

# The MIFDI BULLETIN

Massachusetts Institute  
OF



**FIRE DEPARTMENT  
INSTRUCTORS**

MIFDI  
PO BOX 507  
MERRIMAC, MA 01860-0510

March  
2008

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The Massachusetts Institute of Fire Department Instructors is a non-profit organization and was established on September 30, 1959.

MIFDI's mission is "to promote fire department training and education by the mutual sharing of knowledge".

**THE MIFDI OFFICERS - 2008**

President: Captain Mark W. Roche, Newton Fire Department  
 1st Vice President: Captain Brian F. Belliveau, Fitchburg Fire Department  
 2nd Vice President: Vacant  
 Secretary: Vacant  
 Treasurer: Firefighter / Instructor Michael McLeieer, Merrimac Fire Department

**THE MIFDI BOARD of DIRECTORS**

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Deputy Chief John Sullivan, Billerica Fire Department (Retired)  
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Lieutenant George Churchill, Brockton Fire Department (retired)  
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 Captain James M. Vuona, Shrewsbury Fire Department

**EDITOR**

Firefighter / Instructor Scott D. Maker, Merrimac Fire Department

**VISIT US ON THE WEB!**

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**E-MAIL- info@mifdi.org**

**Massachusetts Institute of Fire Department Instructors  
 Membership Application  
 Jan. 1 to Dec. 31, 2008**

**Your MIFDI Dues  
 are due Jan. 1st**



**or Join MIFDI for  
 the first time.**

**Membership Information**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City & State** \_\_\_\_\_

**Zip Code** \_\_\_\_\_

**Phone (Home)** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Fax (Home)** \_\_\_\_\_

**Work Information**

**Department** \_\_\_\_\_

**Rank** \_\_\_\_\_

**Phone (work)** \_\_\_\_\_

**Fax (work)** \_\_\_\_\_

**Address (work)** \_\_\_\_\_

**City & State (work)** \_\_\_\_\_

**Zip Code** \_\_\_\_\_

**Membership Type:**

**circle one**

**Send Bulletin To:**

**circle one**

**Membership Dues:**

**Active** \$ 25.00

**Retired** \$ 12.50

**Associate** \$100.00

**Active** **Retired** **Associate** **Home** **Work** **E-mail**

**Please mail completed Application with check or money order payable to:**

**MIFDI**  
 Attn: **Michael McLeieer, Treasurer**  
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 E-mail: michael.mcLeieer@merrimacfire.com

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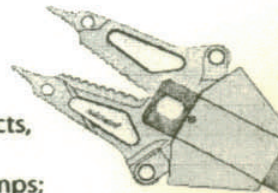
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### MARCH MEETING:

The 514th meeting of MIFDI will be held **Wednesday, March 26, 2008** hosted by the Hudson Fire Department, 296 Cox St. courtesy of Chief John M. Blood. We will meet in the first floor training room of Hudson's impressive new fire headquarters. We last met in Hudson in May 2005 shortly after the new station opened.

The training session will be provided by MIFDI member Paul Antonellis. Paul has an informative program on line-of-duty-death in the fire service. Paul's presentation has been shown nationally, including the 07' FDIC.

### SCHEDULE:

0900-Coffee, 1000-Presentation, 1130-Business Meeting, 1200-Lunch (off site)

### DIRECTIONS:

**From Rt.128/I 95**, Take Rt. 20 WEST to Rt.27 in Wayland. Turn right on Rt.27 and continue into Sudbury until Rt.27 makes a right towards Maynard, **DO NOT TURN RIGHT**, continue straight for approx., 3 miles and the Mass Fire Academy will be on your right. Continue past the academy for another 3-miles to the 2nd traffic light, that is Cox St. Turn right on Cox St and the station will be on the right.

**From Rt.495**, Take Rt. 62 (Exit 26) into Hudson Center. Continue half-way around the rotary and continue EAST on Rt.62. Continue straight until the traffic lights just before Rt.62 turns left toward Stow (2 traffic lights within sight of each other). That first light is Cox St., turn left on Cox St. and the station is on your right.

