

# The MIFDI BULLETIN

Massachusetts Institute  
OF



**FIRE DEPARTMENT  
INSTRUCTORS**

January  
2023

MIFDI  
PO BOX 507  
MERRIMAC, MA 01860-0510

64th Year

(1959-2023)

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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 - 2022**

President: Captain Mark W. Roche, Newton Fire Department (Retired)  
 Vice President: Deputy Chief Christopher Kelley, Concord Fire Department (Retired)  
 Secretary: Vacant  
 Treasurer: Firefighter / Instructor Michael McLeieer, Merrimac Fire Department (Retired)

**THE MIFDI BOARD of DIRECTORS**

**Terms Expire 2022**

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

**Terms Expire 2021**

Firefighter / Instructor Michael McLeieer, Merrimac Fire Department (Retired) (Past President)  
 Chief James M. Vuona, Shrewsbury Fire Department

**EDITOR**

Firefighter / Instructor Scott D. Maker, Merrimac Fire Department (Retired)

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

**Massachusetts Institute of Fire Department Instructors - Tax ID: 04-2307216**  
**2023 Membership Application & Invoice**  
**Jan. 1 to Dec. 31, 2023**

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

<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></b> \$ 35.00
<b><u>Active</u></b>	<b><u>Home</u></b>	<b><u>Retired</u></b> \$ 15.00
<b><u>Retired</u></b>	<b><u>Work</u></b>	<b><u>Associate</u></b> \$100.00
<b><u>Associate</u></b>	<b><u>E-mail</u></b>	

**There is also a \$10 late fee if dues are paid after April 1st**  
**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: mifditreasurer@escapeinc.org**



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## Glen Rogers

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Chief.g.a.rogers@gmail.com 508-654-2625

Thinking of  
moving south?  
Florida a bit  
too far from  
family and  
friends?



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text and let's  
talk about  
finding you a  
place in North  
Carolina!

NC #336267  
REALTOR

### MEETING NOTICE

Our January meeting will be held on **Wednesday, January 25, 2023** hosted once again by the National Fire Protection Association located at One Batterymarch Park, Quincy courtesy of NFPA President Jim Pauley. MIFDI was last hosted at NFPA in January 2020.

MIFDI will be welcomed by the Director of Education & Development Bart Jae. Our program planned will be on ALTERNATIVE FUEL VEHICLE SAFETY.

### SCHEDULE:

**0930:** Coffee (Provided), **1000:** Program, **1130:** Business meeting, **1200:** Lunch.

### DIRECTIONS:

From Rt. 128 (I-93), take Exit 6 which is Rt. 37. At the end of the exit head EAST toward Quincy. Travel 3 traffic lights (approx 1-mile). At the third light, turn right on Batterymarch Park. The NFPA is in Building 1.

**NOTE: Be sure to have some type of photo identification with you for security purposes.**



**TREASURER'S REPORT**

Beginning Balances for 01/03/2023  
 Preferred C.U. Checking \$ 121.56  
 Preferred C.U. Savings \$1,250.83  
 CapitalOneSav. Balance \$2,371.06  
 Total: \$3,743.45

50/50 Raffle = None

Winner = N/A

Net Proceeds from 50/50 Raffle = N/A

Total active members = 93

Dues paid thru 2031 = 1  
 Dues paid thru 2030 = 1  
 Dues paid thru 2027 = 2  
 Dues paid thru 2024 = 3  
 Dues paid thru 2023 = 21  
 Dues paid thru 2022 = 56  
 Dues paid thru 2021 = 3  
 Dues paid thru 2020 = 6

Balances as of 01/17/2023

Preferred C.U. Checking: \$ 461.56  
 Less uncleared checks: \$ ( 0.00)  
 PCU Cking. Balance: \$ 461.56  
 PCU Savings Balance: \$ 1,250.83  
 Capital One Sav. Balance: \$ 2,371.06  
 Total \$ 4,083.45

**Bills Paid December 2022:**

Jan MIFDI Bulletin - Michael \$120.00 - 12/31  
 Mark Roche - Holiday Lunch Tip \$ 70.00 - 12/26  
 FTD Flowers DFS Xmas K. Weihh \$ 76.99 - 12/17  
 Staples - M. Roche - Supplies \$ 8.92 - 11/28  
 Constant Contact - Email 1 Yr. Renew \$154.00 - 11/27  
 TOTAL: \$429.91

