prepared when the change happens. Leaders don't just react to change—they anticipate change, they create change, and they manage change. Get the training before your department needs a new chief is the key to being that new chief. (It's great to be the chief; yes, hard work and lots of struggles, but I did it for 20 years and loved it.)

A long time ago, maybe 25 years ago, when I first started writing for Smoke Showin', I visited several call/volunteer fire departments and found that when I spoke to the firefighters, none of them were preparing to be the chief of their own department. This bothered me because I was seeing a lot of small towns hiring chiefs who were urban fire captains, and in many cases it didn't go well. Why were the town's hiring urban fire captains to be chiefs of call/volunteer departments? Because the urban captains had training and credentials that the volunteers had failed to get.

Additionally, the call/volunteer leadership of those departments were failing to put forth a vision for the future. They were selling the same old – same old, and while they didn't love the vision an urban career officer was selling their town, the town bought it because it was the only new vision being offered.

Further complicating the situation was how many call/volunteer firefighters said they didn't want to be chief. This left communities with limited options, the best one appearing to be to hire a "professional" firefighter from a bigger town.

Then MCVFA went through a period of fielding complaints from call/volunteer firefighters about their new career chiefs who they complained "didn't understand how this works or what we do". My warning on this is that if you aren't willing to do the job, you can't just complain about the person who stepped up to do the job.

Prove me wrong. Email me jmaruca291@gmail.com and tell that you want be a call/volunteer leader. I'd love to help you. Tell me what I can do and what the MCVFA can do to help you become the new leadership we need. I'll let you know what I hear.

FIRST RESPONDER THERAPY DOGS ARE BACK IN ACTION

Our four-legged heroes were seen at the Brockton night out and the Run To Home Base with Johnny Damon.

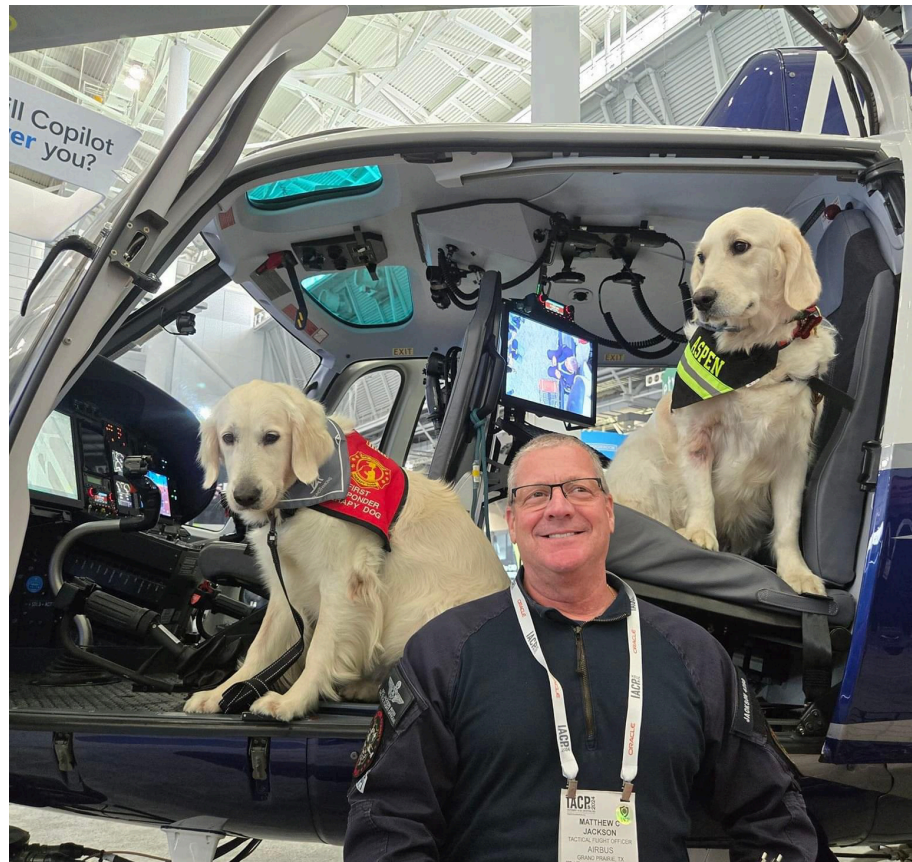
To arrange a visit at your station go to the First Responder Therapy Dog page and request a visit. All dogs are trained certified and insured.



