

# The MIFDI BULLETIN

Massachusetts Institute  
OF



**FIRE DEPARTMENT  
INSTRUCTORS**

January  
2025

MIFDI  
PO BOX 507  
MERRIMAC, MA 01860-0510

66th Year

(1959-2025)

**CONTENTS:**

<b>Page</b>	<b>Subject</b>
1	Index
2	Next Meeting, Directions to Meeting, Drill Schedule
3	Treasurer's Report, New Members
4	Recall of Previous Meeting, Secretary's Report
5	EMS Run
6	Upcoming Events
7	From The Desk Of The President
8	Instructors Corner
9	Congratulations, Good & Welfare / Advertisement
10	Last Alarm, Line of Duty Deaths / Advertisement
11	Dues Information & Advertisers Page
12	Advertisers Page
13	Advertisers Page
14	Membership Application or Renewal Form

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 - 2024**

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 2026**

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 2025**

Firefighter / Instructor Michael McLeieer, Merrimac Fire Department (Retired) (Past President)  
 Chief James M. Vuona, (Retired) 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**  
**2025 Membership Application & Invoice**  
**Jan. 1 to Dec. 31, 2025**

**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

Also email application to Michael McLeieer at  
 E-mail: mifditreasurer@escapeinc.org



## FSP Books

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COASTAL SELECT  
PROPERTIES

## Glen Rogers

Your Fire Chief Realtor  
Friend in North Carolina

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

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



Give me a call or  
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 22, 2025** 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 2023.

MIFDI will be welcomed by Barbara Dunn who helped to arrange this meeting for MIFDI. We will meet in one of the classrooms which will be posted at the front reception desk. Our training presentation hopefully is expected to be a new Simulator Training Program on EV Fires.

### **SCHEDULE:**

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

### **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 (aprox 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 01/02/2025  
 Preferred C.U. Checking \$ 115.06  
 Preferred C.U. Savings \$ 950.97  
 CapitalOne Sav. Balance \$2,374.79  
 Grand Total \$3,440.82

Bills December, 2024 - Checking:  
 January Bulletin - Michael \$120.00 - 12/31  
**TOTAL: \$120.00**

50/50 Raffle = None  
 Winner = N/A  
 Net Proceeds from 50/50 Raffle = N/A

Account Transfers:  
 None

Total active members = 84

Dues paid thru 2031 = 1  
 Dues paid thru 2030 = 2  
 Dues paid thru 2027 = 1  
 Dues paid thru 2026 = 2  
 Dues paid thru 2025 = 33  
 Dues paid thru 2024 = 33  
 Dues paid thru 2023 = 12

Mailings

E-Mail - 57 Home - 17  
 Work - 10  
**Total: 84**

Balances as of 01/09/2025

Preferred C.U. Checking: \$ 981.57  
 Less uncleared checks: \$ ( 0.00)  
 PCU Cking. Balance: \$ 981.57  
 PCU Savings Balance: \$ 950.97  
 Capital One Sav. Balance: \$ 2,374.79  
 Grand Total \$ 4,307.33

Membership Totals: 84  
 45 Active - 35 Retired - 4 Associate

Please welcome these new members who recently joined MIFDI

- Erik Byam - Captain / Training Officer - Chelmsford
- Leo Reardon - EMS Coordinator - Canton
- John MacDonald - Lieutenant - Belmont
- Tom Bogart - Chief (retired) - Lynnfield (Welcome back!)

*Treasurer Notes:*

- 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 2025 dues are due in January, 2025. Please add \$10.00 for late renewals paid after April 1, 2025 for your 2025 dues. Invoices have already been sent to those members who have their department pay their dues. Please watch your mail!***
- You may now use the 2025 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.*
- New members**, email your application to [MifdiTreasurer@escapeinc.org](mailto:MifdiTreasurer@escapeinc.org) (so we can promptly set you up to receive The Bulletin, due to mail and payment processing delays).*

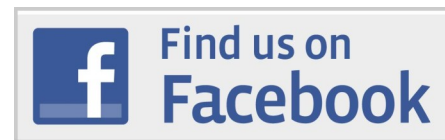
Respectfully submitted 01/13/2025  
 by Michael McLeicer, Treasurer - 978-346-4731  
 Email: [mifditreasurer@escapeinc.org](mailto:mifditreasurer@escapeinc.org)  
 Thank you for your continued support and for the prompt payment of your dues!

**MIFDI will also accept credit card payments. Contact Michael McLeicer for details.**  
**Active Member dues is \$35 / Retired Member dues is \$15 / Associate Member dues is \$100**

**\*\* 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!**

**Please remember to still add a \$10 late fee for renewal dues paid after April 1st, 2025. This fee does not apply to new members or for those who renew before April 1, 2025.**

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](mailto: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). Late fee does not apply to new members.


\* 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, 2025.

New members, please email your completed membership application to [MifdiTreasurer@escapeinc.org](mailto:MifdiTreasurer@escapeinc.org) so we can promptly set you up to receive The MIFDI Bulletin (due to delays in mail processing and delay in payments received from cities and towns). Also, include your completed membership application with your payment.

