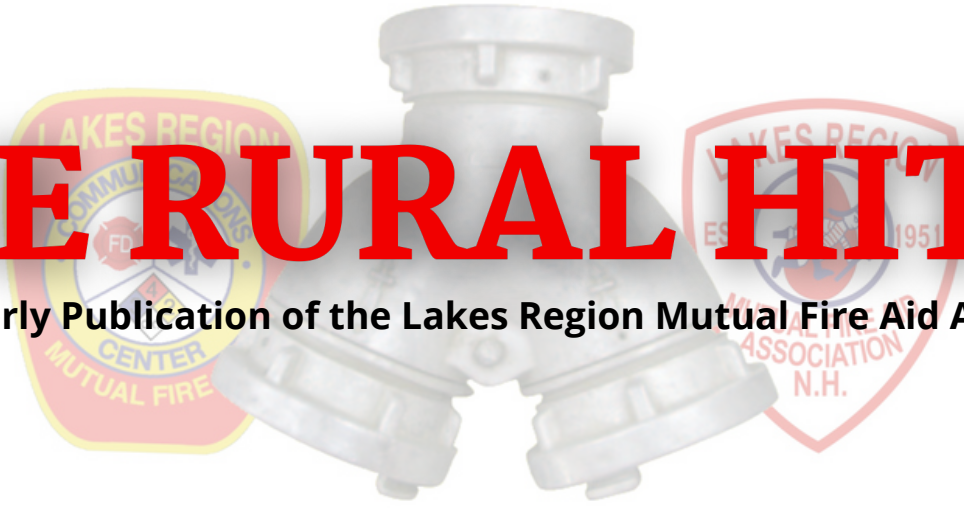


THE RURAL HITCH

A Quarterly Publication of the Lakes Region Mutual Fire Aid Association



TRAINING TO TACKLE THE COLD

PROUDLY SERVING:

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

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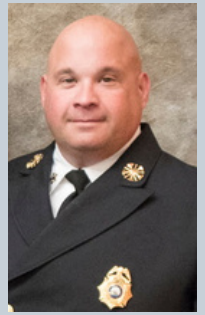
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From the Chief...

Jonathan M. Goldman, CPE



As I sit down to write this, it is cold and dreary out after a beautiful weekend. Yes, I know I am late, but that is in part to such a busy 1st quarter at LRMFA. The quarter started out like most any new year, it was cold, and we were busy with calls for service, and getting back on our feet after the holidays.

In the middle of January, we were excited that Deputy Chief Steele was coming home after over three months in Boston recovering from a medical emergency. I would like to personally thank everyone who assisted in the motorcade in bringing him home. A special thank you goes out to MASS State Police for their tireless work on the planning and flawless execution. Deputy Chief Steele remarked at one point "You haven't seen anything until you've been on the interstate, and it is completely shut down for you." I made a comment to someone "I never thought I would see a Cambridge PD unit shut down an on-ramp at Pelham St. in Methuen. The best moment of the day for me was as we were coming into Barnstead, I heard "Lakes Region from C2." When answered by Lt. Fowler, we then heard "C2 is back in the district." Thankfully, I had time to get the lump out of my throat as we arrived at Deputy Chief Steele's house amongst a gathering of friends, and well-wishers who showed up to welcome him home. It was a crisp sunny day, and we could not have been happier to be able to assist in bringing Paul home. So, thank you to everyone who assisted and "tried" to keep it a secret from him.

LRMFA staff have been working on the CAD project since last fall. Lt. Dave Parker is overseeing the project and we are on track to "Go Live" with Tyler Technologies in October. After several false starts with previous CAD vendors, we are excited that the project is finally coming to fruition, on time and on budget.

Lt. Dave Parker retired at the end of February, losing such a seasoned veteran will sting a little and fortunately, he is staying on part-time to continue to manage the CAD project and work some shifts here and there. We are fortunate to have such a tenured member of the team continue to stay on with us.

