

# The MIFDI BULLETIN

Massachusetts Institute  
OF



**FIRE DEPARTMENT  
INSTRUCTORS**

MIFDI  
PO BOX 507  
MERRIMAC, MA 01860-0510

May  
2006

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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 - 2006**

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**

**Terms Expire 2006**  
 Deputy Chief John Sullivan, Billerica Fire Department  
 Assistant Chief Robert MacKendrick, Lynnfield Fire Department (Retired)  
 Chief Richard Gomes, Norton Fire Department  
 Firefighter / Instructor Michael McLeieer, Merrimac Fire Department (Past President)

**Terms Expire 2007**

Lieutenant George Churchill, Brockton Fire Department (retired)  
 Captain Kevin Breen, Swampscott Fire Department  
 Captain Barry Aptt, Gloucester Fire Department

**EDITOR**

Firefighter / Instructor Scott D. Maker, Merrimac Fire Department

**VISIT US ON THE WEB!**  
**www.mifdi.org**  
**E-MAIL- info@mifdi.org**

**Massachusetts Institute of Fire Department Instructors  
 Membership Application  
 Jan. 1 to Dec. 31, 2006**

**It's Time to Renew  
 your MIFDI Dues...**



**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** \_\_\_\_\_

<b><u>Membership Type:</u></b>	<b><u>Send Bulletin To:</u></b>	<b><u>Membership Dues:</u></b>
<b><u>circle one</u></b>	<b><u>circle one</u></b>	<b><u>Active</u> \$ 25.00</b>
<b><u>Active</u></b>	<b><u>Home</u></b>	<b><u>Retired</u> \$ 12.50</b>
<b><u>Retired</u></b>	<b><u>Work</u></b>	<b><u>Associate</u> \$100.00</b>
<b><u>Associate</u></b>	<b><u>E-mail</u></b>	

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

MIFDI  
 Attn: Michael McLeieer, Treasurer  
 PO Box 507  
 Merrimac, MA 01860-0510  
 Phone: (978) 864-2015 or (978) 346-4731, ext. 1  
 E-mail: michael.mcLeieer@merrimacfire.com

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**MAY MEETING:**

The 496th meeting of MIFDI will be held **Wednesday, May 24, 2006** hosted by the Merrimac Fire Department courtesy of Chief Ralph Spencer. The meeting will be held in the Hose Co.1 training room located at the Merrimac Fire/Rescue Headquarters, 16 East Main St. (Rt.110), Merrimac, MA.

The program will be provided by MIFDI Treasurer & Past President Michael McLeierer with a presentation on the 2006 FDIC Training Conference held annually in Indianapolis. Michael always brings back plenty of information from the FDIC with a focus on the most interesting topics covered during the conference. For those attending this meeting, copies of CD's with some of the training items covered will be provided. This is always an enjoyable and informative training program for those in attendance.

**DIRECTIONS:**

Merrimac is located in Essex County 30 miles north of Boston and easy to get to.

**From Rt.495** either North or South, take **Exit 53** which is the Broad Street Exit. Follow Broad St. NORTH a short distance to the end and the Fire Station will be directly in front of you. Parking is on the left side and the rear of the complex. Please do not park in the lot in front of the fire station.

**SCHEDULE:**

**0900** Coffee, **1000** Presentation, **1130** Business meeting, **1200** Lunch

**LUNCH**

For lunch we will reconvene in the seacoast community of Salisbury at the popular Sylvan Street Grill located at 195 Elm St. (Rt.110), a short drive from Merrimac.

