

THE RURAL HITCH

A Quarterly Publication of the Lakes Region Mutual Fire Aid Association

Hands on with Res-Q-Jacks

Full article and photos... Page 15



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 |

BOARD OF DIRECTORS

Executive Committee

Chief Michael Sitar
Tilton/Northfield
Chair

Chief Jeremy Bonan
Holderness
Director

Chief Benjamin Laroche
Bristol
Director

Chief Dave Bengtson
Moultonborough
Director

Chief Paul Dexter
Sanbornton
Director

Chief George Clayman - Alexandria

Chief James Reinert - Alton

Chief Steven Barton - Andover

Chief Steve Heath - Ashland

Chief Al Poulin - Barnstead

Chief Deborah Black - Belmont

Chief Don Atwood - Bridgewater

Chief Benjamin LaRoche - Bristol

Chief Dan Defosses - Campton/Thornton/Ellsworth

Chief Tyler Driscoll - Center Harbor

Chief Jeremy Martin - Danbury

VACANT - Dorchester

Chief Michael Foss - Franklin

Chief Steve Carrier - Gilford

Chief Joe Hempel - Gilmanton

Tony Albert - Groton

Chief Tony Albert - Hebron

Chief Jaime Moulton - Hill

Chief Jeremy Bonan - Holderness

Chief Tim Joubert - Laconia

Chief Ken Jones - Meredith

Chief Dave Bengtson - Moultonborough

Chief Scott Cathy - New Hampton

Tom Beaulieu - Northfield

Chief Kevin Pierce - Plymouth

Chief Evan Hacker - Rumney

Chief Paul Dexter - Sanbornton

Chief Ted Call - Sandwich

Chief Scott Whitehouse - Strafford

Chief Michael Sitar - Tilton

Chief Arthur Heath - Warren

Chief David Noyes - Waterville Valley

Chief Jeff Ames - Wentworth

From the Chief...

Jonathan M. Goldman, CPE



Reflecting on a Remarkable 2024: Milestones and Achievements: As we closed the final quarter of 2024, we took a moment to reflect on an incredible year filled with growth and progress. Among the highlights was the celebration of the one-year anniversary of our transition to the much-anticipated Tyler CAD program. This milestone was accompanied by the successful rollout of MDTs (Mobile Data Terminals) and WebCAD.

The MDT and WebCAD initiatives have been transformative. MDTs provide agencies real-time visibility into the CAD system, enabling them to see resource locations and deployment status as though they were in the Communications Center. This flexible technology supports various devices, including iPads, traditional "Toughbook" laptops, and Android tablets. WebCAD, a secure replacement for the previous online system, offers users access to vital information, time tracking, and reporting tools. Unlike its predecessor, WebCAD is password-protected to ensure security, and agencies are encouraged to adopt these tools to eliminate the recurring expense of faxing. Agencies interested in joining these programs should contact CAD Manager Dispatcher Adam Sattler at asattler@lrmfa.org.

Staff Achievements and Promotions: November brought exciting changes within our team. Lt. Erin Hannafin was promoted to Deputy Chief, Dispatcher Brian Dumka stepped into the vacant Lieutenant role, and Per-Diem Dispatcher Hannah Gannon assumed a Full-Time Dispatcher position. Lt. Dumka and Dispatcher Hanson have taken on IT and radio infrastructure responsibilities, working to enhance the system's resilience. Lt. Matt LaDuke continues to lead the MDC project, offering support for MDC ID integration and coordinating the FIT Testing program available to all member departments. He can be reached at mladuke@lrmfa.org for assistance.

Holiday Spirit and Team Bonding: For the second consecutive year, Lt. Matt LaDuke organized a "Secret Santa" exchange, accompanied by the return of Max the Elf, whose festive antics entertained staff and social media followers alike. During the December staff meeting, the team embraced the holiday spirit by hosting a "Christmas Dinner"-style meal. Everyone contributed their favorite dishes, and Lt. Ricky Fowler led the charge with a deep-fried turkey. (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

Erin Hannafin, RPL

Editor

Nicholas Bridle





KingfisherCompany,inc.
 ProvidesManagedServices
 forReceiving&Reporting
 Alarm Signals



Number of calls handled to date in 2024
 for LRMA Radio System by
 Property Protection Monitoring, Inc. & Kingfisher Company, inc.

**10,376 SUPERVISORY/TROUBLE CALLS
 and 985 FIRE ALARM CALLS**

176 Walker Street * Lowell MA 01854 * Phone: 866-459-3344 * Fax: 978-459-6655 * www.propertyprotectionmonitoring.com

Carousel of Product Progress
 Being Connected!