**Account Transfers:**

PCU Savings to Cking - \$168.00 - 11/27

**Mailings**

E-Mail - 64 Home - 20  
 Work - 9  
 Total: 93

**Membership Totals: 93**

52 Active - 37 Retired - 4 Associate

We welcome this new member who recently joined MIFDI:

- Gerard Mahoney - Chief (Retired) - Cambridge

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 2023 are due in January, 2023.**  
**Please add \$10.00 for late renewals paid after April 1, 2023 for your 2023 dues**
- (b) You may now use the 2023 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

01/17/2023

by Michael McLeieer, Treasurer - 978-346-4731

Email: mifditreasurer@escapeinc.org

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

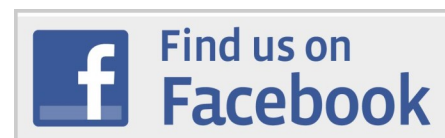
**MIFDI will also accept credit card payments. Contact Michael McLeieer for details.**

**Active Member dues is \$35 / Retired Member dues is \$15 / Associate Member dues is \$100**

**Please remember to still add a \$10 late fee for renewal dues paid after April 1st, 2023. This fee does not apply to new members or for those who renewed before April 1, 2023.**

**\*\* If you are a Comcast internet subscriber, you may NOT be receiving the MIFDI monthly emails. Please contact me if you are not receiving your digital Bulletin and email notifications. Thanks.**

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](http://www.facebook.com/mifdi). Become a Facebook friend to MIFDI and receive up to date announcements right to your tablet, phone or computer. You may also select the MIFDI Facebook link on the MIFDI website home page at [www.mifdi.org](http://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

**PLEASE NOTE NEW Email:** mifditreasurer@escapeinc.org

**\*Dues are \$35.00 per year for Active members \*(\$45 after April 1st)**  
**\$15.00 for Retired members \*(\$25 after April 1st)**  
**\*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, 2022.**

## RECALL OF MEETING #2022-12

The December meeting of MIFDI was our Annual Holiday Luncheon held on Wednesday December 21, 2022 at the Café Escadrille in Burlington. This MIFDI holiday gathering has now become a tradition for members to gather socially for the Christmas season as we close out another year.





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**PARATECH**

## EMS Run

### ***Commotio Cordis***

On the evening of January 2, 2023, football fans from across the country witnessed a frightening event during nationally televised football game in Cincinnati when Buffalo Bills football player Damar Hamlin collapsed on the field in cardiac arrest after blow to the chest.

When a person is struck in the chest at a specific millisecond of the heart rhythm cycle, the electrical system in the heart can be interrupted resulting in ventricular fibrillation and cardiac arrest. This rare phenomenon is known as “Commotio Cordis” which is caused by a blow to the chest from a baseball/softball, hockey puck or a tackle during football. Young people are at a higher risk due to less development of the chest wall allowing force to be more easily transmitted to the heart.

Symptoms can include; lack of pulse, not breathing or gasping, possible jerking motions of extremities similar to a seizure. Once it is determined that the unconscious person is not breathing and without a pulse, CPR must begin immediately along with applying an AED. A shock should be delivered as soon as instructed by the prompt on the AED. It is important that an AED shock is given to the victim within 3-minutes of the collapse. For every minute that it takes to apply an AED on a victim, they lose a 10% chance of survival.

In 2014, Massachusetts passed “Michael’s Law” to improve EMS at schools and sporting events within the Commonwealth. This law was spearheaded by the parents of a 16-year old from Sutton who died suddenly during a high school football game in 2011.

The important reminder of these incidents is that when called to an “unknown medical” to a sports event at a field, stadium or arena, don’t assume the usual fracture or dislocation, prepare for the worst. The best chance for survival is immediate CPR along with an AED, just ask the family of Damar Hamlin.

## LAST ALARM

The Massachusetts Institute of Fire Department Instructors offers our condolences to the family and friends of the following ACTIVE firefighters who died in December;

**Firefighter Michael L. Young** of the Boston Fire Department died on December 5, 2022 at age 59.

**Lieutenant Thomas R. Roberts** of the Malden Fire Department died suddenly on December 9, 2022.

**State Fire Warden William T. Muise** of the Massachusetts DCR Bureau of Fire Control in Hopkinton. Tom died on December 10, 2022 at age 58.