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**TREASURER'S REPORT**

Beginning Balances for 1/2006  
 Checking 172.36  
Savings 1,327.88  
 Total \$1,500.24

Bills Paid April (Checking):  
 May 06 Newsletter \$120.00 Mike

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

Account Transfers:  
 None

Total active members = 108  
 Dues paid thru 2008 = 2  
 Dues paid thru 2007 = 3  
 Dues paid thru 2006 = 84  
 Dues paid thru 2005 = 19

Mailings  
 E-Mail - 32 Home - 61  
 Work - 15  
 108

Balances as of 05/03/2006  
 Bank Statement Checking: \$ 385.64  
 Less uncleared checks: (\$ 120.00)  
 Checking Balance: \$ 265.64  
Savings Balance: \$2,188.16  
 Total \$2,453.80

Membership Totals  
 75 Active - 28 Retired - 5 Associate

New Members:

- Assistant Chief Dennis F. Bergeron - Methuen Fire Department (Regular Member)
- Jones & Bartlett Publishers - Sudbury, MA (Associate Member)


*Treasurer Notes:*

- Reminder, your dues are DUE now for 2006. Please remember to look at your mailing label for the PAID THROUGH date. Thank you to all of you who have paid your dues.
- 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.

Respectfully submitted 05/08/2006  
 Michael McLeicer  
 Treasurer  
 978-864-2015 (Direct Line) or  
 978-346-4731, ext. 1

Thank you for your continued support!

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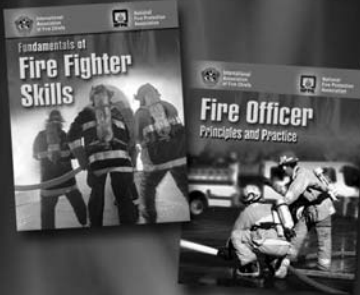
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**RENEWAL of DUES or NEW MEMBERSHIPS**

may be addressed to:

MIFDI - Attn: Michael McLeieer, Treasurer

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 #495**

The 495th meeting of MIFDI was held on April 26, 2006 at the New England Sinai Hospital in Stoughton. Our host was Chief David Jardin of The Stoughton Fire Department.

The training presentation was provided by Dr. Robert Schlesinger, Director of Urologic Services at the Sinai. Dr. Schlesinger spoke on the topic of bladder cancer which is considered by many as an occupational hazard for firefighters and fire investigators due to exposure of hazardous atmospheres during the course of a career. Members were explained a new non-evasive test for detecting bladder cancer called "BladderChek" developed by Matritech of Newton, MA. Several fire departments have provided voluntary programs using this test for the health and safety of their members.

The informative presentation concluded with a brief business meeting held by President Roche. The meeting began with a moment of silence for P.P. Edward McCormack. Our Treasurer Michael McLeieer and Training Council representative Steve Perrson were both attending the FDIC conference in Indianapolis. President Roche presented a Certificate of Appreciation to Chief David Jardin for his service as MIFDI Treasurer during the past 7 years. Chief Robert Leary spoke on the issue of applying for grants and how it often works best to include a group of people to review the application as opposed to using a single set of eyes.

The meeting adjourned for an enjoyable lunch at Alberts Restaurant in Stoughton.



Certificate of Appreciation presented to Chief David Jardin  
From MIFDI President Mark Roche for service as MIFDI Treasurer

Photo by Ed Williamson

4-26-06

**E.M.S. RUN**

**"Whats all the fuss over blood pressure?"**

Blood pressure is the force that blood exerts against the walls of blood vessels. When the left ventricle of the heart contracts, it forces out blood into circulation. The pressure created by this force of blood in the arteries is the systolic blood pressure (the upper number). When the left ventricle of the heart is relaxed and "refilling", the remaining pressure in the arteries is the diastolic blood pressure (the lower number).

High blood pressure is a major risk for stroke, heart attack, and kidney disease. Normal pressure is considered 120/80 while high blood pressure is 140/90 and above. Low pressures are considered to exist when the systolic number drops below 90 and a sign that the patient may be going into shock. It is important to take periodic blood pressure readings during treatment and transport recording the time of each reading to gauge changes in the patients condition.

