

Call/Volunteers Serving Today to Protect Your Tomorrow

SMOKE SHOWIN'

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association



DRONE TO THE RESCUE

Holliston Fire Department, Holliston Police Department, and Sherborn Fire Department conduct a multi-agency drill simulating an injured party in the woods.

(Photo submitted by Assistant Chief Brian Kelley, Holliston Fire Department)

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FROM THE PRESIDENT

Happy Spring Everyone!

Spring is a wonderful time for call and volunteer firefighters. Now that we are out of the worst of winter, it is finally warm enough that drills outside are not too cold and we can even start pumping water again, yet it is not so hot like in summer that wearing our gear just feels miserable. (We can only hope that we don't have too many brushfires since most of Massachusetts is still in drought.)

Two springs ago, when I was just starting my first term as the President of MCVFA, things were looking rather dire for the MCVFA. The COVID-19 period caused significant fiscal difficulties and just a few years ago we were on the precipice of financial difficulties. Two springs ago things looked pretty bleak. It felt like the MCVFA was in perpetual winter, and spring would never come.

So, two springs ago, we made a lot of changes to MCVFA. We tried new ways of doing things. Many of these new ideas, including expanding Smoke Showin' while distributing it electronically, took root and grew. We slimmed our expenses and changed some things operationally to reduce costs and maintain financial viability. Other changes were implemented last year, such as our newly revised membership roster system. Over time, things began to improve, and the first green shoots of new life and new opportunities emerged.

I am very happy to report that as of Spring 2025 MCVFA is on solid financial footing. Due to the many difficult important decisions by the Executive Committee made in the past two years during my first term as President of MCVFA, we are no longer in financial difficulties. Even more importantly, we have a tightened fiscal budget that enables us to continue to support our mission without undue strain on our resources.

Last October 2024 we had a successful annual meeting at Upton FD (where they once again had a call in the middle of our meeting). At our meeting, I was honored to be re-elected President for a second two-year term, and we elected new officers and re-elected others. We are also fortunate to have new members of the Executive Committee and are continuing to add new people. (If you are interested in joining us, we have a place for you!)



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Smoke Showin' is the official journal of the Massachusetts Call/Volunteer Firefighters Association, a non-profit organization, and carries news and announcements concerning the MCVFA. MCVFA members receive this magazine as part of their dues. The MCVFA is not responsible for content or opinions other than association activities. Entire contents are © 2025 the Massachusetts Call/Volunteer firefighter Association, all rights reserved and, as such, may not be reproduced in part or in whole without written permission of the publishers. The MCVFA reserves the right to print portions or all of any correspondence received by the editors without liability on its part no such correspondence will be returned without prior agreement. Home delivery of Smoke Showin' is one of the many benefits of the MCVFA membership.

MCVFA has also increased membership from previous years and continues to hear from new people and departments interested in joining. We have appointed new members to statewide councils. We have new people and new energy – but we always have room for more so please drop us an email at president@mcvfa.org if you are interested in joining us in any capacity!

MCVFA continues to represent your interests in Massachusetts. We have benefited from some nice support from the Commonwealth last year and we continue to speak on your behalf to the Fire Marshal, the Massachusetts Fire Academy, and the State House.

We also continue to represent you strongly at the national level. Two of our Executive Committee members – Joe Maruca and I – are your representatives on the National Volunteer Fire Council (NVFC), where we hold leadership positions. Retired West Barnstable Chief Joe Maruca is on the NVFC’s Executive Committee, and I am Vice Chair of the NVFC’s Finance Committee.

More importantly, MCVFA has been a leader in pushing back against the new OSHA Emergency Response Standard proposed rules as they relate to fire departments. While well-intentioned, these proposed rules are overly comprehensive and would be expensive even for Boston – they would bankrupt many Massachusetts call/vol departments. In July 2024 on behalf of MCVFA I submitted a 42-page comment letter to OSHA outlining MCVFA’s issues with the new proposed standard. Our letter summarized our issues with the proposed rules in four words: “too much, too fast.” I also submitted written testimony to OSHA in August 2024 and testified orally to an OSHA panel in November 2024. Surprisingly, the OSHA panel was apparently unfamiliar with “call” departments and requested follow-up from me, which I submitted in writing in January 2025.

Meanwhile, our Executive Committee member Joe Maruca has been leading the fight at the national level for NVFC. He has been very active in the NVFC committees responding to OSHA and has himself submitted testimony and testified, as well as coordinating NVFC’s response.

Looking forward, after spring comes summer. We are excited for the next fiscal year that starts in July 2025. We will enter the new fiscal year financially strong and with a strong membership base. As a reminder, your membership in MCVFA needs to be renewed in July 2025, so please start laying the groundwork for your rosters (and dues) with your departments. Those rosters and dues are due by August, so please don’t delay. Since we are moving more and more electronically, this year we are hoping for more rosters to come as electronically as Excel spreadsheets – but we will, of course, always accept the handwritten ones or printed out rosters.

In summary, things are going well for MCVFA and looking up. Like the plants in spring, we are poised for good strong growth. We look forward to having you join us next year!

Sincerely,

Michael A. Goldstein, Ph.D.

President, MCVFA

FROM THE EXECUTIVE VICE PRESIDENT

Hello, MCVFA family and hello 2025. It has been a while since I've penned a message to our members and I'm happy to be back. I had taken a short reprieve from my duties as Executive Vice President to focus on family life. I once again look forward to working with our executive team and our members to keep MCVFA moving forward.

Recently, I was fortunate enough to share the stage as a delegate from MCVFA, with some of the finest instructors and members of the Massachusetts Department of Fire Service. It was an honor to congratulate each and every graduate of the class 115. There were 24 graduates from Bristol and Plymouth Counties. I wish them nothing but success in their journey through the fire service. I would also like to personally thank them for their dedication to their respective communities throughout the Commonwealth.

I would like to take this opportunity to ask the members of MCVFA for some help and direction for our organization. As an association we have made tremendous strides to improve our ourselves fiscally and organizationally. I welcome our new Eboard members and welcome back some "old friends." If you or someone you know is interested in serving as an Eboard member of MCVFA (Region VP, Region Coordinator, etc), please reach out with comments or concerns you might have. We are only as strong as our membership, and you are our driving force.

In mid-February I had an opportunity to catch up with Region 1 VP John Walcek and Coordinator Mike Palimeri. A robust conversation over coffee was had regarding the state of the region and where we see MCVFA in the near and distant future. Positive feedback from all left us with promising results and change forthcoming. We look forward to working with our members on region one soon. Once again, as this is your association your feedback is appreciated.

In closing, I find myself looking at our present political climate and those of the past. President Harry S. Truman once said "an honest public safety servant can't become rich in politics. He can only attain greatness and satisfaction by service." We should all strive to be rich in the service we all volunteer to do. I for one am proud of my thirty-seven years as a public servant and I truly feel rich in the work I've been part of.

Stay safe, my brothers and sisters, and as always, thank you for your dedication to your community.

Respectfully,

Lt. Christopher J. Hajder, NREMT
Executive Vice President, MCVFA



CONGRATUALTIONS, LT. JOHN FONTES, HANOVER FIRE, ON HIS RETIREMENT

Lt. Fontes served five fire chiefs in two towns, totaling 48 years of service.



