

THE RURAL HITCH

A Quarterly Publication of the Lakes Region Mutual Fire Aid Association

INTO THE WOODS: Wilderness Training in the Lakes Region

Full article and photos... Page 6

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From the Chief...

Jonathan M. Goldman, CPE



Busy and Productive: A Look at Q2 2025 at Lakes Region Mutual Fire Aid

The second quarter of 2025 has proven to be another active and productive time at Lakes Region Mutual Fire Aid (LRMFA). Our team continues to make significant progress on several key initiatives that will improve both internal operations and service delivery to our member communities.

One major milestone this quarter is the continued development and enhancement of the Tyler CAD system. The system has become increasingly robust, streamlining operations and improving efficiency. We are proud to announce that as of this quarter, faxing of run sheets has been completely phased out. All departments are now receiving reports either through the online WebCAD portal or via automatic electronic delivery. This change eliminates the need for staff to manually send over 29,000 individual faxes or emails annually — a significant step forward in modernizing our workflow.

In addition, Dispatcher Sattler is continuing efforts to integrate FireMobile software into our operations. FireMobile allows real-time access to CAD data in the field via Mobile Data Terminals or tablet devices. Thanks to our Tyler CAD contract, there are ample licenses available for member departments. Agencies interested in exploring this capability are encouraged to contact Dispatcher Sattler, CAD Manager, or Deputy Chief Hannafin for more information.

April brought a significant moment for LRMFA leadership as Deputy Chief Hannafin, several Executive Committee members, and I attended the official ribbon cutting at the New Hampshire Department of Safety's new facility on Meredith Center Road. This site will be our future home as we co-locate with the Department of Safety toward the end of 2026. Construction is well underway, and we're excited to watch progress unfold.

As part of this transition, LRMFA recently released the Request for Proposals (RFP) for the new tower site, shelter, fencing, and associated groundwork at the new facility. Simultaneously, we are working diligently to finalize funding strategies and cost planning for the move. (Continued on page 3)

The Rural Hitch

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Lakes Region Mutual Fire Aid Association

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Editor

Nicholas Bridle



(Continued from page 2)

In June we were able to turn on the long awaited "Merrill Place" radio site in Plymouth. This project has been going on for quite some time and is a collaborative partnership with Plymouth Police, Plymouth Fire, Plymouth State University, and LRMFA. This project placed a full simulcast site within the Merrill Place dormitories at PSU allowing for an additional site that will provide better talk in and talk out for Plymouth Fire Department, but mutual aid communities in the area, and while traveling through Plymouth on the way to or from Speare Memorial Hospital.

In another exciting development, we were recently notified that our request for Congressionally Directed Spending, submitted through Senator Jeanne Shaheen's office, has been approved to move forward to the Senate Appropriations Committee. While this does not guarantee funding, it is an encouraging step forward, and we are thankful for Senator Shaheen's support in recognizing the importance of our mission.

Beyond operations and planning, LRMFA remains active in the community. In late May staff attended the New Hampton Public Safety Day, which although moved inside due to rain was a great opportunity to spend some time with the residents and visitors of the Newfound area of the district, and the Hamburgers and Hot Dogs cooked up by the New Hampton Fire Department don't hurt either. On June 11, our personnel once again took part in the annual "Touch a Truck" event at Camp Fatima's Exceptional Citizens Day. It was an incredible opportunity to interact with campers and staff and share the important role emergency communications plays in public safety.

Looking ahead, LRMFA will continue its public outreach efforts throughout the summer. We're always eager to participate in community events such as Touch A Truck, National Night Out, Old Home Days, and more. If your community has an upcoming event, let us know — we'd be glad to attend, hand out some SWAG, and help residents and visitors learn more about the life-saving services LRMFA provides and the value of being part of our mutual aid system. 🚒



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Waterville Valley took delivery of a new UTV, "23U2". It is a 2025 CAN-AM Defender Pro from Venture Powersports in Barrington. It will greatly increase our search and rescue capabilities in the forest. It also came with a set of tracks for the winter and a new 16' trailer.



LRMFA Attended New Hampton Public Safety Day



Lakes Region Training Division

Scan QR Code to view the most current training opportunities ->



WILDERNESS TRAINING

CHFD personnel joined Moultonborough and Sandwich crews on an evening in late May for wilderness rescue training. These sessions allow members to work with new tools including patient movement and rope rescue equipment, plus work with neighboring departments.