Blood pressure readings can be taken by anyone using two general methods. The first method is by using a sphygmomanometer, more commonly known as a "cuff", with a stethoscope. This is called pressure by auscultation. The other method is by using a cuff only, this is called pressure by palpation. To record a blood pressure, place the cuff snugly around the upper arm with the bottom of the cuff just above the elbow. Locate the brachial artery in the crease of the elbow with your finger tips. Position the stethoscope over the pulse and begin to inflate the cuff while listening and watching the gauge. Once you no longer hear the pulse, inflate the cuff another 30mm higher. Slowly release the pressure at a rate of 5-10mm per second. Once you start to hear the clicking or tapping sounds, the reading on the gauge is your top (systolic) number. As you continue to deflate the cuff, listen for the sound to fade out or disappear, the reading on the gauge at that point is the bottom (diastolic) number. When you are having difficulty hearing due to high noise levels or do not have a stethoscope handy, you may take a pressure by palpation using the same method of inflating the cuff and using the tips of your fingers to feel the pulse of the brachial artery as you deflate. This will only allow you a top number and will be recorded as example of 120/P.

It is important to obtain a blood pressure on every patient more than 3-years of age. Pressures for infants and children under 3 are often difficult to record. Remember that with blood loss or shock on a child patient, the pressure may remain within normal and then will drastically drop.

**LAST ALARM:**

On April 10, 2006, the fire service lost yet another training giant with the passing of **Chief Edward H. McCormack**. Ed died at Metro-West Medical Center in Framingham due to complications from pneumonia at age 67.

Ed began his long fire service career at age 18 when he started as a volunteer firefighter in his home town of Hopkinton. In 1956 he was appointed Chief of Fire & Security at the former Cushing Hospital in Framingham. Some of our "senior members" may remember attending fire training at the old Cushing Hospital location under the direction of Chief McCormack. In 1966, Chief McCormack established and directed the Central Massachusetts Firefighting Academy. He was appointed as the FIRST Director of the Massachusetts Firefighting Academy which was formerly established by the Legislature in 1971.

Ed was a longtime member of **MIFDI** and served as President of the organization in 1967. He also served as the Executive Director of the International Society of Fire Service Instructors (ISFSI).

The officers and directors of MIFDI offer our sincere condolences to his wife of 35 years Mary (Boudreau), his son Indianapolis Fire Lieutenant James McCormack, daughters Sally of Hopkinton and Tricia of York Beach, and one granddaughter. Rest in Peace Ed.



-In Memoriam-  
Edward H. McCormack  
MIFDI Past President 1967-1968

**CONGRATULATIONS:**

The officers and members of the Massachusetts Institute of Fire Department Instructors offer our congratulations to **Rev. Daniel J. Mahoney**, Chief Chaplain of the Boston Fire Department in celebration of his 50th year of Ordination to the Priesthood. Many of you have met Father Dan over the years during good times and tragic times and have found him to be kind, caring and very understanding of the difficulties faced in the fire service profession. Congratulations Fr. Dan and thank you for your ministry and dedication to all firefighters and their families.

**GOOD & WELFARE:**

**UPCOMING EVENTS:**

- May 21, 2006: Annual Tri-State Muster & Flea Market  
Webster Lake, Webster MA
- June 1, 2006: Massachusetts Fallen Firefighters Memorial GALA  
Florian Hall, Boston Contact: [www.mafirememorial.org](http://www.mafirememorial.org)
- June 1-4, 2006: Haz-Mat 2006 Conference  
Hunt Valley, MD Contact: [www.IAFC.org](http://www.IAFC.org)
- June 4-8, 2006: NFPA World Safety Conference & Expo  
Orlando, FL Contact: [www.NFPA.org](http://www.NFPA.org)
- June 10, 2006: Statewide Exam For Municipal Firefighter
- June 10, 2006: MAFAA Fire Apparatus Parade, Show & Flea Market  
Edgewater Park, Wakefield, MA
- June 11, 2006: FIREFIGHTERS MEMORIAL SUNDAY
- June 13-17, 2006: FDIC EAST **CANCELLED**  
Atlantic City, NJ
- June 21, 2006: MIFDI - Natick
- June 23-25, 2006: New England FIRE/RESCUE/EMS 2006  
West Springfield, MA Contact [www.newenglandfirechiefs.org](http://www.newenglandfirechiefs.org)
- July 8, 2006: Peterborough Fire/Rescue 150 Anniversary Celebration  
Peterborough, NH Contact: 603-924-8090
- July 18-20, 2006: America Fire & Security Expo  
Miami Beach, FL Contact: [www.NFPA.org](http://www.NFPA.org)
- July 18-22, 2006: International Fire Buff Associates Convention  
Seattle, WA Contact: [www.IFBA.org](http://www.IFBA.org)
- July 25-30, 2006: Firehouse EXPO 2006  
Baltimore, MD Contact: [www.firehouseexpo.com](http://www.firehouseexpo.com)

