



THE RURAL HITCH

FOURTH QUARTER 2009

**A publication of
Lakes Region
Mutual Fire Aid
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LRMFA Training Division Graduates 26 Firefighter II Students

By Deputy Chief John Beland, Gilford Fire Department



Firefighter II graduates anxiously await the start of the ceremony.

On December 1, 2009, 26 graduates, representing ten LRMFA Fire Departments, their families and friends gathered at the NH Fire Academy to recognize and honor their dedication and hard work.

Tilton-Northfield Fire Chief Steve Carrier, representing the Fire Standards and Training Commission, welcomed all to the NHFA. Chief Carrier congratulated the graduates on their achievement, and spoke of the value they bring to their departments and communities with their new knowledge and skills. Captain Harry McGovern, NH Fire Academy, thanked the Fire Chiefs who were in attendance to recognize and support their members. "It is important that these firefighters know their Chiefs understand and support members in their training; your presence here confirms that commitment," said McGovern. Most importantly, Captain McGovern recognized the graduates' families for their support during the many hours the firefighters spent away from them. The graduates stood and faced their families with a resounding round of applause.

Course Coordinator, Deputy Chief John Beland read an article to the graduates entitled "Recruit Orientation" written in 1988 by Chief Tom Brennan (FDNY, Waterbury CT, Fire Engineering) from his

GRADUATION — CONTINUED ON PAGE 3

SEND YOUR DEPARTMENT NEWS TO debbiek@lrmfa.org

Please send information and photos of new employees, promotions, retirements and general personnel news.

If you have an idea for an article or would like to send an article about something of general interest, please feel free to do so. Articles will be published as space allows. Photos are also welcome.

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Jon Roy, New Durham Fire Department, addresses his classmates.

GRADUATION — CONTINUED FROM PAGE 1

"Random Thoughts" column in *Fire Engineering* magazine. In this article, Chief Brennan speaks of the highs and lows of working in the "world's greatest profession." The Chief stresses "training is and must be an ongoing concept — from day one until day last. That idea should be accepted by the probationary firefighters and nodded to in agreement by the chief." This is the message we want you to take with you as you leave here this evening said Beland, "Do not let this ceremony be your last visit to your training academy."

Class member Jon Roy, New Durham Fire Department, spoke to his classmates about how they came together from ten different organizations, bonded together to overcome the many challenges presented to them and ultimately forged new friendships. Jon also thanked the instructors for their dedication, knowledge and professionalism in passing on their knowledge.

Captain McGovern and Deputy Chief Beland then presented the graduates their Firefighter II certificates, with much-deserved applause filling the auditorium. The graduates and guests gathered for fellowship and refreshments following the ceremony.

The LRMFA Training Division would like to thank all of the instructors in this program, Captain McGovern and the staff at the NH Fire Academy for their support of this program. 🚒

THE RURAL HITCH

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Lakes Region
Mutual Fire Aid Association

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Editor
Debbie Kardaseski

Email all submissions to:
debbiek@lrmfa.org

Featured department...

Holderness Fire Department



Chief Eleanor Mardin
Holderness Fire Department

12 — Holderness Fire Department

Fire Chief: Eleanor Mardin
Address: 922 U.S. Route 3
PO Box 465
Holderness, NH 03245
hfdchief12@roadrunner.com

Office

Hours: 8–4, Monday–Friday
Officers: Deputy Earl Hansen
Deputy Dick Carrier
Capt. Randy Eastman
Capt. Scott Fields
Capt. Stanley Graton
EMS Capt. Tracey Burhoe

Apparatus: 2 Engines
1 Tanker
1 Rescue
1 Forestry Pickup
2 Forestry Jeeps
2 Boats
1 Command Vehicle
1 Snowmobile
w/rescue sled

Holderness Fire Department has the distinction of having the first female fire chief in the state.

Eleanor Mardin became Chief on October 1, 2007 when her Dad, Dick Mardin, decided to retire after 18 years as Chief. Eleanor originally hadn't given any thought to becoming the next Holderness fire chief. She'd just retired from her job as a Forest Ranger with the State of NH and was looking forward to working with her Dad in his business. Little did she know that when she decided to retire, he would also decide to retire!

Once the elder Chief Mardin gave his notice of retirement, the members of the department approached the younger Mardin about becoming the next fulltime chief. She accepted the job and took the reins in October 2007.

Less than two months later she found herself fighting one of the biggest fires in recent Holderness history: the Squam Meadows Apartments fire. This two-story, six-unit building burned in a six-alarm blaze on November 29, 2007.

Chief Mardin grew up in the area and returned home in 1986 after spending five years in the Navy. She began working with her father in his business and found herself going on fire calls with him. She was at so many calls Chief Kip Hawkins told her she should make it "official" and join the department, which she did! At that time there were two other women in the department, both working on the EMS side.