Training

Massachusetts first responder therapy dogs were also on scene at the international chief conference in Boston and also attended a number of open houses for fire safety month throughout the country.

If anyone is interested in a visit at your station by one of our dogs, please go to our website and click request a visit.



GET TO KNOW MIFDI AND HOW IT CAN SUPPORT YOUR TRAINING

The Massachusetts Institute of Fire Department Instructors (MIFDI) was established on September 30, 1959. MIFDI's mission is "to promote fire department training and education by the mutual sharing of knowledge". Meetings are held monthly, usually at a fire department in the greater metro Boston area, but not always. Greenfield Fire's Edmond F. Tetreault and John Bergeron, Worcester Fire's James V. McKiernan, Fitchburg Fire's Joseph Cascio and Brian F. Belliveau, have all served as MIFDI officers.

Meetings discuss current topics of interest to fire service professionals. Topics in the last year have included: firefighter cancer – the organization DetecTogether, lithium-ion batteries (this meeting held at NFPA headquarters), Turtle Fire System nozzle for EV fires, J-Tech Blocker TMA, Critical Incident Stress Management Team, Pipeline Safety for First Responders. The most recent meeting discussed the Regional Field Transfusion Paramedic Program, launched in March, 2024.

A department can present a program to other fire service professionals that they developed, or offer their department's meeting room to host a program. A monthly bulletin is sent to members by mail, or electronically. Past bulletins are available on-line from the MIFDI website – MIFDI.ORG

Meetings are a wonderful way to network with other fire service professionals.

To learn more, visit <https://mifdi.org/> or contact them at mifditreasurer@escapeinc.org

