

**Public Safety Commission**  
**FIRE DEPARTMENT**  
**January 12, 2015**  
**MINUTES**  
**COMMUNITY ROOM, MIDDLETOWN POLICE DEPT.**  
-----Minutes-----

1. **CALL TO ORDER**

Commissioner Santangelo called the meeting to order at 7:05 p.m.  
No quorum this evening – no decisions or motions to be made

2. **ATTENDANCE**

**MEMBERS PRESENT:**

Commissioner Rob Santangelo  
Commissioner Sebastian Giuliano

**MEMBERS ABSENT:**

Commissioner Hope Kasper  
Commissioner Thomas Serra  
Commissioner Deborah Kleckowski

**STAFF PRESENT:**

Fire Chief Robert Kronenberger  
Deputy Fire Chief Steven LaRosa

**STAFF ABSENT**

**PUBLIC PRESENT**

Members of the public present

3. **MINUTES OF PREVIOUS MEETING**

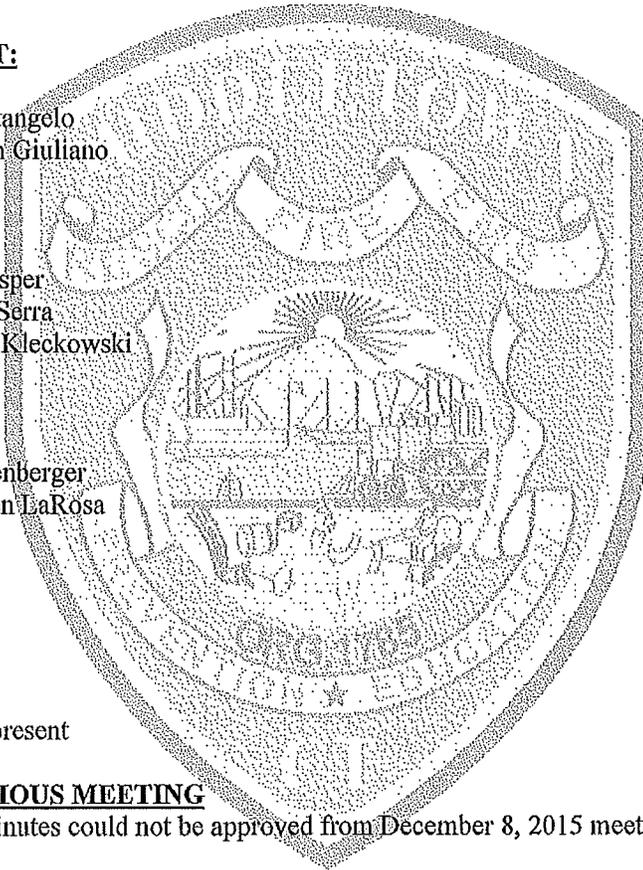
Chairman stated that minutes could not be approved from December 8, 2015 meeting.

4. **PUBLIC HEARING**

None

5. **CORRESPONDENCE**

Letter of gratitude received from Cromwell Fire Department for mutual aid of a structure fire



6. **MONTHLY REPORT**

Call Comparison:

- Up 6% for month & within 3 calls of the previous year
- Fires down 13% for the year
- EMS calls flatlined - within 10 calls from previous year – finished 6<sup>th</sup> year with 4,000 calls

8. **OLD BUSINESS**

- Sutphen Ladder Truck
  - Still working with both Sutphen and legal department for letter of assurance from them
  - Sutphen verbally going to extend warranty of ladder itself
  - Truck due back to MFD in a couple of weeks – repair work done, warranty paint work being completed
- Hydrant ordinance
  - Spoke with Planning & Zoning:
    - Nothing in place to require private hydrant owners to maintain and certify on an annual basis
    - Will work with water department to hopefully push forward for something in writing that will require owners of private owners to maintain and certify on an annual basis

9. **NEW BUSINESS**

- Floor turned over to five members of the Middletown Fire Department to update what they have accomplished over the past year with great pride from Chief Kronenberger:
  - Firefighter Sal Cretella explained that over a year ago they asked for funds to start a gym and Peer Fitness Program for the members of the Middletown Fire Department. Within the year made leaps and bounds, many using the gym and started the biggest loser program in October (48 out of 70 members participated). The mission statement of Local 1073 Peer Fitness trainers was then read by Firefighter Cretella.
  - Timeline was outlined as follows:
    - December of 2013 – idea was presented and funds were approved
    - February of 2014 - construction began in the Salvation Army building
    - May of 2014 - equipment arrived and was assembled, flooring put in, lay out of the gym was completed, and training was given to each platoon. On May 2<sup>nd</sup> the opening ceremony was held in which the gym was dedicated to Captain Joe Pagano with his wife present for the ceremony and on May 16th it officially opened to personnel.
    - June of 2014 - the PFD program started where the trainers train the firefighters and help them reach their goals
    - October 1, 2014 - Biggest Loser contest started in which 48 firefighters participated and based contest on percentage of weight loss and blood pressure. At the end of the contest (January 1, 2015) there was significant changes in blood pressure.
      1. Firefighter Nick Mayo spoke with regards to the contest statistics:
        - Ran October 1, 2014 to January 1, 2015
        - Initially 48 started and 26 finished
        - Total weight loss was 163 pounds which averaged 6 pounds per firefighter
        - Average blood pressure drop was 16 points
        - Winner of the challenge lost 45 pounds in the 3 month period

2. Firefighter James Ehman spoke:

- Useage of gym was tracked - 70% of union used the gym
- average workout time was 70 minutes
- gym cleaning schedule followed every Tuesday and done by trainers
- scheduled maintenance done every January on equipment
- gym has been used every day since it opened

➤ Chairman Santangelo then spoke to commend them and state that he was happy that the money given was used wisely and is working to benefit everyone. He was very impressed with the blood pressure changes and that it says a lot about what they are doing.

➤ Firefighter Sal Cretella followed up by stating that 15 members of the department are currently participating in the Peer Fitness program and training with a trainer and hoping to up that number to 34 by the end of 2015. Will try to encourage and do contests that motivate them. He once again thanked the council for their support to make this happen and Chairman Santangelo stated that they are very proud of the fire department.

10. Monthly Summary of Action Taken by the Telecommunications Committee

11. Public Hearing Reopened – Other Matters

12. ADJOURNMENT

Councilman Santangelo called to adjourn the meeting. The meeting was adjourned at 7:20 p.m.

Respectfully submitted,  
Lori Ruffino  
Recording Secretary

**NEXT MEETING TO BE HELD ON FEBRUARY 9, 2015**