In 1990, Eleanor began working part-time at the Plymouth Fire Department. Three years later she began working fulltime for them, a career that would span twelve years. After leaving Plymouth Fire



Department she worked as a Forest Ranger until her retirement.

When asked what difficulties, if any, she faced as the first female fire chief, she said the biggest "problem" frequently occurs when she answers the phone. Because there is no office staff at the station, she is usually the one to answer calls. Callers assume she's the secretary and ask that she give the chief a message when HE comes in! Even when she says, "I'll make sure SHE gets the message," they don't always get it!

She misses the actual firefighting part of the job. As Chief, her job is to coordinate the department's efforts at calls. She mentioned that her white leather helmet (a gift from department members when she took over as chief) is still very clean! There's a lot more paperwork and she's now involved in the budget process much more than in the past. And because she's the only fulltime person and often the only person in the station, she frequently finds herself doing "less-than-chiefly" duties, including sweeping floors and washing trucks.

Holderness Fire Department was established in 1932. Until 1998, the department was housed in a building across the street from its current building. The Department



Holderness Fire Department

still has its first truck, a 1931 Model A. This truck occupies a suitably “cushy” spot in the station and is carefully watched over by members of the department.

There are 39 on-call volunteers, including seven Explorers. Many department members are self-employed and available during the day, which is helpful in a rural community. The department averages 250 calls per year, with last year’s total being 281. Ambulance service is contracted to Plymouth Fire Department. Apparatus and equipment is in good condition and the

next apparatus purchase is four years away.

The department has a good mix of apparatus, necessary in a town of diverse needs. Like many communities in the LRMFA system, Holderness has numerous lakes and ponds with hard-to-reach cottages both along shorelines and on islands. The department has a boat in the channel on Squam Lake all summer, which gives them quick access and response to emergencies on the lake. Additionally, the

department has a snowmobile with a rescue sled. This was one of the first in the area and several departments have since copied the idea.

Chief Mardin would like to have an additional fulltime person in the department at some point in the future. This person could help out with paperwork and learn the ins and outs of the chief’s job. An ongoing project is completion of the upper level of the station. The area has been partially finished and insulated but still needs heat and electricity. She hopes to someday use this area as an emergency shelter.

Each year the Department participates in Operation Santa. They solicit donations from area businesses and use it to buy gifts for local children. This year they were able to buy gifts for 37 kids. It’s a worthwhile project and the Department is appreciative of all the community support they receive for this event.

If you are interested in joining Holderness Fire Department, they meet on the first Wednesday of each month. EMS training is held on the second Wednesday and fire training is held on the third Wednesday. 🚒



Holderness's first engine: a 1931 Model A.

EMS Update

Shawn Riley, EMS Deputy Chief, Laconia Fire Dept./LRGHealthcare

EMS... “A Helping Profession” — The Story

In fire-based EMS systems it's not uncommon for someone to say, “I'd rather go to a fire call any day of the week,” or “I'd like to get off the ambulance and ride the engine.” Why is this?

WHY IS IT EASIER TO “BURN OUT” IN EMS THAN FIRE?

Most firefighters are attracted to the profession because of the “adrenalin rush.” It's no secret the men and women who enter a burning building have to possess an above-average level of courage. That's why firefighters are referred to as “America's Bravest.” On an ongoing basis, EMS calls don't provide that “rush.” Most calls are routine — illnesses or minor injuries — not major injuries or multiple vehicle accidents.

Some burn-out may be attributed to the horrific nature of a portion of the calls we go on. However, most people who can't handle the human tragedy we face leave the profession early. I believe the “bad” calls may actually help keep EMS folks interested. On the EMS side, a multi-trauma mass casualty incident is like the “Main Streeter” on the fire side. It provides us with the same adrenalin rush and gives us a challenge. I want to assure all non-emergency responders who are reading this that we do not want harm or misfortune to come to anyone. However, if it happens, it is what we train for and we love doing our job. That's why we are here.

Emergency responders love the “big stuff” on either side of the business. If all we handled were major fires and serious medical calls, burn-out would be extremely low. I still haven't answered the initial question: “Why is it easier to ‘burn out’ in EMS than fire?” The reality of

EMS is this: Our calls are not all serious traumas and major medicals like you learned in class. EMS is a “helping profession.” It is much like Certified Nurse Assistants, counselors, mental health workers, social workers and special education teachers. In EMS much of our day-to-day activities involve dealing with other people's problems.

Most calls are not major events and a growing number of callers are EMS system abusers. Not all patients who call 9-1-1 have a medical emergency requiring transport.

“...we have to see a purpose in all the calls we handle — not just the newsworthy ones.”