Continued on Page 4

The Rural Hitch

Is Curated and Published Quarterly by:

Lakes Region Mutual Fire Aid Association

Chief Coordinator

Jonathan M. Goldman, CPE

Deputy Chief Coordinator

Paul D. Steele Jr.

Editor

Nicholas Bridle





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With Lt. Parker's retirement, a lieutenant vacancy was created, and Dispatcher Kellie Regan was promoted to Lieutenant. Lieutenant Regan's promotion created a vacancy within the Dispatcher ranks. Becky Parks-Beaulac had been training in a per-diem capacity and quickly accepted the full-time position. We are so happy to have Becky on board. She has completed training and is doing well on her shift; she is currently assigned to Lt. Kevin Nugent.

Although this did not happen technically in the first quarter, and we did not want to wait until July, congratulations are to Lt. Kevin Nugent as well. Lt. Nugent has resigned and has accepted the position of Communications Captain with the Concord Fire Department. Although Kevin will not work "with" us anymore, we will still be working "with" our center as LRMFA and the CAFMAC work together every day whether it be during emergency calls, or on the CAD project.

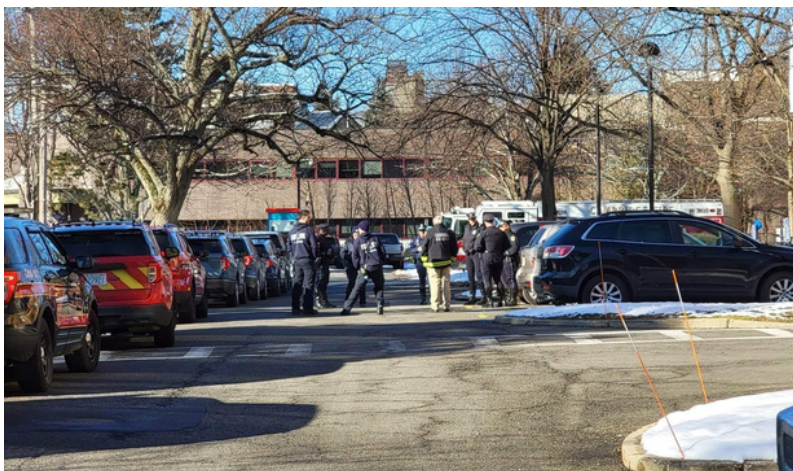
We are looking forward to the rest of 2023 and cannot wait to see what is in store for us as an organization. 

Jon Goldman, CPE
Chief Coordinator



Welcome Home Deputy Chief Steele

On January 17th, 2023, a contingent of public safety vehicles surprised Deputy Chief Paul D. Steele Jr. as he exited the rehabilitation facility he had been at since late November. Deputy Chief Steele suffered a medical emergency on September 27, 2022, and had been in Boston hospitals and Rehab since that time. Deputy Chief Steele was met at the facility and escorted to his home in Barnstead.



The contingent was made up of Fire/EMS, and Law Enforcement vehicles along with Cambridge Fire, Cambridge Police, Mass State Police, and NH State Police. Interstate 93 was shut down "rolling roadblock" style as the motorcade exited the city and was picked up by NH State Police once we arrived in NH. From there the motorcade was processed from the NH/MA line to Deputy Chief Steele's Home in Barnstead, NH. Along the route in NH were several well-wishers who came out to wish Paul well, as well as Epsom Fire, and Barnstead Fire who escorted the procession from the Barnstead Town Line to Deputy Chief Steele's home. It was an amazing turnout, and well deserved. Deputy Chief Steele is continuing to recover and is back to work on a limited basis.

Bill Wood honored for decades of continued service.



On March 23rd, 2023, on the Senate floor of the New Hampshire Statehouse, NH Fire Academy & EMS Preparedness and Special Projects Coordinator Bill Wood was honored and a senate resolution was made in his name, for his 50 years of consecutive EMS National Registry Certification.

