



THE RURAL HITCH

FOURTH QUARTER 2012

**A publication of
Lakes Region
Mutual Fire Aid
Association**

Serving:

Alexandria	Hebron
Alton	Hill
Andover	Holderness
Ashland	Laconia
Barnstead	Meredith
Belmont	Moultonborough
Bridgewater	New Hampton
Bristol	Northfield
Campton	Plymouth
Center Harbor	Rumney
Danbury	Sanbornton
Dorchester	Sandwich
East Andover	Strafford
Ellsworth	Thornton
Franklin	Tilton
Gilford	Warren
Gilmanton	Waterville Valley
Groton	Wentworth



62 Communications Drive
Laconia, New Hampshire 03246
603.528.9111
www.lrmfa.org

Plymouth Hosts Training Burn November 17



Capt. Heath, Ashland Fire

Capt. Olmstead, FF Bonan,
Plymouth Fire and Instructors
Thibeault and Bulcock.

On Saturday, November 17, 2012, the Plymouth Fire Department hosted a training burn on Smith Bridge Road. Crews from Campton, Ashland, and Rumney spent the morning training in an acquired structure. 🚒



Lt. Bob Magoon Retires From LRMFA



On Friday, December 28, a surprise retirement lunch was held for Lieutenant Bob Magoon. Bob has been with the Communications Center since October 2001 and is a familiar voice to everyone in the Lakes Region System.

Bob, shown at left with his grandson Cameron, looks forward to spending more time with his grandchildren. He also plans to put to good use the lifetime fishing license he was given as a retirement gift!

RETIREMENT — CONTINUED ON PAGE 6

Hurricane Sandy Statistics

The "perfect storm" weather system known as Hurricane Sandy struck the Lakes Region on Monday, October 29, 2012. Fortunately, it was not as severe a weather event in this area as it was south of New Hampshire. Nonetheless, it kept area emergency crews busy. Between 1500 hours on Monday, October 29, 2012 and 0300 hours on Tuesday, October 30, 2012, LRMFA and the area it covers experienced high winds and heavy rain from Hurricane Sandy. Here is the call activity during the 12-hour stretch when the storm affected the area the worst.

There were **187 incidents** resulting in **1,290 radio transmissions**. During this time frame, the administrative and emergency phones handled **316 calls**. This works out to an **average** of **16 incidents**, **108 radio transmissions**, and **26 phone calls** per hour. 🚒



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Gilmanton Chief Joe Hempel	Waterville Valley Chief Chris Hodges
Groton Chief Roger Thompson	Wentworth Chief Jeff Ames

From the Chief...

By Chief James R. Hayes



Even though time is a constant, its passage seems to continue to accelerate. Where did 2012 go? Many things have occurred throughout this past year but I believe we have weathered the storm (literally in some instances) and have finished the year as a strong organization.

Two large infrastructure projects were undertaken: The installation of a Computer Aided Dispatch (CAD) system and the development of a Transmission Simulcast System. Both of these projects are being funded by Homeland Security Grants and thereby we received large system upgrades at no direct cost to the LRMFA communities. The CAD project is progressing well and will hopefully be fully operational within a few months. The Simulcast project is also progressing; however, there are some technological issues that are still being worked out. Once those items are completed, the actual building of the Simulcast modules for each transmitter site can begin, followed by site installation. This project should be completed by the Fall of 2013.

We have launched a new web site! It is still at www.lrmfa.org — please take a look at it. It is our intention to use the web site to keep our member departments and their communities more informed of what is happening within our system. The web site is still being added to. If you have suggestions about beneficial content, please let us know so it can be added. Under the member departments' pages, you will see that many departments have no pictures of their apparatus or stations displayed. If you provide us with digital photos and descriptions, we will gladly add this to the web site. Also, if you have a department or community web site available, we will add the link under your department information.

In the last edition of *The Rural Hitch* there was a story about the "History Night" event held in September. This evening celebrated the work people had done in the past to develop the Lakes Region Mutual Fire Aid Association and passed the history on to the newer members of the system. The general sense was that people enjoyed the program and would like similar events in the future to refresh and solidify the cohesiveness of the Lakes Region Mutual Fire Aid Association. A Firemen's Muster and family cookout is in the early planning stages for 2014. Please watch for information. We will also be looking for people to help plan and volunteer at the event. Keep an eye on the web site.

FROM THE CHIEF — CONTINUED ON PAGE 8

THE RURAL HITCH

is published quarterly by
Lakes Region
Mutual Fire Aid Association

Chief
James R. Hayes

Editor
Debbie Kardaseski

Email all submissions to:
debbiek@lrmfa.org

Featured department...