## TREASURER'S REPORT

Beginning Balances for 1/1/2008  
 Eastern Cking. 57.39  
 ING Savings 618.57  
12 Mo. CD 1,027.37  
 Total \$1,703.33

50/50 Raffle =  
 Winner =  
 Deposit from 50/50 Raffle =

Total active members = 121  
 Dues paid thru 2009 = 7  
 Dues paid thru 2008 = 84  
 Dues paid thru 2007 = 27  
 Dues paid thru 2006 = 3

Balances as of 03/12/2008  
 Bank Statement Checking: \$ 505.94  
 Less uncleared checks: (\$ 46.96)  
 Eastern Checking Balance: \$ 458.98  
 ING Savings Balance: \$ 1,391.41  
Economy Co-Op 12.mo CD \$ 1,035.79  
 Total \$ 2,886.18

We welcome this New Member:

- Michael R. Champion - Swampscott - Deputy Chief
- John A. Wilson - Lexington - Captain
- Michael D. Friel - Haverhill - Captain

Treasurer Notes:

- (a) Please remember to look at your mailing label for the PAID THROUGH date. Thank you to all of you who have paid your dues. **Your 2008 dues are due in January.**
- (b) If anyone needs an invoice for their city or town to pay their membership dues, or if you have any other questions about your membership, please feel free to contact me directly.
- (c) If you receive your bulletin via the U.S. Postal Service and it is damaged, please let me know. Recently, a few members, have received their MIFDI Bulletin severely damaged by the Postal Service.

Respectfully submitted 03/12/2008  
 Michael McLeier  
 Treasurer  
 978-864-2015 (Direct Line) or  
 978-346-4731, ext. 1

Thank you for your continued support and for your prompt payment of your dues!

Bills Paid February (Checking):

March 07 Newsletter \$120.00 Michael - 02/29  
 Pastry/Coffee-Feb Meeting \$46.96 Mark - 02/29  
 FDIC 2008 Conf.Reg.Fee \$435.00 Michael - 02/29  
 TOTAL: \$601.96

Account Transfers:

ING Savings to Eastern Cking - \$435.00 - 03/07

Mailings

E-Mail - 47 Home - 58  
Work - 16  
 121

Membership Totals: 121

81 Active - 34 Retired - 6 Associate

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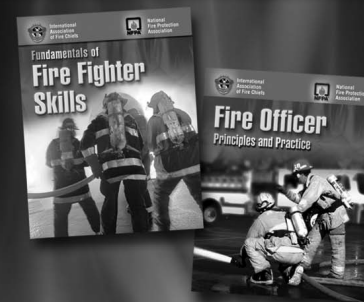
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**RENEWAL of DUES or NEW MEMBERSHIPS**  
may be addressed to:

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PO Box 507  
Merrimac, MA 01860-0510  
Phone: (978) 864-2015 or (978) 346-4731, ext. 1

**\*Dues are \$25.00 per year for Active members**  
**\$12.50 for Retired members**

**\*\$100.00 per year for Associate members**  
(which includes a 1/4 page of advertising in the MIFDI Bulletin and on the MIFDI website).

Membership dues are for one calendar year (January 1 through December 31).  
Dues are DUE by January 1st .

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**RECALL OF MEETING #513**

The 513th. meeting of **MIFDI** was held on February 27, 2008 hosted by the Massachusetts Bay Transportation Authority at the Riverside Yard in Newton.

The training session was provided by Ted Timmons of the MBTA with a presentation on "Safety on the Rails". Also, John Nichols of the MBTA provided an overview of the program provided to recruit firefighters. The presentations wrapped up outdoors with a display of the MBTA Rescue Support vehicle, available 24/7, equipped with jacks and various rescue equipment needed during incidents involving LRV trains.

President Roche conducted a brief business meeting following the training presentations. Congratulations were offered to member Rick McClellan of Wilmington on his recent promotion to Lieutenant. Member John O'Donoghue spoke on some important elevator code updates including the ISOS Ropes, elevator access, and changes to accept the larger 83" EMS stretcher inside elevators. Member Frank Fitzgerald provided a handout of an article on "SOS - Save Ourselves" showing techniques of diving down a ladder head first. Member Steve Persson provided a report on the Mass Fire Training Council meeting. Members adjourned for lunch at nearby Papa Razzi Restaurant.

MIFDI member examine the MBTA Rail Rescue Support Vehicle at the MBTA Riverside Yard during the February meeting.



## "Choking Game"

Courtesy of the CDC-MMWR

The "choking game" is defined as self-strangulation or strangulation by another person with hands or noose to achieve a brief euphoric state caused by cerebral hypoxia. Serious neurologic injury or death can result if strangulation is prolonged. In recent years, news media reports have described numerous deaths among youths attributed to the choking game. Because no traditional public health data collects mortality on this practice, CDC used news media reports to estimate the incidence of deaths from the choking game. The results of that analysis, which identified 82 probable choking game deaths among youths aged 6-19 years during 1995-2007. Seventy-one were male, and the average age was 13.3 years. Parents, educators, and health-care providers should become familiar with warning signs that youths are playing the choking game. Death certificates lack the detail necessary to distinguish choking game deaths from other unintentional strangulation deaths.