Left to right: Lt. Fontes, Chief Peter Huska (RET Hanson Fire), Chief Steve Tucker (RET Hanover Fire). (Photo: Scott Billings)

BEYOND THE FIRE: WHY RETIREMENT HITS HARDER THAN YOU EXPECT



By Aric Lee

The Fire Goes Out. Now What?

Retirement is supposed to be the goal. The reward. The time to finally relax after decades of service.

So why do so many firefighters struggle when they get there?

Because nobody prepares you for what happens after the job.

Nobody talks about how to transition out of the job in a way that keeps you healthy—physically, mentally, and emotionally. And that’s a problem.

I know the feeling. I spent over a decade as a firefighter-paramedic, responding to calls that blurred together—fires, medicals, wrecks, trauma. The job demanded everything. And I gave it.

But here’s what they don’t tell you: the moment you step away, everything changes. The adrenaline dumps stop. The brotherhood fades. The routine disappears. And suddenly, you’re

A lot of guys struggle with this transition. Some fall into bad habits—drinking more, moving less, feeling lost. Some develop health problems that creep up fast. Some just feel off—irritable, unmotivated, stuck.

left standing there, wondering:

What do I do now?

If that’s you, you’re not alone. But here’s the truth:

Retirement isn’t the end. It’s just another transition. And like any fire scene, if you don’t have a plan, things go sideways fast.

Departments are dropping the ball on retirees

Fire departments are great at training firefighters. They’ll teach you how to force doors, fight fires, and handle medicals. They’ll drill you on tactics, strategies, and survival skills.

But what about after? Where’s the training for retirement?

Some departments have programs, but let’s be

honest—they’re outdated. They don’t cover what really matters. Sleep. Nutrition. Sunlight. Supplementation. Community. Brotherhood. Routine.

Firefighter retirement programs should be mandatory. Every department should have a system in place to help guys navigate this shift. Because ignoring it doesn’t make it go away—it just leaves retirees feeling lost, broken, and



disconnected. But whether they fix it or not, you still have to take control of what happens next.

The Physical Shift: Your Body Is Talking. Are You Listening?

The job wrecks your body. You might not have noticed it in your 30s and 40s, but trust me, it catches up.

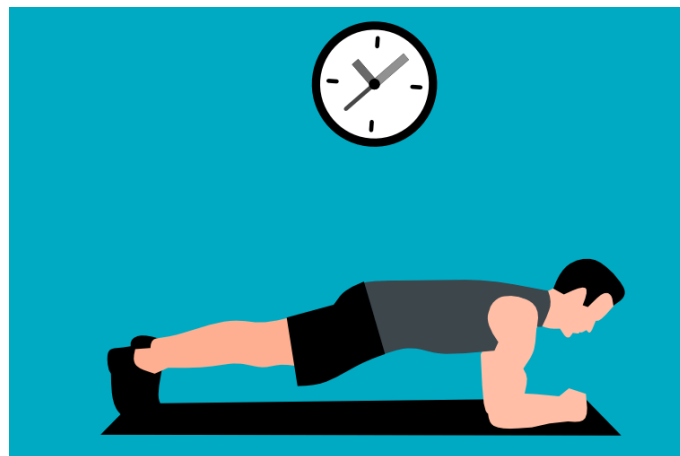
The stiff joints, the nagging injuries, the gut issues, the energy crashes—it's all payback for years of stress, sleep deprivation, and repetitive abuse. I lived this.

I was the guy who trained hard, competed in American Ninja Warrior—twice—stayed fit, and preached movement, nutrition, and recovery. But behind the scenes? I was breaking down.

A completely torn knee. Multiple hernias. Internal scarring from an autoimmune disease. A body that took a beating and a nervous system that was fried from years of constant stress. And I know I'm not the only one.

What You Can Do Today:

- **Mobility Over Meathead Lifting.** You don't need to bench 315. You need to move pain-free. Daily mobility work will change how you feel.



- **Active Recovery is Non-Negotiable.** If you're stiff, tight, or constantly sore, your body is screaming at you. Listen to it. Foam roll, stretch, move daily.
- **Strength Training, But Smarter.** You still need to be strong—but in ways that support longevity, not destroy your joints.

The Mental Shift: If You're Angry All the Time, That's a Red Flag

A lot of guys don't realize how much stress they've been carrying until they retire.

I've worked with clients all over the world, and one thing is the same—we're all hyper-stressed and beaten down. We think it's normal to be impatient, short-tempered, and constantly irritated. It's not. It's a sign that your nervous system is shot.

I've been there. I didn't realize how much the job had conditioned me to operate in a constant fight-or-flight state. The stress, the sleep deprivation, the adrenaline—when it finally stopped, I wasn't just tired. I was wired and tired. Snapping at small things. Impatient. Worn down but restless.

If that sounds like you, it's not just your personality—it's your physiology. And if you don't actively reset your system, it only gets worse.

How to Reset Your Nervous System:

- **Fix Your Sleep.** No caffeine after noon. Blackout your room. Get morning sunlight. Sleep is your foundation.
- **Change How You Fuel Your Body.** Cut the junk. Eat whole foods. Prioritize protein. Hydrate.



- **Train Your Stress Response.** Breathwork, cold exposure, sauna—these things work. They physically shift your body out of survival mode.

The Longevity Shift: It's Not Too Late to Take Control

I've worked with men in their 50s, 60s, and beyond who completely changed their health and their mindset.

One of my clients, David, started training with me at 61. By 65, not only was he stronger—his posture had improved so much he actually GREW taller. His doctor confirmed it.

You are not too old. It is not too late.

But you have to take action. Retirement isn't an excuse to let yourself go. It's an opportunity to rebuild the right way.

A simple plan to start today:

- Move daily (walking is easy and necessary)
- Focus on protein and whole foods
- Optimize sleep—your body needs it
- Find a new mission—it doesn't have to be firefighting
- Stay connected—brotherhood doesn't have to end at retirement



Final Thoughts: Your Mission Isn't Over

If you're feeling lost in retirement, you're not alone. The firehouse might be in your past, but your future is still in your hands.

Nobody's coming to save you. That's the hard truth. You spent a career saving others. Now, it's time to take care of yourself. Your best years aren't behind you. They're ahead—if you take control.

If this resonated with you and you need guidance, feel free to reach out. Whether it's training, mobility, or just figuring out what's next, I've been there. And I know there's a way forward.

Aric Lee is a former firefighter/paramedic with over a decade of service in Prince George's County, Maryland. Now the owner of Evolve To Fit, one of only two GymnasticBodies affiliates in the world, he specializes in Gymnastic Strength Training (GST), chronic pain recovery, and longevity-focused coaching. Drawing from his experience in emergency medicine and preventative health, Aric helps firefighters and retirees optimize their physical recovery, sleep, nutrition, and overall well-being through his "Retirement Transition Program."

A LEGACY OF TRAINING: THE MASSACHUSETTS FIREFIGHTING ACADEMY AND THE CALL/ VOLUNTEER PROGRAM

By Josh Shanley



For decades, the Massachusetts Firefighting Academy (MFA) has been a pillar of professional development for the Commonwealth's fire service. While full-time career firefighters have long benefited from structured, standardized training, call and volunteer firefighters—who make up a critical portion of Massachusetts' fire service—often faced challenges accessing the same level of instruction. This changed with the creation of the Call/Volunteer Firefighter Training Program, an initiative that has transformed training and professional development for thousands of firefighters across the state.