His family, friends, and colleagues were on-hand to witness history, as Bill was recognized as the longest-running, nationally certified EMT in the United States. Thank you, Bill, for your continued service! Bill is a long-time resident of the Lakes Region.

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Ben Dussault



Franklin Fire
FF/AEMT Andrew Perkins



Franklin Fire
FF/EMT David Sabo



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FF/EMT Keith McNulty



Franklin Fire
FF/P Nick Santy



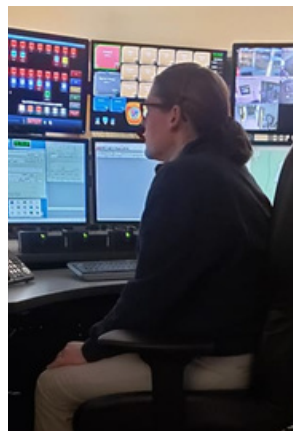
Franklin Fire
FF/EMT Michael Provencher



Laconia Fire
Brandon Quint



Laconia Fire
Stephen Johnson



LRMFA
Becky Parks-Beaulac



NEWS FROM THE DISTRICT



WEAPONS OF MASS DESTRUCTION TRAINING



Members of the Central New Hampshire Hazmat Team trained with the New Hampshire National Guard 12th Civil Support Team (CST) on January 5th. The training was on Responding to, Monitoring, and Mitigating Radiological Incidents as part of our monthly Team Training.

The Central New Hampshire Hazmat Teams works closely with the 12th CST (Civil Support Team) dealing with not only Hazardous Materials Incidents but Weapons of Mass Destruction (WMD) Incidents as well.

The New Hampshire National Guard 12th CST is a valuable resource and partner when it comes to Hazardous Materials and Weapons of Mass Destruction Incidents.



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FIRST CALL OF 2023

The first call of the New Year went to the Strafford Fire Department at 00:02. The WINNER of one year's worth of bragging rights is Rochester NH Scanner Alerts who picked the correct department and time. Thank you to all who made a guess and have a very Happy New Year!



Congratulations!

ROCHESTER NH SCANNER ALERT

YOU PICKED THE RIGHT DEPARTMENT AND TIME !!!!!

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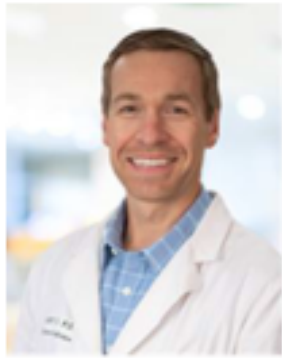
Text

LRMFA

to **22828** to get started.



Message and data rates may apply.



Dr. Rix's EMS Pearl



March 14, 2023 - EM Critical Care Mega Mini Pearls:

Happy daylight savings! I'm sure you're all as psyched as I am to have more daylight going forward. Though I pulled the 6am morning-after shift which was a bit of a buzzkill. It's all good though. With thoughts of Spring and the growing season in the forecast, I can't complain.

Now onto some critical care pearls to remember. I've been bouncing between reading a couple of EM critical care texts and jotted some down some nuggets of wisdom that I thought were worth passing along. Hope you enjoy!

Shock stuff:

I know I've harped on this before but it's a drum worth beating again: never ignore brief episodes of hypotension during patient encounters, even if it resolves on the next cycle. These episodes are associated with poor patient outcomes and often are a clue that hemodynamic decompensation is imminent.

Shock is defined by inadequate tissue perfusion and NOT blood pressure. In elderly patients being seen for acute medical or traumatic care, a systolic blood pressure under 110 should be cause for concern.

Cardiovascular stuff:

If your chest pain patient suddenly begins seizing, he/she is in V-fib and needs immediate defibrillation and not treatment for the seizure, which is occurring because the brain is no longer getting blood flow and is royally pissed.

Just like the above patient, for witnessed cardiac arrest patients with a shockable rhythm, it is reasonable to defibrillate before starting CPR. For unwitnessed arrests with a shockable rhythm, perform CPR before defibrillating.

