

THE RURAL HITCH

A Quarterly Publication of the Lakes Region Mutual Fire Aid Association

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See Page 14 for Information

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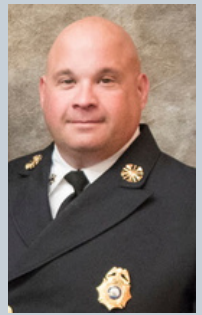
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From the Chief...

Jonathan M. Goldman, CPE



During the second quarter of 2022, people were really beginning to come out of their COVID bubble, and many events and training were getting back to what we normally expect. Especially call volume and traffic. In April LRMFA Celebrated National Public Safety Telecommunicator week (NPSTW). NPSTW is the second full week of each April, since 1981. During this week we celebrate the men and woman of the nation's 9-1-1 and Emergency Communications Center, and the vital work they do throughout the year. We got back to hosting our annual open house in partnership with NH91-1-1.

In January LRMFA released a Request for Information (RFI) seeking companies that could provide a Computer Aided Dispatch System (CAD) that would meet our needs. After two failed CAD executions it is the goal of the Board and the Executive Committee to find a vendor who has proven successful deployments in fire and EMS only dispatch centers like ours. We went through each response and vetted each vendor to determine if they would meet our needs. Both LRMFA and CAFMAC were involved in the vetting as we currently use the same CAD system for redundancy. Both agencies felt it was important to maintain or improve upon that redundancy to better serve the member communities in our districts. On June 30th both the Executive Committee and LRMFA Board of Directors held a special meeting. During that meeting Chief Goldman, and Deputy Chief Steele presented Tyler Technologies as our preferred vendor to provide a CAD solution. Tyler Technologies also attended and made a brief presentation along with answering questions from members of the Board.

Tyler has been around for many years, and currently services 140 communities in NH with their various government software services. Their Public Safety Group is dedicated to their public safety software and as a company Tyler Technologies had \$1.09 Billion dollars in revenue in 2021. They are a strong, healthy company with significant tenure in the governmental software space. During the meeting Chief Goldman also presented on the total costs of the project and highlighted the cooperation with Capital Area Fire Mutual Aid.

The Rural Hitch

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Lakes Region Mutual Fire Aid Association

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The total project cost over two years will be approximately \$562,000 with LRMFA paying about 52% of the costs. Fortunately, the Board of Directors accepted the proposal and opted to pay for the entire project out of our Capital Reserve Funds. The staff at LRMFA are excited to begin this project and once complete, as a district we will be able to finally put the CAD project behind us and utilize a state-of-the-art cloud hosted CAD solution. With the payment structured the way the Board of Directors voted, communities will not see any impact to the budget until 2024.

During the second quarter several of our staff were able to attend the NH Emergency Dispatchers Association (NHEDA) annual meeting and awards banquet. During the awards portion of the meeting Lt. Erin Hannafin, Lt. Ricky Fowler, and Dispatchers Brian Searles and Kellie Regan were presented the NHEDA Team of the Year award. The award was presented to them for their work as a high performing team during the Laconia gas emergencies in June of 2021. During this incident they dispatched 57 simultaneous gas emergencies during a four-hour period. During the awards presentation NHEDA President Nicholas Bridle presented the "Presidents Award" To Lt. Erin Hannafin for her "commitment to training" and her commitment to NHEDA as an organization. Lt. Hannafin was instrumental in keeping NHEDA's forward momentum during the pandemic.

On April 30th members communities of the LRMFA district responded to the Red Jacket Resort in North Conway for a multi alarm fire. Moultonborough Fire, Sandwich Fire, and Center Harbor Fire were dispatched as regular mutual aid, early in the incident. At approximately 1600 a structural task force was requested through the NH Statewide All Hazards Mobilization Plan.

During the second quarter Deputy Chief Steele, Lt. Nugent, and Dispatcher Regan were selected from a highly competitive process to attend the Association of Public Safety Communications Officers (APCO) Registered Public Safety Leader (RPL) course. Once they have each finished this year long online leadership program, they will join the ranks of the other four RPL's in NH.


