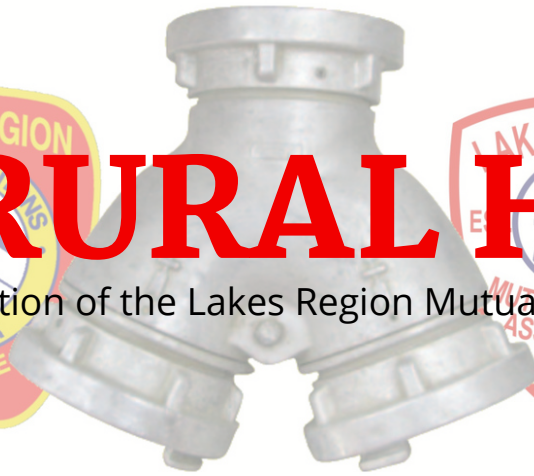


THE RURAL HITCH

A Quarterly Publication of the Lakes Region Mutual Fire Aid Association



Cardiac Event on Mount Major in Alton



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|---------------|-------------------|
| Alexandria | Hebron |
| Alton | Hill |
| Andover | Holderness |
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| 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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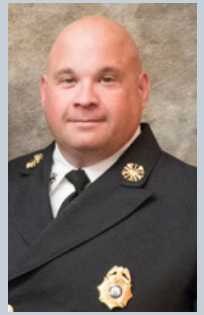
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From the Chief...

Jonathan M. Goldman, CPE



The third quarter seemed to be as busy, if not busier than previous quarters. Judging by the crowds in the Lakes Region, and the activity we seemed to experience it seems most people are trying to get out and enjoy all that this area has to offer. The summer call volume seemed busier than normal, yet building fires seemed to be down, which is a good thing. However, in the absence of building fires, the district had its share of high acuity emergencies, and simultaneous calls for agencies seem to be happening, more and more often.

We continue to work with our CAD vendor and expect to deploy our new Rapid Deploy CAD by the end of November this year. This is a project that has been worked on for the better part of eight or more years. Once it is deployed, we expect to run it for a few months, and then work to deploy MDT's for our agencies in a measured way so that we can work out any challenges with small groups of users rather than district-wide.

In August Chief Goldman, Deputy Chief Steele, and Lt. Hannafin along with a contingent of NH Dispatchers went to the Association of Public Safety Communications Officials (APCO) International annual conference in San Antonio Texas. Aside from the training and networking that these conferences are known for, Chief Goldman was recognized for obtaining his "Certified Public Safety Executive" designation during the distinguished achiever's breakfast. Immediately following breakfast, Admiral William H. McRaven was the Keynote speaker. He delivered a great message on leadership, peppering the attendees with stories of his career in the United States Navy, eventually rising to a four-star admiral, and commanding the US Special Operations Command. During the "Food for Thought," Luncheon Lt. Erin Hannafin represented Lakes Region Mutual Fire Aid, as we were recognized for obtaining the APCO Agency Training Program Certification.

Continued on Page 3

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



This accreditation of sorts certifies LRMFA meets or exceeds over 100 standards related to recruiting, training, QA/QI, and other metrics. LRMFA is only one of three agencies in NH, and eight in all New England, NY, and NJ to obtain this difficult agency certification.

In August the City of Laconia hosted a Timberman Tri-Athlon, and LRMFA worked within the EOC which was opened for the day of the event representing Communications, and mutual aid if it were to be needed. Working with multiple agencies we were able to deploy a Mutualink connection, as well as "patch" channel 7, and transmit video from multiple locations on the course. Using this technology, all public safety agencies who wanted to consume the data we're able to. The data that was made available by LRMFA, NHDOT, and NH Division of Emergency Services and Communications was used to maintain situational awareness throughout the event, and in case of an emergency on the course, we would have been able to deploy resources more rapidly to where they were needed.

Earlier this year, the City of Franklin and LRMFA jointly applied for an Assistance to Firefighters Grant (AFG). We recently found out that the City of Franklin and LRMFA was awarded \$267,791 in AFG funds to deliver FF1, FF2, Rope Rescue Operations, Trench Rescue, Swift Water Rescue, and Confined Space Rescue programs within the district. The courses will be at no charge to LRMFA communities, and those who filled out the staffing survey when asked will also be available for Overtime and Backfill. This is a great opportunity for the district and our member communities.