A Training Gap in the Fire Service

Massachusetts has a long history of dedicated call and volunteer firefighters serving their communities. However, for much of the 20th century, there was no formalized, state-supported training program tailored specifically for them. Unlike their full-time counterparts, call and volunteer firefighters typically had to rely on in-house training within their departments, which varied widely in scope and consistency.

Recognizing this gap, fire service leaders and state officials pushed for a solution that would provide structured, standardized training opportunities for all firefighters—regardless of department size or status. The result was the Call/Volunteer Firefighter Training Program, a statewide initiative designed to ensure that all firefighters, whether career or volunteer, had access to the knowledge, skills, and hands-on experience needed to operate safely and effectively.



The First Call/Volunteer Firefighter Class

The Massachusetts Firefighting Academy graduated its first class of call and volunteer firefighters on June 30, 2003. The 30-member class, which included two women, completed a rigorous 16-week Firefighter I Plus program designed to certify participants in handling emergencies such as house and car fires.

The graduation took place at the Springfield Sheraton, marking a major milestone for rural departments that often rely on volunteers



Plaque from Class 001 from the walls at MFA.

rather than career firefighters. The program specifically recruited individuals from rural towns in Hampden County, including Monson, Palmer, and Russell, among others.

According to Peter J. Lamb, then-director of the Massachusetts Firefighting Academy, this class was the first to complete academy training under the supervision of certified instructors. The program provided an unprecedented opportunity for call and volunteer firefighters to receive formalized, academy-level training while balancing their other commitments.

A Growing Program with Lasting Impact

Since that first class in 2003, the Call/Volunteer Firefighter Training Program has expanded significantly, evolving to meet the needs of departments across the Commonwealth.

By 2021, the program celebrated a major milestone when the 100th Call/Volunteer class

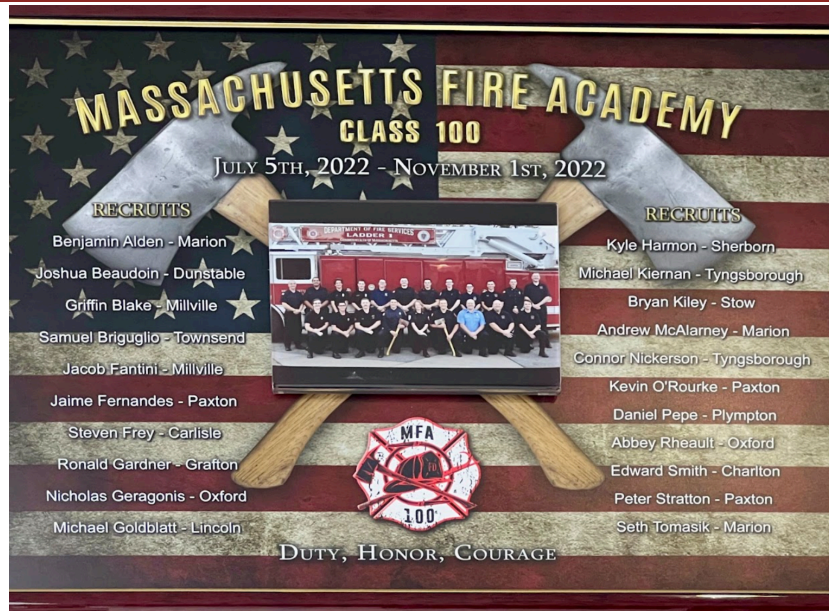
By providing structured, high-quality training tailored to the realities of call and volunteer firefighting, the Call/Volunteer Firefighter Training Program has leveled the playing field, improved firefighter safety, and strengthened departments across the state.

graduated in the midst of the COVID-19 pandemic. Despite the challenges of lockdowns and social distancing, the Academy adapted its methods, ensuring that training continued for the firefighters who serve Massachusetts communities.

The program has brought a higher level of skill, professionalism, and safety back to their hometown fire departments.

For many communities, the program has been a game-changer. Small departments that once struggled to provide consistent training now have access to high-quality, standardized instruction, ensuring that every firefighter is prepared to meet the demands of modern fire response.

Moreover, the program has strengthened the connection between Massachusetts' fire service and the State Fire Marshal's Office, reinforcing a shared commitment to firefighter safety, professional development, and public protection.



Plaque from Class 100 from the walls at MFA.

A Continued Commitment to Training

As the fire service continues to evolve, the Call/Volunteer Firefighter Training Program remains an essential part of firefighter education in

Massachusetts. It has not only elevated the standards for call and volunteer training but has also reaffirmed the critical role that Massachusetts' volunteer firefighters play in protecting their communities.

For today's call and volunteer firefighters, the program represents more than just training—it's a legacy of preparedness, service, and commitment to excellence.

The Massachusetts Call/Volunteer Firefighter Training Program is a testament to the dedication of the Commonwealth's fire service.

As we look to the future, the need for comprehensive, accessible training remains more important than ever. Massachusetts call and volunteer firefighters continue to answer the call—not just to fight fires, but to train, learn, and uphold the proud tradition of the fire service.

Josh Shanley is a historian, author, retired firefighter/paramedic, and Media Specialist for the Massachusetts Firefighting Academy, with over 30 years of experience in emergency services, emergency management, and higher education.

Holliston Fire Department – Innovative Trainings in 2024



The Holliston Fire Department is a primarily On-Call Department, located in southern Middlesex County that operates out of five fire stations. The department consists of 4 Engine Companies and a Ladder Company, but also operates its

own Paramedic Level Ambulance Service. In 2024, the department responded to a combined 1,818 calls for service. The Central Fire Station is staffed 24/7 with 2 to 3 EMS Providers, however Fire Personnel are on-call from home.

The department typically conducts three trainings a month, two related to the Fire Service and one Emergency Medical Services training. As a result of our staffing model – frequently our EMS Providers arrive on scene in advance of Fire Personnel. As a result, it is important that Fire and EMS Personnel frequently train together.

Holliston is lucky to have a variety of trails that are open to the public such as the Rail Trail, walking and biking trails located off Adams St in the conservation land, Daniels Conservation and

Lake Winthrop Trail Systems, etc. As a result however, the department responds to a variety of medical and traumatic emergencies, in addition to visitors that become lost and disoriented in the woods. On Monday August 19, 2024 the Holliston Fire Department, Holliston Police Department, and Sherborn Fire Department conducted a multi-agency drill simulating an injured party in the woods.

The scenario simulated the Ambulance crew being dispatched to an injured person in the woods, whose exact location was unknown. As night fell, and weather conditions worsened [rain] the EMS Crew quickly realized they would need additional resources and called for the Fire Duty Officer, as well as additional Fire Personnel to the scene. Responding Law Enforcement Officers and the Fire Duty Officer requested additional resources including Unmanned Aircraft System (UAS), more commonly known as drones from the Holliston Police Department and Sherborn Fire Department. The EMS Crew interviewed simulated witnesses on scene, who gave conflicting information to the initial report, which commonly occurs during emergency responses.