In June of 2022, LRMFA began a radio project with our vendor ALLCOMM Technologies to further harden our radio system. By adding additional redundant switches and connections, as well as geodiversity our radio will be even further protected from partial and total failure.

The grant funded training provided in cooperation with the City of Franklin and the Assistance to Firefighters Grant program have been posted and will be beginning soon. We know the attendees will have a great program and will learn a tremendous amount.

In August of 2021 Governor Sununu released a request for proposals to dispose of the land that LRMFA and NH9-1-1 currently occupy. Throughout the process we have worked with the NH Department of Safety, and will be relocating with NHE9-1-1 to a lot of land located on Meredith Center Rd. We are excited about the prospect of moving, and are working in the NH Administrative Services, the NH Department of Safety, and the Division of Emergency Services and Communications on the design of the new building. The Department of Safety has engaged a project manager, and we will be viewing plans in the next 60-90 days (about 3 months). We do not have a solid timeline for when they move may happen, but we know the plans are moving quickly.

As we closed out the second quarter Laconia's 99th annual Motorcycle was as busy as ever with multiple motorcycle accidents, trauma alerts, and unfortunately fatalities. Our thoughts and prayers are with the victims and their families.

As I type this, Motorcycle week is over, and the sounds of motorcycles riding up and down route 106 have subsided to a reasonable level.

We look forward to what the rest of 2022 and beyond brings us. LRMFA is poised to continue to be a leader in mutual aid coordination, emergency communications, and training. 

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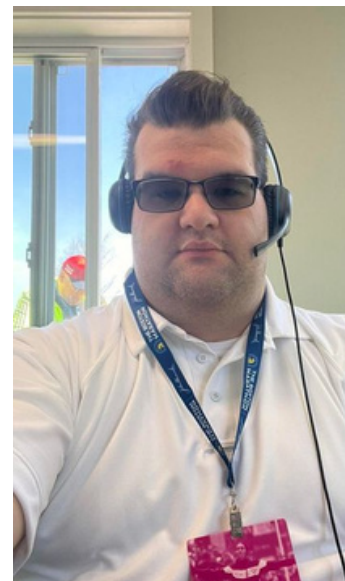
LRMFA Dispatcher Volunteers for Boston Marathon



Dispatcher Adam Sattler, who was up bright and early on Monday April 18th. Adam has been volunteering for the Boston Athletic Association, Boston Marathon for two years. He serves as part of the Amateur Radio Operator Team. He works as the Net control operator for the downfield safety team at start.

His team of dedicated volunteers controls the first 3/4 mile or so of the course for safety in conjunction with public safety partners and ensures that much of the course is clear to begin each wave. After polling his team, he gives the "all clear to release" signal to the unified command center and race operations director.

Adam was up and at the staging area at 0445 this morning. As an organization we are proud of Adam's volunteerism. Thank You Adam for representing the Lakes Region at this important regional event.



LRMFA Celebrates National Public Safety Telecommunicator Week

Each year the first full week in April is designated as National Public Safety Telecommunicators Week. This year we celebrated each of our team and enjoyed posting some photos of each shift each day.

On Saturday April, 9 along with NH 9-1-1 we hosted our annual open house. The Open House hasn't occurred due to COVID since 2019, but it was nice to be back. Almost 150 people came to tour the Communications Center, the NH E9-1-1 PSAP, and some of the emergency response vehicles that were available. Everyone had a great time, and we were excited to see NH Executive Councilors Joe Kenney, and Cinde Warmington. They each had an opportunity to learn more about LRMFA and NH E9-1-1.

The men and women serving the public safety field responders, the citizens, and the visitors to the Lakes Region have a combined total of 214 years of service to public safety! Now that is impressive.