Many do need services — just not EMS or even ER services. Why do these patients call us? Well, for two main reasons. One: we are easy to access. All you have to do is dial 9-1-1 and fire and EMS show up. The other reason is many of these clients have no one else to talk to. Many have no family or friends. These folks sometimes view EMS/Fire/Police and ER staff as part of their extended family. Have you ever noticed the spike in EMS abuse calls during the holidays? Do you like seeing your relatives during the holidays? So do these people.

When you signed up for your first EMT class, you probably thought you'd see lots of “blood and guts” and wondered if you'd be able to handle it. Many EMS instructors spend a lot more time teaching

trauma-related skills than they do teaching “dealing with the elderly” or “mental health emergencies.” However, once you're in the field, you discover the majority of your calls are the type where you must assist the elderly in day-to-day problems or handle mental health issues — not exactly what you thought you were signing on for.

What's the answer? Somehow we have to see a purpose in all the calls we handle — not just the newsworthy ones. We need to be satisfied with the fact that we are here to help and assist people.

I often think about one of the last calls I did at Concord Fire. It was a cold November night. It was 3 a.m. and we'd already been woken up 3 times since 11 p.m. Everyone was cranky and tired. We got a call for a “medical alarm activation.” At that time we sent an engine and ambulance to every call, so there were five of us on scene. We rolled up to a neatly-landscaped mobile home. When we entered, we noticed everything was clean and tidy...until we made it to the bathroom. Once we passed through the bathroom door, we saw an embarrassed but sweet 70-year-old lady lying on the floor. I have been doing this job for 23 years and this was by far the most dried fecal material I have ever seen. This poor lady had fallen at 2100 hours while making her way to the toilet with a bout of diarrhea. She was proud and did not want to call for help, so she had spent the last six hours crawling around on the floor in her own excrement trying to get herself up. She said in an embarrassed voice, “Please, just help me up and I'll be OK. I'll clean this up tomorrow.” The Lieutenant said,

EMS UPDATE — CONTINUED ON PAGE 10

November Task Force Deployment Drill

By Deputy Chief Deb Pendergast, Laconia Fire Dept.

Under the NH Statewide Fire Mobilization Plan, a community or area experiencing a significant emergency or event can request assistance from other areas of the state. Before the request, however, all of the local mutual and automatic aid departments will have been involved and no further local resources are available. This request will go to the State Emergency Operations Center in Concord. The EOC then contacts the appropriate Mutual Aid District Communications Center, which will set into motion a Task Force or Strike Team deployment.

Once the communications center receives the request, an Overhead or Management Team is assembled. The Overhead Team arrives at the communications center and begins to make plans and phone calls to fill the request. Task Force/Strike Team leaders are assigned, an assembly point is determined and apparatus and personnel begin arriving at the assembly point for assignment and briefings. The Overhead Team then meets with Task Force Leaders and briefs them on the event, the community, the travel route and any contact information for the receiving community. Then, the Leaders will brief the responding companies, review readiness and begin the convoy to the requesting community.

At this time the State EOC and the sending Mutual Aid Communications Center are updated and will be notified when the Task Force or Strike Team reaches its destination.

The Lakes Region Task Force Committee meets quarterly and reviews and updates resource lists, training materials and member department information. We also conduct a practical training exercise



once per year, our most recent being the first week of November.

On November 6, the Lakes Region Overhead Team assembled and practiced a “mock” deployment request meeting. Phone calls were made to departments requesting resources for a planned deployment of a forestry task force on Saturday, November 7. Each department and individual member was to be prepared to deploy for 96 hours to another area of the State for a large wildland fire. At 0600 Saturday, the Overhead Team met once again at LRMFA and awaited the arrival of the Task Force Leaders and apparatus and began planning for the convoy. By 0730 all resources had arrived at the assembly point, were checked in and given instructions and maps. The Task Force Leaders were Ed Maheux of Moultonborough and John DeSilva of Sanborn-ton. The destination was the Alpine Ridge area of Gunstock Recreation Area. The convoy reached its destination in Gilford. I acted as the Operations contact for the receiving community and distributed tasks and assignments to the Task Force Leaders.

By 0830, forestry hose, pumps and tanks were being deployed and the 30+ members, all wearing the recognizable forestry yellow, were

busy setting up for offensive forestry operations. Over the next 2½ hours, drafting, pumping, stretching lines and maneuvering forestry vehicles and hand tools took place. Also, there was a “mock” urban-interface situation to be assessed at the Gunstock Camp-ground. By 1100, the situation was declared “under control” and pick-up began.

