

The MIFDI BULLETIN

Massachusetts Institute
OF



**FIRE DEPARTMENT
INSTRUCTORS**

October
2012

MIFDI
PO BOX 507
MERRIMAC, MA 01860-0510

53rd Year

(1959-2012)

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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 - 2012

President: Captain Mark W. Roche, Newton Fire Department
 1st Vice President: Deputy Chief Brian F. Belliveau, Fitchburg Fire Department
 2nd Vice President: Chief Frank W. Fitzgerald, Jr., Malden Fire Department (retired)
 Secretary: Captain Edward (Ted) D. Quinn, Jr., Peabody Fire Department
 Treasurer: Firefighter / Instructor Michael McLeieer, Merrimac Fire Department

THE MIFDI BOARD of DIRECTORS

Terms Expire 2012

Deputy Chief Thomas Conway, III, Billerica Fire Department
 Assistant Chief Robert MacKendrick, Lynnfield Fire Department (Retired)
 Chief Richard Gomes, Norton Fire Department (Retired)

Terms Expire 2013

Lieutenant George Churchill, Brockton Fire Department (retired)
 Firefighter / Instructor Michael McLeieer, Merrimac Fire Department (Past President)
 Chief James M. Vuona, Shrewsbury Fire Department

EDITOR

Firefighter / Instructor Scott D. Maker, Merrimac Fire Department

VISIT US ON THE WEB!

www.mifdi.org

E-MAIL- michael.mcleieer@merrimacfire.com

**Massachusetts Institute of Fire Department Instructors - Tax ID: 04-2307216
 2012 Membership Application & Invoice
 Jan. 1 to Dec. 31, 2013**

**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
 PO Box 507
 Merrimac, MA 01860-0510
 Phone: (978) 346-4731
 E-mail: michael.mcleieer@merrimacfire.com

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OCTOBER MEETING:

The next meeting of MIFDI will be held on **Wednesday, October 24, 2012** hosted by the Norwood Fire Department courtesy of Chief Michael Howard. We will meet in the first floor training room of Norwood's Public Safety Building, 135 Nahatan St between Rt. 1 and Rt. 1A. We last met in Norwood in September 2011.

The training presentation will be provided by Mr. John Stofa, Northeast Regional Sales Manager of Gamewell-FCI. John will provide us with a presentation on the Gamewell Master Box: a brief history, is the mechanical fire box now on life-support? What will the future offer as far as fire protection and automatic notification? Many communities have switched to Digitize boxes, Radio boxes or have eliminated fire boxes completely. What is the best future course for your community?

SCHEDULE:

0930 Coffee, **1000** Presentation, **1130** Business Meeting, **1200** Lunch (off site)

DIRECTIONS:

From Rt.128 take Exit 15B (Rt.1 South). Follow Rt.1 and look for the sign "Norwood Center". Turn right on Nahatan St. towards Norwood Center and the station will be on the right.

From I95 take Exit 11B (Neponset St). Follow Neponset St. to rotary and 12-o'clock onto Neponset St. The station will be on the right.

NOTE: Parking is available in the rear of the station and also at the shopping center across the street.

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TREASURER'S REPORT

Beginning Balances for 01/03/2012

Economy Bank Cking. \$100.37

Economy Bnk. Savings \$156.63

Consumers Checking \$235.00

Consumers Savings \$ 77.72

ING Savings \$1,628.69

Total \$2,198.41

Bills Paid September 2012 (Checking):

Oct. 2012 Newsletter - Michael \$120.00 - 09/30

Coffee/Rolls-Sept meeting - M. Roche \$ 74.00 - 09/30

TOTAL: \$194.00

Account Transfers:

Consumers Checking to Savings - \$ 40.00 - 09/21/2012

50/50 Raffle = \$90.00

Winner = Jim Belliveau - \$45.00

Net Proceeds from 50/50 Raffle = \$45.00 - Deposited to Haverhill Bank Checking 09/30/2012

Total active members = 131

Dues paid thru 2019 = 1

Dues paid thru 2017 = 1

Dues paid thru 2015 = 1

Dues paid thru 2013 = 17

Dues paid thru 2012 = 99

Dues paid thru 2011 = 12

Mailings

E-Mail - 79 Home - 39

Work - 13

131

Balances as of 10/05/2012

Haverhill Bank Checking: \$ 332.80

Less uncleared checks: (\$ 194.00)