As we move into the fourth quarter of the year, it promises to be as busy as the third quarter, if not busier. We hope that everyone enjoys the fall weather, and begins to prepare for the winter months. 🍁



APCO Conference in San Antonio



Lt. Hannafin with Admiral Mcraven



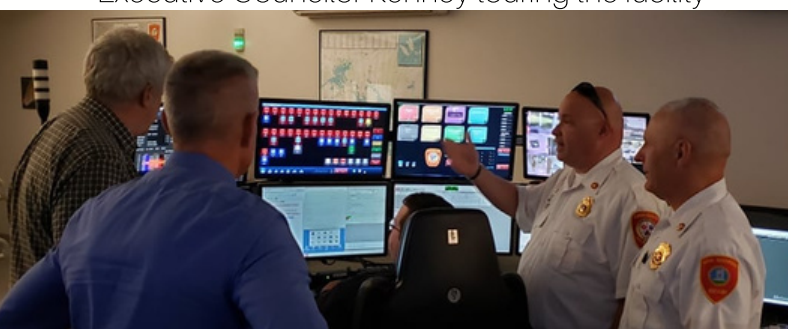
Lt. Hannafin receiving the Project 33 award for LRMFA



Executive Councilor Kenney touring the facility



Emergency Operations Center for Timberman Tri-Athlon





FOUNDED BY



Brave of Heart Fund

Quick Guide

The Brave of Heart Fund provides monetary grants to eligible family members of frontline healthcare workers, healthcare volunteers, and healthcare support staff who have lost their lives because of COVID-19. The Fund also offers behavioral and emotional support services from Cigna and grief coping resources from New York Life.

Established by the foundations of New York Life and Cigna, the Brave of Heart Fund is owned and administered by E4E Relief, a disaster relief-focused subsidiary of Foundation For The Carolinas, a Section 501(c)(3) public charity.

Eligible Healthcare Workers

For the purpose of the Brave of Heart Fund, an eligible healthcare worker is a person who lived in the U.S. at time of death and who worked or volunteered in or for a:

- Licensed hospital
- Medical center or clinic
- Nursing home
- Medical transport vehicle
- Triage center
- Other licensed medical facility, provider, or setting

Also those who worked or volunteered as an emergency medical technician, ambulance technician, or paramedic and who died from COVID-19-related causes any time through December 31, 2021.

Grants Description

There are two phases of grants available. Eligible expenses vary based upon which grant phase the eligible family member is applying for. Eligible family members for Phase 1 grants include a spouse or domestic partner, child, parent, grandparent, or sibling. Eligible family members for Phase 2 grants include a spouse or domestic partner, dependent child, or dependent parent. You may be eligible for both a Phase 1 and Phase 2 grant.

PHASE 1 GRANT	PHASE 2 GRANT
<p>Phase 1 assistance is intended to cover expenses related to funeral and burial costs.</p> <p>The family member who is eligible for a Phase 1 grant is the family member who is responsible for the funeral/burial expenses. Only one family member is eligible for a Phase 1 grant.</p> <p>Phase 1 grants are \$15,000. Only one Phase 1 grant is available in connection with each eligible healthcare worker or healthcare volunteer.</p>	<p>Phase 2 assistance is intended to cover long-term expenses such as food, clothing, housing, basic essential utilities, daycare/childcare expenses, educational expenses, counseling, medical expenses for deceased healthcare worker, and transportation.</p> <p>The family member(s) who is eligible for a Phase 2 grant is the family member(s) who was dependent on the deceased healthcare worker's income for those expenses.</p> <p>Phase 2 grants range up to \$60,000 per eligible healthcare worker. The exact amount will depend on a variety of factors, including the applicant's demonstration of financial need and the number of eligible beneficiaries.</p>