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MORRISON'S MINUTE

***Time to
Drop Bombs!***

June 25, 2025

Dr. Joshua Morrison – EMS Medical Director

Morrison's Minute - Time to Drop Bombs!

EPIC study = Excellence in Prehospital Injury Care study

Would you be interested in DOUBLING patient survival from TBI?

Howabout TRIPLING survival in severe TBI?

Better yet, 5-FOLD increase in pediatric TBI survival?

Introducing The H-bombs of TBI:

HYPOXIA

HYPOTENSION

HYPERVENTILATION



Prehospital TBI Care – Lessons from EPIC and EPIC 2.0

The landmark ***EPIC (Excellence in Prehospital Injury Care)*** studies from Arizona provide critical, evidence-based guidance for EMS. Strict adherence to Guidelines-Based Management for severe TBI – focused on preventing hypoxia, hypotension, and hyperventilation – significantly reduced mortality.

When to Apply the Guidelines:

- ***ALL patients with suspected TBI***
 - Any LOC or AMS, including perseverating – GCS of 15 does not rule out TBI.
 - Consider patients with seizures, head injury is common.

Key Findings:

- EPIC 2.0 confirmed that even one episode of hypoxia ($\text{SpO}_2 < 90\%$) or hypotension ($\text{SBP} < 90 \text{ mmHg}$) doubles mortality risk.
- Hyperventilation ($\text{ETCO}_2 < 30 \text{ mmHg}$) is common in the field and harmful — emphasizing the need for careful control of ventilation.

Take-Home Messages:

- **Oxygenate early — no waiting: Place a non-rebreather mask (NRB) at 15 LPM** on all suspected TBI patients immediately, regardless of initial SpO_2 reading.
- **Prevent hypotension before it starts: Initiate early fluid resuscitation** with isotonic fluids (normal saline or lactated Ringer's) to maintain $\text{SBP} > 90 \text{ mmHg}$. Don't wait for hypotension to appear.
- **Ventilate, don't hyperventilate:**
 - If ventilating (BVM or advanced airway), use **ETCO_2 monitoring** and target **35–45 mmHg**.
 - Follow recommended ventilation rates:
 - **Adults and kids ≥ 15 years:** 10 breaths/min
 - **Children 2–14 years:** 20 breaths/min
 - **Infants < 2 years:** 25 breaths/min
- **Scene times matter:** Minimize delays; early transport to trauma centers improves outcomes.
- **Training is key:** EPIC outcomes were improved through EMS training — no fancy equipment required, just excellent fundamentals.

Bottom Line: Protect the brain — high-flow O_2 , early fluids, controlled ventilation. What we do in the first minutes can save a life or change its trajectory forever.

Below are the EPIC TBI Algorithm for Adults and Pediatrics as well as NH Bureau of EMS State Protocol 4.9 on Traumatic Brain Injury. For more in depth info on the trial, go to the following link:

<https://epic.arizona.edu/>

As always, review and follow your protocols and reach out to Medical Control for guidance if needed.

Thanks for reading! Josh – jmorrison@crhc.org

Barnstead, NH Fire-Rescue has taken delivery of their new Rosenbauer Group 88' Cobra Mid-Mount platform in their signature emerald green metallic paint color!

This truck is the first in the fleet with a black top!