We ended the morning with gear inspections, a critique, briefing and a brown bag lunch prepared by members of the Gilford Fire Department. The deployment drill was overseen by the NH Forests and Lands Special Deputy. I would like to thank all of the departments involved in this successful drill: Alton FD, Ashland FD, Belmont FD, Center Harbor FD, Gilford FD, Gilmanton FD, Holderness FD, Laconia FD, LRMFA, Moultonborough FD and Tilton-Northfield FD. The Lakes Region has deployed resources to other parts of the state more than any other Mutual Aid District. We are on the leading edge for training and readiness and hope to continue to assist other communities in their time of need. 🚒

2009: The Year in Review

JANUARY 1–MARCH 31

First Quarter Statistics

January.....1,751
February.....1,566
March1,479

2009 began quietly enough, with few notable incidents during the first quarter. Fire departments throughout the system faced tighter budgets in March as taxpayers were faced with the reality of an economic downturn.

APRIL 1–JUNE 30

Second Quarter Statistics

April1,751
May.....1,566
June.....1,680

The second quarter began with a burst of activity. Lakes Region Mutual Fire Aid experienced the biggest fire in its history on Easter Sunday, April 12, 2009. The Alton Bay Christian Conference Center fire utilized resources from much of the state and proved the value of the coordination efforts of the Communications Center in a big way. By the time the fire was out, over 45 buildings had been destroyed and 12 more damaged. Sixty-two fire departments, three ambulance companies, two oil companies,



April 12, 2009 — Alton Bay Christian Conference Center

three canteen trucks, the NH Electric Co-op, Lakes Region Fire Apparatus, the NH Fire Marshal's office, two police departments and Lakes Region Mutual Fire Aid were involved.

The very next day, Monday, April 13, a motor vehicle accident on Route 106 in Gilmanton was declared a "mass casualty" event. The accident involved a car, a minivan and a motorcycle. Nine patients were treated, with four critically injured. These four were med-flighted from the area over the course of the day, with two being flown from the scene and two flown from area hospitals later in the day. This event involved six fire departments, three police departments, the Belknap County Sheriff's department and the NH State Police.

A little over a week later, on Wednesday, April 22, a vacant building in Franklin burned. Nineteen departments responded, either on scene or as cover.

The LRMFA Training Division hosted: "Got Big Water — Moving Large Volumes of Water Without Hydrants." The two-day event was held May 17 and 18, with day one in the classroom and day two spent putting the previous day's theories

into practice. At the high point of the drill, over 1,000 gpm was delivered utilizing a rural hitch and three fold-a-tanks.

In June, the System's newest transmitter went on the air. The Pegwood Hill site replaces the Mt. Tecumseh transmitter.

During EMS Week, LRGHealth-care held its annual EMS Appreciation Dinner. Lakes Region Mutual Fire Aid received a Unit Citation for its outstanding performance during the Alton conflagration.

JULY 1–SEPTEMBER 30

Third Quarter Statistics

July1,844
August1,879
September.....1,469

The summer of 2009 was one of the rainiest on record. There was little major flooding, although roads washed out throughout the System. The rainy cool weather — and the economic downturn — kept travelers at home this year, which in turn reduced calls for motor vehicle accidents and brush/wild fires.

The LRMFA Training Division held a Task Force drill on Saturday, November 7. All participants met at the Communications Center where



April 22, 2009 — Franklin

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ICS 300 & 400 Offered at LRMFA

New Hampshire Fire Standards & Training and Emergency Medical Services will offer **ICS 300** (Intermediate ICS) CREF #10-7-NFA-16 and **ICS 400** (Advanced ICS) CREF #10-7-NFA-18 at the LRMFA Communications Center, 62 Communications Drive, Laconia, NH. These classes are being offered at no charge. The maximum class size for both classes is 24 students. A general admission application may be found at: www.nh.gov/safety/divisions/fstems.html. Only complete applications will be accepted in person, by mail or by fax (603-271-1091). Applications will be accepted on a first-come, first-served basis.

ICS 300

ICS 300 will be offered Tuesday and Thursday, March 9 and 11 from 6:30–10:30 p.m. and Saturday and

Sunday, March 13 and 14 from 8:30 a.m. until 5 p.m.

Prerequisites for this class are: ICS 100, ICS 200 **or** H806 NIMS/ICS for the Fire Service.

Applications will be accepted from Monday, January 11 through Friday, February 19 at 4 p.m.

ICS 400

ICS 400 will be offered Saturday and Sunday, April 10–11, from 8:30 a.m. until 5 p.m.

Prerequisites for this class are: ICS 100, ICS 200, ICS 300 **or** H806 NIMS/ICS for the Fire Service **and** ICS 300.

Applications will be accepted from Monday, February 8 through Friday, March 19 at 4 p.m.

For additional information on either class, contact the New Hampshire Fire Academy at 800-371-4503 or 603-223-4200. 🚒

Save the Dates!