Strafford Fire and Rescue



Chief Paul Stover
Strafford
Fire and Rescue

Fire Chief:

Paul Stover

Address:

Bow Lake Station

523 Province Road
Strafford, NH 03815

Crown Point Station

475 First Crown Point
Road

Center Station

1171 Parker Mountain
Road

Office Hours: 8 a.m. to 4 p.m.

7 days a week

OFFICERS

Deputy Chief

Scott Whitehouse

Bow Lake Capt.

Rob Lobdell

Center Capt.

Matt Lobdell

Crown Point Capt.

Dave Hartranft

Center Lt.

Paul Yergeau

Bow Lake Lt.

Andy Carroll

APPARATUS

3 Engines

1 Forestry

1 Ambulance

1 Gator

1 24' Pontoon Fire boat

The town of Strafford is a rural community with a population of 4,000 year-round and about 6,000 during the summer. The town center is the area surrounding the ele-

mentary school, where the town offices, library, and the Center Station can be found. Also in this area is the NH National Guard Center, which has its own "village" in the back that is used as a training site by the National Guard and the Strafford Fire and Rescue, as well as Firefighter I and II classes.

Another village-type area surrounds the Bow Lake Station. Other than these two spots, the town is spread out over many miles of narrow roads winding between stone walls.

Originally, Strafford was part of the town of Barrington. In 1820, it became a separate town. It had three separate fire departments: The Bow Lake Department, the Crown Point Department, and the Strafford Department (located at the Center Station). Eventually they all merged to become the Strafford Fire and Rescue Department. Unfortunately, there's not much written history available.

In the late 90s or early 2000s, under the leadership of Chief Loren Pierce, the department went from all volunteer to a call department.



At the same time, daytime ambulance coverage was started, with the ambulance being stationed at the Bow Lake Station.

Chief Paul Stover has been with the department since 1998, beginning as a volunteer. In 2004 he moved to Strafford. Prior to that, he'd grown up in South Berwick, ME where he'd been an Explorer from 1986 until 1988. His stepdad was a volunteer firefighter and Stover grew up in a small town where everyone was either a volunteer firefighter or knew someone who was!



Bow Lake Station



Center Station

In 1989, he went to the Laconia Vocational-Technical College (now Lakes Region Community College). While there, he was a call firefighter in Laconia during the Salem Street fire in 1990. After college, he became a call firefighter in Rochester, NH. And in 1998, he joined the Strafford Department, becoming its Chief in 2008.

Stover mentioned that there weren't a lot of house fires in town, although it is a town of older homes due to the lack of development in the area. Many of the calls Strafford goes on are mutual aid calls in neighboring towns. Like all departments now, the majority of its calls are medical, with nothing other than chimney fires in recent years.

An event closer to home showed what a family the department is. Long-time member Doug Hayes

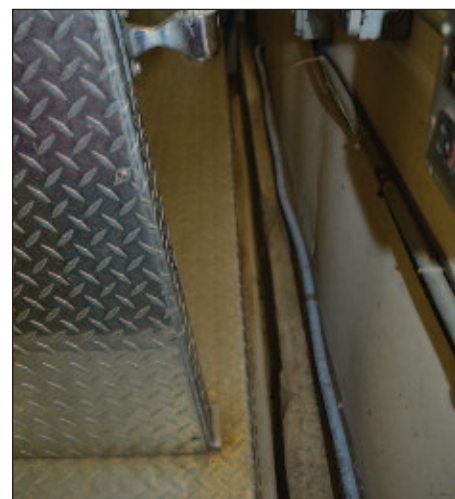
answered a call for branches on the lines during Hurricane Irene (2011). A large branch fell on him, breaking many bones including 6 vertebrae in his back, and leaving him with scrapes and bruises. Hayes now has steel throughout his body but is almost fully recovered. During his long convalescence, friends and neighbors pulled together to repair his home and just generally help out. Even the Governor came for a visit!

Chief Stover has lived in Strafford since 2004. He and Christine, his wife of 18 years, enjoy life here with their two daughters, Alexandra (9) and Cassandra (12). Cassie has decided to become an Explorer in two years, when she's old enough! The Chief has worked fulltime for Fairpoint for 20 years as a technician. He would have become a full-

time firefighter but, by the time there were openings in local departments, he'd become vested in Fairpoint and it made little sense to leave! In his spare time, Paul enjoys paintball and cooking.