**FROM THE DESK OF THE PRESIDENT:**  
**Captain Mark W. Roche, Newton Fire Department**

The April training program of MIFDI provided our members with a very informative and important topic related to the long-term health of firefighters. The presenter, Dr. Robert Schlesinger gave us an in-depth power-point program on the effects of toxic atmospheres and its relationship to the high risk of bladder cancer. One of the solutions of reducing the risk, besides mandatory SCBA during overhaul stages, is early detection. As part of the occupational safety and health program for firefighters, fire departments should provide annual testing for members with a strict confidentiality policy. It is imperative that both labor and management work together on this important issue to ensure its success.

On April 12 & 13, I was honored to represent MIFDI at both the wake and funeral service for Edward H. McCormack (See "Last Alarm" article). Ed was legendary in the fire service both locally and nationally and will be missed. I'm sure that Ed and Mort are now "upstairs" debating the advantages of reduced friction loss in large diameter hose.

Once again, lawmakers on Beacon Hill are debating a law requiring the sale of "fire-safe cigarettes" in Massachusetts. The bill, which died last year, specifically requires cigarettes to extinguish unless being puffed on. According to the Office of the State Fire Marshal, "since World War II, smoking has been the leading cause of fatal fires every single year". Suffice to say that all of us in the fire service strongly support this act.

I hope to see you all in Merrimac on the 24th. Until then, stay safe.

*Mark*

**INSTRUCTORS CORNER:**  
**MEMA Enhances Radio Communications Across Commonwealth**

The Massachusetts Emergency Management Agency (MEMA) has begun the distribution of MEMA VHF Radio System equipment, a shared resource that will enhance communications capabilities between State and Local governments for day-to-day and emergency operations.

Through a \$600,000 U.S. Dept. of Homeland Security grant, MEMA has procured the infrastructure and necessary equipment for all of the Commonwealth's 351 cities and towns, plus Devens to access the system. The system will be available for State agencies including the Department of Fire Services, to be able to communicate directly with State and Municipal Public Safety agencies and organizations.

The VHF radio system is designed for both base and mobile communications. It provides 24/7 statewide communications with the ability to disseminate emergency information from MEMA to every city and town. During business hours, communities will be able to communicate directly with their MEMA Regional Office. After hours, communications will be handled directly by the State EOC in Framingham.

The radios are also programmed with the National Weather Service frequencies for National Weather Radio which broadcasts severe weather alerts and other emergency information. In conjunction with Federal, State, and Local Emergency Managers and other public officials, NWR also broadcasts warning and post-event information for all types of hazards including; natural (earthquakes or avalanches), environmental (chemical releases or oil spills), public safety (AMBER alerts or 9-1-1 system outages).

MEMA has worked with the DCR, Fire Chiefs Association, Department of Fire Services, and Department of Public Health to coordinate this project with the Ambulance Task Force Communications Plan of the State Fire Mobilization Plan. This system gives communities an additional tool to communicate directly with each other during an emergency or on a day-to-day basis.

A letter is signed between the recipient community and MEMA outlining the radio is being issued to the community, which states the radio will become their property, that the community is authorized to use the radio channels, that the community will adhere to the use guidelines provided by MEMA and the community is responsible for any additional radio programming, repair, licensing or fixed installation costs at their expense.