The Incident Commander utilized information garnered from the initial 9-1-1 call, witness statements as well as live drone footage to formulate an Incident Action Plan (IAP) and





deployed resources into the woods in an attempt to locate, treat, and extricate the patient. Crews utilized a program called CalTopo to plot locations and landmarks, as well as to track search crews in real time. Crews successfully searched a 67 acre section of the woods with limited information, and were able to locate, treat and extricate the victim within approximately 60 minutes of the deployment of resources.

In 2022, the Commonwealth of Massachusetts adopted a law that has come to be known as “Nero’s Law” requiring all EMS Providers within the Commonwealth of Massachusetts to receive training to provide medical care to police dogs, also known as K9s, who become ill or injured in the line of duty. Holliston Police currently has a K9 pair consisting of Sergeant Todd Hagan and K9 Mattis. To ensure that we are fully prepared in the event that K9 Mattis requires medical attention – Holliston Fire Department provided the foundational knowledge base for this completing both in-person and online training in 2023 and 2024. This training culminated in a full scale scenario in consisting of the Holliston Fire Department, Holliston Police Department, Medway Fire Department and the Cummings School of Veterinary Medicine at Tufts University. Holliston Hub – HCAT was on scene filming the training exercise and published it, which can be found on Youtube [here](#).

The scenario simulated the Fire Department being dispatched to a reported motor vehicle crash (MVC) with entrapment. The Ambulance crew arrived first finding a two car motor vehicle accident, one rolled over with entrapment. The crew quickly ascertained that one of the involved vehicles was a Police Officer with a K9 Officer that was injured. The Fire Duty Officer, Engine 4, and Rescue 1 responded as a result of the report of entrapment. In addition, an Ambulance staffed at the



Paramedic Level responded from the Medway Fire Department as a result of multiple patients being reported. Crews split and simultaneously worked to extricate, treat and transport the entrapment victim, as well as the injured Police Officer and K9. The K9 was “transported” to a simulated veterinary hospital where students and staff from Tufts University, Cummings School of Veterinary Medicine simulated receiving care of the K9 and a report from an EMS Crew. This was an excellent training opportunity both for Pre-Hospital EMS Providers to put skills they learned during their K9 medical training, while the staff from Tufts who typically do not receive a report or an animal who had received care from pre-hospital providers were able to fine tune their skillsets.

Innovative, multi-agency training is essential to preparing organizations that may not often collaborate for rare but significant incidents. The Holliston Fire Department remains dedicated to ensuring its members receive comprehensive training and are well-equipped to respond swiftly and effectively to emergencies of any nature, fostering strong partnerships with mutual aid agencies through regular joint exercises.



Assistant Chief Brian Kelley has served with the Holliston Fire Department since August 2023 and brings nearly two decades of experience in the Fire and Emergency Medical Services field. He holds a Master's Degree in Organizational Leadership with a concentration in Fire Rescue Executive Leadership from Waldorf University. In addition, Assistant Chief Kelley is a Credentialed Chief Fire Officer in the Commonwealth of Massachusetts, as well as a certified Chief Fire Officer, and an EMT Instructor/Coordinator, demonstrating his strong commitment to leadership, education, and public safety.



KNOW YOUR RESPONSE TIME

By Chief Joe Maruca (Retired)

It sounds like a simple question, but when I ask firefighters what their department's response time

is, they are rarely able to answer the question. For some reason, this key piece of data about fire and EMS response is frequently overlooked by many departments, particularly smaller departments.

Let's start by talking about why knowing your response time is important. First, we all realize that the quicker firefighters arrive, the smaller the fire is likely to be and the faster the fire is extinguished, and this means less damage and fewer injuries. If you don't know your response time, you can't assess the risk to you and your community.

Understanding risk can help you train more effectively by focusing on what you are likely to encounter and by focusing on what your real life first due resources are likely to be.

Most of our departments are doing 50% to 70% EMS calls, and response times are equally important when it comes to delivering emergency medical care. The sooner you apply the AED, the greater the likelihood your patient will survive. The sooner you arrive to a person fallen, the lesser their trauma and pain.

Knowing your response time will help you allocate resources and help you ask for and get more resources. For instance, I suspect everyone needs more call/volunteer firefighters, but to make that message get through to your community you need facts and data. More volunteers will reduce response times and improve outcomes, but you need to demonstrate this for people to really understand it.

You will also be able to assess the effectiveness of your department and its response plans if you know your response time, including incoming mutual aid and automatic aid. (For planning

purposes, you can ignore your response time to other communities.) You can spot different parts of town where response times may be longer than usual so you can plan appropriate responses. If you know your response times, you can try different response procedures and test them.

For instance, I've seen departments improve response times by having responders equipped with a medical bag, an AED, and radio, respond directly from home/work to patients. They can provide fast care while awaiting the ambulance.

Additionally, elected officials and the public will have realistic expectations. I'm sure we've all experienced complaints about "what took you so long", and if you tell people up front what to expect, it takes the punch out of people acting surprised when confronted by reality.



What is response time?

Traditionally, there has been a lot of debate about this, but I think the fire and EMS services have generally settled on the definition being the time between the 911 call for help and the arrival of the first fire or EMS unit. This is response time as experienced by our customers, the people in our town when they call us for help. As soon as they dial 911, the clock is ticking for them, even if our tones haven't gone off yet.

What is your statistical response time? This is your response time 90% of the time. This is what citizens can expect 90% of the time when they call 911 for fire or EMS in your community.

If you tell your community that your average response time is 8 minutes, then half of all people who call you will experience a response time of greater than 8 minutes. This leaves half of your customers feeling they had lousy service. If instead, you tell your community that they should expect a fire truck or ambulance in 14 minutes 90% of the time, then 90% of your customers will get what they expect.

Why 90%, why not an average time (or 50%)? Because using 90% focuses on the customer experience, and it also helps set realistic expectations for public officials and the community as a whole. What 90% of your citizens experience is more relevant than the average or 50% experience. If you use an average, half of your citizens will get slower care than you are advertising.

What about the other 10% of incidents with longer response times?