The MIFDI BULLETIN

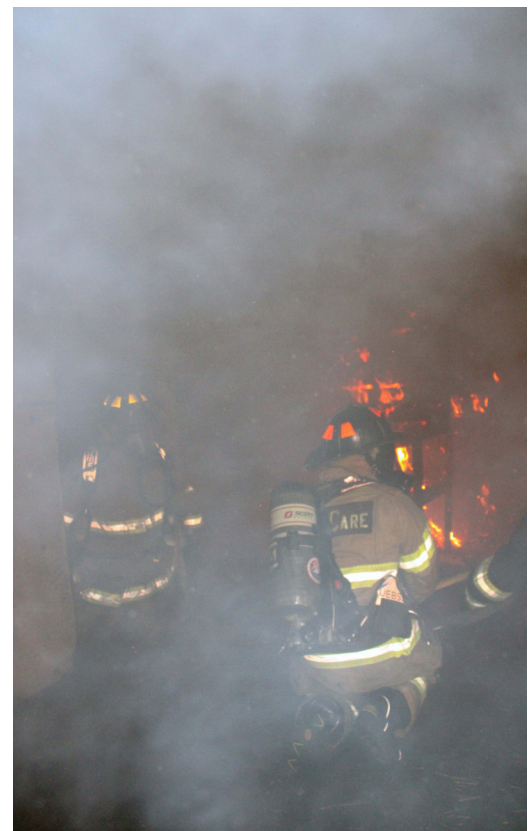
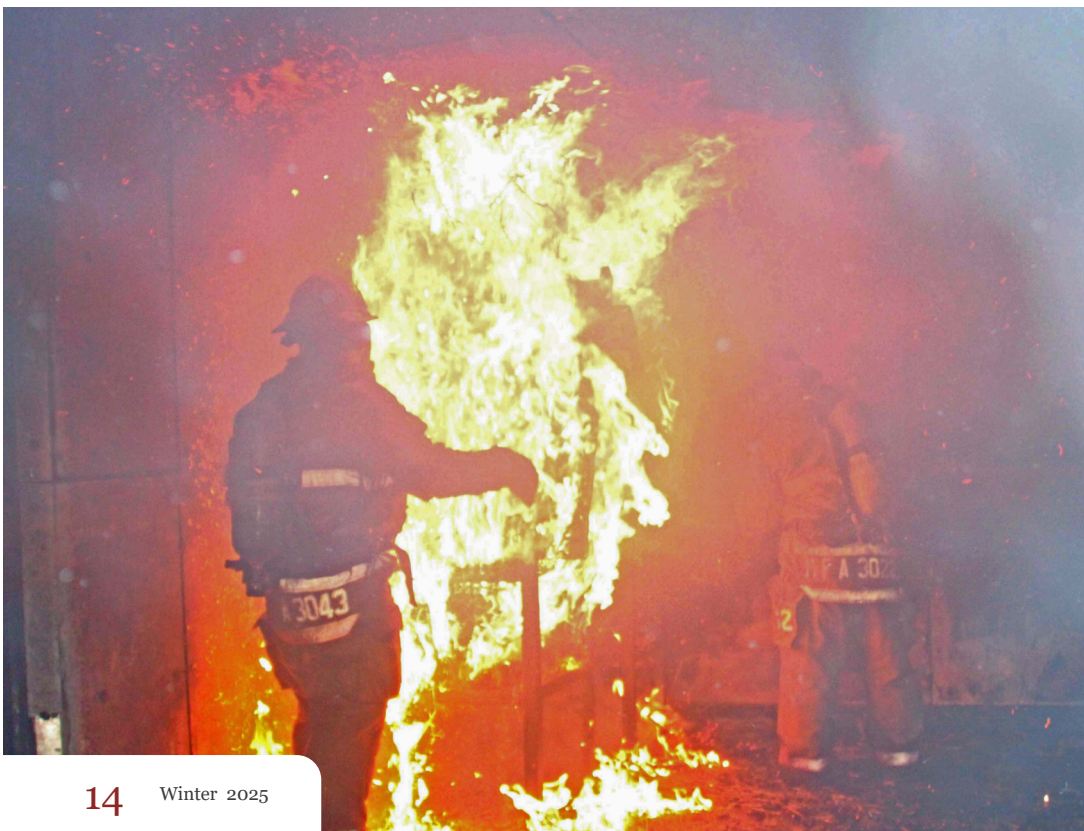


November
2024

BRISTOL COUNTY AREA FIRE DEPARTMENTS

On Sunday, October 20, recruits from Bristol County area Fire Departments took part in live burn training at the Louis A. Shea Jr. training facility in Fall River.

Submitted by Ken Leger



GOODBYE NFIRS, HELLO NERIS

*By Chief Joe Maruca (Retired)
West Barnstable Fire Department*

NFIRS (National Fire Incident Reporting System), our not so favorite incident reporting system will start to go away in January 2025, and on January 1, 2026 it will be replaced by NERIS (National Emergency Response Information System).

NFIRS was created in 1975 and last updated in 1999. It has become obsolete. It is difficult to use. It is extremely difficult for a local fire department to extract any useful information from it because it was only designed to collect summary data for national or state use.

NERIS will start to phase in starting in January 2025. You'll be able to report your incident data to NERIS using your existing incident reporting system or a free app. When setting up NERIS, you will enter your community's social data, climate data, a department profile, and information about the structures you protect. Most of this data can be downloaded from existing sources. Much of your community's information has already been put into NERIS, but you will need to review it for completeness and accuracy. You will have the ability to update and correct information as needed.

Your incident data will be collected by your dispatch CAD system or your current incident reporting system and then imported to NERIS. The data will automatically share with the US Fire Administration and the various state fire marshal's offices.

NERIS promises to be an improvement of NFIRS because it collects a lot of data quickly and automatically from your CAD or other software. It will allow each incident to be

classified as up to three different types of incidents.

