



THE RURAL HITCH

FIRST QUARTER 2013

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

Serving:

Alexandria
Alton
Andover
Ashland
Barnstead
Belmont
Bridgewater
Bristol
Campton
Center Harbor
Danbury
Dorchester
East Andover
Ellsworth
Franklin
Gilford
Gilmanton
Groton

Hebron
Hill
Holderness
Laconia
Meredith
Moultonborough
New Hampton
Northfield
Plymouth
Rumney
Sanbornton
Sandwich
Strafford
Thornton
Tilton
Warren
Waterville Valley
Wentworth



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

Lucky Lenny Not So Lucky!

By Chief Kevin LaChapelle, Franklin Fire Department

On February 9, 2013, at around 1250 hours, a passer-by stopped by the Franklin Fire Station to report a possible building fire down the street. Officer of the Day, Captain Bruce Goldthwaite and B-Shift confirmed this report from the front apron of the station. Franklin and Tilton/Northfield were toned simultaneously to the "Old Lucky Lenny's Hardware." After Capt. Goldthwaite signed on responding, LRMFA Communications Specialist Harris reported



LUCKY — CONT. ON PAGE 6

Andover Fire Departments Merging

By Chief Rene Lefebvre

The town of Andover, though small in population, is large in area. It is several miles from one side of town to the other. This problem was particularly acute in the nineteen twenties and thirties. The fire trucks of the time were underpowered, overweight, and very difficult to drive on the roads of the day. This problem was solved in Andover by forming fire departments at each end of town, which became Andover D1 and East Andover D2.

This existed for many years, although silly rivalries tended to arise often to foster very poor working relationships. Over time, both departments became members of Lakes Region Mutual Fire Aid Association and started to work together. As the fire service came of age with NIFRS requirements, certification of firefighters, and greater emphasis on training, maintaining two departments did not appear to be in the best interest of the firefighters. Two years ago, the entire membership of both departments met to discuss the pros and cons of merging into one department. It soon became obvious the membership was interested in operating as a team under one management. For the next two years, all training and business meetings were conducted as if we had merged. There were some issues that needed to be worked out, though none became a show stopper. On January first of this year we officially became the Andover Fire Department. Through the State Fire Marshall's office, the NIFRS number for East Andover is officially inactive. We are only three months as one department. The fire calls have gone very well, though using the call sign 31 instead of 32 has proven to be an obstacle. I guess training the old chief can be tougher than it looks. The support from our town has been super and we look forward to moving forward as one strong department. 

SPRING SALE!

SPRING SALE!

SPRING SALE!



PGI



SHELBY



BULLARD



STREAMLIGHT



FOX FURY



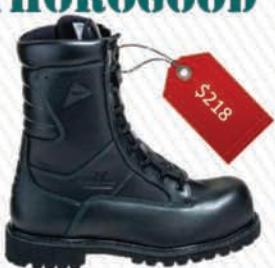
LAKELAND



ESS



THOROGOOD



RADIO HARNESS

FORESTRY

1024 Suncook Valley Hwy, 5-D, Epsom, NH 03234

Phone 603.736.8500 Fax 603.736.9115



Board of Directors

EXECUTIVE COMMITTEE

Chief Rene Lefebvre
Chair
EAST ANDOVER

Dave Paquette
Secretary/Treasurer
DEP. CHIEF (RET.), ASHLAND

Chief John Fischer
HEBRON

Chief Ken Ward
RUMNEY

Chief Dave Bengtson
MOULTONBOROUGH

Warden Ed Maheux, *ex officio*
Association President

<i>Alexandria</i>	<i>Hebron</i>
Chief Mark Chevalier	Chief John Fischer

<i>Alton</i>	<i>Hill</i>
Chief Scott Williams	Chief Dee Ford

<i>Andover</i>	<i>Holderness</i>
Chief Chuck Ellis	Chief Eleanor Mardin

<i>Ashland</i>	<i>Laconia</i>
Chief Steve Heath	Chief Ken Erickson

<i>Barnstead</i>	<i>Meredith</i>
Chief Mark Tetreault	Chief Ken Jones

<i>Belmont</i>	<i>Moultonborough</i>
Chief David Parenti	Chief Dave Bengtson

<i>Bridgewater</i>	<i>New Hampton</i>
Chief Don Atwood	Chief Mike Drake

<i>Bristol</i>	<i>Northfield</i>
Chief Steve Yannuzzi	Steve Bluhm

<i>Campton/</i>	<i>Plymouth</i>
<i>Thornton/Ellsworth</i>	Chief Casino Clogston

Chief Dave Tobine	<i>Rumney</i>
<i>Center Harbor</i>	Chief Ken Ward

Chief John Schlemmer	<i>Sanbornton</i>
<i>Danbury</i>	Chief Paul Dexter

Chief Tom Austin	<i>Sandwich</i>
<i>Dorchester</i>	Chief Louis Brunelle

Arthur Burdette	<i>Strafford</i>
<i>East Andover</i>	Chief Paul Stover

Chief Rene Lefebvre	<i>Tilton</i>
<i>Franklin</i>	Chief Brad Ober

Chief Kevin LaChapelle	<i>Warren</i>
<i>Gilford</i>	Chief Dave Riel

Chief Steve Carrier	<i>Waterville Valley</i>
<i>Gilmanton</i>	Chief Chris Hodges

Chief Joe Hempel	<i>Wentworth</i>
<i>Groton</i>	Chief Jeff Ames

Chief Roger Thompson	
----------------------	--

From the Chief...