### RECALL OF MEETING #2024-12


The December meeting of MIFDI was held on Wednesday December 18, 2024, this was our Annual Holiday Luncheon held at the Café Escadrille in Burlington. We were joined by 16 members and guests including a few faces from the past. This annual event is a great tradition as we take some time to reflect on the past year and enjoy the friendships established from our profession throughout the years.






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- Genesis Rescue System
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- Paratech




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RESCUE SYSTEMS




**RANGER**  
by Honeywell




**CMC**  
RESCUE EQUIPMENT



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**Mercedes Textiles**



**PARATECH**

Our New Location  
280 Milton St  
Dedham, MA 02026  
617-325-3993

**EMS RUN**

***Norovirus***

According to the CDC, there has been a recent increase in Norovirus illnesses in the US. Norovirus is the leading cause of vomiting, diarrhea and food borne illness affecting people of all ages.

It is sometimes referred to as a “stomach flu” or “stomach bug” and is also very contagious. It is caused by the influenza virus and causes acute gastroenteritis which is an inflammation of the stomach or intestines. Most will recover within 1-3 days can still carry and spread the virus for a few days.

Symptoms usually develop 12-48 hours after exposure to the virus. The most common symptoms as mentioned are; diarrhea, vomiting, nausea, and stomach pain. Other symptoms include fever, headache and body aches.

Dehydration caused by loss of body fluids is the main concern of this illness, especially among young children and the elderly. Dehydration presents with decreased urination, dry mouth & throat, feeling dizzy when standing, crying without tears, unusual sleepiness.

Prevention includes washing hands often, cook shellfish thoroughly and wash fruits and vegetables, clean and disinfect surfaces, wash laundry in hot water, stay home when sick for 48 hours. Those affected are encouraged to drink plenty of fluids to replace fluid loss.



**LAST ALARM**

The Massachusetts Institute of Fire Department Instructors offers our condolences to the friends and family of the following:

**Firefighter Jeffrey Albanese**, ACTIVE member of the Brockton Fire Department. Jeff suffered an on duty medical incident on December 9, 2024 and died on December 21, 2024 at age 47.

**Firefighter Justin T. Powers**, ACTIVE member of the Avon Fire Department. Justin died unexpectedly on December 24, 2024 at age 40. He also served as a Paramedic with Boston MedFlight.

**Fire Lt. Joseph Hurley**, ACTIVE member of the Boston Fire Department. Joe died unexpectedly on December 26, 2024 at age 43.



*Jeff Albanese*



*Justin Powers*



*Joe Hurley*

*May They Rest In Peace*

CONGRATULATIONS



UPCOMING EVENTS 2025

January 13-16, 2025: Fire Dept Safety Officer Conference  
St. Pete, FL [www.fdsoa.org](http://www.fdsoa.org)

Jan.13- Feb.11, 2025: Application Period for April 12 LT/Capt Exam

January 22, 2025: MIFDI - NFPA

January 28, 2025: BFIT Challenge 2025  
Fleet Center, Boston [www.nhl.com](http://www.nhl.com)

February 2-8, 2025: National Burn Awareness Week

February 25-27 2025: FCAM Professional Development Conference  
Worcester DCU Center [www.fcaml.org](http://www.fcaml.org)

February 26, 2025: MIFDI





**REPORT of the PRESIDENT:**

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

As MIFDI begins the New Year, I want to thank all of those who continue to support our important training organization throughout the years. That said, we remind our members to renew their annual dues to keep MIFDI operating for future fire department training officers. The dues remain at; **ACTIVE \$35.00, RETIRED \$15.00, ASSOCIATE \$100.** Dues can be paid at the meetings or mailed to **MIFDI Treasurer, PO Box 507, Merrimac, MA 01860-0510.**

Another reminder that meeting cancellations are strictly for the safety of our members and presenters. We use the same cancellation guideline as the Mass Fire Academy and we will post cancellations on the MIFDI website at [www.mifdi.org](http://www.mifdi.org)

Finally, December continues to be a cruel month for the fire service every year. In Massachusetts we witnessed the tragic loss three young active members. Stay proactive about your health; physically, mentally and spiritually. January is Cancer Awareness Month, do yourself and your family a favor and schedule an appointment for a cancer screening, early detection is the best chance for survival. If you have not had a physical exam in a while, make it a point in 2025 to schedule one with your physician. There is now a simple and fast test called “Cardiac Calcium Score” that can determine any potential for blockages in the coronary arteries before it’s too late. For those who served in the military and suffer from PTSD, reach out to the VA, they have a lot of experience with veterans suffering with this. If you are struggling with an addiction, reach out to your union for assistance, they are obligated to help members and have great resources for rehab through the PFFM and the IAFF. If you need help with stress or depression, reach out, there are plenty of organizations with 24 hour help lines to anonymously assist you with what you are dealing with. Don’t hold it inside, there is nothing to be ashamed of, you are not alone as many people are suffering internally. Finally, if you notice that coworker has had a change in behavior or becoming quiet and isolated in the firehouse, ask them if they want to talk about it. Being part of a crew, we must all watch out for each other.

*“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.
- Clean the interior of fire apparatus after fires.
- Keep bunker gear out of living areas and sleeping quarters.
- Stop the use of all tobacco products.

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

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

**PROTECT YOURSELF FROM THIS LEADING KILLER OF FIREFIGHTERS**