LRMFA Training Division and JP Noonan Transportation Co. will present “Tank Truck Anatomy & Safety” and “A Crash Course in Parking” on Saturday, May 8 and Saturday, May 15.

This one-day program will feature a morning session on tank trucks and an afternoon session on safe parking while operating in or near vehicle traffic.

The May 8 classes will be held at the PSNH building, 64 Business Park Dr., Tilton and the May 15 class will be offered at Plymouth Regional High School, 43 Old Ward Bridge Road, Plymouth. Both days from from 9 a.m. until 4 p.m. and will cost \$35.00, which includes lunch.

To register for either day, go online to www.lrmfa.org. Click on “training” to download an application. 🚒

REVIEW — CONTINUED FROM PAGE 8

they were briefed on a “forest fire” burning at the Alpine Ridge site in Gilford. Participants proceeded to the site and practiced water and resources distribution in a steep wooded environment.

OCTOBER 1–DECEMBER 31 Fourth Quarter Statistics

October1,564
November1,503
December1,790

On December 1, 26 students, representing ten LRMFA Fire De -

partments, graduated from the Firefighter II class at the NH Fire Academy. This class had been coordinated by LRMFA Training Division and Deputy Chief John Beland, Gilford Fire Department.

Throughout the year, the “Rural Hitch” has featured Gilford, Gilman-ton and Hill Fire Departments. Hold-erness is highlighted in this issue. Readers have been given informa-tion on EMS updates, maintenance issues, new apparatus and new hires and promotions, as well as professionalism and narrowbanding



May 18, 2009 — “Moving Big Water”

mandates. The newsletter contin-ues to be well received by depart-ments and professionals in New Hampshire. 🚒

EMS — CONTINUED FROM PAGE 6

“OK, let’s do it and get outta here.” I said, “No. She needs our help.” I knew we had to assist her and restore some of her dignity, no mat-ter how tired we were or how easy a sign-off this could be. After we cleared her of any major medical issues, we helped her into the shower. My partner Donna assisted her as necessary to clean up. We

scrubbed the floor and walls and started a load of laundry. Donna helped her get into a clean night-gown and we convinced her to go to the ER for an evaluation. When we returned to the station just before shift change I thanked everyone I was working with. This was not the “Hollywood style” call you hope for or learned about in class. This was,

however, a call we were needed on. This was an opportunity to use our professionalism to help another human being on multiple levels.

There are plenty of times we do things that are unpleasant but they are still important and meaningful. I truly believe it is an honor to have a job that gives us the opportunity to help other people. 🚒

New Equipment...



Hill. 11 Engine 4

1995 Spartan. 900 gallons, 1500 gpm pump, foam capability, 6-man cab, rear engine with rear pump. Will be used for mutual aid in hydrant system or for manpower.



Meredith. 14 Tower 1

2009 Pierce Arrow XT. 100' platform. 8-man cab. 2,000 gpm pump. 300 gallons. 10kw in-frame generator.



Laconia. 13 Ladder 1

2009 E-One 100' rear-mount aerial platform. Two preconnected hydraulic rescue tools in the front bumper can operate simultaneously by the PTO-driven power unit on board the truck or a separate gasoline powered portable power unit. 15 KW Hydraulic PTO generator. High angle/below-grade rope rescue equipment. Rescue jacks that can be assembled into a below-grade rescue tripod. Paratech rescue airbag system. High lift and low-clearance rescue jacks. Scott RIT pack and two 1-hr. RIT SCBA. K12, vent chainsaw, metal cutting saw, numerous other power and electric saws. 40, 35 and 30 foot extension ladders. 100 foot aerial ladder with 4-person platform. 1250 gpm nozzle. Breathing air piped to basket for 2 people.



Franklin. 7 Engine 4

2009 American LaFrance Pumper. 1500 gpm Waterous pump. 1600' 4" LDH. Foam Pro Class A&B Foam capable through the pump. Full complement of hand-tools and SCBA's. Electric PPV fan. This engine will run first due in the City of Franklin and mutual aid.

Oops!

In the last issue of "The Rural Hitch," we mistakenly reported that Bridgewater's new ladder (34 Ladder 1) had "limited capacity." What should have been said was the ladder had limited *capability* in ice/water rescues. We apologize for the misunderstanding. — Editor

Man vs. Wild Mountain



Personnel from LRMFA Communications Center have been making numerous trips up Belknap Mountain this winter. This trip was to install a cage around propane tanks supplying the generator. Left to right: Bob Magoon, Rob Frame, Chris Harris and Ross Magoon.

NH Committee of Merit Award Program

The NH Fire Service & EMS Committee of Merit requests support in recognizing outstanding acts of courage by career, call and volunteer fire and emergency medical service personnel in New Hampshire. There are many fire and EMS personnel through the state who have performed courageous acts between Jan. 1, 2009 and Dec. 31, 2009 that should be recognized. All paid, call and volunteer firefighters or emergency service personnel are eligible. Awards may also be made posthumously.

The deadline for nominations for the 2010 awards ceremony is January 30, 2010.

To obtain nomination procedures, please contact Stacey at 603-223-4200, ext. 31008 or email stacey.devol@dos.nh.gov. 🚒

Emergency Vehicle Liability: Do You Know the Law?

By Scott Weden, Risk & Health Manager, NH Local Government Center

WHAT EVERY EMERGENCY RESPONDER SHOULD KNOW: IT IS NOT ONLY YOUR LIFE

"Fireman charged in fatality." "Charges against firefighter dismissed." "Family of fallen firefighter sues town." These are just a few of recent headlines taken from news stories across the country dealing with motor vehicle collisions involving emergency responders. According to the National Fire Protection Association, 28% of firefighter deaths in 2008 occurred while responding to or returning from alarms.¹

Communities can take several proactive approaches to reducing their risk of driving fatalities (incidents) for emergency responders. First, there should be comprehensive up-to-date policies or standard operating procedures (SOP's). These follow local and nationally-recognized laws and standards to communicate with employees the policies and procedures which govern the organization. In addition to SOP's, Emergency Vehicle operators should review and have a good working knowledge of NH RSA 265:8, Emergency Vehicle Rules of the Road, as well as the National Fire Protection Association Standard 1500, Fire Department Occupational Safety and Health Program, Chapter Six, Fire Apparatus, Equipment, and Drivers/Operators.

Secondly, comprehensive training must be conducted with all employees to educate them on the department's Standard Operating Procedures (SOPs), applicable laws and proper operation of responding to emergencies. This is a top-down, bottom-up training whether you are driving a forty-foot nineteen-ton aerial ladder truck, an incident commanders SUV or your personal vehicle to and from emergencies.

The third area to help reduce your risk is to review all vehicle collisions and near misses. Whether it is the department's safety committee or the communities' Joint Loss Management Committee, it is imperative that all incidents are reviewed and recommendations made to prevent future incidents. Remember, State of New Hampshire Department of Labor Administrative Rules, Chapter 600 states that communi-

ties with five (5) or more employees shall have a working joint loss management committee whose responsibility includes reviewing workplace accident and injury data and to make recommended control measures to those most able to implement controls.

Three programs offered by the Local Government Center's Risk and Health Management group — Emergency Vehicle Liability, Coaching the Emergency Vehicle Operator and the Commercial Driver's License program — educate emergency responders in the hazards of driving and provides information on driving habits and operating emergency vehicles. For more information or to schedule a program, contact your New Hampshire Local Government Center Property Liability Trust, Risk and Health Management Representative. 🚒

¹FIREFIGHTER FATALITIES IN THE UNITED STATES — 2008. Rita F. Fahy Paul R. LeBlanc Joseph L. Molis. Fire Analysis and Research Division. National Fire Protection Association July 2009. National Fire Protection Association Fire Analysis and Research Division.

2009 Statistics

DEPARTMENT	FIRE	M/E	M.V.A.	S/C	TOTAL
Alexandria	60	91	13	9	173
Alton	165	354	81	40	640
Andover	47	8	17	2	74
Andover Rescue	18	103	22	1	144
Ashland	82	168	49	12	311
Barnstead	182	313	63	31	589
Belmont	283	629	90	84	1,086
Bridgewater	42	68	8	2	120
Bristol	177	540	71	36	824
Campton-Thornton	137	315	53	16	521
Center Harbor	98	89	24	15	226
Danbury	55	67	13	9	144
East Andover	63	10	17	4	94
Franklin	351	981	80	99	1,511
Gilford	403	685	88	66	1,242
Gilmanton	217	215	77	76	585
Hebron	34	78	11	9	132
Hill	46	48	7	11	112
Holderness	73	123	26	5	227
Laconia	730	2,090	160	179	3,159
LRMFA	5	0	1	0	6
Meredith	210	20	75	16	321
Meredith E.M.S.	123	1247	145	48	1,563
Moultonborough	184	406	52	72	714
New Durham	93	204	35	9	341
New Hampton	143	251	90	18	502
Plymouth	299	854	119	98	1,370
Rumney	54	101	25	6	186
Sanbornton	127	169	73	13	382
Sandwich	48	99	14	6	167
Strafford	80	141	26	12	259
Swift Water Rescue	0	0	0	0	0
Tilton-Northfield	360	851	179	72	1462
Twin Rivers	0	18	2	0	20
Warren	35	6	15	1	57
Warren-Wentworth EMS	24	202	21	2	249
Waterville Valley	67	190	5	6	268
Wentworth	36	4	15	1	56
System Total:	5,151	11,738	1,862	1,086	19,837