By Chief James R. Hayes



Chief James R. Hayes, LRMFA

A new year has begun the way the old year ended: With a flurry of activity. We started by hiring a new dispatcher to fill the vacancy created by Lt. Magoon's retirement. Benson Goodwin started fulltime on March 3rd. He comes to us with a strong background in fire/EMS communications as he worked for nearly ten years as a dispatcher for the Concord Fire Department. Welcome aboard, Benson!

The communications system upgrade projects continue to move forward, although not as quickly as originally expected. The CAD project is progressing and the dispatchers should be training on the system in early April. The goal is to have the new CAD on-line and operational by early June. The Simulcast Project is moving much slower. Most of the technical design problems have been resolved, so now it is a matter of ordering equipment and coordinating between two radio shops to build and install the system. We have determined that this will require some reprogramming of mobile and portable radios but we will keep you posted.

Near the end of February, the communications equipment on the top of Mt. Belknap was moved to a new communications building and tower as part of a mountain top improvement project by the State of NH. This may result in some changes in the radio signal coverage from the Mt. Belknap transmitter. If diminished radio coverage is noticed, please make sure your fire chief is made aware so he/she can notify us.

The Task Force Committee has been delivering a series of three workshops in the LRMFA system to prepare for a Disaster Task Force functional exercise the end of June. A table-top exercise for the Task Force/Strike Team Leaders in our system will be held on March 28th, which coincides with the functional exercise. Any chief officers who wish to become task force/strike team leaders or departments that want to have the crew preparedness training delivered should contact Deputy Beland.

I encourage you to keep checking the LRMFA website as it is continually being updated and new things are being added. The Central NH Hazardous Material Team is now part of our website and there is a lot of information about upcoming training on the site.

Stay safe and let us know if we can assist your department in any way.



THE RURAL HITCH

is published quarterly by
Lakes Region
Mutual Fire Aid Association

Chief
James R. Hayes

Editor
Debbie Kardaseski

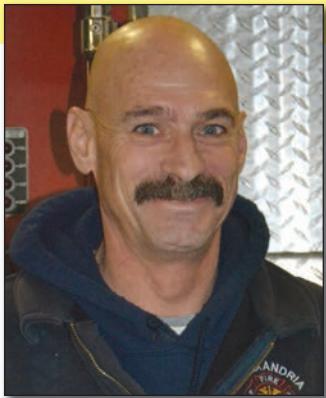
Email all submissions to:
debbiek@lrmfa.org





Featured department...

Alexandria Volunteer Fire Department



Chief Mark Chevalier
Alexandria
Volunteer Fire Department

Address: 158 Washburn Road
Alexandria, NH 03222
603-744-3165

Officers: Deputy Chief Dave Ogden
Capt. George Clayman
1st Lt. Mike Daughn
2nd Lt. Jeff Farmer
Chief Eng. Kenny Patten

Apparatus: 1 Tanker
1 Engine
1 Rescue/Pumper
2 Boats

Alexandria is a beautiful small town located in the Newfound Lake area. It has the distinction of being the second largest town by land mass in the state, with Pittsburg being first. You'll find 1,360 year-round residents which increases to about 2,500 in the summer. It also boasts the last all volunteer private fire department in the state!

That's right: Alexandria Volunteer Fire Department is a private entity. It receives some support from the town but the bulk of its funds come through fundraising events throughout the year. It has an active Ladies' Auxiliary, whose efforts raise the bulk of the operating

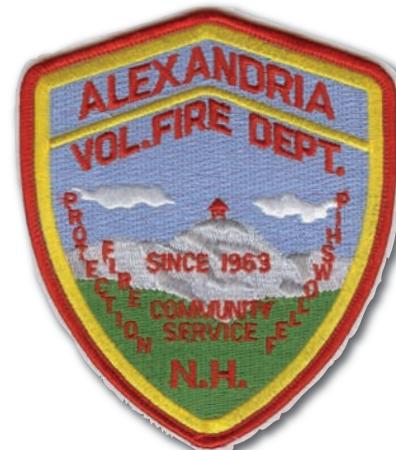
money each year through an annual Holiday Bazaar, bake sales, and meals for the annual triathlon held here. The department also sends out an annual appeal letter, holds an ice fishing derby, rabies clinic, and a Labor Day Pig Roast. These efforts, plus a bit from the town, cover an annual budget of slightly less than \$50,000.

The department will celebrate its 50th anniversary this year! It will be holding a pig roast and parade on July 20. Department old timers and history will be remembered with numerous activities throughout the day.

April 15, 1963 marked the beginning of the Alexandria Volunteer Fire Department. The department began after the home on the site of the current station burned with the loss of one life. A gentleman lost his wife in the fire; he donated the land to the town with the stipulation a fire department be started with the station located on that land.