For instance, a motor vehicle crash can also be a hazmat and an EMS incident in the system, instead of just a crash. There will be better choices in the drop-down menus for classifying actions. It should better match what we call things than NFRIS ever has.

NERIS will be able to give your department almost real time data about your responses and incidents.

You will have to be more accurate about the data you enter into NERIS. The old saying "Garbage In – Garbage Out" still applies. The system can't compensate for our failures to enter the correct or complete information. Remember, we live in a world where we are expected to be able to provide accurate data to support our operations, requests, and decisions. NERIS is the path to having that data at your fingertips.

Our various reporting software vendors have all of the information about NERIS, and they should be ready to convert their software to conform to NERIS next year. However, for departments that don't need software for EMS or other uses, you won't need any third-party software to report incidents. NERIS comes with a free app.

Get ready. Be on the lookout. NERIS is coming.



WELCOME NEW APPARATUSES!

Clarksburg Volunteer Fire Company

Submitted by Lieutenant Kevin Blanchard, CVFC



Clarksburg Volunteer Fire Company recently took delivery of a new pumper. The unit is built on a 2024 Freightliner M2 chassis. The pumper was built by Toyne Manufacturing. It is powered by a Cummins diesel engine With a 1250 gallon Hale Pump and a 1250 gallon tank.

GO AHEAD, BE A SHOWOFF!

Got new truck, engine, or ambulance to share?

Submit a photo of your newly delivered apparatus so we can feature it in the next issue of *Smoke Showin'*. Send to editor@MCVFA.org

CHEESY BEAN-TOMATO BAKE

By Joe Maruca

Ingredients:

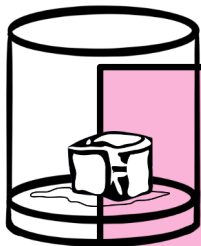
- 8" or 10" Cast Iron (ovenproof) Skillet
- 1/4 Cup Olive Oil
- 3 Garlic Cloves – Thin Sliced
- 1 Red Bell Pepper – Chopped (or any of your favorite peppers)
- 1/2 can (3 oz) Tomato Paste
- 2 cans of Beans (Cannellini Beans, Kidney Beans, Chickpeas – your choice)
- 1/2 Cup of Boiling Water
- 1/2 Pound of shredded/grated Mozzarella Cheese

Instructions:

- Heat Oven to 475 Degrees
- Cook in the Skillet:
 1. Heat the olive oil over medium heat
 2. Stir in the Pepper and Cook for 1-2 minutes
 3. Sauté the garlic for 1 minute
 4. Stir in the Tomato Paste and cook for 30 seconds
 5. Reduce heat if needed to prevent burning ingredients
 6. Add the beans and water and stir
 7. Turn off the Heat
- Sprinkle the Mozzarella Cheese over the Top
- Place the Skillet into the Oven and Cook for 10 minutes or until the cheese has melted and browned a bit.
- Serve with a glass of red wine and a salad.



HOLIDAY EGGNOG COCKTAILS



For Off-Duty

Mix in a Cocktail Shaker with Ice:

- 1 oz Bourbon
- 1.5 oz Amaretto
- 2.5 oz of Eggnog from the Supermarket
- Dash of Nutmeg

Shake well & pour over ice, a cinnamon stick & maraschino cherry into a rocks glass.

For On-Duty

Mix in a Shaker with Ice:

- 4 oz of Eggnog from the Supermarket
- A Drizzle of Chocolate Sauce
- Dash of Nutmeg
- Dash of Almond Extract

Shake well & pour over ice and a cinnamon stick.



HAIL TO THE CHEF!

Got a “secret” recipe or “hot” firehouse dish?

Share your department’s recommendations for firehouse grub. Name it what you want—as long the food’s good!

Editor@MCVFA.org

NVFC Fall Meeting in Kansas City

The National Volunteer Fire Council (NVFC) Board of Directors held its fall meeting on September 18-20 in Kansas City, MO. The board gathers twice a year to conduct Council business, guide the strategic direction of the organization, and vote on matters before the board. Among those in attendance included Joe Maruca from Massachusetts.