The Applicant Process



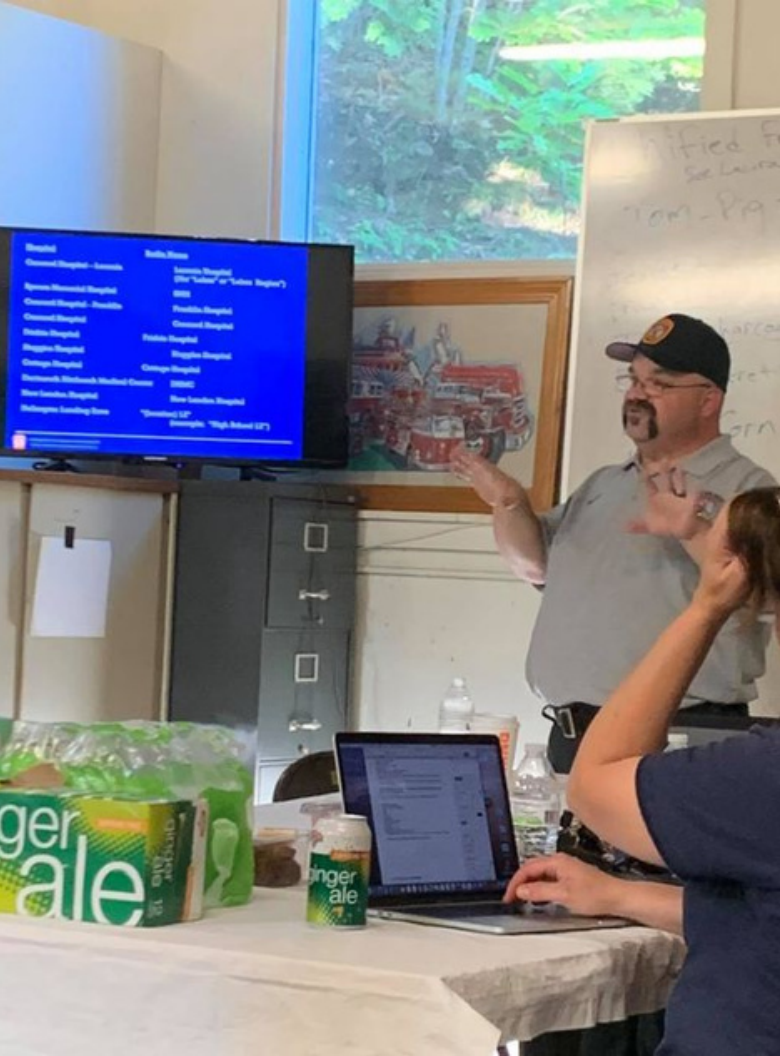
For answers to frequently asked questions, including questions about eligibility, visit braveofheartfund.com/FAQs. Grant awards are discretionary and the final determination of grant eligibility and amounts will be made by E4E Relief, which is the public charity that owns and administers the Fund.

Questions about the Fund:
email: questions@replyemail.braveofheartfund.com

Communications Training in Alexandria

Lt. Kevin Nugent spent an evening training with the Alexandria Fire Department. LRMFA has a presentation that explains radio best practices, how to use the radios in the LRMFA system, and most importantly what information to give to communications personnel and what information to expect in return.

A primary tenet of Lakes Region Mutual Fire aid is to be "Clear, Concise, and Consistent." If communications and field personnel know what to expect of each other, we will meet the goal of being clear, concise, and consistent. Contact Lt. Nugent if you would like training on radio and district procedures for new hires, or just a refresher for your department.



The Lakes Region Mutual Fire Aid Association regrets to announce the passing of retired Dispatcher, Bill Bredbury.

Dispatcher Bredbury served in the United States Navy from August 1962 through August 1964.

He was a call firefighter for the Gilford Fire Department from 1974 through 1977 and proudly the Lakes Region Mutual Fire Aid Association from January 1972, through April 1995, retiring as C3. Services will be private, at a later date.

The family has asked for donations in Bill's name to be sent to the NH Humane Society.



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Alton Fire handles critical cardiac patient on Mount Major

Mount Major is a significant attraction in the town of Alton. It draws in every skill level of hiker from the most experienced to those who drive by and decide they want to hike for the first time. Offering some of the best panoramic views of lake Winnepesaukee, the Town of Alton is proud to have this Lakes Region gem in their community.

Over the years Alton Fire Department has faced numerous challenges in locating hikers on the mountain. Thanks to some seriously strong trail work by local trail tenders and the improvement of 911's ability to pin GPS coordinates it has made their jobs significantly easier and less manpower intensive. While the normal calls for incidents on this mountain and in many woods areas are non-life threatening traumatic incidents, this summer the Alton Fire Department, and its mutual aid partners handled 2 STEMI's on the most difficult trail of the mountain. Due to routine call volume and experience on Mt. Major with lower acuity incidents they were well prepared to make a rapid extrication of these individuals with the help of their mutual aid partners. Based on the length of one of these carryout's air medical transport was utilized to reduce transport time from upwards of 1 hour to about 15 minutes.