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HOUSE FIRES

the type of structure where we work most often

By Chief Ken Erickson (Retired)



The recently published report from the National Fire Protection Association (NFPA) titled “NFPA Fires in the US since 1980” sheds some interesting facts on house fires. Eighty-eight percent of all fires in the US are in homes. Ninety-three percent of all civilian deaths and 90% of all injuries are in homes. Deaths per 1,000 home fires have increased to 8.5 per capita. At the same period deaths per 1,000 multi-family home fires have decreased to 4.2 per capita. The previous rate for both types of property was 7.2 per 1,000. (The decrease in deaths in multi-family homes is attributed to newer construction, and the requirement for fire alarm and in many cases automatic sprinkler systems). Today, it is estimated that 96% of all homes have smoke detectors. Consider that in 1977 it was estimated 78% of homes had no smoke detectors. In this period since 1980 home fires are down by more than 50%. NFPA reports there are fewer home fires, however if you have a fire in your home today, you are more likely to die because of the fire than in 1980. People have less than 3 minutes to escape from a modern home fire. Most people do not realize this. They have no comprehension of just how fast a fire will spread in their home.

This article will focus on firefighting in one - family homes. These buildings are usually 1 or 2 stories high, occasionally three stories high. Most third floors are attics, however, if there is a walk-up stairway, they could easily become livable space. Homes come in a variety of sizes and layouts, but most have common themes. Capes, Ranches, Colonials, Victorian, and Federal have common layouts. The most common theme in any home is openness. Very few homes have interior doors between rooms except for bedrooms and bathrooms. You will find doors in older homes between living rooms and dining rooms but very seldom are they closed. So, fire and smoke can easily spread throughout a home. The next most common theme is the open interior stairway that becomes the prominent avenue for smoke and heat to travel upstairs in a home. (Most people still sleep with their bedroom doors open. We need to do a better job of educating people of the need to close doors for their safety. Fires are down yet fire deaths are increasing. This could be attributed to rapid fire growth).

The standard layout of 2-story homes built during the construction period up until this century was the stairway was almost always opposite the front door. The cellar stairs were stacked below the interior stairs. The front door was the formal entrance. There was usually another entrance closer to the garage or driveway, which became the primary entrance. There was a rear entrance located near the kitchen. In older New England homes there was an outside entrance to the basement. Many times, this rear entrance went down to the basement and up a short flight to the kitchen. Bathrooms were back-to-back and stacked above each other. Interior doors that opened inward were bedrooms. Doors that opened outwards were cellar doors or closets. If you see the hinge pin the door opens toward you. No pin the door opens away from you. Older homes had doors to every room. If you found radiators or baseboard heat you were on an outside wall, which meant windows for escape and venting. Older homes constructed with wood lath and plaster allowed heat to dissipate into the wall space. Gypsum board or sheetrock is dense and quickly reflects heat, which allows for faster flashover.

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However, the sheetrock delays a fire from getting into the wall or ceiling void. Large bay type windows indicate living space, such as a dining room or living room. Smaller windows indicate bedrooms. Off-sized small windows on the rear of the house indicated a kitchen or bathroom. Windows that were out of alignment on the side of a home indicated the stairway. In a Colonial the front center window over the door was a good place to vent as this window was usually at the top of the stairs or in the foyer. Study the consistency in homes. A Ranch or Cape with a Bay window indicated living space and the bedrooms would be at the opposite end. The living space (kitchen, den) were usually closet to the garage or driveway.

Besides the open stairway some other concerns and problems with homes are long driveways, deep setbacks, fencing, peaked roof, sloping terrain, little interior compartmentation, large rooms, large windows, large interior doorways, higher ceilings, well insulated windows, walls and ceilings, illegal uses, conversions or home office/workshops, and the overall size of modern homes. It is not uncommon to find a new home that is as large as a commercial building. As homes get larger the standard interior layout becomes less common. In most 2-story homes the bedrooms are on the second floor. In a modern mansion, bedrooms can be on every floor. Cape style homes often had a first-floor master bedroom on the far end of the home away from the kitchen and additional bedrooms upstairs.