This photograph hanging on the wall inside the Alexandria Fire Station shows the remains of the house that was on the site where the station now sits. The owner of the property gave it to the Department after his wife died in this fire.



The town didn't want the responsibility or expense of a department so it declined the offer. However, a group of men got together and borrowed the money needed to build the station. Each man had a personal stake in the loan and each helped build the first station.

The department's first truck came from the Boston Navy Yard — a 1941 Buffalo. Ken Patten rebuilt it from end to end. Ken is still a member of the department, although the Buffalo is long gone!

Thirty years ago, there were three trucks housed in a two-bay station. The station has had four additions through the years but it's still pretty crowded inside the station. The rescue/pumper is backed in on a crazy angle in order to fit inside.

The department's second truck came from Hopkinton, MA. It was a 1939 Dodge. Dave Carr gave the department an oil tank truck that held 1,000 gallons. It was converted to a water truck. In 1975, an Army "6-by" was used to replace the oil/water tank. The Ladies' Auxiliary gave the department \$5,000 to purchase the Army truck!

The department has continued to grow through the years but has always faced financial constraints. Ken Patten remembers “begging” local departments for cast-off items such as hose and bunker gear. Without the support of the townspeople and the Auxiliary, the department wouldn’t exist. The townspeople attend all the department’s fundraisers plus respond well during town meeting, voting to give the department some money towards operations each year.

Additionally, the town has a capital reserve fund in place for new apparatus. This has allowed the department to purchase relatively new equipment in recent years. The most recent purchase is their new rescue/pumper which was purchased with \$25,000 from the Ladies’ Aux. and the remainder from the town. Alexandria still considers this the most cost-effective way of providing fire and EMS coverage.

Chief Mark Chevalier has been chief for three years and with the department for nearly 30 years. At 16 he received his forestry certification. Living across the street from the fire department started an early urge to be a fire fighter. He went to college after high school, married, and moved back to the area.

The Chief lives in Bristol with his wife Karen. Daughter Kendra, 26, has a degree in psychotherapy and nutrition, and lives on the coast and his son Kevin, is a recent graduate of NHTI.

The department meets on the second Tuesday of the month. Plan on stopping by if you’d care to join.

As for future plans, the department would like to stay private. It would also like to have a big bigger station. Overflow equipment and supplies are clogging up a big barn nearby.

Mark your calendars now for their 50th Anniversary Celebration in Alexandria. There will be lots of fun for everyone. 



Alexandria Fire Station with apparatus. The ambulance and pickup truck have been replaced with a new rescue, pictured below.



New rescue vehicle.



Alexandria Chiefs: Current Chief Mark Chevalier and former chiefs Fran Butler and Ken Patten.

**Join Alexandria Volunteer Fire Department
on July 20 To Celebrate Its 50th Anniversary!
Parade • Pig Roast
Watch here for more information.**



LUCKY — CONT. FROM PAGE 1

that they had received nine calls reporting this fire.

INITIAL ACTIONS:

Upon arrival, Capt. Goldthwaite reported a large 75'x100' wood-frame commercial structure with heavy smoke showing and requested the second alarm. During his 360° size-up, Capt. Goldthwaite found no fire. However, thick, brown, turbulent smoke issued from the eaves and roof of what is now the Regency Auction House. Capt. Goldthwaite also detected a loud hissing and the sounds of active fire on the D side in the area of the natural gas meter. The large plate glass windows in the front of the building were stained black. There were no signs of occupancy.

7 Engine 4 was positioned in the driveway and initiated a defensive attack with a 2½" hand line and the Blitz-fire (portable ground monitor.) Fire quickly became visible through the D side exterior wall. The command post was established by Chief LaChapelle on Central Street but needed to be relocated due to heavy smoke. The nearby Elks Lodge was evacuated due to heavy smoke. One patron was evaluated for smoke inhalation and released. Once smoke lifted from the area, EMS/Rehab and Accountability were established inside the Elks Lodge.

WATER SUPPLY:

Initial water supply was established with a single 4" line being pumped by 7 Engine 3 from the nearby hydrant on Central Street. 7 Ladder 1 was positioned in the Elks Lodge parking lot for aerial operations, while 7 Engine 1 was positioned on Duphinette Street, both for exposure protection and fire suppression. Tilton 21E3 pumped the hydrant in front of 16 West Bow Street to supply water to 7 Ladder 1 and 7 Engine 1. Belmont 3E1 was set in to draft on Peabody Place (Winnipesaukee River) and pumped



water to Bristol 4L1, positioned in the parking lot of the Unitarian Church. Gilford 8E1 was also set in to draft at Peabody Place to eventually feed aerial operations of Laconia 13L1. It is estimated that over 800,000 gallons of water was flowed at this fire.

EXPOSURES:

Exposure A (Ciao Pasta Restaurant), located approximately 25' from the fire building did not receive any damage. Exposure C (Bill Hamel's Car Care) located 15' away, received heavy water damage inside the building due to flooding created by water from fire suppression efforts. Exposure C also had slight distortion of vinyl siding from

radiant heat. Exposure B, a 12'x12' shed was destroyed from collapse of the fire building.

FURTHER INFO:

The fire was determined under control at 1501 hours. Franklin crews remained on scene throughout the night and the next day, extinguishing hot spots and assisting with the fire investigation.

OTHER INCIDENTS:

During this fire, Franklin and station cover crews handled two other incidents. A medical call on Ward Hill Road was toned prior to the arrival of station cover crews. Penacook Rescue 64X1 responded; how-

LUCKY — CONT. ON PAGE 7





Strafford Fire & Rescue Holds Ice Rescue Training



Strafford Fire & Rescue held an Ice Rescue Training drill on March 2, 2013. It was attended by members of the department, including Chief Paul Stover; Capt. Matt Lobdell; firefighters Henry Marston, Kim Bickford, and Benjamin Bickford; and Explorers Duane Marsh and Cameron Whitehouse. The training was led by Leo Roy and Mac Chaisson of the Manchester Fire Department. 

Tilton-Northfield Live Burn Training Held



Tilton-Northfield Fire & EMS held a live burn training on January 5, 2013. In addition to numerous department personnel, Rich Hillsgrave and Mark Wholey from Bergeron Protective Clothing were on hand doing a TIC demo. 

LUCKY — CONT. FROM PAGE 6

ever, it never reached the scene as they became stuck on Ward Hill Road after sliding backwards down the snow-covered road. Chief Ober (21C1) arrived on scene at Ward Hill Road to find a Status 2 patient who was later transported to Franklin Hospital by a Tilton ambulance. The Penacook Ambulance was pulled from the snow bank by a backhoe from the Franklin Highway Department.

Chief LaChapelle requested two additional ambulances to the City. Gilford 8A1 was requested to the scene and New Hampton 17A2 for

station coverage. Later in the day, while fire suppression efforts were still underway, Franklin and cover units were toned to a MVC on South Main Street in the area of the Fife Farm. Franklin Captain Fecteau responded to the MVC as a pilot in 7 Car 2. This incident did not require additional resources.

COMMAND STAFF:

Command: Chief LaChapelle (7C1). **Command Assistants:** Chief Yannuzzi (4C1), Chief Folsom (Concord Fire), Chief Hayes (LRMFA). **Safety:** Chief Dexter (19C1). **Operations:** Captain Goldthwaite. **Water Supply:** Master FF Lee. **Accountability:** Master FF Stetson. **EMS/Rehab:**

Captain Vaughn. **Division C:** Captain Jenkins. **Division A:** Captain Hicks.

ASSISTING DEPARTMENTS:

Tilton/Northfield, Belmont, Hill, Sanbornton, Andover, Bristol, Salisbury, Concord, Gilford, Laconia, Penacook Rescue, Boscawen, New Hampton, Franklin Police, Franklin Highway Department, NH State Police, NH Fire Marshal's Office.

INVESTIGATION:

The Franklin Fire and Police Departments along with the NH Fire Marshal's Office conducted an investigation that revealed an undetermined origin and cause due to severe loss of the structure. 



Ashland Volunteer Firefighter Thanks Bone Marrow Donor for Gift of Life

REGISTERING TO BE A BONE MARROW DONOR IS EASY. YOUR GIFT COULD SAVE ONE LIFE, AND CHANGE MANY OTHERS FOREVER.

When 19-year-old Korey Pierce was diagnosed with aplastic anemia in 2007, he faced a dismal future. After a year of care his doctors wanted to try another treatment: he needed a bone marrow transplant.

"His only real chance for a normal lifespan without risk for a significant infection was to get a bone marrow transplant," said Dr. John Hill, director of Allogeneic Transplantation at Norris Cotton Cancer Center's Blood and Marrow Transplantation (BMT) program, and a member of Pierce's treatment team.

IT STARTED WITH A GERMAN SOCCER TEAM...

At about the same time, an entire soccer team in Muenster, Germany was registering with Delete Blood Cancer DKMS Bone Marrow registry, hoping to provide a stem cell match for a teammate's mother. One of those athletes, Fabian Kaempf, was not a match for his friend's mother — but he was for Pierce, who lived thousands of miles away in Ashland, NH. Because of Kaempf's "gift of life," Pierce had a successful bone marrow transplant at DHMC in 2008.



Korey Pierce (center) with (l. to r.) NCCC transplant nurse coordinator Kate Wilcox, fiancée Amy Arbour, NCCC transplant nurse coordinator Lynn Root, and Dr. John Hill, director of Allogeneic Transplantation at Norris Cotton Cancer Center's BMT program, at welcoming gathering for Fabian Kaempf, a registered bone marrow donor from Germany who was identified as a life-saving match for Ashland NH Firefighter Korey Pierce.

Pierce wanted to thank his "genetic twin" and asked for his name. A friendship developed as the two stayed in touch on Facebook, and when Pierce felt well enough to plan a wedding he knew Kaempf had to be at the ceremony. "He was the first person I asked to come," he said. "I didn't care that we'd never met. He's like a brother to me!"

"KOREY MIGHT NOT HAVE BEEN HERE WERE IT NOT FOR FABIAN"

They finally met face-to-face on February 13, 2013 at a bus stop in Plymouth NH as Kaempf arrived in town for the wedding. They were surrounded by a cheering crowd — NCCC staff, Pierce's colleagues from the volunteer fire department, family and friends, and his soon-to-be-bride, Amy Arbour.

"Korey may not have been here were it not for

Fabian, so we're very, very delighted that he'll be here with us," she said.

"IF I DIDN'T HAVE ALL OF YOU, I WOULDN'T HAVE BEEN ABLE TO DO IT."

Pierce acknowledges the support he's received over the years. A volunteer firefighter in Ashland, he helped with bone marrow drives in New Hampshire and two who registered at those drives — a local police chief and a firefighter — later became life-saving matches to others. And he made sure

that Kaempf met the DHMC team that had helped him through difficult times over the years.

CANCER CARE IS A TEAM EFFORT

Cancer care is always a team effort. Given the complicated nature of Pierce's initial illness, transplant process, and subsequent complications from the graft-versus-host disease (GVHD) that followed, his care involved a very large team at DHMC: researchers; the transplant group; infectious disease specialists; and



Donor Fabian Kaempf with Korey Pierce.



EMS Update

"But They're Just Two Simple Meds..."

Scott Taylor, Deputy Chief/Lead Paramedic with the Sanbornton Fire Department



A PRIMER ON ACETAMINOPHEN AND IBUPROFEN ADMINISTRATION

Starting with the rollout of the 2013 NH EMS Patient Care Protocols, EMTs and above can now administer acetaminophen and ibuprofen under Protocol 2.6, "Fever," for both adult and pediatric patients.

This represents a significant change to EMS practice in New

Hampshire, since previous versions did not allow "administration" of medication except for the long-standing traditional ones of oxygen, activated charcoal, oral glucose, and epinephrine auto injectors. Any other medications were "patient-provided." Even EMT-Intermediates were limited on the administration of pediatric medications. This change brings about greater responsibilities for providers now administering medications. Never before have all provider levels been exposed to the "Rights" of medication administration: Right Patient, Right Medication, Right Date (expiration?), Right Time (repeat dosing?), Right Route (of administration — i.e. oral), Right Dose (how many milligrams?), and for the Right Reason (antipyretic).

To begin, we need to understand the purpose of these medications. Ibuprofen (Advil, Motrin, etc.) and Acetaminophen (Tylenol) are used in the setting of fever

as antipyretics, working by inhibiting the COX enzyme in the hypothalamus of the brain, which is the area responsible for thermal regulation of the body. Fever is actually a good thing, triggering the immune system to fight infection. It also makes people uncomfortable, and particularly in the case of infants, can trigger seizure activity. However, there is no research to indicate that giving children fever-reducing medications will prevent febrile seizures.

What IS known is that too much Acetaminophen CAN cause liver damage. For adults, our protocols indicate a MAXIMUM daily dose of 3g (3000mg). Pediatric doses vary, based on patient weight. The problem: Acetaminophen is "hiding" in MANY other medications that our patients may already be taking! For instance, according to knowyourdose.org, Acetaminophen is the most-common drug ingredient in America, being found in more than 600 different over-the-counter (OTC) and prescription medications. Here is a list from their site:

Some Common Over-the-Counter Brand-Name Drugs That Contain Acetaminophen: Actifed®, Alka-Seltzer Plus Liquid Gels®, Anacin®, Benadryl®, Cepacol®, Contac®, Coricidin®, Dayquil®, Dimetapp®, Dristan®, Excedrin®, Feverall®, Formula 44®, Goody's® Powders, etc. including store brands. For a complete listing, go to the web site.

Some Common Prescription Drugs That Contain Acetaminophen (or APAP): Butalbital, Endocet®, Fioricet®,

EMS UPDATE — CONT. ON PAGE 10

members of orthopedic, infusion room, blood donor, GI, ICU, Hematology Special Care Unit, and 1 West staff.

"We've all known Korey since the start with this," said Kate Wilcox, a transplant nurse coordinator at NCCC. Another of the unit's transplant nurse coordinators, Lynn Root, agreed: "It's what I like most about my job. We have that continuity through the whole process with patients, from the initial consult to post transplant care."

At a celebration at NCCC on February 14, 2013, people lined up to embrace Pierce and to meet the donor. "There was so much support in every different part of the hospital," he told them. "If I didn't have all of you, I wouldn't have been able to do it."

But no member of Pierce's team wanted to be singled out for credit: Doctors, nurses, and staff talked of Pierce's spirit, praising his persistence, humor, and charismatic personality. Dr. Kenneth Meehan, director of the

Blood and Marrow Transplantation Program, credited Kaempf.

"Seeing Korey come fact-to-face with his donor means a lot to everyone who has been involved," he said as he presented Kaempf with a certificate from the team, in appreciation for his "gift of life."

Kaempf replied: "I am only a small part of everyone who helped — thank you to all of you for making Korey's life more awesome." And Dr. Hill noted that all involved in the process are given a gift.

"What we get back is the positive spirit we see in our patients," Hill said in his remarks. "Korey redefines resilience almost every day. What we get back is what we learn from our patients about life and living."

For more information about registering about becoming a donor, visit Be the Match or Delete Blood Cancer. For more information about Norris Cotton Cancer Center's Blood and Marrow Transplant program, visit cancer.dartmouth.edu/bmt

EMS UPDATE — CONT. FROM PAGE 9

Hycotab, Hydrocet®, Hydrocodone Bitartrate, Lortab®, Oxycodone, Percocet®, Phenaphen®, Sedapap®, Tapanol®, Tramadol, Tylenol® with Codeine, Tylox®, Ultracet®, Vicodin®, Zydome®, and generic drugs.

Why is this important? We need to know how much Acetaminophen our patient may have already taken before we give them more! A good practice is to ask to see the bottle/container of medications they may already be taking to check the label for Acetaminophen content.

Ibuprofen carries a much lower risk for liver problems, but as an NSAID (non-steroidal anti-inflammatory) it has been related to gastrointestinal bleeding, asthma attacks, and, with prolonged use, cardiovascular problems.

Since entry into treatment under Protocol 2.6 is dependent on the patient being febrile (temperature $> 101.5^{\circ}\text{F}$ (38.5°C)), the ability of the provider to accurately obtain a temperature is imperative. Providers should become familiar with the thermometers carried for obtaining both oral and rectal temperatures.

Dosing for adults is fairly easy, as both Acetaminophen and Ibuprofen are available in tablet form. For Acetaminophen, our protocols allow for oral dosing between 500 and 1000mg, and between 400 and 800mg for Ibuprofen.

Pediatric dosing is where this gets interesting. Little kids won't be able to swallow tablets, so we carry these medications in liquid forms. BUT... you need to do math to get the proper dose!

First, we need the weight of our pediatric patients. This can be closely estimated by the use of a length-based resuscitation guide such as a Broselow tape or by knowing a RECENT weight of the patient as provided by the parent/caregiver.

It is necessary to be able to convert the patient's weight in pounds (#) to kilograms (kg). Using a calcu-

lator, divide the weight in #'s by 2.2 to get kg. The "3 a.m. Rule," which is actually very accurate, is to divide #'s by 2, then deduct 10%. For example, mom states the patient weighs 36#: $36/2=18$, less 10% ($1.8 - \text{call it } 2... = 16$ kg. Compare that to $36/2.2=16.3$, not far off...)

Knowing the patient's weight in kg, consult the pediatric color guide in the back of the EMS protocol document. This will give you the approved dose in milligrams (mg). Do NOT confuse this dose with VOLUME, measured in milliliters (ml). Here comes more math!

The liquid form of Acetaminophen (as obtained thru LRGHealthcare) is currently 650mg in 20.3ml. This CONCENTRATION could be different based on who is supplying it, so make sure you READ THE LABEL!

Using our 36#/16kg patient, the protocols call for administering 247.5mg. So how much liquid do we administer? A calculator is very helpful here, as this involves a ratio... high school algebra here we come!

The ratio of 650mg per 20.3ml will be the same as 247.5mg per X ml, where X is the unknown amount of milliliters we need in order to have the 247.5mg of medicine.

This is written as $650\text{mg} / 20.3\text{ml} = 247.5\text{mg} / X \text{ ml}$. We can easily solve this problem with "cross-multiplication": this becomes $650X=20.3 \times 247.5$ (multiply the top number on one side of the equation by the bottom number on the other side of the equation to get our new formula), or $650X=5,024.25$ after the multiplication.

Remembering (at times painfully...) that any number divided by itself is one, we can divide both sides of this equation by 650, giving us $X=7.7$ for an answer. Hence our delivered volume will be 7.7ml of liquid Acetaminophen to deliver the accepted dose of 247.5mg.

Ibuprofen comes in a concentration of 100mg per 5ml. Follow the similar steps outlined above to determine the proper dose. For our 36#/16kg patient, protocols call for 160mg to be delivered. $100\text{mg}/5\text{ml} = 160\text{mg}/X \text{ ml}$. $100X=5 \times 160$, $100X=800$, $X=8$. This time 8ml will deliver 160mg, so you'll need to use two of the plastic tubs that

Ibuprofen comes in. Waste of these medications (such as the 2ml of Ibuprofen left in one of the tubs in this case) is not regulated and can simply be disposed of in the trash.

The easiest way to measure volumes like this is with a syringe — simply draw up the desired amount of liquid from the plastic tub. Children are often more accepting of medications delivered from their parents, so feel free to let mom or dad give the patient their dose. Place the syringe inside their cheek and deliver at a slow, steady rate to avoid airway issues.

Hopefully this article has increased your awareness of fever and how it is managed. This might be the first time you have ever needed to do some medication dosing calculations, for others it was likely a (beneficial) review. Still some may cringe at the mention of math! Become familiar with what is necessary before that "3 a.m. call" for a "sick child." 

Scott Taylor has been actively involved in Emergency Services since 1974, having worked throughout New England for municipal, private, and hospital EMS and fire services in both career and volunteer roles. Widely known for EMS education, he currently serves as Deputy Chief/Lead Paramedic with the Sanbornton Fire Department and as an Emergency Department Paramedic at FRH.



EMS Awards Banquet 2013

When:	Thursday May 23 from
Time:	6-9pm
Where:	LRGH Cafeteria
Who:	All Lakes Region EMS providers

Dinner will be provided but please feel free to bring a dessert to share

To register please email Kelley Shastany at
kshastany@lrgh.org

LRGHealthcare
care. compassion. community.



New Apparatus, Retirements, Promotions, Etc.



NEW APPARATUS
New Hampton. ATV
2012 four-wheel-drive
Ranger Crew.



NEW APPARATUS
Alexandria. 30 Rescue 1



NEW HIRE
Lakes Region Mutual Fire Aid.
New dispatcher
Benson Goodwin



NEW APPARATUS
Moultonborough. 15 Rescue 1

2012 HME 187W raised roof cab, seating for 6, stainless steel walk-around rescue body with coffin compartments on the roof accessible via a ladder on the rear of the body. Three transverse compartment where equipment can be accessed on tool boards or sliding trays from either side. Three other compartments house two-cylinder SCBA fill station supplied by six, 6,000psi cylinders. Twin 100-foot Hannay reels pre-connected to Hurst spreaders and O-cutters. Storage of portable Hurst power units and portable generators. 35KW PTO-powered generator, a 60-gallon Tri-Max Compress air foam system with 100-foot hose reel, 15-foot Wil-Burt 210,000 lumen light tower, 9,000-lb. Warn winch that can be mounted in receiver hitches on all four sides of the vehicle. A 100-lb. oil dry compartment located in right side forward coffin compartment and absorbents can be flowed into a 5 gallon pail below the body of the truck for easy deployment.

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



Ossipee Mountain Electronics

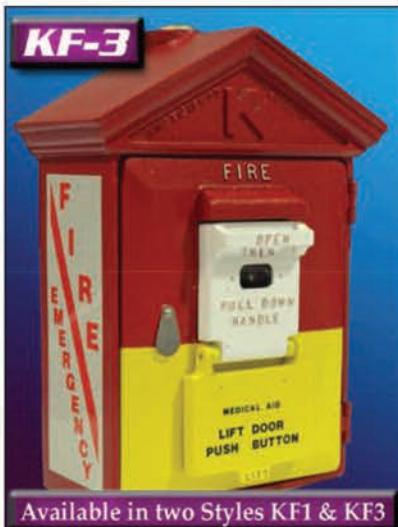
www.omesbs.com

(603) 476-5581 (800) 639-5081



*Mammoth Fire Alarms
Incorporated*

Portable Outdoor Solar Transmitter



Available in two Styles KF1 & KF3

FEATURES:

- One Year Warranty Included
- Solar Powered - No AC Voltage Needed
- Recondition Radio Alarm Transmitter
- No Phone Lines Needed
- Automatic Self Testing
- Mobile - Easy To Transport
- Transmits Fire to Monitoring Station
- Weatherproof Cast Metal Housing
- Tamper/Knockdown Feature
- F.C.C. Type accepted
- Meets and Exceeds NFPA-72 & 1221

**Need a Fire Alarm Call Box that
can be strategically located for
special town-municipal functions
without the hassle?**

Call MFA Today!!!

Town Parks

Parade Routes

Public Beaches

City Fairgrounds

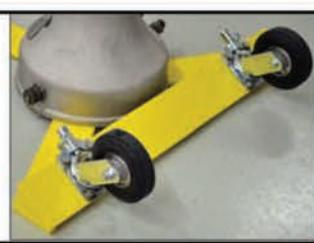
Construction Sites

Remote City Roads

Dangerous Intersections

OPTIONAL:

This Optional Wheel Base makes for easy Maneuverability across uneven surfaces just tilt back and go!
Our heavy duty galvanized steel casters are made to last with swivel/locking solid rubber wheels.



"Servicing the installer before and after the installation."
SALES (978) 934-9130 • 1-800-995-9808 • FAX (978) 934-9131
176 Walker Street www.mammothfire.com Lowell, MA 01854



February 18 Strafford Fire

Strong wind gusts caused problems for firefighters battling a five-alarm blaze in Strafford early Monday morning, February 18, 2013.

The fire on First Crown Point Road destroyed a three-story farmhouse that was about 240 years old. A family of six was displaced by the fire.

Strafford Chief Paul Stover said the weather was a major factor, with winds steady at 20-25 mph and gusts near 40 mph, making wind chills around -20 degrees.

Many trucks froze up, as well as hand lines. Holes had to be made in nearby ponds to supply water for tankers.

The nearby Crown Point Fire Station was used as a staging area and helped keep people warm. Alton, Barnstead, Gilmanton, and LRMFA responded as well as departments outside the LRMFA system. 



Explosion Destroys Moultonborough Home

An explosion and fire erupted on Red Hill in Moultonborough early Monday, March 11. Crews reported the residence was leveled by the explosion. It was a summer home and not occupied at the time.

The explosion was caused by propane gas. The blast was felt several miles away. Firefighters kept the fire from spreading through the woods but the house was a total loss. 



Association Meetings

Meetings are the last Thursday of odd-numbered months.

May 30: Barnstead FD. 6-8:30 p.m. • **July 25:** Franklin FD
September 26: Meredith FD • **November 28:** TBA

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



2013 Rural Hitch Deadlines

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

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

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

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.

First Quarter Statistics...

From Jan. 1, 2013 through March 31, 2013

Incidents Dispatched:	January 2013	1,992
	February 2013	1,569
	March 2013	1,618
	Total	5,1790

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

ARE YOU INTERESTED IN PLACING MORE AED'S IN YOUR COMMUNITY? FUNDRAISING OPPORTUNITY

We are currently looking for 13 Lakes Region Departments to participate in a Calendar Fund Raiser. We will be producing a Lakes Region "First Responders" Calendar. Each Department will pose for a picture to be featured in one month of the calendar. Participating departments will be able to sell the calendars and all the proceeds will go to buying AED's for your community. If your department is interested in learning more about this great opportunity for your community, please contact Deputy Chief Shawn Riley at 524-6881 or smriley@lrgh.org.

LRGHealthcare
care. compassion. community.

Fall Paramedic RTP 2013
NHBEMS Number 85-622

Dates:

ACLS group 1	9/6	Friday
ACLS group 2	9/11	Wednesday
PALS group 1	9/16	Monday
PALS group 2	9/25	Wednesday

Attend only one day of ACLS or PALS or must produce recent ACLS or PALS Certification

RTP Day 3	10/8	Tuesday
RTP Day 4	10/10	Thursday
RTP Day 5	10/15	Tuesday
RTP Day 6	10/17	Thursday

Where:
ACLS and PALS classes are held at the Healthlink Building at 575 Main Street Laconia (Please park in City Hall municipal parking lot or parking garage)

RTP Classes are held at the Taylor Community in the Woodside Room 435 Union Ave in Laconia

Time:
All six days are from 0800 to 1700hrs

Cost: \$450
If you work for an LRGHealthcare MRH service the fee is waived

*Seating for ACLS and PALS is limited so please register early

For questions please contact Shawn Riley at (603)524-6881 or smriley@lrgh.org

To sign up please email name, address, DOB, National Registry number, service affiliation, and ACLS/PALS group preference to kshastany@lrgh.org

LRGHealthcare

AL's Breakfast

Con-Ed for EMS and Nursing

Who the heck is AL?

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



Fire Apparatus Sales & Service Since 1991

Moultonborough New Hampshire Fire Department



Congratulations
to
Moultonborough
on the arrival
of your new
HME Ahrens Fox
Heavy Rescue

HME Ahrens-Fox

- ▲ 1871-W raised roof cab
- ▲ Cummins 400 hp engine
- ▲ Seating for four
- ▲ In-cab storage and patient treatment area
- ▲ 60 gallon stored pressure CAFS system
- ▲ 35 kw Onan pro-tech generator
- ▲ Wilbert NS-15 9000 watt light tower
- ▲ Dual cord reels with light boxes
- ▲ 120v and 240v Outlets
- ▲ 18' stainless steel rescue body with dual overhead full length coffin boxes
- ▲ 18' RV style awning
- ▲ Whelen LED emergency light package
- ▲ LED 12v and 120v scene lighting
- ▲ Six-bottle cascade with dual bottle fill station
- ▲ Onboard Hurst pump, hydraulic reels, and preconnected tools
- ▲ Dual slide out tool boards and trays
- ▲ Custom tool mounting and storage solutions

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

LRMFA Training Division Presents...

Lakes Region Mutual Fire Aid's Training Division is offering numerous courses this Spring. Detailed information on each course may be found on the web site: lrmfa.org.

THERMAL IMAGING TRAINING. MAY 21-23

This course covers the principles and use of all types of Thermal Imaging Cameras. Departments are welcome to allow students to bring their camera for the practical applications days.

The first session will be held on Tuesday, May 21, 1-5 p.m. at LRMFA. Students **must** attend this session before being allowed into either practical application session on Wednesday and Thursday, May 22 and 23, 8:30 a.m.-4:30 p.m.. The practical session will be held at an acquired structure at 30 School St. in Tilton.

Students must be FFI certified and provide full protective clothing. Tuition is \$125.00 per student.

RAPID INTERVENTION TEAMS & FIREFIGHTER SAFETY. APRIL 25-28/MAY 30-JUNE 2/JUNE 20-23

This program is being offered three times at different locations. Tuition is \$125.00 per student. Skills necessary to operate as a member of an RIT including rescues and self-rescues will be taught. Students will be

taught to recognize potentially dangerous conditions. Registration includes a manual and certificate.

HAZ MAT REFRESHER TRAINING. APRIL 16 OR 24

This program is important for EMS responders as well as fire-based responders. It is a three-hour classroom course offered at two different locations at no charge.

COMPANY OFFICER DEVELOPMENT SERIES. MAY 6 & JUNE 3

The first class is Haz Mat Refresher Training (see above). The second in the series is "Be the Leader You'd Want To Follow" and will be held at LRMFA. Bob Christensen will be the instructor. The training will explore what motivates employees to do the best they can — because they want to.

The third class, "Compassion Fatigue," will be held at Barnstead Fire Department with Shawn Riley as instructor. Compassion fatigue is a real issue and, as a leader, you must be aware of the emotional safety of the people you are responsible for.

Visit www.lrmfa.org for further details and registration information.