Alton Fire Department Captain Pat O'Brian commended the members for always thinking outside of the box and utilizing resources effectively. He went on to say "We are also very grateful for our well established mutual aid system, with limited staffing in all Lakes Region departments we all rely on our neighbors to successfully carry out our missions." The Alton Fire Department is also supported regularly on these missions by NH Fish and Game, Alton Police Department, Lakes Region Search and Rescue, and other hikers!



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Get in the habit of dialing 10 digits now!

'9-8-8' has been designated as the national abbreviated dialing code to be used exclusively for access to the national suicide prevention and mental health crisis hotline system. '9-8-8' implementation is scheduled to take effect July 2022.

On October 24, 2021, you will be REQUIRED to dial 10 digits (area code + telephone number) to place a phone call. On and after October 24, local calls dialed with only seven digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. If you get this recording, you must hang up and dial again using the area code with the 7-digit telephone number.

Learn more about 9-8-8 - visit National Suicide Prevention Lifeline '1-800-273-TALK (8255)' or their website: <https://suicidepreventionlifeline.org>.



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FEELIN' CUTE

Karl belongs to Per-Diem Dispatcher Chris Conway and came to visit one day. Trixie belongs to Dispatcher Kellie Regan and comes to visit as well (on a different day).

Karl was bragging he could get more Facebook likes than Trixie. Karl ended up with 468 likes, and Trixie fought hard, but ended up coming up short with only around 300.

In either case, we love it when they come to visit and are happy to share some of their "cuteness" with you.



brain, body & beyond.

COACH MEGHANN HEMPEL



SLEEP DEPRIVATION

Hey gang! Last quarter we discussed the importance of nutrition and fitness so you can not only be fit for the job, but fit for life! With nutrition and fitness playing key roles in our overall health, there are still other major factors that come into play to achieve optimal wellness. SLEEP is one of them!

Many of us are constantly on the go, from sunrise to sundown, and as a first responder, there are days where you may not even get the opportunity to sleep. Juggling work, family, friendships, and self-care can get extremely overwhelming. While we're busy prioritizing everything else, sleep is often sacrificed. But now it's time to start prioritizing sleep too! We have now learned the importance of nutrition and fitness, now we're going to learn the importance of sleep.



Let's review the possible effects of sleep deprivation. Many of you work very demanding shifts with minimal to no sleep. While your sleep schedule on shift is completely out of your control, it's imperative you are making that up, and getting your rest on your off days.

Possible Effects of Sleep Deprivation are Heart disease, High blood pressure, Obesity, Cancer, Neurological decline, Heartbeat irregularities, Sexual dysfunction, Depression, Weakened immune system, and Accelerated aging.

Sleep deprivation can lead to many health issues, physically and mentally. Insufficient sleep not only puts you at a higher risk for all of the health issues previously stated, but it also affects how an individual can process and store carbohydrates, and alter hormones that have a direct effect on appetite and metabolism.

So why do we need quality sleep? Well, sleep is where all the magic happens! It's where we rebuild, regenerate, and recover. During sleep, adaptive hormones repair organs, body systems are revitalized, muscles are rebuilt and strengthened, and the immune system becomes more resilient. Getting quality sleep also helps you burn fat by activating the release of human growth hormone (HGH). As you sleep, you give the brain and body an opportunity to rest, so you can face your days head-on, feeling rejuvenated and refreshed!

We have now covered fitness, nutrition, and sleep. Next quarter we will discuss stress management! I encourage you to start implementing all three of these "ingredients!" I promise you won't regret it!

In the meantime feel free to give me a follow on Instagram @Meghann.Alice for more health-related topics, or reach out to me with any questions!

As always, stay safe, stay healthy, and until next time!



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Wilderness Rescue in Campton-Thornton

At approximately 4:30 pm on Sunday, July 18, 2021, Campton-Thornton Fire Rescue and the Waterville Valley Department of Public Safety responded to a report of an injured hiker on the Welch-Dickey Loop Trail, near the Dickey Summit.