Most firefighters should have a good understanding of modern fire loads. Plastics, synthetics (hydrocarbon-based materials) are common throughout all buildings but especially homes. Today, it is estimated that the average home has more than 2,000 pounds of plastics inside. I suspect if we factor in wiring and plumbing that number is even higher. This creates an extremely high Heat Release Rate (HRR), which results in rapid fire growth and tremendous production of thick black toxic smoke. Because of the high HRR the available oxygen is consumed much quicker resulting in a vent-limited fire. If the fire is vent-limited it is critical to control and even delay venting. A vent-limited fire is producing lower temperatures and lower pressures, so the fire is not spreading or growing as rapidly as a fuel-limited fire. The key to a vent-limited fire is the low oxygen content that is available for fire growth.

The strategy for a house fire is keep it as small as possible (confinement) and search for people as fast as possible. According to the Firefighter Rescue Survey you have about six minutes to find a victim and remove them to safety and have them survive. After 7 minutes the victim survival rate drops dramatically. If you have people trapped inside find the path of least resistance to get to them and to get them out. From the second floor this is the front stairway. For 1-story homes the front door is usually the fastest way in and out. Remember, kitchens are generally located to the side with the garage/driveway and the bedrooms at the opposite end of the house. If you cannot get to the stairway then use ground ladders to Vent, Enter, Isolate and Search the upper floor bedrooms. Start with the room closest to the fire, unless you know the specific room that the victim is located.



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A 16-foot roof ladder or 24-foot extension ladder will get you in to second floor windows and onto porch roofs. If the house is a walk-out basement then you may need a 28-foot ladder to reach the windows on the rear, especially the top floor. Whenever you enter a room to search for victims it is critical to close the door to the room to control the flow path. If you go in a first-floor window and enter a large room such as a living room, there is probably no door to close. In modern large homes, unless you are familiar with the interior layout, it is best to use a ground ladder to access the upper floors. In the time it takes to gain entrance, find the stairs, get to the second floor, crawl down a long hallway to the bedrooms, you may be getting low of air and the 6-minute time-period for rescue is long gone. Remember to use the quickest path of least resistance.



Getting water on the fire is of utmost importance. Hit the fire using the quickest path of least resistance. In most cases, this means hit it from the exterior via a window and then move inside. Fast water slows down fire growth and smoke production. People who are trapped inside have a much higher chance of surviving if you can keep the fire smaller. The further away from the fire the greater the chances of survival. When directing the hose stream into a window keep it at a sharp angle and deflect the stream off the ceiling.

The priority for the first hose is to get between the fire and any potential victims. If the fire is on the first floor get in the front door and protect the stairway. If the fire is on the second floor get in the front door and up the stairs. If there is exterior fire impinging on the home this must be knocked down first, or simultaneously. It is usually easier to leave the hose line that was used outside in place and stretch a second line to go inside. In this manner, the first hose can be utilized to reapply water from the exterior if needed. It is easier and faster to stretch a dry line to the front door than trying to pull a charged hose back to the entrance point.

UL studies show that the average room and contents fire requires less than 250 gallons of water for knockdown. You can put out a lot of fire with an Engine that carries 1,000 gallons of water. However, this does not eliminate the need to establish a solid water supply. But if you have 2 Engines or a Tanker on scene you have a very good water supply to initiate an attack. Hit the fire as hard as possible to knock it down and slow its forward progress. Trying to save water to prolong the fire attack results in a bigger fire.

Years ago, we were taught to fight from the unburned side. In my experience, unless you had lots of people to move hose, this was impractical. I found that hitting it from the front and then push in worked best. Always use a straight stream or smooth bore nozzle. Never use a fog pattern. When applying water from the exterior direct the stream off the ceiling at a steep angle. This will allow good coverage and penetration. Understand that from the exterior the stream loses effectiveness quite quickly above the second floor.

The second hose line should back-up the first line unless there is a severe exposure problem. This crew should work with the first crew to get the first hose to the seat of the fire. If the first crew needs more water, they have it and if they do not knock down all fire behind them the back-up takes care of it. Occasionally, the second hose may be needed for exposure protection.