FIRE TECH & SAFETY

"Serving and Saluting America's Bravest"

FT&S Products

- ALCO-LITE - Ladders
- AMKUS - Extrication Equipment
- AMEREX - Fire Extinguishers
- ANGUS - Fire Hose
- BLACK DIAMOND - Leather & Rubber Boots
- BULLARD - Fire & EMS Helmets/Thermal Imagers
- CAIRNS - Fire Helmets
- CARHARTT - Clothing
- CET - Brush Trucks, Skids, Portable Pumps
- CUTTERS EDGE - Ventilation Saws
- EAGLE - Compressors
- FIRECOM - Communication Systems
- FIRE HOOKS - Hand Tools
- KOCHER - Adapters, Valves
- KOEHLER - Hand Lights

FT&S Products

- LACROSSE - Leather & Rubber Boots
- LEATHERMAN - Tools
- MOTOROLA - Radios
- NIEDNER - Fire Hose
- PARATECH - Air Bags, Struts
- RINGER - Extrication Gloves
- RIT - Harnesses & Egress Products
- SCOTT - SCBA's, Air Purifying
- SHO-ME - Dash & Grill Lights
- SPERIAN - Turnout Gear (Securitex)
- STEARNS - Flotation Vests & Suits
- STREAMLIGHT - Hand Lights
- TACTICAL 5.11 - Clothing
- TEMPEST - PPV Fans
- TFT - Nozzles & Valves

FT&S Products

FT&S Services

Services



- SCOTT AIR-PAK - Mobile Service
(Visit our exclusive Scott Air-Pak website @ www.scba.biz)
- HYDROSTATIC TESTING
- VISUAL EDDY - Cylinder Inspection
- QUANTITATIVE FIT TESTING
- FLOW-TESTING
- COMPRESSOR SERVICE
- FIRECOM - Communication Equipment



We PICK UP and DELIVER any and all repair items.

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Repairable Items

- Gas Monitors (Scott, Biosystems)
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- Hand Tools (Any Brand)
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- Hose (Any Brand)
- Nozzles (Any Brand)
- PPV Fans (Any Brand)
- Portable Pumps (Any Brand)
- Rescue Tools (AMKUS)
- Turnout Gear (Any Brand)
- Valves (Any Brand)
- Ventilation Saws (Any Brand)

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Fourth Quarter Statistics...

From October 1, 2009–December 31, 2009

Incidents Dispatched:	October 2009	1,564
	November 2009	1,503
	December 2009	1,790
	Total	4,857

Resources Available:

Engines	92	Tankers	10
Ladders	11	Rescues	22
Forestry	36	Ambulances	39
Utilities	17	Fire Boats	25
Towers	2		

LRMFA HEADQUARTERS, LACONIA, NH



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Statistics:

- Began operations in September of 1971. Moved operations to our current facility in June of 2000.
- Dispatches Fire and Medical Emergencies for 36 communities and 37 Fire and EMS Agencies.
- Serves a population of 118,757 residents (2008 Estimate).
- Is spread over 5 NH Counties, covering a geographical area of 1,494 square miles (16% of the area of the State of NH — 1.5 times the size of the state of Rhode Island).
- Protects over \$21.7 billion dollars of property (2008 Valuation).
- Has an operating budget of \$967,216.84 (2009 budget).
- Has 10 full-time and 8 part-time employees.
- Dispatched 19,837 incidents during 2009 (54.35 calls per day).
- Dispatched 21,508 incidents during 2008 (58.92 calls per day).
- Dispatched 21,591 incidents during 2007 (59.15 calls per day).

Sales, Installation and Service for Wireless Communications and Emergency Vehicle Equipment



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DEMO DAYS ARE HERE!

Beat the 2010 emissions with a Low Mileage, full function Silver Fox demonstrator unit from HME-Ahrens Fox

ONLY ONE LEFT!!! \$245,000

INCLUDES: LETTERING ALLOWANCE, TRAINING & DELIVERY

These nearly identical trucks have the following attributes

18" Bumper Extension w/Gravelshield
36,600# GVWR
Six (6) Polished Aluminum Wheels
ISC-330 Horsepower/3000EVS 5-Speed
Exhaust Brake
270 Amp Leece Neville Alternator
SFO-MFD-12 96" Wide 4-Door Cab
High back Air Ride Driver's Seat
Fixed Officer's SCBA Seat
Two Outboard SCBA seats
Dual Grover Air Horns w/Lanyard & Horn Button Control
100 watt Electric Siren
Chromed Tow Hooks
3-D Stainless Grille and Polished SS Fenders
Two-tone Paint
Overhead Heater/Defroster
4 Group 31 Batteries