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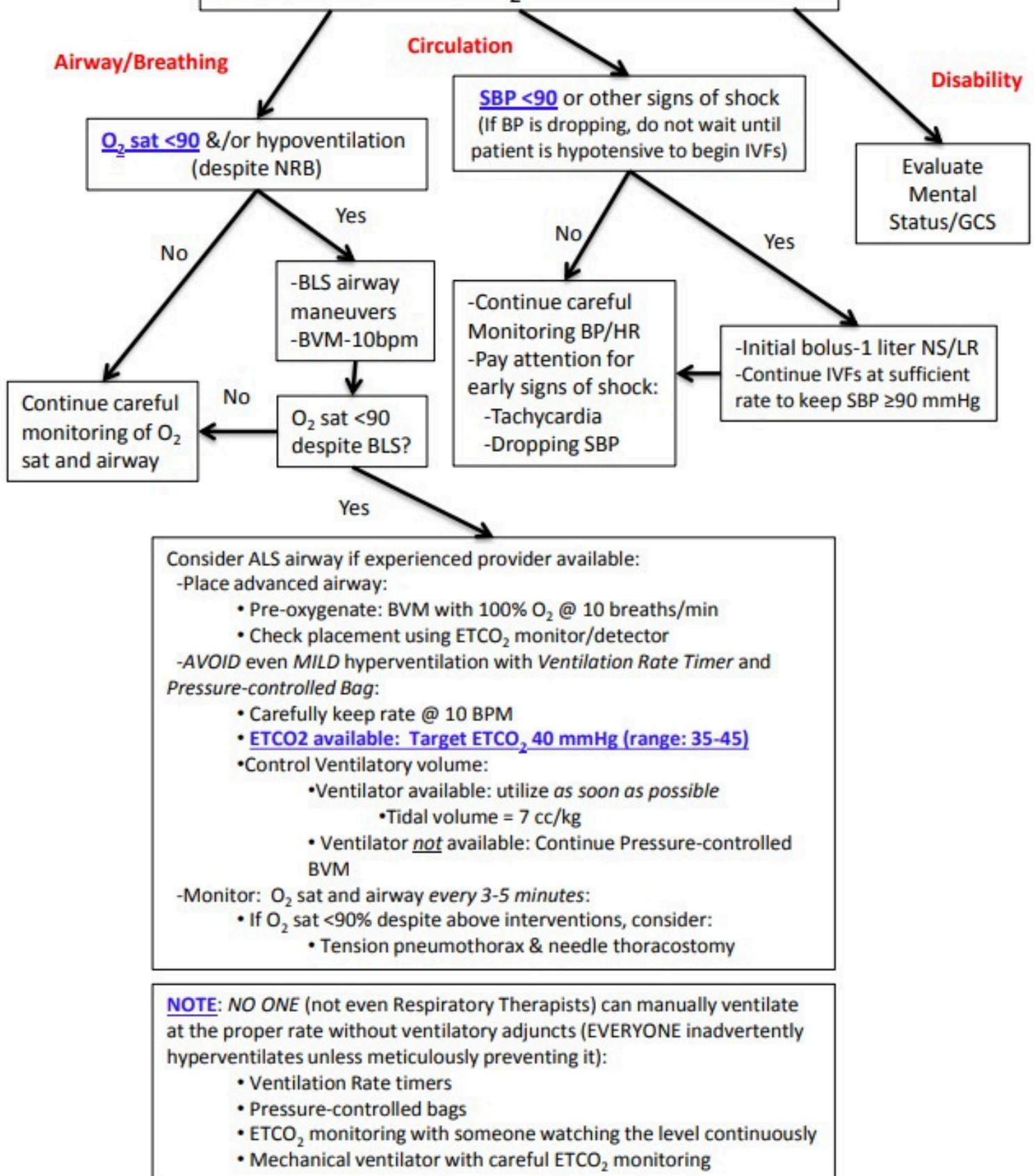
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EPIC TBI Algorithm: For Adults