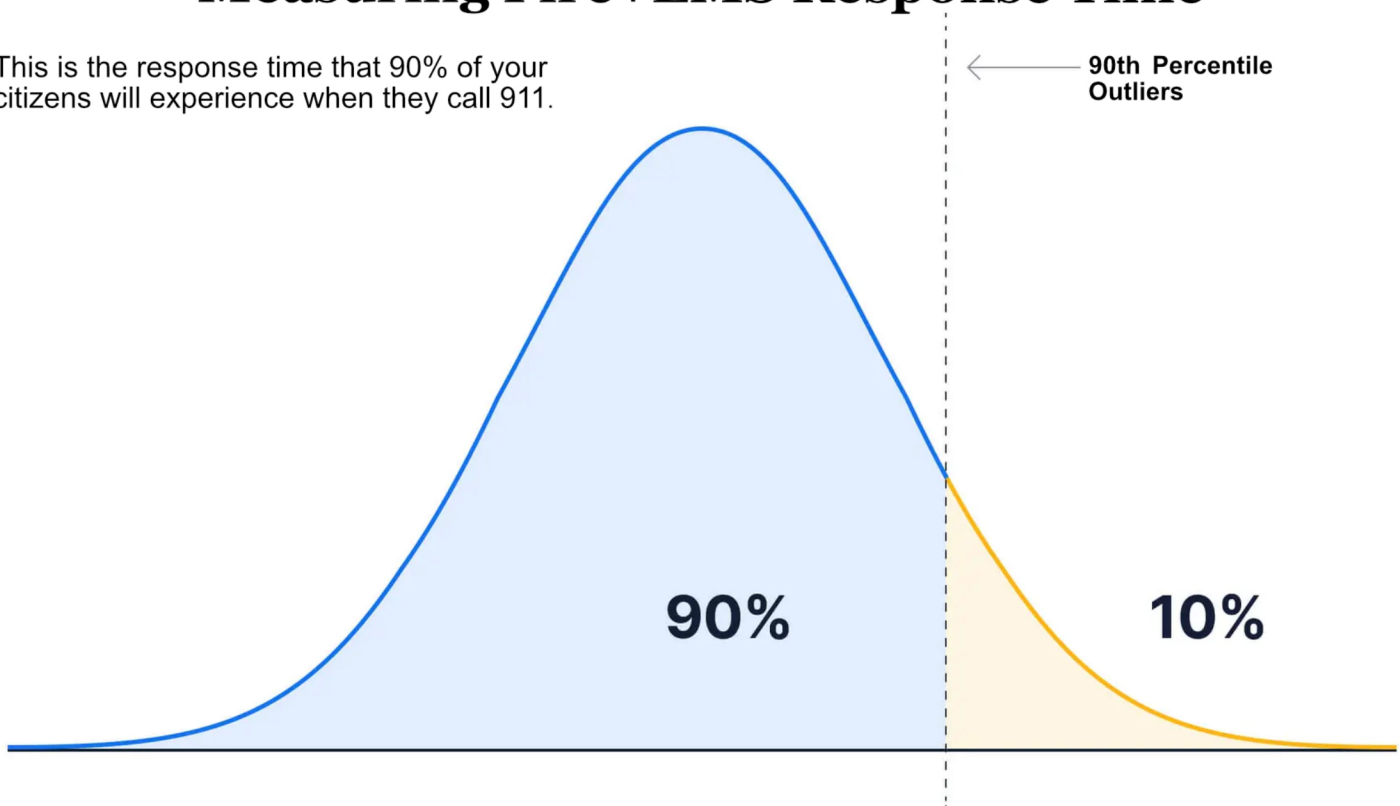
These tend to be outliers with delays that can be attributed to weather, difficult locations, simulations incidents, or mutual aid. People will understand the reasons for these delays. When I was chief, I published a quarterly report identifying every incident where the response time exceeded the 90th percentile response time and explaining why. It was well received, and we gained a great reputation from it.

How to calculate your department's 90th percentile response time:

1. Arrange each of your incident response times from shortest to longest. (Do not include mutual or automatic aid to other communities.)
2. Count the total number of responses.
3. Multiple the total number of responses by 0.1.
4. Round down to the next whole number.
5. Then count up from the bottom of your response time list – starting with the longest response time by the number you got above.
6. The result is the incident that represents your 90th percentile response time.

Measuring Fire+EMS Response Time

This is the response time that 90% of your citizens will experience when they call 911.





Sample response time calculation with 15 responses

For a small number of responses in a year, you can easily do this on a legal pad. If you have a lot of data, you can do this on an Excel Spreadsheet.

Here's a simple example with 15 responses (a week, a month or a year depending on the department):

- 08:38 minutes
- 11:32 minutes
- 13:01 minutes
- 14:34 minutes
- 14:44 minutes
- 15:09 minutes
- 15:14 minutes
- 15:48 minutes
- 16:42 minutes
- 16:56 minutes
- 17:02 minutes
- 17:23 minutes
- 17:24 minutes
- 18:04 minutes
- 23:43 minutes

There are 15 data points (response times) so you multiply 15×0.1 and the answer is 1.5. Round up to the next whole number, in this case the number is two (2). Then starting at the bottom with your longest response, count up the list by two and the highest remaining number, 17 minutes and 24 seconds, is your department's 90th percentile response time. You can then round down to 17 minutes for planning and discussion purposes.

(Mathematically, an 18:04 minute response out of the 15 responses is 93.333% and 17:24 minutes is 86.6667%. There is no response that precisely hits 90%. Rounding is necessary and from a planning standpoint, whether or not you round up or down isn't critical since both response times are similar. The more response times you are analyzing the more precise the math gets.)

This means that when someone calls the fire department, they can expect to have the first fire department unit on location in 17:24 minutes (or sooner) 90% of the time.

Lastly, I know that some of you might be concerned that this information will be used against you and your department.

Your response time might appear longer than what some other town advertises (especially those that use an average response time instead of the 90th percentile). Some people might be critical of you. I faced this issue and found that our actual response times were better than the myths people were saying about us. And then, once we knew our response times, we could try different procedures to reduce them, and this went over well with our elected officials and public.

If you want some help with this, please feel free to reach out and send me an email. I'd be happy to help. jmaruca291@gmail.com

VOLUNTEERING FOR A CAUSE

By Captain Monica Neveu, Goshen FD



Proving again that the Goshen Fire Department is more than just an emergency response team, they also answer the call for a good cause. On Saturday, March 15th, four members of Goshen Fire lent a

helping hand at the DAR State Forest for the "Plunge for Adventure 2025!"

This polar plunge is an annual event for All Out Adventures, a local nonprofit organization which promotes health, community, and independence for people with disabilities through outdoor recreation.

Every March for the past several years, a giant hole is cut into the ice at Upper Highland Lake in the DAR. Members of the Goshen Fire Department don their dry rescue suits and standby in the event of any life-saving emergencies which may occur. This year's plunge raised over \$41,000 for All Out Adventures so far. It goes without saying how important it is to engage the volunteer fire department with the community they serve. This builds trust and familiarity with the firefighters. This trust can lead to better cooperation in emergencies and make residents feel more comfortable reaching out for assistance. These

Goshen Fire Department members, On the ice, "Big Mike" Cunningham, Captain Monica Neveu and Marianne Neveu, Dylan Tanner in the lake.

Photos: Samuel Masinter

The crowd, including a local marching band, eagerly await the start of the Plunge.

Photo: Captain Monica Neveu

opportunities also gives firefighters crucial training and review of our ice water rescue skills, equipment, and first aid.

Several Goshen residents approached the firefighters and introduced themselves, eager to know who was likely to respond next time they dialed 911. The event was a huge success without any accidents or injuries!



Twenty-five year GFD member, Marianne Neveu, enjoys a pre-plunge back float.



All Out Adventure staff members provided the final plunge with gusto!



SWANSEA FD: RECOGNITION OF RECENT DFS GRADUATES



LEFT: From Left to Right: Swansea graduates, Madden Huck, James Stellakis and Lucas Canario (representing an honor guard for the ceremony)

RIGHT: From left to right: Swansea Fire Dept contingency: Captain Jordan Amorin, FF Bruce Katz, graduate FF James Stellakis, Graduate FF Lucas Canario and Lt. Chris Hajder.