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Remember – keep the fire small. In most single-family home fires, the exposures are not a big concern, unless there is a significant wind pushing the fire. The third hose should go to the floor above if there is one. Protect the search and check for extension.

For fires in the basement go for the exterior basement windows and cellar entrance to attack the fire. Place a hose line on the first floor to protect the stairway and hold the fire from extending via the interior door. Do not open the interior door unless necessary. The interior door will become a chimney if opened. Be extra cautious working above a basement fire. The floor supports are being attacked by fire. If the supports are lightweight construction expect floor failure very quickly. Even solid joist frame will fail when exposed to a serious cellar fire. If the interior basement door is below the front stairs, you may be able to protect the interior door from the front door. Check for extension above a basement fire by looking at the baseboards for signs of fire. Get to the bathroom and kitchen and examine the areas where the plumbing comes up from below. Check the vent pipe and look for vertical void spaces that may be pipe chases. In older homes, with balloon framing, there will be multiple paths for the fire to get to the upper floors. Use thermal imaging cameras (TIC) to find hot spots. If the floors above a basement are carpeted the TIC may not register the heat difference. If it looks like the fire is running the home, then open the roof. Access to basements can be varied. Many New England homes have steel bulkheads to access the basement. Older homes had doors leading into the basement and up a short flight to the kitchen. Interior basement stairs are common in old and new homes. These stairs may not be well-built and are usually fully exposed to the effects of the fire. It is a difficult job to force open a steel bulkhead. Use the circular saw with a steel cutting blade and cut down the center of the door. There may be a chain lock, but in most cases there is a slide bolt type of locking mechanism.

For ventilation, widow ventilation (horizontal) should be adequate for most fires. Start as close to the fire as possible. Do not vent until the hose line is ready to apply water. If the window has self-vented immediately notify Command; this should be Emergency Traffic. If the fire is in the attic, then roof venting will be necessary. The same holds true for a home that is well-involved or has a serious cellar fire. If you are going to the roof, you must be on either a roof ladder or work from an aerial. The roof vent hole should be a minimum of four feet by four feet. However, most recent studies indicate that this size hole is no longer adequate. Cutting a roof requires lots of time and a crew of at least two firefighters. If there is heavy fire under the roof a wise decision will be to let the roof vent itself. Keep the firefighters off.

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At any working fire it is imperative to quickly determine the type of construction. I suggest making a small hole in a section of ceiling away from the fire. Look up and determine if its solid framing or wood-truss, or plywood I beam. Another option is to look in the garage if there is one present. The roof construction of the garage should match the home. A home can be solid joist floors and still have a wood-truss roof. Any time firefighters open ceilings or floor/ceiling assemblies and find lightweight construction this information must be immediately relayed to Command. If fire has entered the truss void or I beam void notify Command using Emergency Traffic. If fire gets into a truss void expect rapid fire spread and early collapse of the truss. A truss void has plenty of dry fuel and oxygen to support combustion. If the fire in the void cannot be quickly knocked down, it is critical to relocate crews away from the truss void to a stronger area without fire involvement. In most homes this means outside. From the exterior monitor the area between the floors for smoke and heat, which indicates fire in the space. The thermal camera is a great tool for this.



Residential garage fires are quite common. The big concern is whether the garage is attached to the home or detached. Detached makes the job a lot easier. The home becomes an exposure and protecting it should be a priority. Attached garages come in two types: attached to the side or below the home. They both create serious problems for the fire attack. If the garage is under, the home is subjected to thick heavy smoke and heat. In both types, under and attached, the ceiling and connecting wall of the garage is hopefully fire rated as well as the door to the home. This will not be the case in older homes.