Sinus bradycardia is frequently observed in early acute coronary syndromes, especially inferior wall myocardial infarctions. This is due to enhanced parasympathetic (vagal) tone. As such, treatment of symptomatic bradycardia with atropine (0.5mg IV) during an inferior wall MI works well and should be considered.



May 4 - 7, 2023

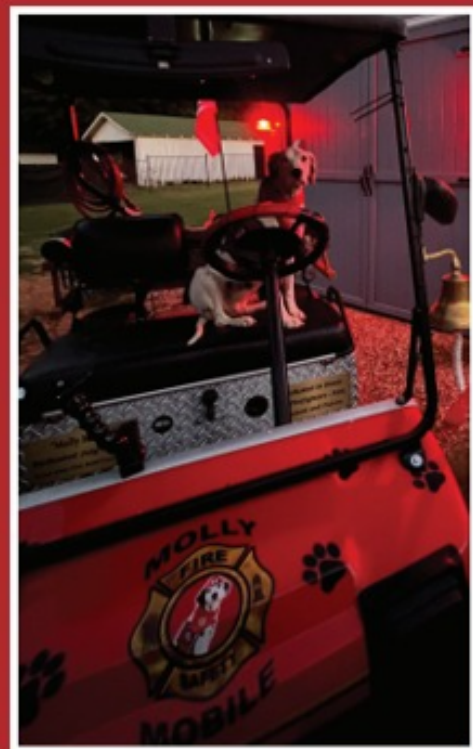
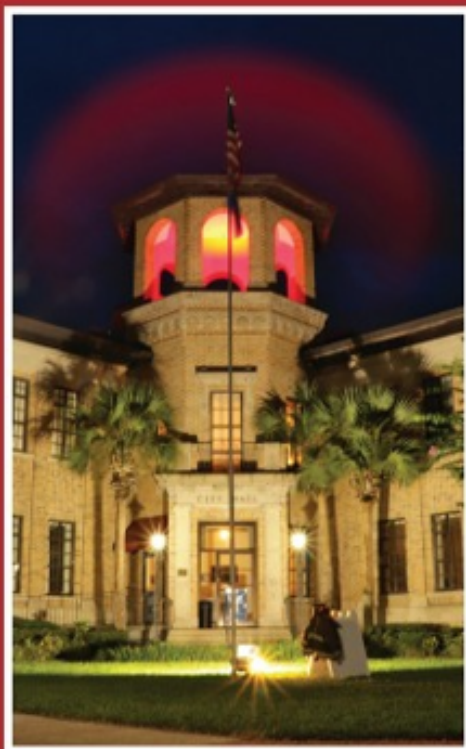
#nffflightthenight2023

#firehero2023



LIGHT ^{THE} NIGHT

for Fallen Firefighters



LIGHT UP RED FOR FALLEN FIREFIGHTERS



Join the *National Fallen Firefighters Foundation* on May 4-7, 2023 in honoring and remembering the sacrifice of America's fallen fire heroes. We invite landmarks, fire and community organizations, businesses, and homes across the nation to *light up red* starting on International Firefighters' Day and through the *National Fallen Firefighters Memorial Weekend*. Learn more or watch live at: weekend.firehero.org.

Sign up & find resources at: firehero.org/light-the-night

An EKG should be obtained in ALL cases of syncope or new onset seizure activity to look for arrhythmias or features of sudden death syndromes (notably Brugada, long QT, and hypertrophic cardiomyopathy).

The mortality rate in cardiogenic shock is 50%. Most commonly this occurs as a result of a large anterior wall MI resulting in a significant portion of non-functioning cardiac muscle leading to a decrease in stroke volume and blood pressure. Most cases of cardiogenic shock after MI occur in a delayed fashion, usually within 48 hours, however the complication can develop even 2 weeks after the MI.

Discovery of hypotension in a patient who has had a recent MI is an extremely concerning clinical scenario as this may indicate shock that is cardiogenic in origin (non-functioning myocardium as noted above). Hypotension and shock may also be a result of a valve rupture (listen for a new systolic murmur) or as a result of a ventricular wall rupture causing pericardial tamponade. Both the valve and ventricular wall rupture require emergent surgery to survive.