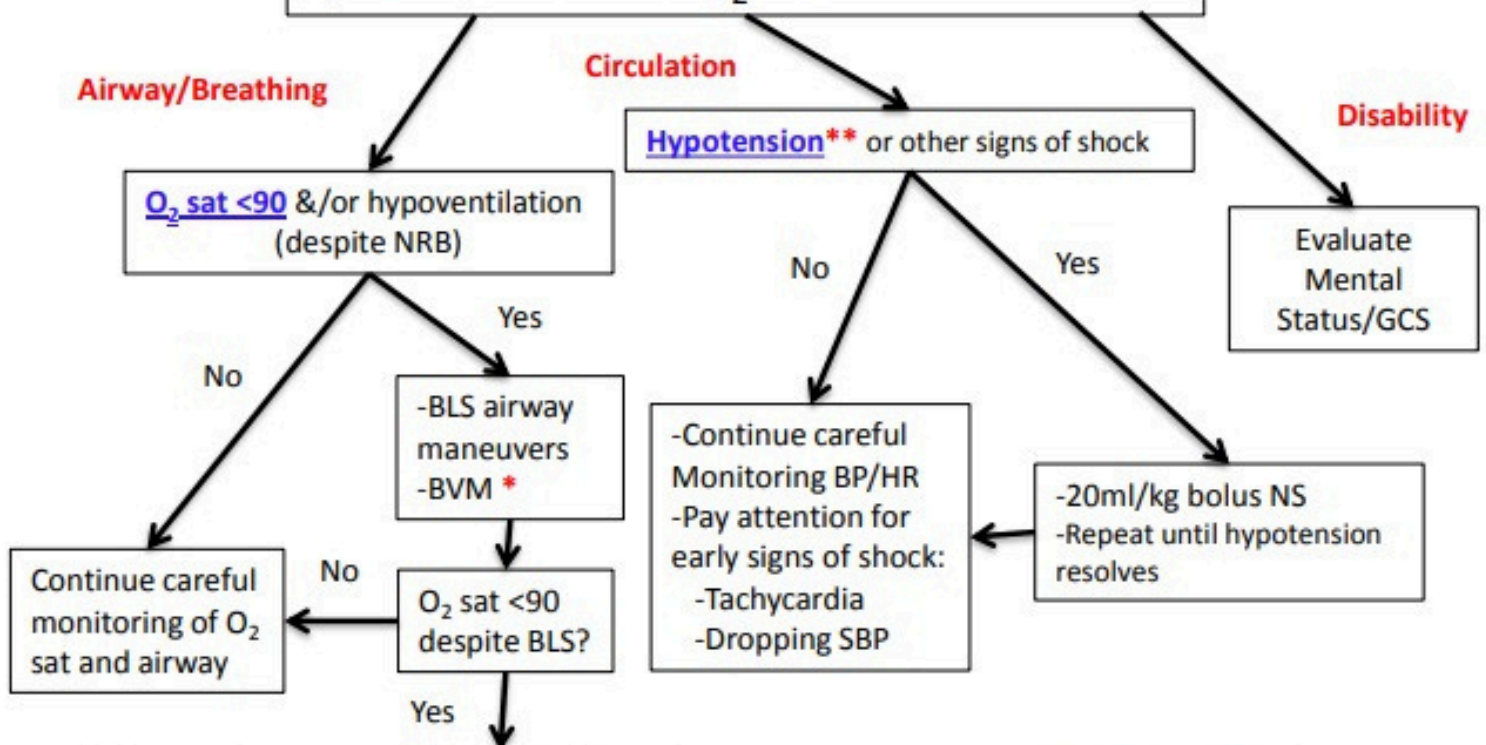
Any Suspicion of TBI (Mechanism, GCS, Exam)

Automatically: 15 L/min O₂ NRB, IV Access
q3-5 min: Monitor O₂, BP, HR



EPIC4Kids Algorithm: For Children Any Suspicion of TBI (Mechanism, GCS, Exam)

Automatically: 15 L/min O₂ NRB, IV Access
q3-5 min: Monitor O₂, BP, HR



Consider ALS airway if experienced provider available:

-Place advanced airway:

- Pre-oxygenate: BVM with 100% O₂ @ age-appropriate rate *
- Check placement using ETCO₂ monitor/detector

-AVOID even MILD hyperventilation with Ventilation Rate Timer and Pressure-controlled Bag:

- Carefully keep rate @ age-appropriate rate *
- ETCO₂ available: Target ETCO₂ 40 mmHg (range: 35-45)
- Control Ventilatory volume:
 - Ventilator available: utilize as soon as possible
 - Tidal volume = 7 cc/kg
 - Ventilator not available: Continue Pressure-controlled BVM

-Monitor: O₂ sat and airway every 3-5 minutes:

- If O₂ sat <90% despite above interventions, consider:
 - Tension pneumothorax & needle thoracostomy

* Ventilation Rates:

-Infants: (0-24 mo.):

-25 breaths/min (bpm)

-Children: (2-14 yrs):

-20 bpm

-Adolescents: (15-17 yrs):

-10 bpm (same as adults)

** Identifying Hypotension in children

0-9 yrs: 70 + (age x 2)

≥10 yrs: <90mmHg

-Rules of thumb:

Newborn: <70mmHg

5 year old: <80mmHg

10 and older: <90mmHg →
(Same as adults)