I have seen “ranch style homes with garages under” built in the 1980s with no fire separation. There may be a breezeway between the home and garage. This buys a little time and provides a good spot to get ahead of the fire. The focus will be the fire in the garage however the priority is to keep the fire out of the home. Get a hose line in the home to cut the fire off. Pulling ceilings and open walls between the garage and the home to cut-off the fire. If the garage is below, it is best to hit the fire and then get into the home. This will be a tough battle just like a cellar fire. The fire load in the garage may require a 2-1/2” attack line for quick knockdown. In attached garage fires you must get water on the main body of the fire as well as get a hose line in the home to cut off the fire. If you do not knock down the source of the fire you will not be able to confine the fire.

Most detached garages have exposed lumber on the sides and roof. Attached garages should have the attached side protected with sheetrock. In modern homes the walls and ceilings of the garage are sheet rocked. Many modern homes the garage is attached, and a family room or master bedroom is above the garage.



Modern garages can easily cover 1,000 square feet of space. Garages are loaded with all sorts of combustibles including motor vehicles, lawnmowers, snow blowers, saws, and other materials. Modern storage cabinets, shelving and bins are all plastic. Wiring and plumbing are PVC based materials. Homeowners will store flammable liquids and gases in their garage. Expect a significant fire that could easily breach any fire rated separation. Anticipate early collapse of a detached garage.

Beware of overhead garage doors. The automatic door function can operate for a variety of reasons, including keying a portable radio near the door. It is best to start attacking the fire without opening the overhead door. Opening the overhead door will increase the fire and it will block the hose stream from getting into the ceiling.

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After knockdown, if you can get the door into the raised position place braces in the channel rail so the door will not come back down. Pencil ladders work well for this function. Also be very alert to the door and its frame falling from the ceiling. Best bet is to stay outside the garage until the fire is knocked down and well vented.

It is critical to get a hose line into the home and cut-off the fire, protect the egress and search for people and extension. Quickly pull the ceiling on every floor adjacent to the garage to check for extension and cut off any fire. Be cautious of knee walls where fire may travel undetected. You will need one hose line to attack the fire, one for each floor to cut off the fire and at least one back-up hose line. Each hose line will need a crew of firefighters to support the attack.

Your Command structure should include the Incident Commander, a Safety Officer, Attack Group Leader, Search/Rescue Group Leader, and if water supply is a big problem, Water Supply. If you have more than three companies working an area, especially inside the structure, then designate a supervisor for that area: example Division 2. If the operation goes defensive assign Division A and Division C, and if applicable Exposure Group. Reinforce to the firefighters and company officers that once Group Leaders and Divisions are established, they should no longer talk to Command. They talk to their direct boss.

A final note. This is the fire where property conservation is of huge importance. After fire control you are working to save memories and personal belongings. Hopefully, the home is insured. But the memories and belongings cannot be replaced. Place extra emphasis on salvage and protecting property if possible.



Chief Ken Erickson retired in 2018 as the Fire Chief for the City of Laconia. Chief Erickson has 40 years of service, with 24 years as chief of 4 departments. Chief Erickson holds a BS in fire administration and an AS in Fire science from Providence College. He is a graduate of the Mass. Fire Academy Chief Officer Management Program, University of Maryland Chief Officer Staff and Command School, and attended numerous courses and programs at the National Fire Academy.

Andover and Mutual Aid Make Quick Work of Garage Fire



On April 26, at 0612 Andover Fire-Rescue was dispatched to a building fire on Old College Rd.

Upon arrival crews found a garage completely involved close to the home. A first alarm assignment was requested through Lakes Region Mutual Fire Aid.

Crews did an excellent job saving the house, although the garage was a total loss.

Mutual aid for this incident was, New London, Wilmot, Salisbury and Franklin. Cause of the fire was determined to be accidental.



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- 100% Biodegradable. and Formulated avoiding regrettable chemical substitutes such as chlorines, and siloxanes.
- Underwriters Laboratories, Meets EN1568 Parts 3 and 4 on all fuels and all water types. NFPA 11 NFPA 16.

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Aviation



- Avio Green is the World's first film-forming fluorine free foam on aviation fuels (Jet A and Jet A-1).
- Green Screen Certified to be Formulated without intentionally added (PFAS), (PFOA), (PFOS), fluorosurfactants or fluoropolymers.
- Third party certified to meet the requirements of ICAO Level C.
- Uses up to 40% less foam concentrate than ICAO Level "B" foam concentrates.
- Specifically designed for crash truck usage.