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

FIVE TRUMPETS MEATLOAF

Submitted by Joe Maruca

Ingredients:

Serves 8

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 bottle, dark or amber beer
- 1 teaspoon dried thyme
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1 lb. 95% lean ground beef
- 1 lb. 93% lean ground turkey
- Feel free to use lamb, beef, turkey, chicken, or any ground meat that you like
- 1 cup whole-wheat breadcrumbs
- 1/4 cup chopped parsley
- 2 large eggs, lightly beaten



Instructions:

1. Preheat oven to 375°F. Coat and 8 1/2 x 4 1/2" loaf pan with cooking spray or wipe with vegetable oil.
2. Heat canola oil in a large nonstick skillet over medium heat. Add onions and cook, stirring often, until translucent and starting to brown, about 5 minutes.
3. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy, and the mixture reduces to about half of the liquid, 8 to 10 minutes.
4. Transferred to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 5 to 10 minutes.
5. Add beef, turkey, breadcrumbs, parsley, and eggs to the onion & beer mixture. With clean hands, mix thoroughly and transfer to the prepared pan.
6. Bake the meatloaf until an instant-read the thermometer registers 160°F when inserted into the center, about 1 hour and 15 minutes.
7. Removed from oven and rest for 5 minutes. Drain the accumulated liquid from the pan. Move the meatloaf to a cutting board. Slice and serve with roasted potatoes.

LEMON-SEASONED ROASTED POTATOES

Ingredients:

- 2 pounds small red (or mixed color) potatoes, halved or quartered
- Finely chopped fresh parsley, for garnish
- Olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 teaspoons deli mustard or Dijon mustard
- 2 garlic cloves, minced
- 1 tablespoon minced rosemary, or thyme
- ¼ teaspoon red pepper flakes
- Coarse salt
- Ground black pepper



Instructions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper (or cover with vegetable to prevent sticking).
2. Toss the potatoes with some olive oil, salt, and pepper, and spread evenly on the baking sheet. Roast 20 to 30 minutes, or until tender and golden brown around the edges. The timing will depend on the size and freshness of your potatoes, and how roasted you like them.
3. Make the dressing: In a bowl, whisk/stir together the 2 tablespoons of olive oil, lemon zest, lemon juice, mustard, garlic, rosemary, red pepper flakes, ¼ teaspoon of salt, and ¼ teaspoon of pepper.
4. Drizzle the dressing onto the cooked potatoes and gently toss. Sprinkle with parsley and serve.

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

CANCER BENEFITS AND THE CALL/VOLUNTEER FIRE SERVICE IN MASSACHUSETTS



By Chief Joe Maruca (Retired)

A few times each year, the question about what happens if a currently active or a recently retired call/volunteer firefighter has a diagnosis of cancer arrives at the MCVFA. It's a tough question, first because someone is very ill, and second, the answer is rarely satisfying. So, let me try to explain the general situation.

For example, if a call firefighter received \$8000 last year, then his/her 111F payments would be about \$666 a month. If the call firefighter received \$2500 last year, then the 111F payments would be about \$208 a month. A volunteer firefighter who is unpaid, gets nothing. The benefit under Section 111F for call and volunteer firefighters is meager.

For a firefighter (call, career or volunteer) to be eligible for 111F benefits, he/she must apply for them (it's not automatic). Applying for them

Call/volunteer firefighters are subject to and entitled to (short-term) line-of-duty disability payments pursuant to GL Chapter 41 Section 111F ("111F") for injuries received in the line-of-duty. However, the benefit paid to call/volunteer firefighters under 111F is limited to what they are paid for their services as call/volunteer firefighters. (There is a similar law for EMS providers at GL Chapter 41 Section 111N.)

can be on a town or department provided form or by a letter stating they are a member of the fire department, that they have suffered a line-of-duty injury that renders them disabled and unable to continue working as a firefighter, and requests GL Chapter 41 Section 111F benefits. The letter should describe the injury and the circumstances that lead to the injury. It is then up to the town to either approve or disapprove the application for 111F payments. (If the firefighter is unable to apply, then someone, typically a spouse, power of attorney, or lawyer, can apply for them.)

A town may have insurance for 111F claims, however, whether the 111F claim is covered by

the insurance policy is not relevant or determinative of the town's obligation under 111F. Similarly, the town is not relieved of its obligations under 111F when it exhausts any insurance coverage it may have. (Cities and towns are not required to have insurance. They may choose to self-insure.). Lack of insurance coverage is not a legal reason to deny a firefighter's claim.

Up until 2018, the problem with cancer and 111F applications had been the inability of the firefighter to identify a specific incident or series of incidents in his/her firefighting activities that caused the cancer. This led to towns legally denying 111F claims for cancer, because 111F requires a specific line-of-duty cause of the injury. We don't know what causes many cancers and we can almost never point to a specific event that caused them.

Now, let's look at the "Cancer Presumption Law" and see how it interacts with 111F.

For many years, Massachusetts has had a law, GL Chapter 32 Section 94B, that says that if a "paid" firefighter has certain cancers that he/she may apply for a disability pension, and it will be presumed that the cancer was a result of his/her firefighting duties. The presumption is rebuttable by the town, but difficult to rebut (unless you are a smoker or chew tobacco). A paid firefighter would include call (part-time) and career firefighters but won't include unpaid volunteers. It might include volunteers who are paid a stipend, so this is good reason for volunteer departments to pay at least a nominal annual stipend to its firefighters.

This law also says that to be eligible for this presumption the firefighter must:

1. Have had a Firefighter Medical Exam at the start of his/her firefighting career; or
2. Had a Firefighter Medical Exam during his/her firefighting career prior to the cancer diagnosis; and
3. The Firefighter Medical Exam must have shown no cancer; and
4. The firefighter must have served as firefighter for at least five years prior to the cancer diagnosis; and
5. The firefighter has actually responded to fires or investigated fires; and
6. The cancer is disabling or fatal.

This Cancer Presumption Law only applied to applications for a (long-term) disability pension and not for injury claims under 111F. The distinction being that 111F is a short-term payment by the town while the firefighter recovers from his/her injury (or is awaiting a disability pension), and the Cancer Presumption Law is about a permanent disability pension paid by the retirement system.

However, in 2018, the Massachusetts Legislature and Governor enacted an amendment to GL Chapter 41 Section 111F that brought applications for 111F payments by firefighters within the “Cancer Presumption Law”, Chapter 32 Section 94B.

If a call/volunteer firefighter had a firefighter medical exam that showed no cancer, and he/she has been a member of the department for at least five years, has responded to fires, and the cancer is disabling, then he/she may have a successful application for 111F benefits (as meager as they are), and more importantly, a successful application for a disability retirement as a result of certain cancers.

This leads to the question “what are the disability pension benefits for call/volunteer firefighters”?

There are different possible paths, depending upon the type of department you are from.

- If you are from an all-volunteer or all-call department, then GL Chapter 32, Section 85H 1/2 applies to you. This law says that if a call/volunteer firefighter is permanently disabled in the line of duty, they can apply for a pension that is based upon 2/3rds or 100% of the salary of career firefighters in your area. The pension board will average the starting salary of three career departments near you to determine the amount the pension is based upon. If your injury makes you unemployable then you can

be eligible for a 100% pension, if your injury means you can't be a firefighter and have limited employment options, then you qualify for the 2/3rds pension. But there's a catch. For you to be eligible, your city, town, or fire district must have voted to accept the terms of GL Chapter 32, Section 85H 1/2. The vote would have to be prior to your injury, and it would have to be by the city council or town/district meeting. If your town hasn't accepted this law, you should petition for it be on your next town meeting warrant.