Crews located a female patient that had slipped on a rock and suffered an ankle injury. Personnel from the two departments were assisted by members of the Pemigewasset Valley Search and Rescue Team, Lakes Region Search and Rescue, as well as NH Fish and Game. The patient and personnel were off the mountain by 9:30 pm. The patient was transported to Spear Memorial Hospital in Plymouth with non-life-threatening injuries. New Hampton Fire Department and Linwood Ambulance Service provided station coverage in Thornton.

Campton-Thornton would like to thank everyone that helped at the scene, as well as Lakes Region Mutual Fire Aid, Plymouth Police, and NH Troop F dispatchers, and our mutual aid partners.



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CELEBRATIONS

The Belmont Fire Department has had some staffing changes this quarter. Firefighters Harris, McGann, and Downs have left to start new beginnings. Firefighter Harris retired from the fire service after many dedicated years to the Belmont Fire Department, Firefighter McGann started his own business and is pursuing his new career as a painter, and Firefighter Downs has found her way to a city department as a firefighter.

In saying goodbye to these three members though, Belmont welcomes Firefighters Ryan, Phillips, and Moar to the full-time staff! Firefighter Ryan is no stranger to the Belmont department as he was once a student at the station and then became a member of the call department once he graduated. Firefighter Phillips is also no stranger, as he was an explorer in Belmont, a student and call member before starting his full-time career in EMS. Firefighter Moar is starting his full-time fire service career in Belmont.



Brian Tobine, a Captain with Plymouth Fire Rescue, was recently recognized by the National Registry of Emergency Medical Technicians for achieving 20 consecutive years of National EMS Certification. This distinction is an honor held by a few EMS professionals.



To maintain his status as a Nationally Registered EMT, Tobine completed, on a biennial basis, the most comprehensive recertification program for EMS professionals in America.

By maintaining his National EMS Certifications and completing regular continuing education courses, Tobine has demonstrated his commitment to providing exceptional prehospital emergency medical care.

Tobine was Nationally Registered as an EMT in 2001 and has been serving the Plymouth community since 2003. Prior to this position, Tobine worked for the Campton Thornton Fire Department.

The National Registry of Emergency Medical Technicians serves as the National EMS Certification organization by providing a valid, uniform process to assess the knowledge and skills required for competent practice by EMS professionals throughout their careers and by maintaining a registry of certification status.



RECENT DELIVERIES

Brookline NH takes delivery of a new
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2nd Alarm in Plymouth

On Thursday, July 1 at 9:24 A.M. Plymouth Fire-Rescue was dispatched for a building fire at 42 Main Street in Plymouth. Arriving first on the scene, Deputy Chief Bonan reported smoke coming from the rear of the large mixed occupancy building. Arriving fire crews were able to quickly locate and extinguish the fire and remained on the scene to search for any possible extension throughout the building.

The fire went to two alarms, calling in multiple towns mainly due to the size of the building and the extreme heat and humidity. The building housed several apartments and was occupied at the time of the fire. A building owner who was on scene and noticed smoke in the building manually activated the fire alarm system at a pull station and called 911. This quick action alerted the Fire Department, aided all occupants to safely evacuate, and prevented further damage to the building.

Plymouth Fire-Rescue would like to thank the Ashland, Campton-Thornton, Waterville Valley, Rumney, and Holderness Fire Departments for their assistance on scene and the New Hampton Fire Department with Stewart's Ambulance Service who responded to two medical calls in Plymouth during this incident. We are also appreciative of the support from Plymouth and P.S.U. Police, Plymouth Emergency Management Director Scott Weden, N.H. Electric Cooperative, and the 7-11 Convenience Store.



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CELEBRATIONS



Chief Chris Hodges
Retired From
Waterville Valley



Lucas Hardy hired at
TNFD



Dispatcher Brian
Searles Celebrates 3
years at LRMFA



Lt. Kevin Nugent
Celebrates 17 Years
at LRMFA



Tyler Bannister starts
at TNFD



Congratulations to Sanbornton Fire
& Rescue's Firefighter Ethan Cray for
his successful completion of the NH
Fire Academy's 2021 Recruit School
and welcome him to the family,
Firefighter Cray completed the 10
week program to become certified
as Firefighter II.