CONTACT 800-256-8700 FOR MORE INFORMATION AND PRICING

LRMFA Members Receive Recognition



On April 15, 2022, members of the New Hampshire Emergency Dispatchers Association (NHEDA) met for their annual banquet and awards ceremony at the Common Man restaurant in Concord NH. The annual meeting is held yearly in conjunction with National Public Safety Telecommunicators Week. On behalf of Chief Jonathan Goldman, LT. Erin Hannafin, LT. Ricky Fowler, Dispatcher Brian Searles and Dispatcher Kellie Regan were nominated for and received the 2021 "Team of the Year" award. This is a new award that will be presented annually to a group or team for exceptional professionalism in the field of public safety communications. This award acknowledges the special contributions of a group or team whose daily performance of their duties is an inspiration or example for others.

On June 16, 2021, at approximately 1400 Lt. Hannafin and Dispatcher Regan received a call for an odor of gas in a nursing home on Court St. in Laconia immediately followed by calls for odors of gas in the building at the Laconia Police Station and Concord Hospital-Laconia. It was during this time that Lt. Fowler and Dispatcher Searles responded to the communications center to assist with the increased call volume. During the next four hours the team at LRMFA was able to prioritize, dispatch, and manage multiple resources including coordinating with public utility services while they were responding to and operating at nearly 57 simultaneous calls for emergency services.

Additionally, NHEDA President Nicholas Bridle presented Lt. Hannafin with the 2022 president's award. This award was presented to Lt. Hannafin for her tireless dedication to NHEDA and its training programs. Lt. Hannafin was vital in organizing the last several NHEDA training events including the virtual training conference that was held during the height of the COVID-19 pandemic. President Bridle stated that "Lt. Hannafin's commitment to training and the organization not only helped NHEDA thrive during the pandemic but will help guide the organization into future". Lt. Hannafin is also a member of the NHEDA board of directors.

STARTING JULY 16TH, 2022





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LIVES DEPEND ON IT...**

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COACH MEGHANN HEMPEL



Summer has officially arrived! I hope you're enjoying the sunshine and getting a chance to enjoy the beautiful weather! With the heat upon us, I thought it was a great time to discuss the importance of proper hydration and why you shouldn't be skimping on water!

Water is one of the most important nutrients in the body. It makes up 55-60% of the body's total mass and plays many significant roles as you already know!

- Makes up about 75% of brain tissue
- Makes up about 75% of muscle tissue
- Flushes toxins and removes waste
- Transports nutrients
- Aids in the body's healing process
- Improves oxygen delivery to cells
- Lubricates joints
- Maintains cells and electrical properties
- Regulates body temperature
- Absorbs shocks to joints and organs



For something so simple as drinking water, so many of us skimp on it. Aim to drink half your body weight in ounces, and if that's not realistic for you, try to drink a minimum of 80oz.

Here's a little hack for ya, if you're terrible at drinking water, purchase a 40oz water bottle and fill it up before you go to bed at night. When you wake up in the morning you can grab it before you head off to work. Then you only have to fill it ONCE throughout the day to get your minimum of 80oz. Carry it with you everywhere you go as a reminder to drink your water!

I also like to add electrolytes to mine, as potassium, magnesium, and sodium chloride are essential to functioning optimally. When you sweat profusely, you lose them! Most of ALL the electrolyte supplements sold in stores, along with the electrolyte drinks such as powerade and gatorade are full of sugar, and if they are “sugar free,” they are full of other toxic additives.

I strongly recommend LMNT electrolytes or Redmond Relyte which you can add to your water which gives it some yummy flavor! You can order these supplements on amazon or visit <https://redmond.life> to order Redmond Relyte and save 15% off full order by using my promo code “brainbodybeyond” at checkout.

Drink your water my friends! Stay safe and stay hydrated!