- Everyone should be aware that the Cancer Presumption Law does not apply to Chapter 41 Section 100, the law that requires cities, towns and districts to pay all of the medical bills for firefighters who suffer a line-of-duty injury. The firefighter's (personal) health insurance (Medicare, Blue Cross, Harvard, Tufts, Etc.) is responsible for the medical bills related to cancer. The presumption is only about income replacement, not medical bills.
- Lastly, GL Chapter 41 Section 101A prohibits anyone who is appointed as firefighter after January 1, 1988 from smoking. If a firefighter smokes, this can result in them not being eligible for benefits under the cancer presumption laws. Smoking is known to cause cancer, particularly lung cancer, so a city or town can use this to deny that the cancer is work related and deny a claim.

The bottom line

There is a path to benefits for call/volunteer firefighters in Massachusetts who have a disabling or fatal cancer diagnosis, but these benefits can be hard to qualify for. At the moment, the MCVFA is unaware of any call/volunteer firefighter who has ever successfully received any cancer related benefits.

GET READY: NFIRS ENDS & NERIS STARTS IN A FEW MONTHS

By Chief Joe Maruca (Retired)

As you likely have heard, NERIS is replacing the current system, NFIRS, which will be fully sunset at the beginning of 2026. Massachusetts departments will start onboarding to NERIS in October 2025.



The new platform provides a modernized approach to incident reporting and data management, giving departments near real-time insights to improve emergency response. Departments can connect to NERIS in one of two ways:

- Using the free NERIS incident data collection app, or
- Through a third-party records management system (RMS).

NERIS offers significant improvements over the legacy system, allowing departments to capture more detailed incident types, on-scene actions, and timestamps for key incident milestones. These enhancements provide a richer story of emergency response, including post-arrival actions and mutual/automatic aid coordination.

To prepare for a smooth transition, departments should:

- **Designate a NERIS lead.** Identify an authorized department member to oversee the transition and serve as an entity administrator in the system.
- **List users.** Determine who in the department will need NERIS access. If using an RMS, only leadership and administrators may need direct access to NERIS itself.
- **Gather department details.** Ensure readiness by compiling essential information like address, contact details, staffing by station/unit, population served, and jurisdictional boundaries.
- **Understand the timeline.** Review the rollout schedule and onboarding plan below to determine when the department should make the transition.
- **Familiarize your team with onboarding resources.** Access the latest materials at <http://neris.fsri.org/>

Choosing a Reporting Method

Each department must confirm whether it will onboard NERIS via a third-party RMS or the NERIS collection app. If using an RMS, they can switch when their vendor has connected to the NERIS API and enabled the integration in their department profile.

Since RMS platforms must adjust to the NERIS data format, we recommend that departments contact their vendors to confirm their timeline for enabling NERIS.

Support & Next Steps

Throughout the rollout, self-onboarding tools, training, and educational resources will be available. Additional information and support is available from the State Fire Marshal's Office and FEMA.

MCVFA LEGISLATIVE CORNER

By Kevin Connolly, Past President; MCVFA Legislative Co-chair



In legislative news, the MCVFA has re-submitted legislation for the 194th Legislative Session. The session runs from January 1, 2025 until December 31, 2026. I'd like to thank the Senators and Representatives for supporting these important pieces of legislation that are beneficial to our members.

The bills include death benefits for surviving spouses, the local option real estate tax exemption, voluntary contributions (on your State tax form) to the Mass Fire Academy Trust Fund and a disability bill for call and volunteer firefighters and EMTs. While these bills did not pass the previous session, two of them did get to the House Committee on Bills in Third Reading, which is a step closer to passage and a promising sign. There are several other bills that we will be following that are of interest to the Association.

Call and Volunteer Chiefs: we would like make you aware of an upcoming piece of legislation that would affect your departments. The legislation that is being presented will change the makeup of the Fire Training Council. Currently, four chiefs are represented on the council - a fully paid fire department, a partially paid part-call fire department, a full call fire department and a community from within Metro Fire District 13.

If this legislation passes, it will remove the full call fire department (thus eliminating a call and volunteer voice for training) and replace it with an at-large department, thus reducing representation for call fire departments on the Training Council. Accordingly, the MCVFA is not in favor of this change and we will oppose it. From what we understand, FCAM states that there are only 7 full call fire departments within the state! Between the Connecticut River Valley and the Berkshires alone, there are 65 Call and Volunteer Fire departments. Surely there are enough qualified fire chiefs to present themselves as candidates for the position. We'll keep everyone informed on this.

Legislation supported by the MCVFA

- **An Act relative to death benefits to surviving spouses of call and volunteer firefighters.** [Bill S1835](#). This legislation amends an important gap in the protections provided to the families of the call/volunteer firefighters who may be killed in the line-of-duty in Massachusetts. (S.1835 - Eldridge; H.2844 - Gentile)

- **An Act providing volunteer firefighters and emergency medical technicians with a local option real estate tax exemption** [Bill H3132](#). This legislation would allow cities, towns or fire districts to provide a real estate tax credit for a volunteer firefighter or a volunteer emergency medical technician (EMT). (H.3132 - Howitt)
- **An Act authorizing Voluntary Contributions to the Massachusetts Fire Academy Trust Fund** [Bill S2065](#). This legislation allows those filing separate or joint tax returns to voluntarily contribute all or part of any refund or to voluntarily add an amount onto any amount due, to the Massachusetts Firefighters' Academy Trust Fund established pursuant to section 165A of Chapter 6. (S.2065 - Oliveira)
- **An Act relative to call and volunteer firefighters and EMTs (Disability)** [Bill S1882](#). This bill amends current legislation which does not cover call and volunteer firefighters and EMTs injured while in the performance of their duties. (S.1882 - Mark)

Legislation followed by the MCVFA

- **An Act to honor our Veterans who serve as emergency responders** [Bill S2455](#). Creates a commemorative pin will acknowledge the dual sacrifices that Firefighters, Police, EMTs and EMS volunteers have made who served in the Armed Forces of the United States. (S.2455 - Brady)
- **An Act relative to allowing police and fire to work beyond the mandatory retirement age** [Bill H2752](#). Allows certain police officers and firefighters to work beyond the mandatory retirement age. (H.2752 - Berthiaume, Jr.)

Legislation opposed by the MCVFA

- **An Act relative to the Massachusetts Fire Training Council** [Bill S1743](#). Amends Ch. 6, sec. 164 by striking out the words "A full-call fire department;" and inserting in place thereof the following words:- "An at large fire department;". (S.1743 - Moore, H.2649 - Kilcoyne)



NVFC RELEASES ONLINE TOOLKIT TO FOSTER SUCCESSFUL, HIGH-PERFORMING FIRE/EMS DEPARTMENTS

Having a healthy and engaged workforce creates a successful, high-performing fire or EMS department. To help departments better support their members, the National Volunteer Fire Council (NVFC) has released an updated, online version of the Psychologically Healthy Fire Departments: Implementation Toolkit.