Haverhill Cking. Balance: \$ 138.80

Haverhill Savings Balance: \$ 494.97

ING Savings Balance: \$ 1,634.81

CD/None

Consumers Stmnt. Cking.: \$ 0.00

Less uncleared checks: (\$ 0.00)

Consumers C.U. Checking \$ 0.00

Consumers C.U. Savings: \$ 316.71

Total \$ 2,585.29

Membership Totals: 131

92 Active - 34 Retired - 5 Associate

*Note Economy Bank is now part of Haverhill Bank - 1/1/12.

WE WELCOME THESE NEW MEMBERS WHO RECENTLY JOINED MIFDI:

- David Healy - Captain - Foxborough Fire Department
- Emmet Nichols - Captain - Boston Fire Department
- Charlie Breen - Deputy Chief - Somerville Fire Department
- Paul Bourque - Lieutenant - Watertown Fire Department
- Andrew Mullin - Deputy Chief - Waltham Fire Department

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 2013 dues will be due in January, 2013.**

Please add \$10.00 for late renewals paid after April 1, 2012 for your 2012 dues..

(b) You may now use the 2013 membership application as your invoice. It has MIFDI's tax ID number listed, for your accounts payable department to process the dues payment. Simply use the dues year or payment date as your invoice number.

Respectfully submitted

10/05/2012

by Michael McLeieer, Treasurer

978-346-4731

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

Remember to add a \$10 late fee for renewal dues paid after April 1st, 2012.

MIFDI is now on Facebook. Login to your facebook account and search for

Massachusetts Institute of Fire Department Instructors or visit

www.facebook.com/mifdi. Become a facebook friend to MIFDI and receive up to date announcements right to your PDA, Blackberry or computer. You may also select the MIFDI Facebook link on the MIFDI website home page at www.mifdi.org



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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) 346-4731

***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. Add a \$10.00 Late Fee after April 1, 2012.

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RECALL OF MEETING #558

President Mark Roche opened the meeting at 10:00 a.m. and introduced Captain Pat Nichols, Boston Fire, who presented *The Tai Ho Restaurant Fire (Lessons Learned & Lessons Reinforced)* that is dedicated Paul Cahill and Warren Payne.

Captain Nichols gave a demographic report of BFD (72,000 call/yr, 1418 personnel, number of apparatus; 34 engines, 22 ladders, etc) and a highlight of Lessons Learned and changes that came about; Long Lug Out training, Code Changes in the cleaning and inspecting of kitchen duct-work, Roof ventilation and roof reports very important, SOP-Commercial/Taxpayers (i.e. big lines, venting, TIC is paramount), RIT training and implementation at every structure fire, Training with LDH (2 1/2 , etc), ICS training and more accountability (i.e. riding lists), TIC on every company, Increase live fire training (double), CISM for members and SOP for LODD.

Captain Nichols ended a great presentation and explained his company PLVulcan (plvulcanfiretrainingconcept.com)

President Roche introduced Shannon Doherty, branch director, and Derek Cassell, for a brief presentation from Liberty Mutual.

Mr. LaFond, of National Grid, spoke on Gas Safety Training

Dave Gallagher, from Northeast Rescue, introduced some new fire hose that they are selling.

Business Meeting

President Roche opened the meeting for business. He thanked Captain Nichols, Shannon Doherty and Derek Cassell.

Treasurer's report of assets at \$2546.03 with all bills paid. There are 126 members with some new applications coming in. There will be a clothing order going out. Motion for an Echo Smart Pen for use by the Secretary by Bob McKendrick, seconded by Ken Burnham, passed. We now have a new laser printer/copier. MIFDI is signed up for "Build for Life"

Massachusetts Fire Training Council (MFTC); Met on September 1, 2012

Have new Policy Book at MFA, MFA classes filled until April of 2013, Springfield is two years out, Issues with recruits not being able to do PT, Graduation on Friday at 2:30 pm, Mark Parr is now Operations Section Chief, Applications are coming in for new Deputy Director position

Elevators; John O'Donahue spoke about elevator Task Force and their job is complete for now.