1800's

Telegraph
 Electronic
 Master Box
 EMB



1900's

Radio Transmitter
 Expandable
 Lifesafety
 Transmitter ELT



2000's & Beyond

Internet of Things
 For Lifesafety
 IoT

Your choice of Reporting Premise Signals could **CO\$T** you in the long run!

Toll Free: 888-687-5324 · Fax: 877-687-5324
 81 Old Ferry Road www.kfci.com Lowell, MA 01854

(Continued from Page 2: From the Chief)

A playful mashed potato cook-off between Deputy Chief Hannafin and Chief Goldman added to the festivities, with Chief Goldman claiming victory by a single vote and earning bragging rights for the year.

Operational Enhancements and New Resources: In the fourth quarter, we achieved full deployment readiness for the TAG shelter, securing a new trailer in January. This versatile asset can serve as a heated or cooled command post, rehab area, or other operational needs during planned or unplanned events. In-service training for staff is planned for spring, with an open invitation for member departments to attend. We also intend to showcase the shelter during a 2025 Board meeting.

Looking ahead, the procurement process for a new simulcast site at Merrill Place on the PSU campus was initiated. This enhancement will significantly benefit Plymouth responders and those traveling to or from Spere Memorial Hospital, as well as neighboring communities. The site is expected to be fully operational by the first quarter of 2025.

As we move into the new year, we remain committed to advancing our infrastructure, supporting our staff, and serving our communities with excellence. Here's to an even more successful 2025!



Chief Goldman and Deputy Chief Hannafin were at the Laconia Holiday Parade ringing in the holiday season



530 JOHN L. DIETSCH BLVD.
NORTH ATTLEBORO, MA 02763
WWW.GREENWOODDEV.COM
(508) 695-7138

Check us both out on Facebook!
visit us online for details.

Springfield, NH E-One Spartan Stainless Rescue Pumper



Manchester, NH E-One Custom Pumper

Desorcie Emergency Products
1045 Bronson Road
St. Albans, VT 05478
www.desorcieemergency.com
(802) 527-2216





ORDER GEAR BY FEB 1ST AND HAVE IT IN HAND THIS SPRING!

Streamlined Design, Superior Protection

In the world of fire protection gear, one collection stands apart with its bold combination of design and battle-tested durability. Born from decades of innovation and styled for the modern hero, Globe Fire Suits are more than gear - they're a symbol of resilience, readiness, and respect for those who face danger to protect others.

GLOBE STYLES

ATHLETIX™



G-XTREME® 3.0



G-XCEL®



CLASSIX® METRO™



CLASSIX®



GLOBE PANT SYSTEM



WOMEN'S

SLIM

REGULAR

RELAXED

IH™ READY





E.M.S. PEARL

ROB RIX, MD
EMS MEDICAL DIRECTOR



**JANUARY 6, 2025:
SL NITRO & IV ACCESS**

Happy New Years to everyone out there! I hope 2025 is off to a good/not bad/reasonable start for everyone reading this. Just wanted to talk about something that has come up a couple of times and I think is a regular source of debate in EMS, the age old question, do you need IV access if you're going to be giving a patient sublingual (SL) nitro for their chest pain?

I was asked my opinion on the matter by a couple of very smart paramedics who were debating NH protocol 3.0 which allows for EMTs to assist a patient with their own SL nitro (obviously without IV access) but A's and P's have the directive to insert an IV which "...must be established before administration of nitroglycerin." From strictly a protocol standpoint, I believe the State is clear that IV access must be obtained before an A or P can give a patient nitro. But does that make sense given the seemingly contradictory practice of allowing an EMT to give it without an IV? I actually believe it does. Hear me out.

Generally, SL nitro is well tolerated without adverse events (other than a bit of a headache). If you look at data in pre-hospital patients who received SL nitro for chest pain, overall there's about a 2% risk of developing hypotension according to a 2021 study from Am Journal of Emerg Med titled "Adverse events after prehospital nitro administration in a nationwide registry analysis" which looked at 80,760 patients, mean age of 61. I read another study that listed 3%. Several factors in the above study were associated with a higher risk of adverse events:

- Increased age. Makes sense as older patients have less ability to vasoconstrict their blood vessels as a compensatory response to a sudden drop in BP caused by nitro)

- Lower SBP. Remember that older patients have a higher resting BP. This is why in trauma patients the recommendation is to "age adjust" the BP when it comes to what is considered hypotension. Recommendations are that patients over age 65 should have a SBP cutoff for hypotension of 110 (vs the traditional 90). I subscribe to this practice not only in trauma patients, but all of my patients who I think could be quite sick or have a concerning presentation and I would recommend you do the same. You should not feel reassured if your older patient has a worrisome chief complaint and a SBP of 108. For me this is hypotension until proven otherwise. This would be a great use of the shock index which can be applied to non trauma patients as well to help identify the patient who is at a high risk for decompensation.