Thoracic aortic dissection is 3x more common than a ruptured aortic aneurysm. 40% of aortic dissection patients die before they reach the hospital and an additional 25% die within the hospital. Mortality increases 1-2% per hour until treatment.

The most common chief complaint in patients with thoracic aortic dissection is the sudden onset of severe chest pain which is migratory (moving around to the back, neck, or abdomen) and may be described as "ripping" or "tearing".

Tox stuff:

1 in 500 overdose (non-opiate) patients have a critically elevated Tylenol level in need of emergent antidote therapy, despite the patient reporting no Tylenol ingestion. This is why most overdose patients need a Tylenol blood level checked.

All ill-appearing overdose (non-opiate) patients should have an EKG performed looking for widened QRS (due to sodium channel blockade) and prolonged QT interval (from many different medications), both of which could change the treatment course for the patient.

Computer measurement of the QT interval is only reliable if the rhythm is regular and the T waves are clear. A QT interval approaching and over 500 is considered abnormal and in the setting of syncope or an overdose is very concerning.

A younger patient with altered mental status and a wide complex tachycardia on EKG should be considered to have overdosed on a sodium channel blocking agent and should receive immediate treatment with sodium bicarb 1-2 mEq/Kg IV over 1 minute, even if you have no information on what the patient took.



Anaphylaxis stuff:

Risk factors for a fatal anaphylaxis event are adolescent age, delayed administration of epinephrine, nut allergy, use of beta blockers, and history of asthma or bronchospasm.

Up to 35% of circulating blood volume can be lost within 10 minutes of a severe anaphylaxis event. This occurs as a result of widespread vasodilation which allows circulating volume to leak into tissue beds ("third spacing").

If you suspect anaphylaxis, don't bother with Benadryl as it has debatable benefit in severe allergic reactions anyway. Epinephrine is the undisputed first line treatment for anaphylaxis and should always be prioritized. Once the epi is in, IV access has been obtained, IV fluids have been bolused, only then should you reach for Benadryl. It's still worth giving as the downsides are few but epi, epi, epi and IVF should be given first.

Random stuff with questionable importance and zero data to back it up:

The oldest "your Mom" joke was found on a 3,500 year old stone tablet. Nice to know people (read: men) haven't really evolved much after all.

Consider this: What would happen if Pinocchio said, "My nose will grow, NOW!".... Get it? It's a lie see b/c no-one can make their nose grow, but then b/c it's a lie his nose would grow making it not actually a lie!

Most people fart about 20x/day. Lucky for us we often have a patient nearby who we can blame it on.

Average length of time men get bored after shopping for clothes is 26 minutes vs 2 hours for women. As my wife would attest, I believe 26 minutes is exactly 24 min too long.

Because we are made of mostly water and because lava is denser than water, if you fell into a volcano you would float and not sink. I feel like that makes the prospect of it a little less terrible actually.

That's it! Hope you learned something!

Rob



Snap-Tite
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THE SNAP-TITE HOSE WARRIOR