The department meets every Monday evening. The first Monday of the month is a business meeting, the second is training, the third is officers meeting night, and the fourth is usually reserved for maintenance. If anyone is interested in joining the department, come by the station on a Monday night.

In October each year, during Fire Prevention Week, the department hosts a Roast Beef/Prime Rib Dinner at the Bow Lake Grange. 🚒



The Crown Point Station is quite small and the apparatus stationed there is the only piece the department owns that will fit. And, as you can see above, it's a just fit! The top photo shows how close the rear of the truck is to the back wall and the bottom photo shows you the distance the front is from the door. To go from one side of the station to the other, you either crawl through the truck or open the garage door!



Crown Point Station

He was also honored with a plaque from Chief Jim Hayes.

The lunch was potluck and attended by all of the fulltime dispatchers, several parttime dispatchers, friends and colleagues from the area, and his family.

In addition to ice fishing, Bob will enjoy summers spent at his camper with his family. He will continue to work parttime at LRMFA as needed.



Paul Steele, Dave Parker, Deputy Beland, Chris Reynolds, Kevin and Jodi Nugent, Bonnie Canfield, and Rick Heinis look on as Bob hugs Linda Davis goodbye.



Lt. Bob "Bubba Ganoosh" Magoon was surprised by the retirement luncheon given in his honor.



Chris Harris points as Bob open his lifetime fishing license, which was a gift from the dispatchers. Chris was the mastermind behind the party.



Dave Parter (left) and Chris Reynolds (right) watch Bob accept good wishes from Deputy Beland.



Bob accepts a plaque from Chief Jim Hayes.



Bob's family: son Ross and wife Lisa. His daughter Rebecca was unable to attend.



Quite a few people stopped by the Communications Center throughout the afternoon to wish Bob a happy retirement.

The LRMFA Training Division continues to be very active in providing a variety of training opportunities. Watch the website and for emails from the Training Division for upcoming classes. The Fire Officer Development program will continue in 2013. These classes are held the first Monday evening of each month. The topics covered are tailored to meet the needs of fire/EMS supervisors of any rank. 2013 will see a change in that the programs are being done at no charge and will rotate through three different locations: Ashland Fire Dept., LRMFA Comm. Center, and Barnstead Fire Dept. Station 2. This will hopefully allow more people the opportunity to attend these beneficial programs.

A reminder to all LRMFA departments that SCBA Face Piece Fit-Testing is now available. Several departments took advantage of this during 2012. The Fit-Test should be done annually for any member who wears SCBA. Contact the Communications Center and we will work with your department to schedule a time to provide the testing to your members.

As 2012 came to an end, so did the career of Lt. Bob Magoon, as he retired effective December 31, 2012. Lt. Magoon has provided excellent service to the LRMFA during his time here as a dispatcher. He will be missed and we wish him well in his retirement.

As we move into 2013, please keep safe and let us know if there is any way we can improve the services we provide to you. 🚒

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Minimum Bid of \$2,000.

**Bids not accepted after
Thursday, January 31, 2013.**

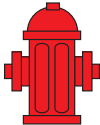
**Send your sealed bid to
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munications, 62 Communi-
cations Drive, Laconia, NH
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Departments only.**



LRMFA TRAINING DIVISION Presents First Quarter 2013 Training Series



ALL PROGRAMS ARE FREE. WALK-IN REGISTRATION WELCOME.
Programs begin at 6:30 p.m.



Monday, January 7th.

Initial Incident Apparatus Placement.

Ashland Fire Department

As we all know, the first 5 minutes of every incident can and do make or break the next 5 minutes or 5 hours. Our positioning and placement of our apparatus at all incidents means the safety of ourselves and our personnel. So let's talk about it. This training will facilitate a round table open discussion on our departments' expectations on apparatus placement plus our own thoughts and experiences. Let's all learn something, improve our safety, and our initial apparatus placement.

Instructor: Deputy Chief Christopher M. Dolloff, Bristol Fire Department. Deputy Chief Dolloff has served 15 years in the fire service, the last eight of which have been with Concord (NH) Fire Department where is assigned to Tower 1. In addition he is the Deputy Chief at Bristol (NH) Fire Department. He has an AS in Fire Science, is a rope, trench, confined space technician, company officer 1 and 2, and fire instructor I/II/III.



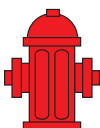
Monday, February 4th.

The "In" Things of Leadership and Personal Responsibility.

LRMFA

This fast-paced program will cover many areas of basic leadership. This program is designed for all ages, makes, and models. Leadership is not just for company officers! These basic concepts of personal responsibility have been key to the success of many leaders.

Instructor: Chief Kevin LaChapelle, Franklin Fire Department. Chief LaChapelle started his fire service career as a Fire Explorer in the Franklin Fire Department in 1988. After a four-year tour in the United States Coast Guard, he worked as a Police Officer for a short time until becoming a fulltime firefighter for the City of Franklin in 1996. Chief LaChapelle was promoted to Fire Chief in May 2012.



Monday, March 4th.

First-Arriving Company Officers' Role in Incident Management and Safety.

Barnstead Fire Department, Station 2

In this program, students will explore three elements for effective management of fireground tactical operations. Topics will include: **Preparation** — provides a foundation for managing one or more companies operating at structural fire incidents; **Decision Making** — provides an effective approach to command decision-making and organization; **Tactics** — develops the management skills needed by company officers to accomplish assigned tactics at structure fires. Students will also engage in discussions designed to improve his or her role in providing safety to the crew(s) they manage.

Instructor: Chief Gary Johnson (ret.), NH Fire Academy. Chief Gary Johnson (ret.) has spent more than 30 years in the NH Fire service. Chief Johnson spent most of his years as a member of the Lebanon (NH) Fire Department, where he retired at the rank of Captain. He spent five years at the VT Fire Academy in program development and coordination. Most recently, he served several years as the Chief of the Pittsfield (NH) Fire Department. Chief Johnson is a Senior Instructor and Program Coordinator for the NH Fire Academy. He has extensive experience instructing programs throughout the state and is well known for his exceptional knowledge and fast-paced, fun teaching style.

Please complete the LRMFA General Application Form and Fax to: 528-5989 or mail to:

LRMFA, 62 Communications Drive, Laconia, NH 03246

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RETIRED
Lt. Bob Magoon
from
Lakes Region Mutual Fire Aid
Association
Dec. 31, 2012

QUICK FACTS — FINAL NUMBERS 2012:

Number of Incidents = **21,514**

Radio Transmissions = **253,972**

Emer. Phones = **24,921** 📞 Admin. Phones = **30,622**

This breaks down to **59** incidents per day and **12** radio transmissions per incident or **696** per day on average.

Along with the emergency incidents, we averaged **84** calls per day on the admin lines.

2013 Rural Hitch Deadlines

FIRST QUARTER (Jan/Feb/Mar): **March 20, 2013**

SECOND QUARTER (Apr/May/June): **June 19, 2013**

THIRD QUARTER (July/Aug/Sep): **Sept. 18, 2013**

FOURTH QUARTER (Oct/Nov/Dec): **Dec. 18, 2013**

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Important EMS Update

STROKE ALERT

LRGHealthcare is in the process of enhancing their Regional Stroke Care System. EMS has a clear

opportunity to dramatically improve patient outcomes from stroke. We are asking EMS providers of ALL levels to review the Cincinnati Stroke Scale and to call a "Stroke

Alert" as soon as possible when you suspect a patient is having a CVA. This will allow the hospital to clear the CT scanner and to notify the on-call Neurologist in a much more efficient time frame.

STROKE CARE

There is clear evidence that EMS playing an active role in the stroke care system dramatically improves patient outcomes much like we have seen with our STEMI System of Care. All assessments and treatments fall within the NHBEMS scope of practice. Both LRGH and FRH will be participating in this initiative. We have provided a convenient follow chart which should be posted in your ambulances.

TRAINING OPPORTUNITY

December's ALS Breakfast was dedicated to "Stroke Care." Neurologist Dr. Erin Hatten gave the lecture. Please note that, Shawn Riley and Aleda Nichols are available to come to your station and provide training on the Stroke Care System as well as on current blood draw procedures. Please contact them to schedule a training session for your organization.

Shawn Riley may be reached at smriley@lrgh.org or by calling (603)524-6881. Aleda Nichols can be emailed at anichols@lrgh.org or called at (603)524-3211 ext. 2817. 🚒

LRGHealthcare

care. compassion. community.