- Increased HR. This makes sense to me as the higher the starting heart rate the more likely the patients were already starting to develop a tachycardic compensation for potentially cardiogenic or another type of shock.



Beltronics

For ALL Of Your Communications Needs



JEFF LABRIE

📍 240 Main Dunstable Road, Nashua, NH

🌐 www.Beltronics.net

✉ Jeff@Beltronics.net

☎ 603.402.4144 x254



- Lack of IV access. Obviously this data point supports the notion that IV access is an important step to minimize the chance of developing hypotension. It is interesting that lack of IV access was an independent risk factor itself. Since the study was a retrospective chart review type of study and not a randomized trial it's hard to know what to think of this data point as obviously an IV by itself will not somehow magically keep the BP up. It's possible that the patients getting IV access had some IV fluids running around getting their nitro therefore had less chance of dropping their BP. At the same time perhaps this chance was canceled out by the likelihood that the population of patients getting an IV was almost certainly a sicker cohort of individuals than those who didn't get an IV in the study (this is classic selection bias in a chart review study) and as such was at HIGHER risk for hypotension by having an IV! Who knows but this data certainly suggests that the presence of an IV wards off the hypotensive spirits somehow.

Other risk factors for hypotension which we know about (not addressed specifically in the above study) was the use of erectile dysfunction (ED) medications (Viagra, Cialis, etc.). This is a group of meds called phosphodiesterase inhibitors and if you give someone nitro who took these pills in the last 1-2 days (Viagra 24 hours, Cialis 48) the patient can develop severe and refractory hypotension. I think we'd all like to assume we ask every patient about the use of ED meds prior to nitro but that's not reality. In fact this past week I heard an incoming radio report where someone was being administered nitro for their chest pain/STEMI that started after "taking a lot of Cialis". I have 100% been guilty of forgetting to ask someone about this as well so I don't mean to cast stones on this one, rather just to demonstrate that we're all human and we should do everything we can to make sure we are ready for a complication like hypotension with adequate IV access before we start giving a medication like Nitro.

As a further FYI and reminder, inferior STEMI is no longer a contraindication by itself for giving nitro as more recent data has shown there is generally not an increased risk for developing hypotension ("Prehospital Nitro Safety in Inferior ST Elevation MI", Prehosp Emerg Care 2016 showed 23% of inferior STEMI patients developed hypotension post nitro and 23% of non-inferior STEMI patients developed hypotension post nitro). There is still the recommendation from the AHA and Euro Society of Cardiology that nitro be avoided when there's a RIGHT ventricular MI present however. Right ventricle MI complicates about 50% of EKGs showing inferior MI's, which is where the old dogma to avoid nitro in inferior MI's comes from, however even this recommendation has been challenged recently as well! ("Adverse events from nitrate administration during right ventricular MI: a systematic review and meta-analysis", 2023 Am Journ of Emerg Med).

For those into pathophysiology, recall that the right ventricle is a low pressure system that acts like a conduit for blood to move to the left ventricle where it's pumped out to the coronary arteries and all our organs. As nitro causes the venous system to dilate there can be a drop in systemic blood return to the right heart with it's use. Combine that drop in blood return with a poorly functioning right ventricle because it's also experiencing an MI and you can get a drop in blood pressure and overall cardiac output. This is bad.

This cascade of events is also where the classic teaching regarding Beck's Triad comes from: In a patient with acute chest pain or SOB who has hypotension, clear lungs (the blood is backing up BEFORE it can get to the lungs so there is no pulmonary edema), and jugular venous distension (JVD), you should consider this as right sided heart failure until proven otherwise (usually either a right sided MI, large pulmonary embolism, or cardiac tamponade). The JVD arises because venous blood draining from head backs up and causes the external jugular veins to swell when it meets a right ventricle already over-distended with blood b/c it's not functioning well.

Bottom line in patients with an "inferior MI", you can use nitro but be extra cautious with it's use, make sure you have good IV access and plenty of BP to work with. I would not hesitate to give nitro to someone with an inferior MI and a BP of 180 systolic but I would avoid it if their pressure was more around 110-120, especially if they have a history of hypertension and likely live at a higher BP at their baseline. Bonus points if you obtain a right sided EKG which can obviously further help you determine if there is a right sided infarct.

For those EMT's that help patients take their own nitro without IV access I say to you, fear not my friends!! Given it's the patient's own prescription it's likely they have taken it before and know how they respond to it. They are likely familiar with their own "brand" of anginal symptoms and can tell you if it feels similar or different, and it would also be very unlikely anyone would co-prescribe them any erectile dysfunction meds. I think overall this is a low risk cohort to experience an adverse event given those factors. That being said, you still must obtain a BP prior to giving nitro and if it's on the low side, I would avoid it. What is "low" you ask? As I noted above, for me in an older patient it's anything 110 or below however an EXTREMELY powerful question that we should all be asking our patients is what their baseline blood pressure is. Most of our population will know this number and if they are surprised that their BP is 120/60 because they "usually run much higher", this is a huge red flag and I would consider that patient to be peri-hypotensive until proven otherwise and I personally would recommend you avoid nitro in this patient. Remember, nitro is a great drug and it will likely always have a place in our cardiac tool kit, but the data to support any significant mortality benefit when it is used in a patient with acute coronary syndrome is not great.

Take-home points:

- 1) If you have the ability to, best practice would support establishing IV access before giving SL nitro.
- 2) Overall risk of developing hypotension after SL nitro is around 2-3%.
- 3) Ask about erectile dysfunction meds or medications for pulmonary hypertension (also phosphodiesterase inhibitors) before giving nitro.
- 4) Age adjust your threshold for what is considered "hypotension" and compare a patients recorded BP to what their baseline is.

Hope that was informative!
Robby
rrix@crhc.org

NEW HAMPSHIRE LOCATIONS NOW OPEN!

 **Barrington**

132 Pierce Rd. • 800-256-5423

 **Manchester**

1400 S. Willow St. • 800-562-3814



POWERED BY
ALLEGIANCE
TRUCKS®

**EMERGENCY VEHICLE
PARTS CENTER**



INNOTEX GRAY™

*PARTICULATE-BLOCKING
HOOD 25 NANO*

**NOT MADE WITH
PFAS**



INNOTEX
ENERGY™

FEATURING

StedAIR®
CLEAR

Tilton-Northfield Fire District issues Unit Citations



From Left to Right. Matt Gilman, Travis Gosine, Kyle Boynton, Ryan Pelow, Michael Sitar. Not pictured is Dan Leathers.

TNFD members were awarded a Unit Citation for their extraordinary life-saving efforts during a water rescue in March.

On that day, members answered the call with unwavering bravery and skill, rescuing a young child. Their quick thinking, teamwork, and dedication made all the difference, turning what could have been a tragedy into a story of hope and courage.

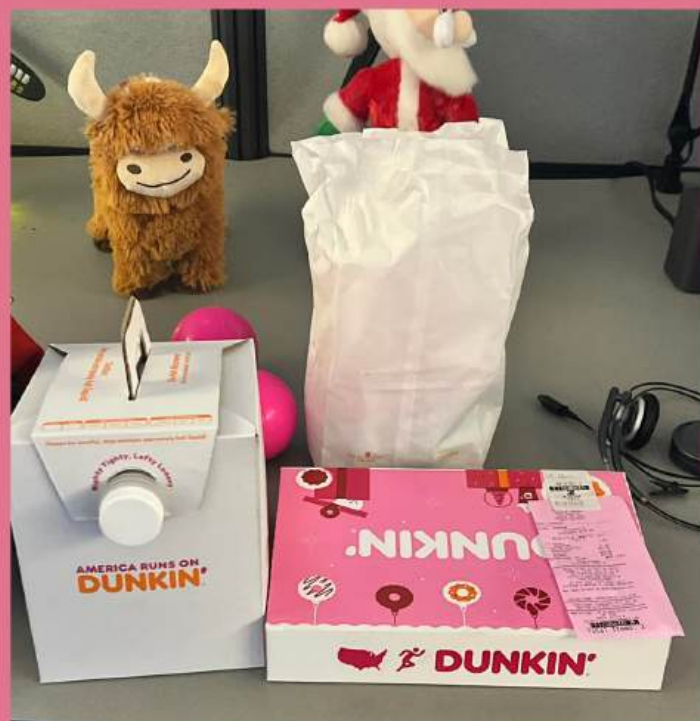
This award is a testament to the incredible commitment of our team to the safety and well-being of our community.

LRMFA Has a Busy Day

The Lakes Region Mutual Fire Aid dispatch center has been bustling lately! On December 27th, Lieutenant LaDuke and Dispatcher Olisky had an extremely busy shift, handling a 2nd alarm building fire in Franklin, a 1st alarm building fire in Center Harbor, and multiple calls across several towns—all while ensuring every call was handled with professionalism and care.