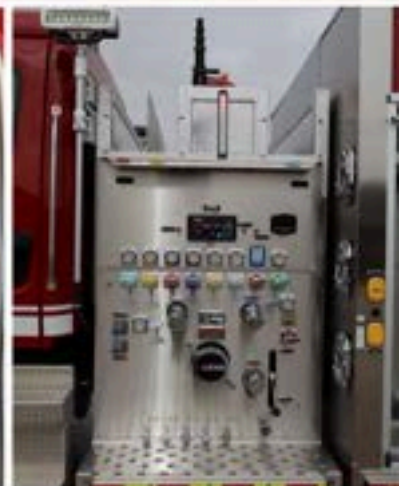
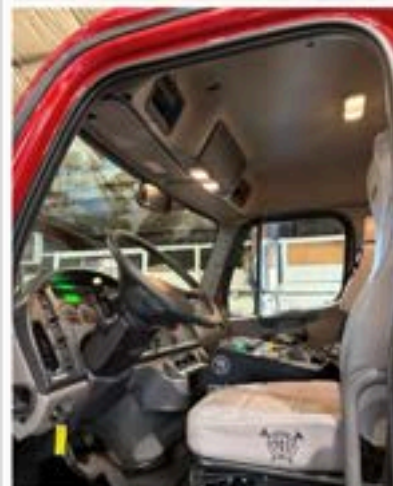
NOTE: NO ONE (not even Respiratory Therapists) can manually ventilate at the proper rate without ventilatory adjuncts (EVERYONE inadvertently hyperventilates unless meticulously preventing it):

- Ventilation Rate timers
- Pressure-controlled bags
- ETCO₂ monitoring with someone watching the level continuously
- Mechanical ventilator with careful ETCO₂ monitoring



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- One (1) 3" Discharge Adapted to 4" Storz, Right Side
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- One (1) Suction Hose Storage Compartment in Hose Bed, L/S
- AFE Stainless Steel Rear Access Ladder with Flip Down Step
- 1000 Gallon Poly Tank
- One (1) 2 1/2" FirePrograms Tank Fill, Rear Left
- Whelen LED Warning Light Package
- Progressive Dynamics Battery Charger
- Kussmaul 20 Amp Super Auto-Eject 120V Shoreline
- Kussmaul Auto Air Eject
- Six (6) Tecnic K90 Scene Lights, Two (2) Each Side and Two (2) Rear
- Four (4) Akron SceneStar Telescopic Lights, Two (2) Front and Two (2) Rear
- One (1) Akron SceneStar LED Brow Light
- One (1) 10' Attic Ladder, One (1) 16' Roof Ladder with Hooks, One (1) 28' 2-Section Ladder, Two (2) 10' Lengths of 6" Suction Hose / Three (3) Pike Poles



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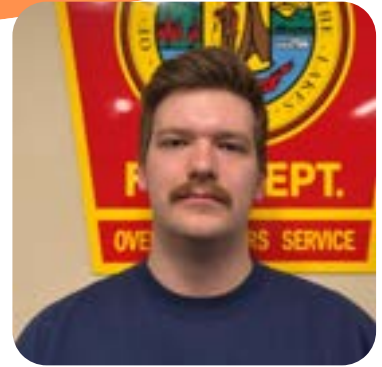
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Laconia Fire
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Noah Shastany
FF/AEMT Platoon 3
Laconia Fire
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Alton Hosts Annual Awards Night for Members

In May the Alton Fire Rescue Department held its annual awards night and the following members were recognized for their unwavering support and dedication to the department and the community:

- Leadership Award: Lieutenant Ryan McQuade
- Firefighter of the Year: Firefighter/EMT-A Scott Richard
- EMS Provider of the Year: Firefighter/Paramedic Brandon Wood
- Educator of the Year: Firefighter/Paramedic Rebekah Johnson
- Chief's Award for Excellence: Captain Patrick O'Brien
- FF/EMT-A Ryan Paterson: Rookie of the Year
- Administrative Assistant Allison Brown: Commitment and Dedication to the Department

Not Pictured are Rebekah Johnson or Scott Richard



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Congratulations to all of the LRCC 2025 graduates, especially Laconia Firefighters Rachel Legg (Paramedic) and Matthew Deroche (Fire Science).

Laconia Fire and LRMFA Work Together to Successfully Effect a Water Rescue



On April 2, 2025, Lt. Matt LaDuke, and Dispatcher Josh Hanson took a call from NH9-1-1 reporting a man struggling to stay above water while in the Winnepesaukee River while holding on to an overturned kayak. The patient was not only struggling to hold on but was heading towards the dam.