Good and Welfare; New member?

Motion to adjourn, seconded and passed.

Discussion was continued over libations at West Street Tavern and the next meeting will be held in Norwood, on October 24, and the topic will be Fire Alarm boxes, with a presentation by Gamewell.

EMS RUN

A Strong Back is Key for EMS Providers

Important article by JEMS

As part of a balanced strength-training program, back-extension exercises help maintain overall structural stability, which reduces the likelihood of such injuries as back sprains and strains. This exercise can help improve musculoskeletal efficiency in situations for which lifting is required, or in any type of situation where you're required to stand or work in unfavorable ergonomic positions for long periods of time.

The exercise can be performed using a back-extension bench, with a stability ball or no equipment at all. Failing to include the back musculature in your training program may lead to muscular imbalance and injury; however, if you have a preexisting condition that prevents you from being able to execute this exercise without pain, you should see your PC or a physical therapist to develop safe alternatives.

It's important to maintain back strength as EMS providers because we never know when we might encounter a situation that requires some extra strength. Making time for simple exercises can not only increase your overall physical fitness, it can also keep you safer on the job.

(To view the full article on the back exercise training program including a step-by-step video presentation, visit the JEMS website at www.jems.com)

LAST ALARM:

Nothing to Report



*Northeast Rescue Systems
313 Belgrade Ave
Boston, MA 02131
Office: 617-325-3993 Fax: 617-325-0238
email: info@northeastrescue.com*

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- ☐ Mercedes Textiles Hose
- ☐ BW Technologies
- ☐ Genesis Rescue System
- ☐ Koehler-Bright Star
- ☐ Paratech



CONGRATULATIONS:

The Massachusetts Institute of Fire Department Instructors offers our congratulations and best wishes to MIFDI member **Richard T. McClellan** of the Wilmington Fire Department upon his promotion to Deputy Chief on September 24, 2012. Good job Rick!



UPCOMING EVENTS:

October 7-13, 2012: National Fire Prevention Week
The 2012 Campaign - "HAVE 2 WAYS OUT"

October 15, 2012: "Tactical Company Leadership"
NH Fire Academy www.fioanh.org

October 20, 2012: "Handling Fires in 2.5 Wood Frame Residences
Presentation by Chief Ken Galligan, Brockton (Retired)
Onset, MA Contact: 508-326-0065

October 24, 2012: **MIFDI** – Norwood

October 29-November 2: EMS World EXPO
New Orleans, LA www.emsworldexpo.com

November 4, 2012: End of Daylight Saving Time
"CHANGE YOUR CLOCKS/CHANGE YOUR BATTERIES"

November 17, 2012: Statewide Exam-Fire Lieutenant & Captain
GOOD LUCK!

November 28, 2012: **MIFDI** -

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Call Scott Maker, MFA Instructor,
Firefighter/Merrimac Fire Department, with any questions you may
have.

269-492-3341

REPORT of the PRESIDENT:

Captain Mark W. Roche, Newton Fire Department

Our first meeting of Year-53 for MIFDI was presented by Boston Fire Captain Pat Nichols with an informative program on the tragic Tai Ho Restaurant fire in Boston that claimed the lives of two Boston Firefighters on August 29 2007. The presentation was provided to us close to the fifth anniversary of this tragedy. I thank Pat for his willingness to provide this difficult program as strictly an educational tool for us to have a better understanding of the hazards that exist within all of our communities.

I also thank Chief Bruce Proia of the Newton Fire Department for again hosting MIFDI. I apologize once again for the standing room only at the meeting but that is a good sign for MIFDI as we continue to provide informative and educational programs for members to learn what is out there to be the very best that we can be.

On September 28, 2012, I was honored to once again attend the Recruit Graduation at the Massachusetts Firefighting Academy. For those of us well into our careers, it is reassuring to see the proud tradition of the fire service continue with the enthusiasm of well trained men and women entering this noble profession to carry out our mission of public safety long after we leave.

Stay Safe and I hope to see you in Norwood on the 24th
Mark



Warren J. Payne
 Ladder 25



Paul J. Cahill Engine
 30

In Memory of Boston Firefighters Payne & Cahill

INSTRUCTORS CORNER:

