



THE RURAL HITCH

THIRD QUARTER 2014

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

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

LRMFA Dispatchers Awarded Letter of Merit



Lt. Paul Steele (left), Belmont Fire Chief David Parenti, and Dispatcher Chris Reynolds.
Steele and Reynolds each received a Letter of Merit from Chief Parenti for their performance during a mass casualty event in Belmont.

Please join us in congratulating Lt. Paul Steele and Dispatcher Chris Reynolds as recipients of the NH Fire & Emergency Medical Services Committee of Merit, "Letter of Merit." Lt. Steele and Dispatcher Reynolds were nominated for this recognition by Belmont Fire Department Chief Parenti, for their exceptional performance during their response to a Mass Casualty Incident at the Boy Scout Camp at Hidden Valley Campground, Belmont, NH on June 24, 2013.

As stated in the letter, "...your actions at this incident are in the best traditions of the Fire Service, and you are a credit to the LRMFA and the Fire Service in the State of New Hampshire.

"The NH Fire Service Committee of Merit commends you for your actions at this incident, and awards you this 'Letter of Merit' in recognition of your actions."

The letter was presented to Lt. Steele and Dispatcher Reynolds at the regular meeting of the LRMFA Executive Board. Chief Parenti thanked both dispatchers for their calm, professional, actions during this incident.

Congratulations Lt. Steele and Dispatcher Reynolds on a job well done!

Long-Time Capitol Area Fire Compact Chief Retires

On August 16, 2014 the long career of Fire Chief Richard E. Wright was celebrated as it came to an end with his retirement on June 14, 2014 as the first chief of the Capitol Area Fire Compact. In addition, he had served as Loudon's fire chief for many years.

Richard Edward Wright was born in Concord, New Hampshire on October 25, 1932 to Edith and Frank Wright. He had two older brothers, Robert (Bob) and John (Jack).

In the 1930s, Dick's mother would gather up her three sons to go watch the big fires being put out in Concord. Dick, being the youngest, would sometimes watch the fires from his baby stroller.

At age 11, Dick had a newspaper delivery route in downtown Concord. One of his daily stops was at Concord Central Fire Station, which was then located at 44 Warren Street. Dick would run errands for the firefighters and

DICK WRIGHT — CONT. ON PAGE 12

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	Chief Jeff Ames

From the Chief...

By Chief James R. Hayes



Many things have happened over the last quarter. We continue to enhance data in the CAD system and make changes to the Simulcast system, all of which should improve operations for the units in the field. Dispatcher Chris Harris resigned his position and moved his family to Florida and we wish them well. Matt O'Neill from New Hampton was hired to fill the full-time dispatcher vacancy. Matt was a per diem dispatcher with LRMFA and started his full-time position on September 4th.

Over the past year, a group of fire chiefs and staff members have been working on a Strategic Plan for the LRMFA. At the February meeting, the plan was adopted by the Board of Directors and since then the committee has been working to implement it. A printed copy of the plan was provided to each of the fire chiefs in our system and sent to each board of selectmen/city council as well. One element identified in the plan was the need to do a much better job of promoting the Lakes Region Mutual Fire Aid Association as an organization. Not only do the elected officials and general public within our system need to know more about LRMFA, but our own fire/EMS department members need to know more about the role LRMFA plays in emergency response and the services we provide. An Open House was held at the Communications Center on September 13th in an effort to give people the opportunity to learn more about us and the E-911 Center. The attendance was small but I believe it was beneficial for those who did attend. Only one elected official attended from the 35 towns we service.

The proposed 2015 budget was presented to the Board of Directors at their meeting on September 10th. The major change in the budget is the incorporation of funding for a Capital Improvements Plan (CIP). The staff has been working on developing a CIP to manage maintenance and upgrade of the infrastructure of the Communications Center and our radio network. The BOD voted to create a CIP Committee of 4-5 board members to work with the staff on this project. A public hearing on the proposed 2015 budget will be held on October 7th at 7:00 p.m. The hearing will be held at the Lakes Region Community College in the Academic Commons Room. This will give elected officials an opportunity to learn about the funding mechanism for LRMFA and ask questions related to the budget.

You may recall from past issues of The Rural Hitch that we have been trying to obtain funding from various grants to replace the Orbacom T5 Radio Dispatch Console we currently use. The console is in a limited state of operation due to component and software failure and the company that made the system is no longer in business, thus there is no technical service available. Grant funding was not successful, therefore the Board of Directors voted to authorize the direct purchase of a new Zetron Radio Dispatch Console using a combination of reserve funds and bank financing. New workstations that house the dispatch console equipment, the CAD,

FROM THE CHIEF — CONT. ON PAGE 13

THE RURAL HITCH

is published quarterly by
Lakes Region
Mutual Fire Aid Association

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Editor
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Email all submissions to:
debbiek@lrmfa.org



Featured department...

Rumney Fire Department



Chief David Coursey
Rumney Fire Department

Address: 59 Depot Street
Rumney, NH 03266
603-796-9924

Officers: Asst. Chief Jim McCart
Asst. Chief Kenny Savage
Capt. Nick Coursey
Capt./EMS Ray Vallentin
Capt./Groton Chief Roger
Thompson
Lt. Sam Coes
Lt. Dan Madoglia
EMS Director Bill Taft

Apparatus: 1 Tanker
2 Engines
1 Ambulance

Rumney Fire Department was founded in 1936 by a local dairy farmer named Lloyd French, Sr. He served as the department's chief from its founding until 1974 — quite a long tenure for a fire chief! The next chief, Aaron Shortt, served until 1988 and was followed by John Hemeon who served until 2000. Ken Ward took over in 2000 and led the department until 2013 when the current chief, David Coursey, took over. In 78 years, Rumney Fire Department has had only five chiefs — an unusual occurrence but one that speaks well of the department and the town of Rumney.

The town of Rumney is small in population (1,480) but fairly sizable in acreage: 27,264 (42.6 square miles). Forty-four percent of the area is National Forest land, which has a sizable impact on the tax rate as does the large

amount of land in current use. In that forest-land are miles of hiking trails and one of the best-known rock climbing areas: Rattlesnake Mountain. This world-famous area offers all levels of rock climbing, resulting in all levels of rock climbing accidents, which Rumney Fire Department has to handle. On a busy rock-climbing weekend, it keeps the department quite busy.

The mountain has also had its share of fires, several quite large. The terrain is rough and steep, making it difficult to fight fires. One of the fires was set and the arsonist was quickly caught. The most recent fire, in 2008, was of unknown origin.

Rattlesnake Mountain is also home to Peregrine Falcon nests. During the 2008 fire, Rumney resident Bill Taft rescued a nest of juvenile falcons, one of which became quite famous: Ember. Taft has been tending to these falcons for years, performing medical checks and banding the birds, some of which have been found in Boston!

Another factor keeping the department busy is Route 25. This well-traveled route runs through town and traffic moves at a high rate of speed much of the time. It is a beautiful area and lots of tourists in the summer and snowmobilers in the winter drive the road. The department is also responsible for the large wind farm located on the ridgeline around Tenney Mountain Ski Area. There are four fulltime workers servicing the wind turbines and they sometimes get hurt. The plus side to the wind farm is the road system the company built throughout the area to reach the towers. The roads have made it easier to access the area in the event of snowmobile accidents, forest fires, etc.

Like all departments, there are incidents that make an impact on both the department and, in this case, the town. Three teens were killed in a car accident on Mothers Day. They were travelling on Buffalo Road, a windy narrow road, and



missed a corner. The car went off the road into an oak tree hanging over the river. The tree tore the roof off the car before it fell into the river where one teen drowned. The other two died from their injuries. It was very difficult call for all involved.

CURRENT BUILDING BUILT FOR THE FUTURE

The original fire department building was on Main Street, across from the Common in an old Grange building. A smaller, substation was housed in West Rumney in a converted grain store.

In 1973, the site at 59 Depot Street was a train station. When that was demolished, the department built its current building and all apparatus was moved in, with the West Rumney station now being used for storage. A lot of thought was put into the building and it has served the town well. The only "bug" in the current building is the insulation — or lack thereof. Heat was cheap in 1973 but times have changed and the building's insulation needs to be beefed up. Chief David Coursey would like to put a small addition on the building to house a new forestry truck that is being built from a 550 Ford.



Rumney Fire Department

BUDGET INCREASED BY TAXPAYERS AT TOWN MEETING!

The residents are very supportive of the fire department, even going so far as increasing their budget at town meeting this past year! The department works with a board of fire commissioners, which acts as a “selectboard” for the department. Each year, one of the three commissioners’ term ends so there is the potential for the board’s makeup to change each year.

Like many small department, Rumney relies on grant money for some of its purchases. In the past, FEMA grants have been used to purchase gear, breathing apparatus, and a tanker. Rumney Fire Department has also received radio grants. However, grant money is very tight at this time. In addition to the current difficulty with receiving grants is the fact that items purchased all at once with grants tend to wear out all at once! Chief Coursey stays on top of this problem by replace a few items each year, lessening the impact. Everything “fire related” is expensive: the department has established Capital Reserve Funds for trucks and equipment/gear to lessen the impact.

Recently the department decided to hold a fundraiser in order to purchase a thermal imaging camera. These cameras

are invaluable tools — but expensive. A Stinson Lake resident approached a fire commissioner and handed him a brand-new, in-the-box thermal imaging camera! This anonymous donation is one example of the level of support the department enjoys. The department has also received generous donations after being of service to residents.

WIDE COVERAGE AREA

Rumney Fire Department is responsible for much more than the town of Rumney, which, as mentioned earlier, includes Rattlesnake Mountain, the wind farm, and Route 25. The department also handles the east side of Groton, some of Dorchester, and the west side of Ellsworth. Many of the areas are remote and/or difficult to access.

Chief Coursey is enthusiastic when he speaks about the number of active members in the department: 20! Of those twenty, 10-12 work in the area and are available during the day, something that’s unusual these days. It makes it easier to handle the 250-300 calls per year.

CHIEF A RUMNEY NATIVE

Chief David Coursey grew up in Rumney. His first exposure to the fire depart-

ment was when he became a fire commissioner when Lloyd French, Jr. retired from the commission. French, Jr. encouraged Coursey to run for the position, which he then held for fifteen years. Several years into his commissioner duties, John Hemeon handed him an application to the department and in short order, he was voted in. In 2013 he was asked to become chief after Ken Ward retired. The job wasn’t unfamiliar to Coursey as he’d work closely with Chief Ward during his tenure as chief. He was voted into the 3-year position by the department and, the rest as they say, is history.

The Chief didn’t grow up in a firefighting family. He and his Dad were in the ski business and had stores at Tenney Mountain, Waterville Estates, and on Main Street in Plymouth. Once he retired from the ski business he went into the hay business, making hay for local farmers and helping out at Longview Farm, a well-known local farm-stand.

The job of chief keeps him really busy. He is paid for 15-20 hours per week plus works as the local code enforcement official and is paid per fire call. The work actually takes a lot more than 15-20 hours but he does have a secretary (shared with the Planning

RUMNEY FIRE DEPARTMENT — CONT. ON PAGE 6

Gilford FD's Nick Mercuri to lead Department of Safety, Bureau of EMS



In a press release NH Dept. of Safety, Fire Standards & Training and EMS Director Plummer announced the appointment of Gilford Fire Rescue, Lieutenant Nick Mercuri as EMS Bureau Chief. Nick has also served as EMS Regional Coordinator for LRGHealthcare. He holds a BS in Nursing from Boston College and a Masters in Healthcare Administration from New England College. During his lengthy EMS career he has worked as a registered Nurse as well as an EMS provider since 1989 and has experience in a municipal service as well as a private service. Congratulations Nick from all your LRMFA friends. 🚒

as well as an EMS provider since 1989 and has experience in a municipal service as well as a private service. Congratulations Nick from all your LRMFA friends. 🚒

RUMNEY FIRE DEPARTMENT — CONTINUED FROM PAGE 5

Board and Selectmen) to help out. If you're looking for him, he can usually be found at the station!

Chief Coursey's son, Nick, is a firefighter plus he works for the town of Rumney. His middle son Kevin is a landscaper and his daughter Liz works at Plymouth Animal Hospital. He and his wife Joan, who is a teacher at Holderness Central School, have eight grandchildren to enjoy and spoil.

THE FUTURE

When asked what the future held, Chief Coursey mentioned the addition for the new forestry truck. He said the department has planned to replace a piece of apparatus every ten years and the town has Capital Reserve Funds set aside for that purpose with the next replacement due in 2016 or 2017. He would like to expand the department on the EMS side by generating more interest in EMS training. Currently Rumney EMS' ambulance is housed in the station but it is a separate entity and not part of the department. Coursey would like to add dry hydrants and repair or replace one existing dry hydrant each year for the next few years.

The department holds its business meeting the first Monday of the month and has training the third Monday of the month, with other training scheduled as needed. On October 19, Rumney Fire Department will participate in a live-burn training in Dorchester.

The second Saturday of the month see the department members cooking up breakfast, another fundraiser.

The department also has an active Explorer program with five members right now, who are "anxious to get going." This program has helped tremendously and promises a bright future for the department. 🚒

Wentworth Fire Department Offered Land for New Station!

The Wentworth Fire Department has been offered an acre of land about an eighth of a mile down Beech Hill Road on the right. The offer was made by Randy and Andrea Comsteller of Beech Hill Road. The department discussed the donation with the Fire Commissioners and the Select Board and, as a result, the department has accepted the offer. The department is very excited, as this will be the site of a new fire station. Wentworth Fire Department will be looking into paying the subdivision and survey costs along with the cost of taking this piece out of current use. Although this is still contingent on those cost factors, the department feels it is a fantastic opportunity and plans on moving forward with the project, barring any unforeseen issues.

This site moves the department approximately eight tenths of a mile from the current location and will not affect homeowners fire insurance rates. Those that fall into the five-mile range will still fall into that range. The fire department wants to thank Randy and Andrea for this very generous offer and look forward to working with them on the project. Wentworth Fire Chief Jeff Ames will post more information as the process unfolds. If you have any questions, please feel free to stop by the station or call the department at 764-9411. This is a huge opportunity for the fire department as it has been looking for a piece of property for some time. Several landowners have been approached during the past few years while looking for a piece of property that was not in a flood plain that was large enough to build on for now and to accommodate future needs.

This Beech Hill Road property fits all those requirements. A monstrous thanks goes to the Comstellers for their generosity and support!!! 🚒

SCBA Respirator Fit Testing Service Available From LRMFA For Member Agencies!

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EMS Update

Vague Symptoms Can Mean Big Problems

Shawn Riley, EMS Deputy Chief, Laconia Fire Department

I have always been a big proponent of taking time to thoroughly assess EMS patients with vague complaints. I realize when we operate in a busy 9-1-1 system it is not uncommon to become overwhelmed with the daily work load. Stacked calls, fire inspections, training, and, of course, everyone's favorite, "TEMSIS," make the less-urgent calls seem like a nuisance. I also realize our volume of "Super Users" (that's the new politically-correct name for "frequent flyers") make us "suspicious of legitimate medical issues" when it comes to the less urgent calls.

As many of you know, my wife Stephanie has been diagnosed with Stage 4 non-small cell lung cancer (NSCLC). I think her story can set the stage as a prime example of why we should listen to our patients and take the time to investigate vague complaints.

When I teach patient assessment I often talk about conditions that can cause mild shortness of breath (SOB). We have all been to calls where a patient complains of mild SOB which has been present for weeks or months. They don't fit the profile for respiratory distress or respiratory failure. They can complete sentences and aren't in horrible discomfort. When I ask EMS providers what they would do for this patient, the answers vary from doing a 12-Lead EKG to signing the patient off. I then ask the students what they think the likelihood of blood cancer would be. One of the early signs of many blood cancers is mild SOB.

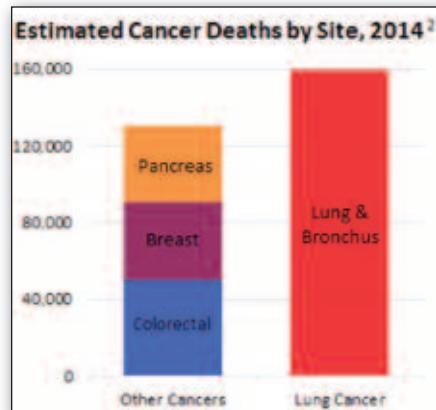
Steph didn't have blood cancer but she did have mild SOB for several months. She even spoke to her Primary Care Physician about it. As this was a very mild complaint, he didn't worry too much or take the time to explore it further. Several months later she started complaining of dull back pain that started without any incident of injury. The pain lingered and became worse. Again, her PCP thought little about this vague symptom. He gave her a muscle relaxant and eventually some physical therapy intervention. One morning, after several months of increasing pain, it was no longer tolerable. She went to the ER where they gave her a CT scan expecting to find a pulmonary embolism. To everyone's surprise they found a primary lung tumor and a metastatic lesion in the spine. The cancer had not only been growing unchecked in the lung, but was able to spread to the bones in the spine over the past several months. Taking the time to investigate mild SOB and then mild back pain could have potentially mitigated a likely terminal disease.

I share this story not to criticize anyone or point fingers. I think this is an example of where mild symptoms can mean big problems. As we in EMS move from "technicians" to "clinicians" we have a duty to understand the human body in greater detail. We need to know the broader range of diseases and the symptoms they cause. The only way to do this is to read everything you can get your hands on. There is not one

comprehensive class you can take that will give you all the knowledge you need to do this job well. Learning and keeping up with the ever-changing medical environment is a lifelong journey.

MORE ON LUNG CANCER

Lung cancer is divided into two broad categories: small cell lung cancer and non-small cell lung cancer. Both have a grim prognosis when they progress to stage 4. Generally speaking, small cell lung cancer is more aggressive but much more rare.



Lung cancer is by far the most prevalent cancer in the United States. Pancreatic cancer does have a slightly higher mortality rate but more people develop lung cancer thus more Americans die of lung cancer than any other type of cancer each year. Almost 225,000 people annually develop lung cancer. Prior to their diagnosis they may very well present to EMS with vague symptoms of SOB or back pain.

STAGES OF CANCER

Cancer is typically described in stages 1–4. Stage 4 is the worst and has the lowest survival rate: 5 years. The method used to determine the stage of cancer is the TNM Classification (tumor size, lymph node involvement, metastatic spread). Once the tumor has spread from the original site to a distant metastatic site, it is automatically considered stage 4. Once cancer has left its primary location and established a secondary metastatic site, it is considered to be all over the body. Think of it like this: blood is flowing through the tumor and picking up cancer cells; then the blood travels throughout the body leaving its dirty little hand prints (cancer cells) everywhere just waiting to grow into metastatic tumors. It should also be understood that a metastatic lesion is not a new type of cancer, i.e., when breast cancer spreads to the brain it is not "brain cancer," it's still breast cancer, it's just a metastatic breast cancer lesion in the brain.

EMS UPDATE — CONT. ON PAGE 8

One main reason lung cancer and pancreatic cancers have such a high mortality rate is that the early symptoms are often vague. It's not until the cancer has spread that it creates symptoms severe enough to cause people to seek medical attention. By this time it has become stage 4 and is far less treatable.

CLOTTING PROBLEMS WITH CANCER PATIENTS

One important fact I learned about cancer from Steph's experience is cancer patients have a very high probability of throwing a clot. About 50% of all cancer patients develop a condition called Trousseau's Syndrome. This condition causes a hypercoagulable state. In other words, half of all cancer patients are more prone to blood clots. Blood clots can cause stroke, heart attack, and often pulmonary emboli. If you are taking care of a newly-diagnosed cancer patient and they have signs and symptoms of a pulmonary emboli, take their complaint seriously.

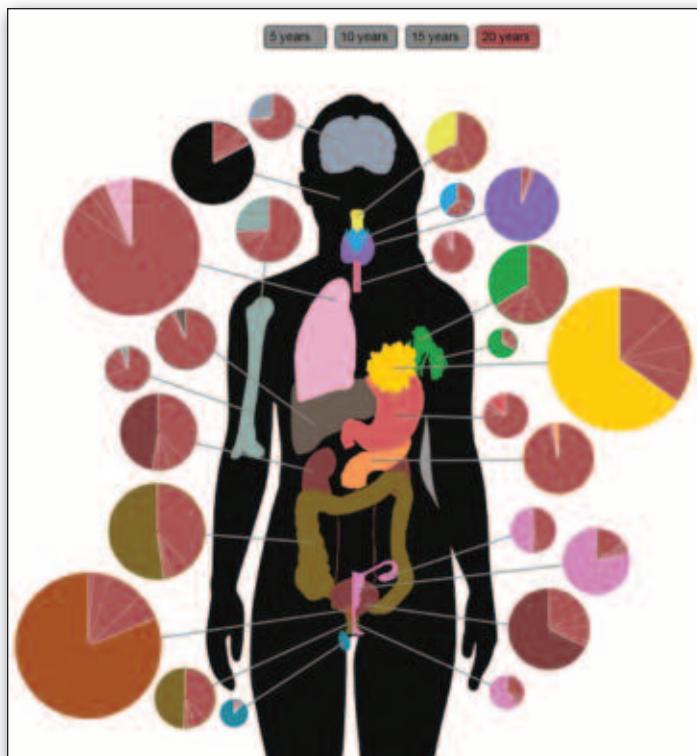
Soon after Steph was diagnosed with lung cancer we took a trip to the Frozen Four in Philadelphia. She wanted to create good memories for our 12-year-old son Shane, who loves hockey. I am cheap so we drove to save money. Steph is a veteran of OEF/OIF (Operation Enduring Freedom and Operation Iraqi Freedom). She has flown all over the globe and taken many long car rides throughout her military career. I certainly never suspected she would be at risk for a pulmonary embolism (PE). We drove home straight through. The moment we stepped out of the car in back in New Hampshire she had a sudden "feeling of impending doom." The long car ride and her hypercoagulability had caused several large PEs. This is why many cancer patients will be put on Coumadin or Lovenox.

DON'T FORGET YOURSELF

If you work in the fire service you are statistically at higher risk for cancers. If you have vague medical complaints get them evaluated. Don't avoid routine cancer screenings. Cancer caught early is far more treatable and has a much better survival rate with far less suffering.

CONCLUSION

Cancer will never be something we'll diagnose in the back of an ambulance. However, we certainly may see patients with signs and symptoms caused by undiagnosed cancer. When they call us they are asking for our help. Our duty is to help them to the level of our ability. Resist the temptation to dismiss their vague and mild symptoms as a misuse of 9-1-1. Ask questions, do a patient assessment, get a thorough medical history. We also often take care of diagnosed cancer patients with advanced disease. Try to understand a little bit about their disease. Know the possible complications they can develop. Cancer and cancer treatment can cause horrible human suffering; above all, show empathy for these patients. They are often in intense pain and dealing with a grim prognosis. 



Cancer Survival rates. The maroon color represents the percent of people who die from each type of cancer. Visit this interactive cancer survival rate chart at: <http://www.proffreader.com/2014/02/interactive-graphic-cancer-diagnosis.html>

Fall Paramedic RTP 2014

NHBEMS (CREF#) 85-664

Dates:

PALS group 1	10/15	Wednesday
PALS group 2	10/20	Monday

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

RTP Day 3	10/14	Tuesday
RTP Day 4	10/21	Tuesday
RTP Day 5	10/28	Tuesday

Co-requisites online courses: AWR160, IS100, IS200, IS700, NHOODLE-Blood Products, Spinal Restriction Protocol, Therapeutic Hypothermia, Adrenal Insufficiency

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 five class 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, SID number (FEMA number) and ACLS/PALS group preference to kshastany@lrgh.org

Next Rural Hitch Deadline

**FOURTH QUARTER (Oct/Nov/Dec):
December 10, 2014**

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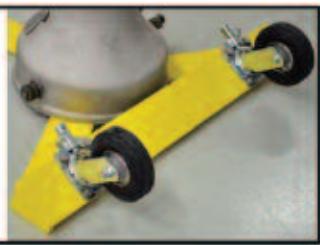
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Third Alarm Fire Destroys Packers Outlet, Franklin

By Kevin LaChapelle, Fire Chief

On Saturday evening at approximately 2038 hours, several passersby stopped at the Franklin Fire Station to report smoke coming from Packers Outlet located at 195 Central Street in Downtown Franklin. At that same time, Lakes Region Dispatch toned the Franklin and Tilton/Northfield Fire Departments to a building fire at this same location. First-arriving companies arrived within two minutes and found heavy smoking issuing from the single-story convenience store. Captain Jason Jenkins immediately requested a second alarm. Initial crews made an aggressive fire attack from the exterior of the building, bringing the fire under control within 40 minutes.

The store was closed and there were no occupants in the building at the time. There were no injuries during fire operations. Humid weather conditions had great effect on firefight-



ers during this incident. A third alarm was requested for additional crews needed for overhaul of the building.

The following departments provided mutual aid; Tilton/Northfield, Belmont, Sanbornton, Hill, Andover, Laconia, Salisbury, Concord, and Boscawen. Bristol and Penacook Rescue covered the Franklin Fire Station.

There were three other emergency incidents in Franklin while crews were operating at the building fire. The most severe was a cardiac arrest, handled by Franklin, Penacook Rescue, and Bristol.

Fire Chief Kevin LaChapelle stated, "Our crews were spread very thin tonight. Strong teamwork and hardworking crews made for a successful outcome at the fire. We are grateful for the solid mutual aid that assisted during the flurry of calls throughout the City tonight."

The cause of the fire is undetermined at this time. A small crew remained on scene overnight. The New Hampshire State Fire Marshal's Office is assisting in the investigation.

Belmont Fire Chief Earns His Credentials

From the Laconia Citizen

Fire Chief David Parenti has successfully completed the process that awards him the professional designation of Chief Fire Officer (CFO). The Commission on Professional Credentialing (CPC) officially conferred the designation on Parenti earlier this month.

PARENTI IS ONE OF ONLY 961 CFOs WORLDWIDE

The commission awards CFO designation only after an individual successfully meets all of the organization's criteria. The process includes an assessment of the applicant's education, experience, professional development, technical competencies, contributions to the profession, and community involvement. In addition, all applicants are required to identify a future professional development plan.

Parenti has a rich knowledge of the emergency services profession and has far surpassed critical core competencies for personnel serving in senior fire officers positions.

Parenti has been a member of the Belmont Fire Department for four years. He is currently the President of the New Hampshire Association of Fire Chiefs and resides in Concord.

The CFO designation program uses a comprehensive peer review model to evaluate candidates seeking the credential.

The Commission on Professional Credentialing, an entity of the Center for Public Safety Excellence, Inc., (CPSE) administers the CFO Designation Program. The CPC consist of individuals from academia, federal and local government, and the fire and emergency medical services profession. To learn more about CPC, visit www.publicsafetyexcellence.org.



LRGHealthcare

AL's Breakfast

Con-Ed for EMS and Nursing

2014 SCHEDULE

Wednesday	November 5th	Gilford Fire
Wednesday	December 3rd	Franklin Fire

All Breakfasts will be from 0900-1100hrs

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

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Personnel Changes



New Full-time Firefighter
Randy Danforth
Franklin Fire Department



Moved Along
Dispatcher Chris Harris
Lakes Region Mutual Fire Aid



New Hire
Dispatcher Matt O'Neill
Lakes Region Mutual Fire Aid

Department News

Send your Department News to debbie@debbiekgraphics.com.

Include new hires, promotions, new apparatus, department events, open training events, etc.

DICK WRIGHT — CONT. FROM PAGE 1

was proudly appointed Errand Boy #1.

At age 12, Dick unofficially started going on fire calls with the Concord Fire Department. When he would hear the sirens sounding, day or night, he would ride his bike from his home on Pine Street to Central Station. The firefighters would let him ride with them to the fires...hidden, of course!

Growing up, Dick spent his summers on Locke's Island, Lake Winnipesaukee, at his family's cottage. He met his future wife, Jean, there when they were 15 years old. Her family lived in the cottage next door.

Dick continued to respond to fire calls as a volunteer during his high school years. He graduated from Concord High School in 1950 and then worked for the Rumford Press in Concord.

Dick and Jean were married in 1952. They raised their children, Rick and Gina, in Concord. They enjoyed 54 years of marriage, until Jean's passing in 2006.

Dick entered the United States Army in 1953 and served in Germany for two years. After that, he worked for the Rumford Press at their New York City sales office. In 1956, Dick returned to work at the Rumford Press in Concord.

In 1957, Dick joined the Concord Fire Department as a call firefighter. From 1963 to 1970, Dick worked as a full-time Concord firefighter. During these years, he also worked part-time at Wright Communications in the two-way radio business. From 1970 to 1989, Dick worked at Wright Communications, along with his brothers, on a full-time basis. During these years he continued to respond as a call firefighter for the Concord Fire Department.



In 1973, Dick was appointed as the volunteer Chief Coordinator of the Capitol Area Fire Compact. He was hired to fulfill the full-time position in 1989.

Dick and Jean moved to Loudon in 1979. Dick joined the Loudon Fire Department that year. He served as the Loudon Fire Chief from 1994 to 2004 and then again from 2011 to 2013.

Dick retired as Chief Coordinator of the Capitol Area Mutual Aid Fire Compact on June 14, 2014. His dedication to the fire service has truly spanned a lifetime.

At his retirement celebration, Chief Wright was awarded many honors by a number of associations and departments he'd worked with through the years, including a plaque presented by Deputy Chief John Beland from LRMFA which read: "Presented to Chief Richard 'Dick' Wright In appreciation for your many years of support to the Lakes Region Mutual Fire Aid Association. August 16, 2014" 



Top: Chief Dick Wright arrives at his retirement celebration. **Above:** The many awards and gifts given to Dick as momentos of his long career.

FROM THE CHIEF — CONT. FROM PAGE 3

the E-911 CAD, and other computer systems were also approved for purchase using reserve funds. The new workstations and dispatch console equipment should be installed by mid-December.

A committee has been reviewing and making proposed changes to the By-laws and Articles of Incorporation for the Lakes Region Mutual Fire Aid Association in order to update and clarify some sections. The proposed changes were reviewed at the September 25th meeting of the General Mem-

bership and will now be presented to the Board of Directors at the October 29th meeting.

There are always things happening out of the spot light that are meant to make the Lakes Region Mutual Fire Aid Association a stronger organization and position it to provide better services to the fire and EMS departments of our member communities — and ultimately to the citizens and visitors of those communities. Please keep checking our website and Facebook page for things happening in the LRMFAA! 🚒

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Lakes Region Mutual Fire Aid

13

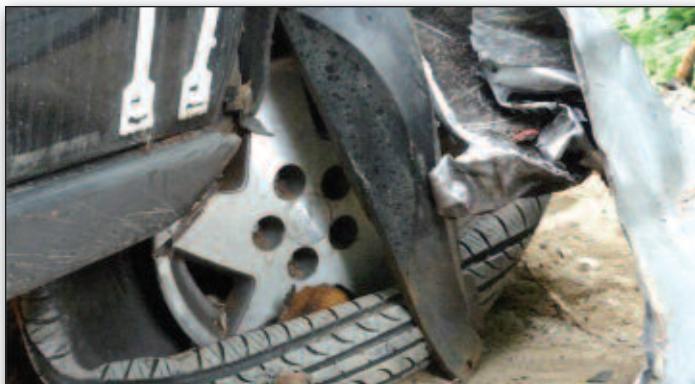
THE RURAL HITCH

Alexandria Volunteer Fire Department Stays Busy on Bog Road With Two Accidents In Two Days

JULY 12, 2014 — YOUNG DRIVER WITH HIS LICENSE ONLY 1 WEEK!



JULY 13, 2014 — THIS ACCIDENT WAS CAUSED BY SPEED. IT HAPPENED ON A STRAIGHT STRETCH OF A DIRT ROAD, JUST BELOW THE ACCIDENT ABOVE.



Laconia Fire Department Celebrates New Firefighters



Family, friends, and more than 20 Laconia firefighters gathered in August to celebrate the swearing in of Rick Raper, Chris Morgan, and Gregg Brown. The ceremony also marked the completion of probation for five firefighters — Nate Mills, Greg Accoin, Trevor Greene, Ray Bushey, and Brennen Lorde. Laconia Fire Chief Ken Erickson, Assistant Chief Kirk Beattie, Director Deb Pendegast, and Mayor Ed Englars were also on hand for the celebration.

New Hampton Fire Department Fights Fire At Ambrose Brothers Pit



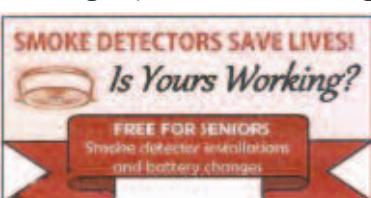
New Hampton FF/EMT-I K. Hughes stretches a 2" line at Ambrose Brothers Pit.

14th Senior Safety Day

This year, thirteen LRGHealthcare communities are participating in the Fourteenth Annual Senior Safety Day on Saturday, November 1, 2014. Local fire department personnel will visit seniors in their communities to check their smoke alarms, replace batteries, and install alarms if needed. This event ties in nicely with the 2014 fire prevention theme of "Working Smoke Alarms Save Lives — Test Yours Every Month."

As of September 30, the following departments are taking part: Franklin, Tilton-Northfield, Andover, Bristol, New Hampton, Sanbornton, Hill, Gilman, Laconia, Gilford, Belmont, Meredith, and Center Harbor.

Melissa Rizzo, M.Ed., CCP, RHC, Community Educator at the Franklin Regional Hospital, thanks area departments for their support of this important event and for providing a great service to seniors in the region. 



LRGHealthcare and area fire departments are pleased to be offering free smoke detector installations and battery changes for seniors* on

Saturday, November 1

Call today if you are a senior resident or need help with changing your battery and would like to take advantage of this service

*Some restrictions apply

To set up your **FREE** appointment
Call LRGHealthcare Education Services.

934-2060 ext. 8329



Training Division News

Firefighter Skills Drills

LRMFA Training Division is pleased to sponsor three Firefighter Skills Drills this fall. These drills will give students an opportunity to review critical operational skills, leading to proficiency and effectiveness during emergency operations. The skills drills are designed to run in four-hours blocks with most of the time devoted to hands-on practical applications of the skills being drilled on. As skills are mastered, the instructors will increase the intensity, time, and pressure, making the drills as realistic to fireground operations as possible.

These programs are open to all LRMFA firefighters having a desire to enhance their fireground effectiveness by honing critical firefighting skills. All classes are Saturday mornings and cost \$25.00 each. Go to lrmfa.org for registration form.

FIRE DEPARTMENT GROUND LADDERS OCTOBER 18, 2014. 0800-1200

Ashland Fire Department

Lead Instructor: Deputy Chief Chris Dolloff

0800-0815 Student arrival and briefing

0815-0845 Ladder review: terminology, commands & carriers, and safety

0845-0945 Evolution #1: Pumper extension ladder drills for safe rapid deployment (14' to 28')

1000-1100 Evolution #2: Pumper extension ladder drills for safe, rapid deployment (28' and beyond, 2 section, 3 section, extension, and pole ladders)

1100-1145 Evolution #3: Removing a victim via ground ladders.

1145-1200 Debrief and dismissal

SELF-CONTAINED BREATHING APPARATUS

NOVEMBER 8, 2014. 0800-1200

Ashland Fire Department

Lead Instructor: Deputy Chief Tim Joubert

0800-0815 Student arrival briefing

0815-0845 SCBA review, function, safety features & limitations

0845-0930 Evolution#1: Donning/Doffing SCBA in PPE. Emergency Procedures. Changing Cylinders.

0945-1030 Evolution#2: Following a hoseline wearing SCBA with vision obscured & overcoming obstacles.

1030-1145 Evolution#3: Moving in a forward direction, successfully overcoming obstacles to enter and exit a maze.

1145-1200 Debrief and dismissal.

Company Officer Development Series

These programs are funded by LRMFA Training Division and are free to LRMFA members. Training is open to all ranks and walk-in registrations are welcome. All programs begin at 6:30 p.m.

INTEGRATING TECHNICAL RESCUE TEAMS IN YOUR ON-SCENE INCIDENT MANAGEMENT SYSTEM

TUESDAY NOVEMBER 4, 2014

Lakes Region Mutual Fire Aid

As an Incident Commander do you understand what happens when you special call for the Hazardous Materials Team or the Swiftwater Extrication Team? This program will be led by team leaders who will explain the process for requesting these specialized resources and what to expect in terms of response for different non-emergent and emergency situations. Additionally, discussion will cover the most efficient and effective methods for dovetailing the integration of a technical team into the existent ICS structure of your incident. This class is a must for all responders but especially Company and Chief Officers who may request these resources and then need to integrate them into their incident upon their arrival.

Instructors:

Deputy Fire Chief Brad Ober, Gilford Fire Department: Chief Ober has more than 20 years of experience with the Ashland, Tilton-Northfield, and Gilford Fire Departments. Chief Ober spent many years as a Chief Officer with the Three Rivers Water Extrication Team. His combined experience with the WET Team and as a fireground command officer has given him a unique insight on how to best integrate special team operations into emergency scene ICS systems.

Captain John Keller, Plymouth Fire & Rescue: Captain Keller is an active member and instructor for the Central NH Hazardous Materials Team. He has extensive training in Hazardous Materials Response and training. Additionally, John is active in technical rescue training and response. His many years of training and experiences lend great value to this program.

LEADERSHIP IN TODAY'S ENVIRONMENT OF CHANGE

TUESDAY DECEMBER 2, 2014

Franklin Fire Department

This class will help us identify and deal with changes in our workplace and our lives. Students will learn how to apply leadership techniques in order to prepare for, plan, and commun-

cate change throughout their organizations. Whether the changes are major or not, these steps can be used for successful implementation of any change. Change is happening all around us. This class will help us focus on the factors that affect our organizations, our staff, and our customers.

Instructor:

Captain David Hall, Tilton-Northfield Fire Department: Captain Hall has been a member of the Tilton-Northfield Fire and EMS since 2003. He has earned a Bachelor's Degree in Applied Leadership Technology and an Associate's Degree in Fire Science Technology. David also works as a Staff Instructor for NH Fire Standards and Training. He has over 20 years experience in customer service and management.

Other Training Opportunities:

These courses/conferences are not offered by the Training Division but are published as a service to LRMFA members.

TRAFFIC INCIDENT MANAGEMENT (TIM) TRAINING SESSION OCTOBER 15, 2014, 0830-1230

Gilford Community Church, 19 Potter Hill Rd., Gilford

An additional Traffic Incident Management training session has been added. This is **free training** and recommended for all First Responders such as: Fire, Police, EMS, Public Works, and Tow Truck Drivers.

For more information, contact Emily Killinger, Administrative Secretary for Highway Maintenance, (603) 271-2693 or use email ekillinger@dot.state.nh.us.

LRGHEALTHCARE FALL AEMT TRANSITION CLASSES FRIDAYS, 0800-1700. OCTOBER 17, 24, 31 AND NOVEMBER 7, 14, 21.

LRMFA

You will be required to do a telephone orientation with one of the instructors. Prerequisites: Haz-Mat Awareness (AWR160) and ICS (IS 100b, 200b, 700); if you need any of these prerequisites, please contact Shawn Riley immediate at Laconia Fire Dept. Contact Kelley Shastany (kshastany@lrg.org) to register. This program is open only to LRGHealthcare affiliated services and is free of charge.

2014 NH TRAUMA SYSTEM CONFERENCE FRIDAY, NOVEMBER 7, 2014

Mountain View Grand Resort, Whitefield, NH

This conference is presented jointly by the NH Dept. of Safety, Div. of Fire Standards & Training and EMS and the

Portsmouth Regional Hospital. The cost is \$50 and you may register online at <http://apps.nh.gov/blogs/irc>. Registration closes November 3.

The conference programs include: Hospital-based – To CT or Not to CT (Pediatric); EMS – When to Fly: Scene Triage/Transport; Protocols to Improve Outcomes; Massive Transfusion; Geriatrics; Rib Fracture/Pain Controls; EMS Protocols; Case Reviews – How to Pick Your Battles; Anticoagulation and Trauma – Bad Combo; Rapid Reversal Protocols; Best Practices/New Practice; and an MD Panel Discussion.

For more detailed information, go to <https://apps.nh.gov/blogs/irc/>.

EMT REFRESHER TRAINING NOVEMBER 6, 8, 9, 2014

New Hampton Fire Department

Tony Manning will instruct this 3-day EMT Refresher Training. The class will meet on Nov. 6 (1800-2100) and Nov. 8-9 (0800-1730). Cost is \$150 and includes lunch on Saturday and Sunday. A minimum of 15 people are needed to hold the class. Registration will close October 25. Please call NHFD at 744-2735 to reserve your spot.

SCBA Respirator Fit Testing Service Available From LRMFA For Member Agencies!

**To SCHEDULE FIT TESTING AT YOUR
DEPARTMENT, PLEASE CONTACT DEPUTY
CHIEF BELAND AT
528-9111 OR JBELAND@LRMFA.ORG.**

“Rural Hitch” Available Electronically

**If you would like to receive the *Rural Hitch*
electronically (and save trees and postage!),
please send your email to
debbie@debbiekgraphics.com.**

**Feel free to share your electronic copy with others.
We'll add anyone to the email list who is
interested in receiving the *Rural Hitch*.**

**Train like your life depends on it... because for you, your
brothers, sisters, and those you serve — it does!**

Third Quarter Stats...

From July 1, 2014 through
September 30, 2014

Incidents Dispatched:	July 2014	2,168
	August 2014	2,153
	September 2014	1,852
	Total	6,173
	YTD Total	16,412

Resources Available:

Engines	92	Tankers	12
Ladders	5	Rescues	22
Forestry	38	Ambulances	52
Utilities	26	Fire Boats	30
Towers	7	Air Units	5
ATVs	13	Command Vehicles	31

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 115,383 residents.
- 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 \$18.8 billion dollars of property.
- Has an operating budget of \$1,165,880 (2014 budget).
- Has 8 full-time and 7 part-time employees.
- Dispatched 21,570 incidents during 2013 (59.1 calls per day).
- Dispatched 21,504 incidents during 2012 (58.92 calls per day).
- Dispatched 21,601 incidents during 2011 (59.18 calls per day).

LRMFA HEADQUARTERS, LACONIA, NH



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Department News

Send your Department News to
debbie@debbiekgraphics.com.

Include new hires, promotions, new apparatus, department events, open training events, etc.

Third Quarter 2014

Number of incidents = 6,173 (YTD 16,412)

Radio transmissions = 70,649 (YTD 190,535)

Emergency phones = 7,719 (YTD 20,712)

Admin phones = 5,612 (YTD 16,499)

This breaks down on a daily basis to 67 incidents per day and 11 radio transmissions for each incident, or 768 per day on average. Along with the emergency incidents we answered/made 61 calls on the administrative lines per day and 84 calls on the emergency phones per day.

2014 LRMFA Executive Board Meetings

• Oct. 14 • Nov. 11 • Dec. 9 •

2014 LRMFA Board of Directors Meetings

(7 p.m. in the conference room at LRMFA)

• 4th Quarter: October 29 •

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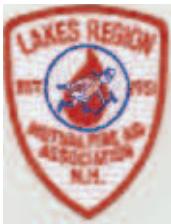
Lakes Region Fire Apparatus Latest Delivery!
Congratulations Chief Dana Costello and the Denmark Fire Department
— First HME Ahrens Fox Mini EVO in the State of Maine!

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Lakes Region Mutual Fire Aid Association
62 Communications Drive
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Department News

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