A case was defined as a death, described in a news report, resulting from self-strangulation or strangulation by another person as part of an activity with elements of the choking game (also known as the "blackout game", "pass-out game", "scarf game", "space monkey" among others). Deaths were not included if mention was made of "autoerotic asphyxiation", a practice of choking oneself during sexual stimulation that is usually engaged in by teen-aged or adult males. Deaths also excluded from the report if the medical examiner ruled the death as suicide or of undetermined intent coupled with no mention of the choking game.

Among the 70 deaths for which sufficient detail was reported, 67 occurred while the decedent was alone. Most parents of decedents said they were not aware of the choking game until the death of their child. Choking game deaths occurred in 31 states with no geographic clustering evident.

The following are some warning signs that need to be recognized; mention of the choking game, (or by its other names); bloodshot eyes; marks on the neck; frequent severe headaches; disorientation after time alone; ropes, scarves, or belts tied to bedroom furniture or doorknobs or these items found knotted on the floor.

President's Note: *This disturbing trend among young people is surprising and troubling. We as First-Responders may be faced with responding to EMS runs involving these incidents so it is important for us to have an understanding of what may have been the cause. To learn more about this subject, check the CDC website @ [www.cdc.gov](http://www.cdc.gov).*



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**CONGRATULATIONS:**

The officers and members of the Massachusetts Institute of Fire Department Instructors offer our congratulations and best wishes to member **Chief William Shute** upon his recent retirement from the Amesbury Fire Department. We also offer congratulations and support to member **Deputy Chief Jonathan Brickett** on his appointment as Acting Chief in Amesbury.

The officers and members of the Massachusetts Institute of Fire Department Instructors offer our congratulations and support to member **Richard McClellan** of the Wilmington Fire Department on his recent promotion to Lieutenant. The white shirt looks good on you Rick!

**GOOD & WELFARE:**

**UPCOMING EVENTS:**

March 22, 2008: Statewide Exam; District & Deputy Fire Chief  
GOOD LUCK!

March 26, 2008: **MIFDI**

March 28, 2008: "A Night For Tony"  
Florian Hall, Boston (Tickets available at the door)  
Benefit for Milton F.F. Antonio Pickens severely injured on duty.

March 31, 2008: PFFM Annual Legislators Night  
Florian Hall, Boston Contact: pffm.org

April 7-12, 2008: FDIC 2008  
Indianapolis, IN Contact: fdic.com

April 26, 2008: Statewide Firefighter Exam; Municipal Service  
APPLICATION DEADLINE IS MARCH 18, 2008

April 23, 2008: **MIFDI**

May 4-10, 2008: Arson Awareness Week  
This years campaign; *"Help Eliminate Novelty Lighters"*

May 10, 2008: Strand Theatre Firefighters Memorial Dedication  
Brockton, MA

May 28, 2008: **MIFDI**

**FROM THE DESK OF THE PRESIDENT:**

**Captain Mark W. Roche, Newton Fire Department**

Our February meeting was an informative presentation on RAIL SAFETY. I thank MBTA Training Officers Ted Timmons and John Nichols for providing this program to MIFDI. From my experience, the MBTA has always maintained a very cooperative relationship with the fire service throughout the years.

On behalf of the organization, I welcome all of the recent new members to MIFDI from various departments throughout the state. I encourage *all* members to spread the word about MIFDI when speaking to members from other departments, including your own department members. You can never have enough information and MIFDI is an organization focused on learning. I know that I honestly learn something from every meeting.

Due to the on-going construction project at the Massachusetts Firefighting Academy, it was decided to hold our March meeting elsewhere. We are grateful once again to be hosted by the Hudson Fire Department in their state-of-the-art facility. This is also a good opportunity to stop and see Ira at FSP Books & Videos at their new location in Hudson to purchase study material for the November exam. We hope to meet at the academy in the Fall and check on the progress of the MFA expansion.

I hope to see you all in Hudson on the 26th. Until then, stay safe!

*Mark*

**INSTRUCTORS CORNER**

**FDNY Extends Recruit Training**

This past January, the New York City Fire Department graduated 274 recruits from their extended training academy. Last summer, the FDNY Training Academy extended the recruit training program from 13 weeks to 23 weeks. The extended training includes topics such as counter-terrorism and building inspections to better prepare new firefighters for the challenges of the 21st century. "*Six months to life*" was the motto of the first recruit class to complete the extended academy.