The three-day agenda included committee meetings, guest speakers, general and executive sessions, and a special election. The following are the fall meeting highlights.



NVFC Board



standard would have on the volunteer fire service.

The board voted to make the New Mexico State Fire Marshals Office a state member of the NVFC. State members can appoint up to two directors to the NVFC. With this addition, the NVFC will now have 48 states represented on its board of directors.

The board also voted to add the Honoring Fallen Heroes Act to the NVFC’s legislative priorities. This act would provide Public Safety Officer Benefits for exposure-related cancer.

Guest Speakers

On September 19, the board heard a panel discussion on “Railway Safety and Volunteer Fire Departments: Best Practices and Collaborative Solutions,” which highlighted ways railroads and volunteer fire departments can work together to better prepare for and respond to railway incidents. Facilitated by the NVFC’s Ryan Woodward, the panel included Bob Clatterbuck of NTSB, Andy Elkins of the Association of American Railroads, Derek Lampkin of BNSF Railway, and Lane A. Sekavec of Union Pacific Railroad.

MacKenzie Pfeiffer gave a powerful presentation on September 20 titled “Breaking the Stigma: Embracing Mental Health and Self Care.” Drawing on her own personal heartbreak, Pfeiffer delved into why mental health is important in the fire service, the impact sigma has on individuals and communities, self-care strategies to improve mental wellbeing, and guidance to create personal action plans for individuals and departments.

Tom Jenkins of UL Fire Safety Research Institute provided an update on the status of the National Emergency Response Information System (NERIS), which will replace NFIRS.

Next Meeting

The next NVFC meeting will be held in Alexandria, VA, on May 8-10, 2025.

Committees Meetings

Many NVFC committees met during the fall meeting, along with the Council’s EMS/Rescue Section. The NVFC has 19 committees that steer the Council’s direction in critical areas including health, safety, and training; wildland; standards and codes; recruitment and retention; hazmat response; and more. The NVFC’s OSHA Task Force also provided an update on the proposed Emergency Response Standard. For more information on this standard, visit the NVFC landing page.

Board Actions

During a special election, Reid Vaughan (AL) was elected to the position of Second Vice Chair, and Joseph Maruca (MA) was elected to the Executive Committee. Regular elections will be held in the spring of 2025.

In addition, NVFC Chair Steve Hirsch presented Maruca and OSHA Task Force Chair David Denniston with the Chairman’s Award in recognition for their work in addressing the proposed OSHA Emergency Response Standard and raising awareness to OSHA, Congress, responders, and the public of the impact this



NVFC Award 2024. Left to right: Joseph Maruca (NVFC), David Denniston (OSHA), Steve Hirsch (NVFC)

CONGRATULATIONS MASSACHUSETTS ACADEMY CALL/VOLUNTEER TRAINING GRADUATES!



**45 Call and Volunteer Firefighters Graduate from Fire Academy,
Representing 27 Communities**



Graduates of Call/Volunteer Class #114 represent the fire departments of Athol, Berlin, Boxborough, Carlisle, Grafton, Holliston, Hubbardston, Lincoln, Lynnfield, Middleton, Millis, Paxton, Pepperell, Phillipston, Westminster, and Weston.

The Martin H. McNamara Outstanding Student Award was presented to Firefighter Philip Gonzalez of the Grafton Fire Department. The award is named for Martin “Marty” McNamara V, a call firefighter with the Lancaster Fire Department who lost his life in the line of duty in 2003 while battling a fire in a multifamily home. It is presented to one recruit in each graduating call/volunteer training class and recognizes their academic and practical skills, testing, and evaluations over the course of the program.



Graduates of Call/Volunteer Class #115 represent the fire departments of Avon, Berkley, Dartmouth Fire District 1, Dartmouth Fire District 2, Dartmouth Fire District 3, Dighton, Freetown, Kingston, Lincoln, Plympton, and Swansea.

The Martin H. McNamara Outstanding Student Award was presented to Firefighter Shayne Redmond of the Plympton Fire Department.