Hale 1250 Q-Flo Plus – Single Stage Pump
Mechanical Seal
1½" Tank Fill

3" Tank to Pump
Pneumatic Pump Shift Control

All Stainless Steel Piping — Schedule 40

Stainless Steel Pump Operators Panel
47" Side Mount Stainless Pump Enclosure
12 Gauge Brushed Stainless Panels
Double Wall Pump Gauge Panel
Stainless Steel Running Boards

Hale Torrent Valves
Left Side 2½" Gated Inlet
Two 6" Steamers with Caps
Two 1½" Crosslays
One Right 3" Discharge
One Right 2½" Discharge
Two Left 2½" Discharges
Rear 2½" Discharge
One 3" Deck Gun Riser

Class 1 Components
Valve Controls
4½" Master Gauge
2½" Pressure Gauges
Class 1 — Pressure Governor
Class 1 — ENFO III

1000 Gallon T-Tank Water Tank
Ladder through the Tank Storage
Hard Suction Thru the Tank Storage

304 Stainless Steel Silver Fox Pumper Rescue Body
Brushed Stainless Finish w/painted accents
156 cu. ft. Compartment Space
72 cu. ft. Hosebed
Four adjustable shelves
Polished Stainless Steel Rub Rails

Class 1 ESKey Multiplexed Electrical System

Chassis and Apparatus
Rear 12 Volt Apparatus Scene Lights
NFPA Reflective Striping
NFPA Ladder Compliment

Factory-Installed Options
Elkhart Vulcan deck gun w/stream shaper
Front bumper jump line w/swivel
Hale 2.1a class A foam system w/ tank
Foam outlets: crosslays and jumpline
2½" direct tank fill, left rear
Fox Tracks aluminum tool boards, L2 and R2
Federal GHSCENE scene lights
Two Fire Research Focus 150w 12-volt telescoping scene lights, front body corner mount
Two forward facing SCBA flip seats with under seat storage drawer
40 amp battery charger with auto eject
45000 BTU AC unit with 36000 BTU rear cab heater





Lakes Region Mutual Fire Aid Association
62 Communications Drive
Laconia, NH 03246

Association Meetings

Jan. 28, 2010 — New Hampton
(nominating com. to be appointed)

March 25, 2010 — Location TBA
(Annual Meeting)

May 20, 2010 🚒 **July 22, 2010**
Sept. 21, 2010 🚒 **Nov. 18, 2010**

Check www.LRMFA.org for locations.

The December Chief's Breakfast was held on Friday, December 18, 2009. Chiefs from around the system attended the breakfast at the Communications Center.



Training Opportunities

- **Tues., Feb. 2.** Basic EKG Review / STEMI Destination Protocol / STEMI "Hot Stretcher." FRH Conference Room 1C. 1900–2100. Basic review of cardiology and EKGs for EMS providers. It is being offered at no cost as a pre-course for the Tim Phelan 12 Lead EKG program on Feb. 16.
- **Weds., Feb. 3.** ALS Breakfast — Continuing Ed for EMS Providers and Nursing. 9:30–11:30 a.m. Franklin. For information on this and any other ALS breakfast, contact Shawn Riley at 524-6881 or Bruce Goldthwaite at 934-2205.
- **Weds., Feb. 10.** Basic EKG Review / STEMI Destination Protocol / STEMI "Hot Stretcher." LRGH cafeteria. 1900–2100. Basic review of cardiology and EKGs for EMS providers. **It is being offered at no cost as a pre-course for the Tim Phelan 12 Lead EKG program on Feb. 16.**
- **Tues., Feb. 16.** Tim Phelan 12 Lead EKG Class. Margate Resort. 0830–1700. Tim Phelan is recognized as one of the leading 12 Lead EKG instructors in the country. This class is presented free to all EMS services who work with LRGHealthcare and all employees of LRGHealthcare. Lunch and CEUs will be provided. Preregistration required. Contact Shawn Riley, 524-6881 or LFDmedical@metrocast.net
- **Weds., March 3.** ALS Breakfast — Continuing Ed for EMS Providers and Nursing. 9:30–11:30 a.m. Gilmanton.
- **Weds., April 7.** ALS Breakfast — Continuing Ed for EMS Providers and Nursing. 9:30–11:30 a.m. Stewart's.
- **Weds., May 5.** ALS Breakfast — Continuing Ed for EMS Providers and Nursing. 9:30–11:30 a.m. Laconia.
- **Weds., June 2.** ALS Breakfast — Continuing Ed for EMS Providers and Nursing. 9:30–11:30 a.m. Sanbornton.
- **Trauma Grand Rounds.** First Thursday of each month. Noon–1 p.m. at LRGH, Conf. Room 1B and FRH, Board Room. Lunch provided. For information, contact Shawn Riley at 524-6881.