

**PALM BEACH COUNTY FIRE-RESCUE
INTER-OFFICE MEMO
BATTALION 2**

DATE: June 9, 2016

TO: Chief Michael R. Arena
FROM: Chief Samuel A. Eaton 
REF: Lieutenant Sebastian Garay; Wellington Firefighter of the Year Nomination

I have been the District Chief for the Wellington Fire Stations for the past 3 years and periodically serving here for as a temporary district chief for almost 9 years. When the request for submissions came about for the Village of Wellington Firefighter of the Year, the very first name that came to mind was Lt. Sebastian Garay. This fire officer's professionalism and follow through on requested assignments continues to be second to none. For starts, he has been a consistent contributor on our shift and knows his position well and portrays leadership qualities that make his presence at Station 30 a reassuring one.

Lt Garay's position requires him to be part of the development of our probationary firefighters. He takes this responsibility with extra detail and focus. His conversations and communications confirm that this is more a pleasure than "work". It is a lot for a firefighter in a busy station to also take on the very important responsibility of mentoring; this is his passion and he embraces it as such.

Lt Garay, during an extended period of time, was asked to step up to the Station Officer (Captain) duties due to his Captain's being out unexpectedly. He was asked to do this because I felt he was up to the task and rose as expected to meet the expectations of this position.

As to our Wellington community, I had the pleasure of seeing him off-duty supporting a very important community action meeting regarding sensitive issues affecting his Wellington neighborhood. He was recently recognized for his commitment to community in the Stephen Davidson's article "Neighborhood Heroes" (see attached). The article shows that he embodies leadership, professionalism, and dedication to excellence and his commitment to family and community.

As I close, it should be added that Lt. Sebastian Garay was also nominated for Wellington's Firefighter of the year in 2015 and was a finalist closely considered for this award. Consistency over the course of his career has placed him in contention for this recognition again and I have no doubt for years to come.

Thank you to the committee for their careful consideration of this worthy Firefighter from our Wellington Community.

Neighborhood Heroes

Lieutenant Sebastian Garay - Giving Back To The Wellington Community With Passion From The Heart

By Stephen Davidson

Heroes of all manner and deed live among us.

Lieutenant Sebastian Garay is a firefighter with Palm Beach County Fire Rescue, Station 30, located in the Village of Wellington. Sebastian, known to his fellow firefighters as Sea Bass (a name that stuck with him from his time in Recruit Academy) has served the Wellington Community for the last eleven years. Sebastian has a A.S. degree in Emergency Medical Services from Miami-Dade Community College, and is a Paramedic, a certified EKG Instructor, a member of the departments EMS CQI committee, an Instructor for the PBCFR Recruit Academy and Paramedic Development Course Program, an EMS instructor at Palm Beach State College, and the person most welcome to your home when there is a medical emergency.

Sebastian does not see himself as a hero. In his own words, "This is my career, my job but also my passion and I enjoy doing it, and I do it out of knowing that I have the ability to do it. I do it because I know that I can perform in this capacity, and I don't consider it hero work, I just consider it doing what I know I can do. For me this career is rewarding in and of itself because you can see your direct impact with people. Often times we run across people experiencing a very traumatic or life changing event, and we're there to offer them help, comfort, and reassurance through the process. When you see them later on in the community or they come in to the station to offer us their gratitude, we can see how we have impacted not only them, their life, and their family."

"Lieutenant Garay's position requires him to be a Proctor for Probationary Employees and Reservists firefighters. He takes on that responsibility with extra detail and focus. His mentoring confirms that this additional responsibility is more pleasure than work" –District Chief Samuel A. Eaton, Station 28B

Sebastian was born in Miami Florida. His mother raised Sebastian and his brother as a single mother, supporting the family working as a respiratory therapist at Baptist Hospital in Miami. Sebastian followed in his mother's footsteps choosing the medical profession. After putting himself through school, Sebastian began his career as an emergency medical technician also working at Baptist Hospital. Inspired by the paramedics and firefighters he encountered working at the emergency room, Sebastian wanted to help more people with his skills and abilities. Starting his firefighting career at Oakland Park Fire Rescue, when he was given the opportunity to work in Palm Beach County he choose the Wellington Community, knowing that it would be the ideal place to raise his family. In 2010, he was promoted to Lieutenant.