Follow me on Instagram for more health and fitness tips!



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Want to receive the Rural Hitch by email?

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LRMFA Personnel selected for APCO

RPL Certification



The Lakes Region Mutual Fire Aid Association is proud to announce that, Deputy Chief Paul D. Steele Jr. and Dispatcher Kellie Regan have each been selected for the Association of Public Safety Communications Officials (APCO), Registered Public Safety Leader program (RPL). The selection of these two team members in this intensive year long program is significant, as it is a highly competitive program requiring agency approval, a successful application process, and approval of an industry service project.

During the yearlong RPL program students will learn to: manage organizations and change, communicate with confidence and clarity, develop their talent pool, learn to build consensus, enhance team performance, and make a difference in the 9-1-1 and emergency communications industry. The first five of the six online RPL courses focus on aspects of managing and supervising that are vital to leading successful teams. The sixth course provides the opportunity for RPL candidates to put their knowledge and skills to use in a service project that benefits our industry.

Upon Deputy Chief Steele, and Dispatcher Regan's successful completion of their separate programs, they will join the other four Registered Public Safety Leaders in New Hampshire. Lt. Kevin Nugent is currently enrolled in the program. Chief Goldman, and Lt. Hannafin have previously received their RPL designation.



Center Harbor Takes Delivery of New Pierce Engine (Engine 3)



Nate Mills will be joining Plymouth Fire-Rescue. He comes to Plymouth with 12 years of career experience.



Dispatcher Derrek Trempe celebrated 3 years of service to Lakes Region Mutual Fire Aid in June 2022. Aside from working as a Dispatcher, Derrek is also on our CAD Team, and serves as our EMS Director.



Brian Dumka joined Lakes Region Mutual Fire Aid in June 2022 recently finished training. Dispatcher Dumka came to Lakes Region Mutual Fire Aid from a local law enforcement communications center, and used to serve the Tilton Northfield Fire Department as a call member.



Chief John Fischer retires after 47 years as the Hebron Fire Chief. Jamie Moulton has accepted the position as Fire Chief in Hebron. Chief Moulton also serves as the Hill Fire Chief.



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LAKES REGION MUTUAL FIRE AID STATISTICS

	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
2022 First Quarter	January	1286	2750	2545
	February	1198	2571	2192
	March	1222	2273	1956
	<i>Total for Quarter</i>	<i>3706</i>	<i>7594</i>	<i>6693</i>
	<i>Avg/Day</i>	<i>41.18</i>	<i>84.38</i>	<i>74.37</i>
2022 Second Quarter	April	1259	2476	2064
	May	1491	2740	2444
	June	1519	2773	2491
	<i>Total for Quarter</i>	<i>4269</i>	<i>7989</i>	<i>6999</i>
	<i>Avg/Day</i>	<i>46.91</i>	<i>87.79</i>	<i>76.91</i>
2022 Third Quarter	July			
	August			
	September			
	<i>Total for Quarter</i>	<i>0</i>	<i>0</i>	<i>0</i>
	<i>Avg/Day</i>	<i>0.00</i>	<i>0.00</i>	<i>0.00</i>
2022 Fourth Quarter	October			
	November			
	December			
	<i>Total for Quarter</i>	<i>0</i>	<i>0</i>	<i>0</i>
	<i>Avg/Day</i>	<i>0.00</i>	<i>0.00</i>	<i>0.00</i>
2022	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
	<i>Total for 2022</i>	<i>7975</i>	<i>15583</i>	<i>13692</i>
	<i>Avg/Day</i>	<i>88.61</i>	<i>173.14</i>	<i>152.13</i>

SEND US YOUR DEPARTMENT NEWS!

We want to help your agency shine.

- Do you have a New Hire or Promotion? Let us know!
- How about a retirement? Let us thank them for their service to your community.
- Did you get a new piece of Apparatus? Send us a Picture or two, we love new trucks!
- Hosting a Training? Let us help you fill seats.

Send your Department News to:
ruralhitch@lrmfa.org

Extra!
Extra!