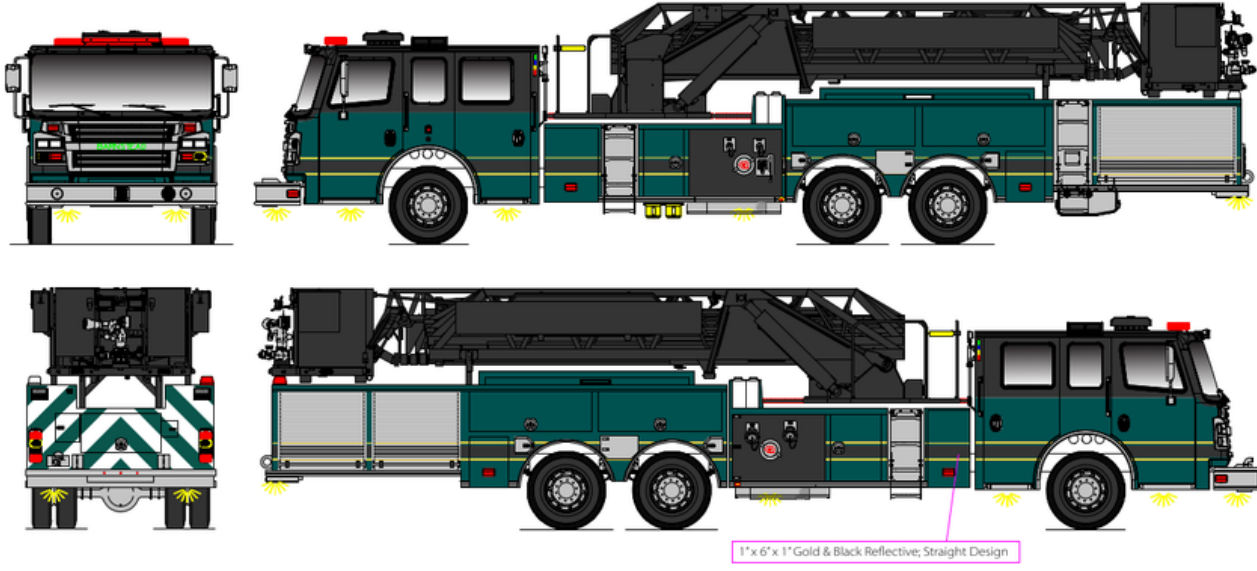
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NEWS FROM THE DISTRICT



Barnstead Fire purchases a \$1.3 Million Dollar Tower, a Rosenbauer 88' Quin mid-mount tower reality to replace a Mack 75' Baker Aerial Scope with 46 years of service.

On August 4, 2022, The Town of Barnstead received an email from Senator Shaheen congratulating Deputy Chief Shawn Mulcahy and the Town of Barnstead on being awarded the (AFG) Assistance to Firefighters Grant of \$857,142.85. The town as a requirement when approved will need to contribute non-Federal funds of 5%. Unfortunately, on July 9, 2022, Deputy Chief Mulcahy passed away and will not be with us to see his hard work succeed.

The Town of Barnstead Board of Selectmen had to accept the grant, which they did. The next step was for the truck committee to send out RFPs to the apparatus dealers who would be able to build to the specification we put together. The total number of apparatus vendors that the truck committee met with was 6. This process took around 4-6 weeks, after this was concluded the truck committee had to go through the bids and pick which one they thought would fit the needs of the town.

The truck committee completed the process and went to the Town's select board with 3 bids. One of those bids was the one that the truck committee selected to award the build to. Rosenbauer was selected for a total price of \$1,327,905.00. After the contract was signed the balance left is \$470762.22. This money is already in the reserve accounts.



The men and women of the Gilmanton Fire Department and Lakes Region Mutual Fire Aid would like to extend our condolences to the family of former Gilmanton Corners Fire Chief Jack Adel, who passed away on March 22, 2023.

ANNIVERSARIES



LRMFA - 6 Years
Chief Jon Goldman



LRMFA - 1 Year
Lt. Kellie Regan



LRMFA - 4 Years
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LIEUTENANT DAVE PARKER ANNOUNCES HIS RETIREMENT; DISPATCHER KELLIE REGAN IS PROMOTED TO LIEUTENANT