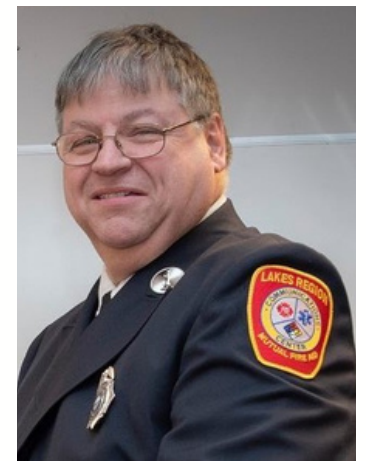
Plymouth Chief Tom Morrisson
Celebrates 31 Years of Service



Lt. Erin Hannafin Celebrates 8
Years at LRMFA



Chief David Noyes sworn in as Fire Chief Of
Waterville Valley



Lt. Dave Parker Celebrates
19 Years at LRMFA



INFERNO OF THE BADGES

TWO BADGES ONE MISSION!

On Wednesday, November 17th at 10:00 AM at McIntyre Ski Area Manchester Police & Fire Departments will battle it out through Crossfit workouts to compete for not only a title, but to help support a local charity of the winning team's choice.

WANT TO SIGN UP?

Pull together a team of five and email either NLinstad@ManchesterNH.gov or Bibiana.Rummler@DignityMemorial.com with your team name, what department you're from, and the names of each of the members. Registration is \$200 which includes lunch and a t-shirt.

Event Sponsored By:



Laconia 2nd Alarm Building Fire



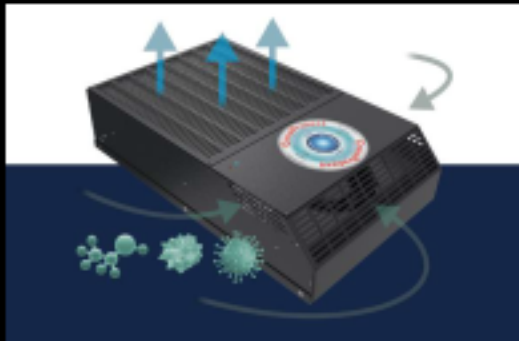
At 11:49 am on Saturday, September 4th; Lakes Region Mutual Fire Aid Dispatchers, Lt. Dave Parker, and Dispatcher Kellie Regan received a 9-1-1 call reporting a building fire in Laconia. They immediately Laconia Fire with automatic aid from Gilford and Belmont Fire were dispatched to a reported building fire at 47 St Catherine Street.

First arriving companies found a single-family residential structure with fire showing from the first floor. All occupants were out on fire department arrival. Crews were able to quickly extinguish the main fire, however, the remainder of the house suffered significant smoke and heat damage. One adult occupant was treated at the scene and transported to Concord Hospital-Laconia for smoke inhalation. The patient was expected to be released from the hospital that day. Firefighters rescued a dog from the second floor which had to be revived using a special pet resuscitation kit. The small dog is now doing well.

The cause of the fire has been determined to be an unattended candle. Damage is estimated at \$150,000. Red Cross has been called to assist the family. Assisting at the scene were Gilford, Belmont, Meredith, Tilton-Northfield, and Franklin Fire, as well as Laconia Police Department, Stewart's Ambulance Company, and Eversource. Belmont, Bristol, and Holderness Fire Departments provided coverage to Laconia stations.

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Simultaneous Water Rescue Laconia

At 1650 hours on August 12, 2021, Laconia Fire Department along with automatic aid from Gilford and Belmont was dispatched to Lake Street at the Margate Resort for a water rescue. Upon responding, companies were updated that a subject had fallen off his boat and had not resurfaced. Responding to the incident from Laconia was E1, A1, R1 (with Boat 3), Boat 1, C1, C4 as well as 8A2, and 3A2.

The Margate Resort is located on the Paugus Bay section of Lake Winnepesaukee. Within 10 minutes of being dispatched to the Paugus Bay incident, and just as companies were setting up search operations on Lake St., LPD received a report of drowning with CPR in progress at Ahern State Beach on Lake Winnisquam. Ahern State Park is located behind LRMFA. Laconia Fire was dispatched to this incident.

The initial question was if this was one incident with incorrect location information or two separate incidents. It was quickly determined that these were two separate incidents. 13C1 diverted to Ahern Beach along with 8A2, 3A1, 3C1, and Lakes Region C2. Meredith EMS handled a third medical incident in Laconia.

