

## **NEWS RELEASE**

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### **SUFFOLK FIRE & RESCUE NAMES FIREFIGHTER AND PARAMEDIC OF THE YEAR**

SUFFOLK, VA (December 1, 2014) The Suffolk Fire & Rescue Department has named their Firefighter of the Year and Paramedic of the Year honorees. Senior Firefighter Michael C. Turner was selected as Firefighter of the Year and Acting Lieutenant Theresa D. Monroe was selected as Paramedic of the Year.

Senior Firefighter Michael C. Turner joined the Suffolk Fire & Rescue Department in 2003. Prior to becoming a professional firefighter with the City of Suffolk, Turner began his dedication to public service as a volunteer with the Carrsville Volunteer Fire Department in 1996. His first notable achievement came in 1998 when he was named the Junior Firefighter of the Year. Since starting his Suffolk Fire & Rescue Department career, Turner has been awarded six Records of Exceptional Performance within his first seven years, the Fire Department's first Star Award in 2012, and Spot Awards in both 2013 and 2014. He is certified as a Firefighter, Fire Instructor, Fire Officer and EMT-Enhanced. He is a 2012 graduate of the Hampton Roads Fire Officer Command School and has obtained 122 hours of National Fire Academy training, which includes Leadership I, II, and III.

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Turner lives in Windsor, where he spends his free time exploring his artistic talents painting on canvas and other mediums. He lives with his wife of nine years, Tonya Turner, and their two children, seven-year old Madison and four-year old Bryce.

Turner is reliable, self-motivated, and proven to perform above and beyond what is expected. He tirelessly continues to improve and promote his department utilizing his knowledge, skills, and abilities. He personifies the idea of pride and ownership.

Suffolk Fire & Rescue Chief Cedric Scott notes, "Michael is a true asset to our Department. On numerous occasions, he has used his creativity and skills to complete projects that have benefited the department and project us in a positive light. He has designed the MDA "Fill the Boot" Campaign t-shirt, the Breast Cancer Awareness t-shirt, and the "Nobody Fights Alone" boot entry along with completing numerous other Projects. We are very proud to have Michael here in Suffolk."

Acting Lieutenant Theresa D. Monroe moved to Virginia from San Diego, California with her family in 1987 when her father was transferred. She applied to the Fire Department in 1994 at the urging of a Norfolk Fire Department Captain who knew she was putting herself through paramedic school and thought that she would be a good fit. Monroe was hired by Suffolk Fire & Rescue in 1995 as a firefighter and has continued her education by becoming a Nationally Registered Paramedic in 1997 and obtaining an Associate Degree in Fire Science from Tidewater Community College. Monroe is a tactical medic with the State Police, a member of the Search and Rescue Team and is a driving force behind the revitalization of the department's Child Safety Seat Program. In addition, she was selected to serve as an acting lieutenant in May 2014.

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Monroe has said that she is fortunate to be married to her best friend, Brian, who works in Elizabeth City, North Carolina as an aircraft mechanic. They have three fantastic children, twenty year old Tabitha, thirteen year old Helena, and eleven year old Ian. They reside in Chesapeake, Virginia. This spring, Monroe plans to begin pursuing her bachelor's degree in Emergency Management. In her spare time, she enjoys studying art.

Chief Scott noted, "Acting Lieutenant Monroe is a true asset to our department. She does not hesitate to come forward and offer her skills to the department. One example is the Car Seat Safety Program. Theresa came forward and offered a plan to help the program move forward with a new direction and a new purpose. We are very fortunate to have her energy and enthusiasm here in Suffolk."

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