Sebastian has compassion for people and animals alike. There was a structure fire at a home in the Olympia community where all the residents were able to get out, but one dog and three cats were trapped inside. Sebastian with his quick action, was able locate and rescue two of the cats and the dog that were overcome by the smoke and toxic gas. This event made the local news. Someone saw the story and donated several pet oxygen masks to the Village of Wellington Fire Station, which are carried on the fire trucks today.

"Lieutenant Garay is a leader and a credit to this community

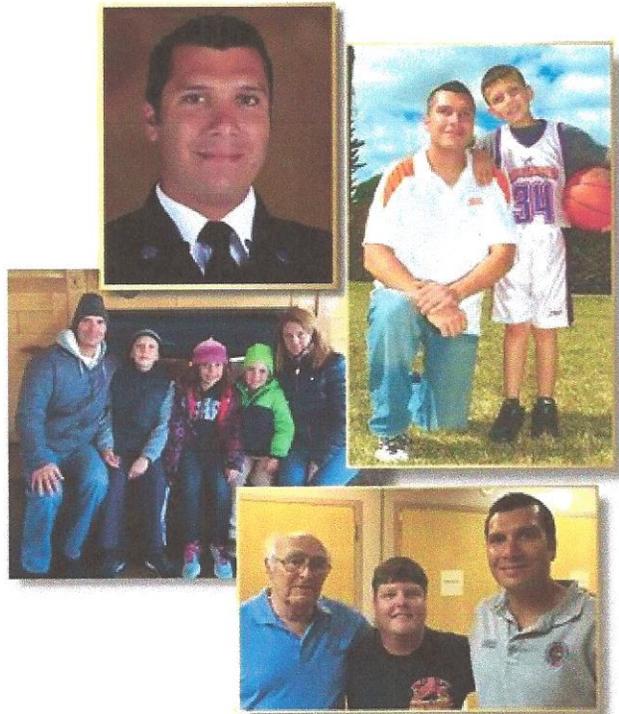
as well as the whole department. We are proud and honored to have the opportunity to work with someone who takes so much pride in their job and their neighborhood" – Firefighter Paramedic Andrew McGee, and District Captain Michael Ellis

Sebastian is married to Tricia, a pediatric nurse, and a loving father to his children, Braden (12), Madeline (9) and Kevin (6). They are residents of Wellington and very active in the community. Sebastian the father is always encouraging and fosters a healthy father and child bond. He is family oriented and takes great pride in his family. In addition to his duties in the fire department, Sebastian is a basketball, baseball and soccer coach and volunteers his time to help mentor children through programs such as Upward Basketball, coaching and providing guidance and leadership through the community.

"Sea Bass the friend is always there with an ear to listen. He is someone to look up to on many levels. Sea Bass is compassionate to all and it is the personal attributes that cause him to stand out. He is always willing to help, a quiet spoken leader that is very informative while providing guidance" – Captain Mark Fenn., Station 30B

Lieutenant Sebastian Garay is most certainly a hero as anyone he has helped would agree. With the passion and knowledge from his "heart" he is surely giving back to the Wellington Community.

We proudly thank him for his service!



MAY 2016

Item Title	Station 30 Reunion with Cardiac Arrest Survivor
ByLine	Captain Albert Borroto
Body	<p>On Saturday August 8, 2015 Palm Beach County Fire Rescue Station 30 held a very emotional reunion with a cardiac arrest patient and his family they had treated just a month earlier. On June 30 PBCFR Reserve Firefighter Matt Reiman was with his grandfather when he realized his family member required medical attention. Matt's training as a reservist with the department served him well on this day with his grandfather. He quickly evaluated the situation and called 911 with Rescue 230 arriving just a few minutes later. The rescue crew evaluated the elder Reiman and determined he was having a cardiac event. While transporting him to the hospital he went unresponsive and into sudden cardiac arrest as they arrived at the emergency room doors. The Rescue crew and emergency room staff resuscitated him successfully and after spending several days in the hospital Mr. Reiman made a full recovery. Mr. Reiman and his family presented the crew that saved his life that day a plaque of appreciation and shared a meal with the men and women that saved his life that day.</p> <p>Great job Lieutenant Sebastian Garay, Firefighter/Paramedic Jen Kleier and Firefighter/Paramedic Andrew Vega!</p>
Approved for Internet Posting	Yes
News Article ID	20150825-571
Slideshow	 <p>(click to view slideshow)</p>

Content Type: Announcement
 Created at 8/25/2015 2:01 PM by Albert Borroto
 Last modified at 8/25/2015 2:01 PM by Albert Borroto

Close