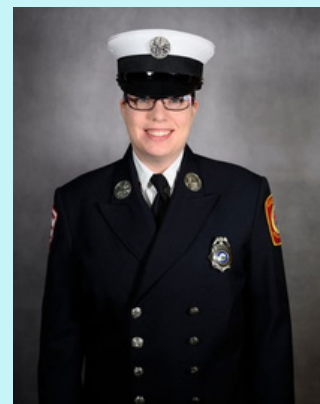
HAPPY
Retirement



LRMFA Chief Jon Goldman is pleased to offer congratulations to Lt. David E. Parker as he announces his retirement on February 28, 2023. Lt. Parker joined LRMFA as a Dispatcher on August 4, 2002. He was promoted to the rank of Lieutenant in 2005 and has coordinated multiple initiatives during his tenure. As part of his regular duties, Lt. Parker oversees the Computer Aided Dispatch team (CAD), where he coordinates all aspects of CAD maintenance and integration. Lt. Parker also serves on our Information Technology Team and is our webmaster. He also leads the SCBA Fit Testing program and radio programming for our member communities. When asked about Lt. Parker's commitment to the organization, Chief Goldman stated "Dave has been an integral part of our operation for many years. His guidance and expertise have led many of our IT initiatives over the years." Lt. Parker will be staying on in a part-time capacity to continue to lead the integration of our new CAD system. He also serves as a Captain in his local fire Department. We wish Lt. Parker well as he enjoys retirement.



With the retirement of Lt. Dave Parker, Chief Jon Goldman is pleased to announce the promotion of Dispatcher Kellie Regan to the rank of Lieutenant. Lt. Regan, a United States Air Force Veteran has been with LRMFA for just over three years, and with her promotion, she will be assigned to and lead her own shift in a supervisory capacity. LRMFA staffs one Lieutenant (shift supervisor) and one Dispatcher per shift, 24x7. Lt. Regan will be the shift supervisor working with her partner to lead the shift and is responsible for ensuring all policies, procedures, and standards are followed. Lt. Regan's promotion will be effective March 6, 2023.



Dispatcher Regan is an International Association of Communications Officials (APCO) Certified Communications Training Officer and is finishing up the coursework to become an APCO Registered Public-Safety Leader (RPL).

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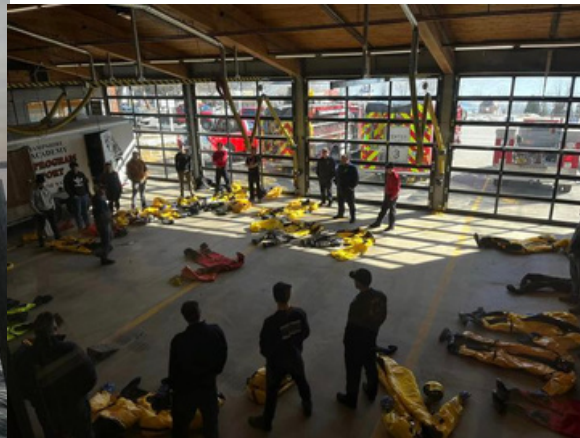
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LRMFA Hosts Grant-Funded Ice Rescue Technician Training

In mid-February, the LRMFA Training Division in partnership with the Center Harbor Fire Department, and the NHFA hosted an Ice Rescue Technician program. Twenty-Four attendees were certified as Ice Rescue Technicians. The program was funded as part of the AFG grant previously awarded to the City of Franklin and LRMFA. Congratulations to the region's newest Ice Rescue Technicians.





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LAKES REGION MUTUAL FIRE AID STATISTICS

	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
2023 First Quarter	January	1300	2507	2322
	February	1212	2363	2232
	March	1228	2311	2168
	<i>Total for Quarter</i>	<i>3740</i>	<i>7181</i>	<i>6722</i>
	<i>Avg/Day</i>	<i>41.56</i>	<i>79.79</i>	<i>74.69</i>
2023 Second Quarter	April	0	0	0
	May	0	0	0
	June	0	0	0
	<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>
2023 Third Quarter	July	0	0	0
	August	0	0	0
	September	0	0	0
	<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>
2023 Fourth Quarter	October	0	0	0
	November	0	0	0
	December	0	0	0
	<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>
2023	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
	<i>Total for 2023</i>	<i>3740</i>	<i>7181</i>	<i>6722</i>
	<i>Avg/Day</i>	<i>41.56</i>	<i>79.79</i>	<i>74.69</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!*