A Psychologically Healthy Fire Department focuses on the well-being of its members to increase satisfaction, enhance retention and recruitment, and improve overall performance and success. This new web site will make it easier for fire department leaders to navigate information and resources to promote and foster well-being among their members.

The toolkit covers the six key categories of member involvement, health and safety, member growth and development, work-life-volunteer balance, member recognition, and effective communication. Each category is examined along with specific actions that can be taken, special issues to consider, case studies from successful departments, and additional resources.

Access the new online Psychologically Healthy Fire Departments: Implementation Toolkit at www.nvfc.org/phfd-toolkit.

A PDF version of the updated toolkit is also available for download on the site.

Find additional resources and training to support first responders and help departments implement a behavioral health program at www.nvfc.org/help. Many of these resources, including the online toolkit, are made possible thanks to a Fire Prevention and Safety Grant from the Federal Emergency Management Agency.

About the NVFC

The National Volunteer Fire Council (NVFC) is the leading nonprofit membership association representing the interests of the volunteer fire, EMS, and rescue services. The NVFC serves as the voice of the volunteer in the national arena and provides critical resources, programs, education, and advocacy for first responders across the nation. Learn more at www.nvfc.org.

From Our Partners

CONGRATULATIONS TO MASSACHUSETTS ACADEMY CALL/VOLUNTEER TRAINING GRADUATES!



48 Call and Volunteer Firefighters Graduate from State Fire Academy, including Deputy State Fire Marshal Maribel Fournier



Graduates of Call/Volunteer Class #116 represent the fire departments of Carlisle, Dover, Grafton, Harvard, Holliston, Hopedale, Lancaster, Mendon, Millis, Milville, Norfolk, Northbridge, Pepperell, Sherborn, and Sterling.

Norfolk Firefighter Christopher Watson received the McNamara Award.



Graduates of Call/Volunteer Recruit Class #117 represent the fire departments of Essex, Hamilton, Haverhill, Lincoln, Lynnfield, Nahant, Newburyport, Topsfield, and Wenham.

Haverhill Firefighter Ryan Wentworth was recognized with the Martin H. McNamara Outstanding Student Award.



Deputy State Fire Marshal Maribel Fournier and Sterling Fire Chief David C. Hurlbut, Jr.

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

The MFA's Call/Volunteer Firefighter Recruit Training Program delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural departments who work full-time jobs or go to school. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors. The program has been offered since 2003 and trained about 3,500 recruits to date.

MFA RECOGNIZES CALL/VOLUNTEER RECRUIT PROGRAM COORDINATOR CHRISTOPHER NORRIS AND ASSISTANT COORDINATOR MICHAEL DUPUIS FOR YEARS OF SERVICE



Left to right, State Fire Marshal Jon M. Davine, Massachusetts Firefighting Academy Call/Volunteer Assistant Coordinator Michael Dupuis, Program Coordinator Christopher Norris, and Recruit Program Coordinator Dennis Ball

Region 2

Carlisle Fire Department conducted Active Shooter Hostile Event Response (ASHER) training with Carlisle Police Department. The training was led by Police Sgt Chris Arguyan, and David Newman, who is an ALERRT AAIR trainer. The training was conducted at the local elementary school in February, and included formation of rescue task forces (RTFs), incident command, staging, casualty collection and ambulance extraction points. The training was a critical part of our departments' efforts to work together to prepare in case needed for an hostile event.



Children's Hospital conducted the Pediatric Resuscitation training for Carlisle EMTs along with PRO-EMS Advanced Life Support paramedics. The training utilized full speed scenarios and a high-fidelity infant mannequin which was connected to a computer. The mannequin provided real-time lung sounds, pupil response, EKG rhythms and ability to



IM and IVs. Crews responded to simulated critical EMS calls, and then at the end of the session received feedback from the Children's Hospital Emergency Medicine team on performance and areas for improvement. It was about as close to real life as you can get without being real life!

Back to basics...EMTs and Firefighters do annual CPR training using feedback mannequins and a Zoll AED trainer device. Although many have been through the class over the years, it is still critical to practice skills that don't get used often--like airways, CPR, and using a LUCAS.



Finally, congrats to Lloyd Burke, who was just promoted to Lieutenant.

David Newman, MPH, EMT
 Lieutenant, Carlisle Fire Department
dnewman@carlislefdma.org

Region 4

I'd like to take this time to thank those Departments who have continued to support the Association by maintaining their membership with us. Out of 63 possible departments within the region, I am excited to report that we represent 36 member departments. I'd like to see more departments consider joining the MCVFA from the region. If you are reading this from Region 4 (or another region) and you are an MCVFA member, we could use your help! Reach out to your mutual aid partners and see if they are members. Encourage them to discover what our organization has to offer. We are always on call to visit any prospective members.

One thing we'd like to suggest is something the Association has noticed over the last few years. We have become aware that a number of our member departments are paying their dues through a line item in their budget. It may not be for everybody, but it might be something to consider.

You may be wondering why you haven't seen the Region 4 Facebook page. Sometime near the end of January, I was logging on to my personal FB account. I was signing on with a two-step authentication. Since it was my desktop, the password did not come up automatically; I typed in what I thought was the correct one with no luck. I did this twice and shortly thereafter, received a message that my account was disabled due to violating Community Standards (though I did not receive an e-mail to that effect).

To add insult to injury, most MCVFA accounts have also been disabled. In addition to my personal and Region 4 accounts, and since I was the main administrator, the primary MCVFA FB, MCVFA Legislative, MCVFA Fund and Region 3 North and South pages have been disabled.

I did send an e-mail to Facebook but have not heard anything since then. We are working on a solution.

In other news @ MCVFA

- You may have already seen that TK Menesale (Centerville) is the new Association Treasurer and Dan Wolf (Sherborn) has filled the Membership Secretary position. Also, Dave Newman (Carlisle) is the new Vice President in Region 2 while Jonah Perry (Swansea) is our new social media manager.
- While we have filled those positions, there are other committee positions within the Association that need to be filled. The organization also needs regional vice presidents for both Worcester North and Worcester South. These regions have been split to make it easier to manage. Lastly, the MCVFA is also looking for a webmaster.
- Retired West Barnstable Fire Chief Joe Maruca has been working on our e-mail list. Over the last few months, Joe has supervised this task and his team has been working diligently to upgrade the Association list. We can confidently report that the list is up to date. If you're not on this mailing list with an e-mail, we will not be able to get any messages to you. There are member departments that have only given us the member's name. If you are not receiving the President's Message or messages from your regional reps, please contact us.

Any questions in regard to the association or any suggestions, let me know. I'll get it to the right person.

As always, be well, be safe!

Kevin Connolly, Northfield F.D.
MCVFA Region 4
Connecticut River Valley



Please forward information to Kevin Connolly at mcvfa@mcvfa.org or mail to:
MCVFA Certificate Request
P.O. Box 13
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Smoke Showin' Wants You!



Submit your articles and photos for the next issue.

Winning photo makes the cover. Runner ups are guaranteed a spot in the issue.

NEXT ISSUE DEADLINE IS AUGUST 18

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