Pre-Hospital Stroke Alert Guideline

If Stroke is suspected:

1. **Perform the Cincinnati Pre-hospital Stroke Scale**
 - a. Facial Droop
 - b. Arm Drift
 - c. Abnormal Speech "you can't teach an old dog new tricks"
2. **Is there any ataxia/loss of balance/unequal grip strength**
3. **Obtain Blood Glucose Level**
4. **Determine time of "Last known Normal"**
5. **Get Med list (are they on Coumadin?)**

Assessment

6. **Call LRGH or FRH (closest facility) and advise you have a "Stroke Alert"**

Notification

7. **Obtain Blood Draw**
8. **Start IV line of Normal Saline**
9. **Additional History**
 - a. **Prior Stroke? (what kind if known)**
 - b. **Any recent Trauma or Surgery?**
 - c. **Determine baseline patient condition prior to episode**

Treatment

*While enroute when possible

Cincinnati Pre-hospital Stroke Scale

1. **FACIAL DROOP:** Have patient show teeth or smile.



Normal:
both sides
of the face
move equally



Abnormal:
one side of
face does not
move as well
as the other
side

2. **ARM DRIFT:** Patient closes eyes & holds both arms out for 10 sec.



Normal:
both arms
move the
same or both
arms do not
move at all



Abnormal:
one arm does
not move or
drifts down
compared to
the other

3. **ABNORMAL SPEECH:** Have the patient say "you can't teach an old dog new tricks."

Normal: patient uses correct words with no slurring

Abnormal: patient slurs words, uses the wrong words, or is unable to speak

INTERPRETATION: If any 1 of these 3 signs is abnormal, the probability of a stroke is 72%.

Continue ALL other necessary patient care as per NHBEMS protocol and standard patient care guidelines

EMS Awards Nominees Needed

It's that time of year again when we look for the doers of good deeds." If you know of any folks who deserve to be recognized for exceptional acts or service, please take the time to nominate them for an LRGHealthcare EMS award.

Categories include:

- Provider of the Year
- EMS Service of the Year
- Heroism Award
- Life Time Achievement Award
- Paul Racicot Award for Excellence
- Unit Citation

Nomination Packets will be sent to Service Leaders shortly. If you would like to make a nomination please contact Shawn Riley 524-6881 or smriley@lrgh.org or Aleda Nichols 524-3211, ext. 2817 or anichols@lrgh.org 🚒

EMS Update Computer Medic: "I'm So Much Smarter Online"

Shawn Riley, EMS Deputy Chief, Laconia Fire



"Back when I was a kid we actually had to 'go to' paramedic school."

Computers are everywhere. We all use them every day. When I was younger and first getting involved in fire and EMS, I would have never guessed you'd see a computer in a fire house or ambulance station. If one showed up, it was surely just for the chief, secretary or billing person.

As the wheels of time turn, we now use computers for everything. We all know and love TEMSIS. Most of us use "Firehouse" for department record keeping and most of you probably took your National Registry exam on a computer. In fact, by 2015 the National Registry **will not** take any paper for recertification. It will all have to be online. Today you can get a PhD without ever stepping into a traditional brick and mortar class room...but you'll never be able to go to Paramedic School that way....

Actually we have a very bright and skilled EMT-I "going to" Paramedic School on his laptop from the basement of the Weirs Station.

Andy Francis is more than half way through his Paramedic Program — although he hasn't been to his school once yet. He is quick to point out that, "This is not some mail-away paramedic certificate." Andy has put hundreds of hours in with online class meetings and independent study.

National Medical Education & Training Center (NMETC) was started by Stoughton, Mass. Fire Fighter Brad Newbury four years ago. Since its inception the school boasts a 100% first-time pass rate on the State Paramedic Boards and an 89% first-time pass rate on the National Registry, with the 11% all passing on the second attempt. The national average for all paramedic programs is only 71% first-time pass rate.

Brad also points out that your classmates could be from Qatar, Cayman Islands, Germany, South America,



Andy Francis

LRGHealthcare

ALS Breakfast

February 6, 2013
0900-1100hrs

ENT approach to Epistaxis and Upper Airway Disasters

Presented by
Dr. Jason Mangiardi

Hosted by
Gilford Fire Department

Nursing, EMT's, EMT-I's and Paramedic's are all welcome

Fourth Quarter Statistics...