The location of the patient at Ahern Beach was along a trail to the left of the beach towards Shore Drive. Ambulance crews from Gilford and Belmont Fire, as well as Laconia Police, went into the woods by foot to locate the patient. On arrival, they found a Status 1 (not conscious/barely breathing) near-drowning. The patient was moved to a private boat and transferred to Ahern Beach for movement to 8A2. Gilford Ambulance along with a Belmont paramedic transported the patient to Concord Hospital -Laconia. Within a couple of weeks, the patient was released from CH-L in good condition.

During the second incident, once it was determined that the Paugus Bay incident would be a prolonged search. A first alarm was requested to provide coverage for both Central and the Weirs. TNFD and Meredith EMS covered Central and Holderness covered the Weirs.

At this point, multiple boats were conducting search operations in Paugus Bay. Laconia Boats 1 and 3, Marine Patrol, and a private boat with LFD members on it set up a grid search covering approximately ½ mile in length.



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 facebook.com/190leatherworks

 [@190leatherworks](https://www.instagram.com/@190leatherworks)  [@190leatherworks](https://www.twitter.com/@190leatherworks)

Firefighter owned and operated

The search was for an adult male who fell off his boat while trying to set his anchor and did not resurface after going under. NHF&G was called in to assist as well.

Multiple search methods were used in this incident. Boats with spotters, side sonar scanning, rescue swimmers in the water, and an LPD drone all assisted. Upon arrival, NHF&G deployed their divers and began to search as well. At 20:34 companies exited the water and it was determined that search and victim recovery would resume in the morning. An NHMP boat stayed in the area until midnight.

At 0700 on Friday, August 13th operations resumed from the rear of the Margate Resort. Marine Patrol, NHF&G, and LFD conducted surface and sonar searches. NHF&G deployed their divers and at approximately 0930 located and recovered the victim. The victim was located about 25 yards from their last known seen location, in 26' of water. By 1100 all companies cleared the scene.

These incidents were a prime example of how important automatic and mutual aid are to the success of our organizations. Public safety agencies participating in these events or covering Laconia Fire Stations were: Laconia Fire Department, Laconia Police Department, Gilford Fire Department, Belmont Fire Department, Lakes Region Mutual Fire Aid, Tilton-Northfield Fire Department (cover Central), Meredith EMS (cover Central), Holderness Fire Department (cover Weirs), NH Marine Patrol, NH Fish and Game, NH State Police



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RECENT DELIVERY

St. George, Maine

HME Ahrens-Fox Mini EVO AF622



2020 Ford AF622 w/ 22k lbs. GVWR

1500 GPM/400 US Gallons

Fire Research "TurboFoam"

At Lakes Fire, Quality is Our Passion...Lives Depend On It...

688 Ossipee Mountain Hwy-Route 25, Tamworth, NH

Phone: 603-323-7117 Email: Info@lakesifre.com

LAKES REGION MUTUAL FIRE AID STATISTICS

	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
2021 First Quarter	January	1209	2314	2115
	February	1310	2300	2057
	March	1753	2604	2250
	<i>Total for Quarter</i>	<i>4272</i>	<i>7218</i>	<i>6422</i>
	<i>Avg/Day</i>	<i>47.47</i>	<i>80.20</i>	<i>71.36</i>
2021 Second Quarter	April	1653	2553	2218
	May	1647	2746	2388
	June	1696	3049	2627
	<i>Total for Quarter</i>	<i>4996</i>	<i>8348</i>	<i>7233</i>
	<i>Avg/Day</i>	<i>54.90</i>	<i>91.74</i>	<i>79.48</i>
2021 Third Quarter	July	1884	2988	2684
	August	1783	3086	2761
	September	1578	2735	2399
	<i>Total for Quarter</i>	<i>5245</i>	<i>8809</i>	<i>7844</i>
	<i>Avg/Day</i>	<i>57.01</i>	<i>95.75</i>	<i>85.26</i>
2021 Fourth Quarter	October			
	November			
	December			
	<i>Total for Quarter</i>			
	<i>Avg/Day</i>			
2021	<i>Month</i>	<i>Admin</i>	<i>Emergency</i>	<i>Incidents</i>
	<i>Total for 2021</i>	<i>14513</i>	<i>24375</i>	<i>21499</i>
	<i>Avg/Day</i>	<i>52.97</i>	<i>88.96</i>	<i>78.46</i>

Send Us Your Department News

Send your Department News to ruralhitch@lrmfa.org.

Include new hires, promotions, new apparatus, department events, open training events, and more.

We love to brag about our departments!