Video of the ceremonies can be found at the Department of Fire Services' YouTube channel, www.youtube.com/dfsosfm.

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors. The MFA, a division of the Department of Fire Services, has offered the program since 2003. About 3,000 call and volunteer recruits have graduated since then.

MCVFA 2024 ANNUAL MEETING



MCVFA REPRESENTED IN 9/11 MA FALLEN FIREFIGHTERS MEMORIAL CEREMONY

Governor Healey, State Fire Marshal Davine, Mike McCullough of the Fire Service Commission, and MCVFA President Goldstein were among the many who joined the important annual ceremony. McCullough, who serves on the Board of Directors of the MA Fallen Firefighters Memorial, read the names of the fallen.



MCVFA WELCOMES LT. DAVID NEWMAN AS NEW VICE PRESIDENT, REGION 2



Lt. David Newman, MPH, EMT

David Newman is a Lieutenant and EMS Director for Carlisle Fire Department.

He has been a call firefighter and EMT in MA for 23 years. Lt Newman has advanced training in a variety of emergency response topics including Active Threat response, Management of EMS and Wilderness Medicine.

His background is in Public Health, and he worked in industry for almost 30 years, including most recently leading occupational health and safety programs for Comcast Cable. Lt Newman loves being outdoors, camping, staying fit and spending time with his family.

Welcome, David, to the MCVFA family and we wish you success in your new role.

Region 2

Newbury at Parker River

On Sunday, Oct 20, at shift change in the evening, the Newbury Fire Department responded to a local marina for a person in the Parker River. The reporting party stated her husband had fallen off their boat into the cold water approximately 25 minutes prior. The strong current was pulling the victim under the boat, and she was struggling to keep him above water. The duty crew and police department assisted in rescuing the near drowning victim.

On November 12, 2024, a few of the extraordinary members of the Newbury Fire, Police and Public Safety Team were honored by receiving the “Ribbon of Commendation for Service to the Community and Valor”. Lieutenant Keith Grant, FF/Paramedic Andrea Ball, and FF/EMT Jason Braley all members of the Newbury Fire Department were honored as well as two of the Newbury Police Officers Sgt. Jason daCuhna and Officer Manny Terrero, and Newbury Dispatcher Ted Wilson. Much appreciation to all of you from your patient and from the community on which you serve.

Carlisle FD



Specialized training with Boston MedFlight (BMF) for Carlisle firefighters and EMTs was held on October 23rd. Neighboring career and combined departments were also invited.

BMF landed one of its helicopters at nighttime, and reviewed communications, how to set up a landing zone, safety hazards, and when to call for a helicopter. In addition to Carlisle Fire and the BMF team, police, ALS intercept paramedics from PRO, and public safety dispatchers also attended. It takes a team to airlift a patient! On a recent motor vehicle crash, 20 team members from these agencies were all involved in different parts of initial response, landing zone setup and flight to a trauma center.

Brush Fires

The area continues to be plagued by dry, windy weather and persistent brush fires. Task forces from District 14 have supported fire suppression efforts in North Reading, Wilmington and Salem. Call and volunteer departments often have the ability to quickly supply staffing, equipment and expertise around forest fire technique and rural water supply, which can be critical for controlling and managing these fires safely and quickly.



Active Shooter Incident Management

ASIM was hosted by the Executive Office of Public Safety and Security (EOPSS) in partnership with Department of Fire Services (DFS) held in Framingham and attended by fire, EMS and law enforcement from multiple departments—career, call and combined. The three-day course featured instruction focused on the principles managing hostile events, and full-speed immersive simulations that allowed attendees to practice skills in incident management, communications, Incident Command, and even public relations. EOPSS is planning to hold more of these fantastic trainings in the near future.



I am new to the MCVFA leadership team and look forward to meeting more departments in Region 2! Please contact me and let me know if you have questions or want to share events in your town and across the region.

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Please forward information to Kevin Connolly at mcvfa@mcvfa.org or mail to:
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