Laconia Engine 5 arrived on scene within two minutes, while also receiving real time updates from the LRMFA personnel. Upon arrival of Engine 5 crews observed a male struggling in the water. FF Nathan Gendreau entered the water to perform a rescue. At this time other Laconia Fire Department companies were enroute to assist. Firefighter Gendreau contacted the man in the water, who was exhausted and cold due to the 39 degree water temperature. The man was removed from the water, and medical attention was provided for cold exposure. The man was transported to the hospital for further treatment.

Deputy Chief Jay Ellingson said that the real time information provided by LRMFA while simultaneously relaying it to the companies in the field was critical information that allowed responding units to make real time decision making about their response and contributed to the successful outcome of the incident. Gilford Fire-Rescue, Belmont Fire Department, Laconia Police Department, and Lakes Region Mutual Fire Aid assisted the Laconia Companies.

LRMFA Hosts the NH Emergency Services Explorer Training Academy

On June 24, LRMFA had the privilege of welcoming students from across New Hampshire, Vermont, and Massachusetts as part of the NH Emergency Services Explorer Training Academy. These young men and women represent the future of the fire service, and we were honored to give them a closer look at the world of emergency communications. Lieutenant Dumka provided an inside tour and shared how our dispatchers are a vital part of every emergency response in the Lakes Region.

The students also got a special surprise when former Laconia Firefighter Steve Hanser stopped by to visit with our dispatch staff and thank them for their role in a tragic accident he suffered in 2021. Although career ending Steve took the opportunity to speak with the Explorers about resiliency and not giving up when things get tough. This was an unexpected and memorable moment for the youth, and a valuable lesson.

Thank you to all the Explorers for spending the day with us. The future of the fire service looks bright!



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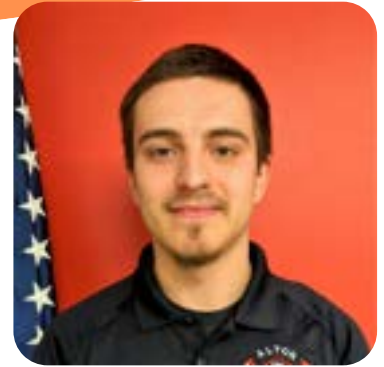
Emily Dahl
Per Diem EMT
Alton FD
New Hire



Jessica Griffin
Per Diem EMT
Alton FD
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Matthew Krafton
FF/EMT
Alton FD
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Cody Griffin
FF/EMT-A
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LRMFA Employee recognized by the US Department of Homeland Security

Lakes Region Mutual Fire Aid Association is proud to recognize Fire/EMS Intelligence Liaison Officer (ILO) Jim Heinz for his incredible work at the NH Information Analysis Center (NHIAC)!

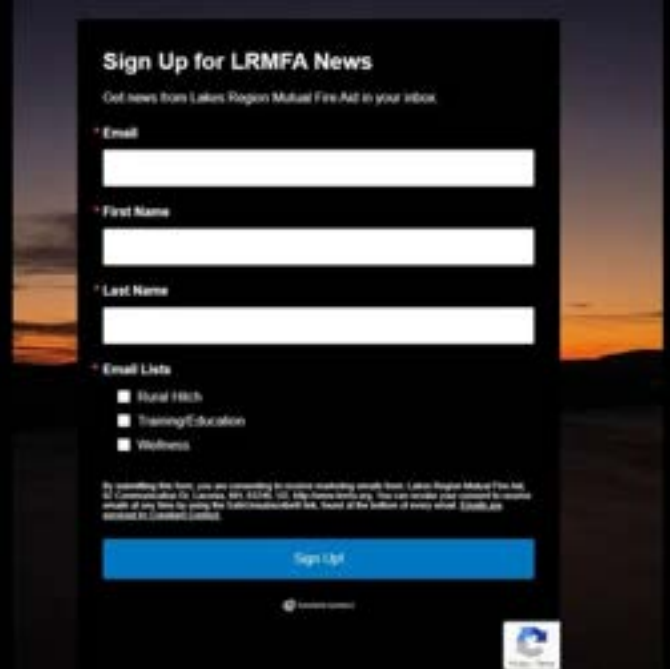
Jim, a retired Deputy Chief from Portsmouth Fire with over 30 years of service, is only the second Fire/EMS ILO in state history—and he's made a BIG impact. Since stepping into this specialized role, Jim has visited 320+ businesses across NH, promoting awareness around suspicious activity reporting and strengthening public safety partnerships.