*Michael Young*

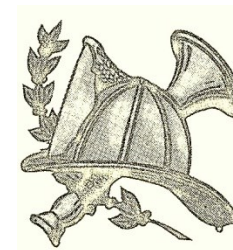


*“Trucker” Roberts*



*Tom Muise*

***May They Rest In Peace***



## CONGRATULATIONS

The Massachusetts Institute of Fire Department Instructors offers our congratulations and best wishes to MIFDI member Chief Michael Patterson upon his retirement from the Burlington Fire Department after 34-years service. Enjoy your retirement Mike!

On that note, we are delighted to report that Chief Patterson's replacement is MIFDI member Andrew Connerty. Andy had been serving as the MIFDI Representative on the Massachusetts Fire Training Council for the past 10-years. Congratulations Andy!



## **Firesetting Intervention Resource Exchange**

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community for Firefighters,  
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**[www.fire-exchange.org](http://www.fire-exchange.org)**

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

**269-492-3341**

## UPCOMING EVENTS

January 17-18, 2023: FDSOA 2023 Health & Safety Conference  
St. Pete Beach, FL [www.fdsoa.org](http://www.fdsoa.org)

January 25, 2023: MIFDI- NFPA

February 5-11, 2023: NATIONAL BURN AWARENESS WEEK

February 5, 2023: B-FIT Challenge  
TD Garden, Boston [www.bfit@bostonbruins.com](http://www.bfit@bostonbruins.com)

February 22, 2023: MIFDI

February 28-March 2: FCAM Professional Development Conference  
DCU Center, Worcester [www.fcam.org](http://www.fcam.org)





## **REPORT of the PRESIDENT:**

### **Captain Mark W. Roche (Ret), Newton Fire Department**

Our December Holiday Luncheon was another great event as we gathered to “break bread” before Christmas and catch-up with some friends from the past. Thanks to all who attended this enjoyable holiday tradition.

As we enter a new year, I want to thank all those that have supported MIFDI over the years and a special thank you to those who work behind the scene to keep the organization going throughout the year. Please continue to spread the word about MIFDI with fire service professionals who are unaware of MIFDI, especially with those assigned as training officers.

A reminder for members to not delay sending your annual dues payments for 2023. With increasing costs of printing, postage, website fees and other expenses, this organization relies on the support of our membership to allow MIFDI to continue our mission to provide presentations and information to educate and inform us as fire service professionals. Dues remain at: \$35 Active, \$15 Retired, \$100 ASSOCIATE. Checks can be mailed to: **MIFDI, P.O. Box 507, Merrimac, MA 01860-0510.**

Stay safe and I hope to see you at NFPA on January 25.

**NOTE: As we enter the winter season, be sure to check the MIFDI website for meeting cancellations due to inclement weather:**

[www.mifdi.org](http://www.mifdi.org)



*“To Promote Fire Department Training & Education by the Mutual Sharing of Knowledge”*

## **INSTRUCTORS CORNER**

### ***Cancer Awareness & Prevention***



Use SCBA from initial attack until overhaul is completed and atmosphere is monitored. *(Not wearing SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today).*

Do gross field decon of PPE to remove as much soot and particles as possible.

Use wet-nap or baby wipes to remove as much soot as possible from head, neck, jaw, throat, underarms, and hands immediately.

Change your clothes and wash them immediately after a fire.

Shower thoroughly after a fire.

Clean your PPE, gloves, hood, and helmet immediately after a fire.

Do not take contaminated clothes or PPE home or store in your vehicle.

Decon the interior of fire apparatus after fires.

Keep bunker gear out of living areas and sleeping quarters.

Stop the use of all tobacco products.

The importance of annual medical examinations cannot be overstated. Early detection and early treatment are essential to increasing survival.

FIREFIGHTERS ARE EXPOSED THROUGH THE FOLLOWING;  
Ingestion, Inhalation, Absorption (Groin-300%, Jaw-93%, Head 43%)

For every 5-degree increase in skin temperature, body absorption increases 400%