From Oct. 1, 2012 through Dec. 31, 2012

Incidents Dispatched:	October 2012	1,938
	November 2012	1,625
	December 2012	1,775
	Total	5,338
	YTD Total	21,514

Resources Available:

Engines	92	Tankers	15
Ladders	7	Rescues	23
Forestry	36	Ambulances	37
Utilities	5	Fire Boats	25
Towers	6	Air Units	5
ATVs	12	Command Vehicles	21

Statistics:

- 🚒 Began operations in September of 1971. Moved operations to our current facility in June of 2000.
- 🚒 Dispatches Fire and Medical Emergencies for 35 communities and 35 Fire and EMS Agencies.
- 🚒 Serves a population of 115,112 residents (2010 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 \$19.6 billion dollars of property (2010 Valuation).
- 🚒 Has an operating budget of \$1,059,880 (2012 budget).
- 🚒 Has 9 full-time and 10 part-time employees.
- 🚒 Dispatched 21,601 incidents during 2011 (59.18 calls per day).
- 🚒 Dispatched 21,413 incidents during 2010 (58.67 calls per day).
- 🚒 Dispatched 19,837 incidents during 2009 (54.35 calls per day).

LRMFA HEADQUARTERS, LACONIA, NH



PHOTO COURTESY BILL HEMMEL. LAKESREGIONAERIALS.COM ©2009

COMPUTER MEDIC — CONTINUED FROM PAGE 13

Switzerland or Alaska. "This global class really gives students a unique perspective on EMS worldwide."

The class does have to meet in-person once. At the end of the program, all the students get together for a three-week "boot camp" at the school in West Bridgewater, MA. Brad says this is an intense three weeks of hands-on training. The student-to-instructor ratio is never more than 3:1. "We are finding our online students actually do much better with practical skills than our traditional students do," Brad explains, "This is because you are totally immersed in what you're doing for those three weeks and you've already finished all the didactic material."

It should be noted that you do have to do 250 hours of clinical that the school will assist you in setting up. Brad says he has never had a problem finding appropriate clinical sites for his students.

In a time when we are all super busy, it is nice to see innovative ways folks can advance their EMS careers. If you have any questions, please don't hesitate to contact Shawn Riley, Andy Francis (he'll be studying at the Weirs Station) or visit the NMETC website at www.NMETC.com. 🚒

LRGHealthcare

AL's Breakfast

Con-Ed for EMS and Nursing

2013 SCHEDULE

Wednesday	January 2th	Franklin
Wednesday	February 6th	Gilford
Wednesday	March 6th	Sanbornton
Wednesday	April 3th	Stewart's
Wednesday	May 1nd	Gilford
Wednesday	June 5th	Franklin
Enjoy your	July	Summer
Enjoy your	August	Summer
Wednesday	September 4th	Sanbornton
Watch for	Paramedic	RTP
Wednesday	November 6th	New Hampton *note change location
Wednesday	December 4th	Franklin

All Breakfasts will be from 0900-1100hrs

Any Question please contact Shawn Riley 524-6881 or Bruce Goldthwaite 934-2205

Who the heck is AL?



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Barnstead, New Hampshire Fire Department

HME Ahrens-Fox Big Boy Tanker

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- ▲ 475hp Maxx Force engine
- ▲ 3000 gallon tank
- ▲ Stainless steel pump house and body
- ▲ Triple dumps
- ▲ Hale Q-max pump
- ▲ Drop down 3000 gallon folda tank



PO Box 970, West Ossipee, NH 03890
Phone: 603-323-7117 • Fax: 603-323-7447
Email: info@lakesfire.com • www.lakesfire.com





Lakes Region Mutual Fire Aid Association

62 Communications Drive
Laconia, NH 03246

QUICK FACTS — FOURTH QUARTER 2012:

Number of Incidents = **5,338**

Radio Transmissions = **58,212**

Emer. Phones = **6,125** 🚒 Admin. Phones = **7,652**

This breaks down to **60** incidents per day and **11** radio transmissions per incident or **647** per day on average. Along with the emergency incidents, we averaged **85** calls per day on the admin lines.

Training & Education Opportunities

- **Trauma Grand Rounds.** Last Friday of each month. 7:30 a.m. at either LRGH or FRH. For information, contact Shawn Riley at 524-6881.
- **ALS Breakfasts — Wednesdays. 0900–1100.** Nurses, EMTs, EMT-Is are all welcome to attend. Please contact Shawn Riley at 524-6881 or Bruce Goldthwaite at 934-2205 with questions.

Association Meetings

Meetings are the last Thursday of odd-numbered months.

January 31: TBA • **March 28: TBA**

May 30: TBA • **July 25: TBA**

September 26: TBA • **November 28: TBA**

Check www.LRMFA.org for locations and updated information.

LRGHealthcare

care. compassion. community.

Night EMS Con-Ed



“Stroke Alert and Blood Draws”

Location: Center Harbor Fire Station

When: January 10, 2013

Time: 1900hrs to 2100hrs



Any question please call Shawn Riley at 524-6881