On April 3, Jim was recognized by the U.S. Department of Homeland Security CISA Region 1 and the Office of Bombing Prevention for his ongoing contributions. AND—because great work never goes unnoticed—he was also named 2024 NHIAC Employee of the Year for his dedication to information sharing in the Fire/EMS community.



Do you want to sign up to receive the LRMFA Rural Hitch, or bi-weekly training bulleting from the Training Division?

Go to www.lrmfa.org and scroll to the bottom of the page.

A screenshot of a web form titled "Sign Up for LRMFA News". The form includes fields for "Email", "First Name", and "Last Name". Below these is a section for "Email Lists" with checkboxes for "Rural Hitch", "Training/Education", and "Webinars". At the bottom, there is a "Sign Up" button and a small logo for Lakes Region Mutual Fire Aid.

LRMFA Celebrates National Public Safety Telecommunicator Week

Lakes Region Mutual Fire Aid celebrated the second full week of April (April 13-19) as National Public Safety Telecommunicators Week. This week, sponsored by the Association of Public-Safety Communications Officials (APCO) International and celebrated annually, honors the men and women who respond to emergency calls, dispatch emergency professionals and equipment, and render life-saving assistance to those in need.

National Public Safety Telecommunicators Week is an opportunity for Lakes Region Mutual Fire Aid to celebrate the work and dedication of our employees. LRMFA processed 29,921 emergency incidents in 2024.

These incidents created over 300,000 individual radio transmissions, over 31,000 telephone phone calls on our emergency lines, and over 17,000 phone calls through our non-emergency phone lines. Continuing to deliver such a high-quality level of service would not be possible without our dedicated and committed staff. NPSTW is a great opportunity for the public to take a moment and thank those who provide critical lifesaving services from those "heroes under the headset."

LRMFA Dispatchers are some of the most professional, highly trained, and highly educated Dispatchers in their industry. Their skill and dedication are critical to the success and safety of our area's public safety-first responders and the citizens we serve. We could not host our annual Open House in 2025 and hope to bring it back soon. We would like to especially thank our corporate partner, Xybiz Systems who sponsored a meal for each shift, as well Waterville Valley Public Safety, the Laconia Fire Department, Laconia Professional Firefighters Local-1153 and, Lakes Region NH Emergency Alerts



New 1A1 a 2024 Dodge 5500 Bruan Chief XL Ambulance built by Autotronics has been placed into service.

Alton Fire New Apparatus

New 1E2 a 2025 E-One Typhoon 1500/2500 has been placed into service.



2nd ANNUAL NH FIRE & RESCUE CONFERENCE

SEPTEMBER 13, 2025

379 BELMONT RD, LACONIA, NH 03246

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LRCC Current Students \$45

This special price is only available until July 31st at midnight!

Starting August 1st, the price increases to \$65.



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www.eventleaf.com/e/2025NHFireRescueConference

Questions contact ehannafin@lrmfa.org



LAKE REGION MUTUAL FIRE AID BY THE NUMBERS

	Month	Admin	Emergency	Incidents
2025 First Quarter	January	1261	2484	2018
	February	1213	2517	1961
	March	1381	2469	1966
	Total For Quarter	3855	7470	5945
	Avg/Day	42.83	83.00	66.06
2025 Second Quarter	April	1279	2327	1774
	May	1256	2405	1812
	June	1561	2823	2103
	Total For Quarter	4096	7555	5689
	Avg/Day	45.01	83.02	62.52
2025 Third Quarter	July	0	0	0
	August	0	0	0
	September	0	0	0
	Total For Quarter	0	0	0
	Avg/Day	0	0	0
2025 Fourth Quarter	October	0	0	0
	November	0	0	0
	December	0	0	0
	Total For Quarter	0	0	0
	Avg/Day	0.00	0.00	0.00
2025	Month	Admin	Emergency	Incidents
	Total for 2025	7951	15025	11634
	Avg/Day	42.83	83.00	66.06

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.

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*Extra!
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