We'd like to thank to our friends down the street at the Belknap County Sheriff's Office! Their dispatchers and deputies went above and beyond by sending over coffee and donuts to keep our team fueled during the hectic day.

We're so proud of our team and the incredible collaboration among first responders in the region.



RECENT ORDERS

LAKES REGION FIRE APPARATUS, INC.



SALES & SERVICE SINCE 1991

ALEXIS AUTHORIZED DEALER

Laconia NH

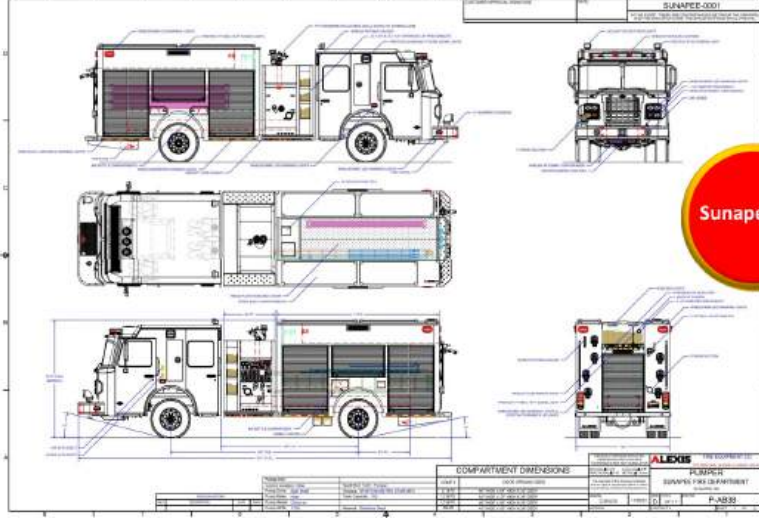
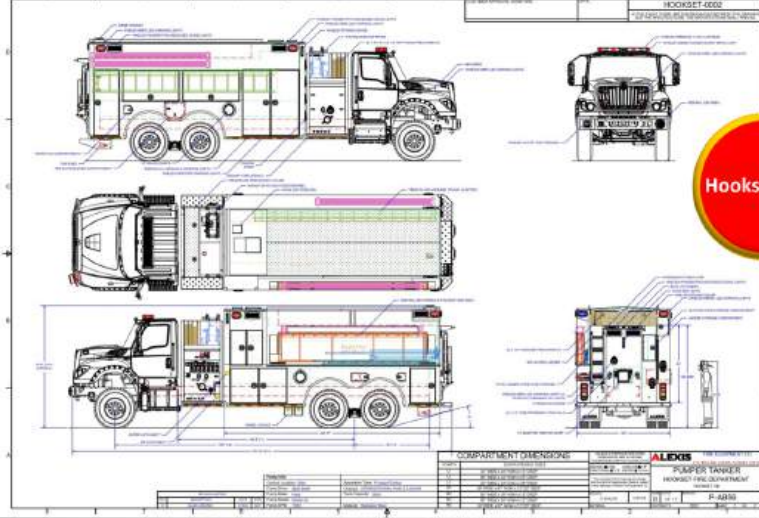
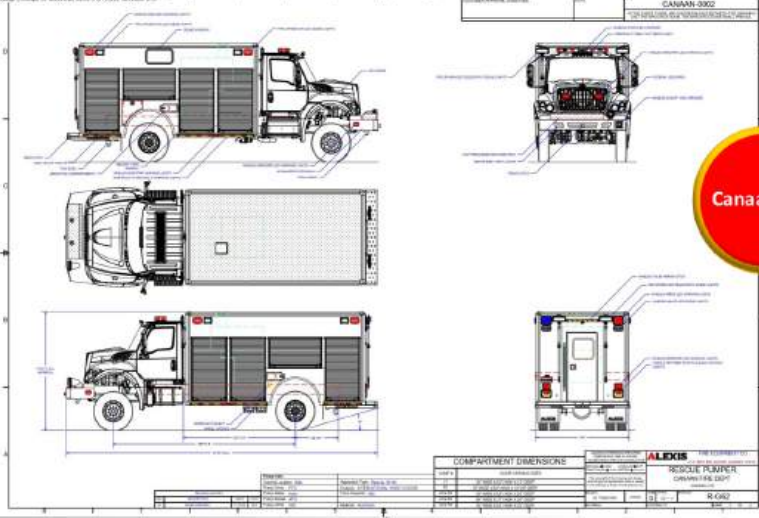
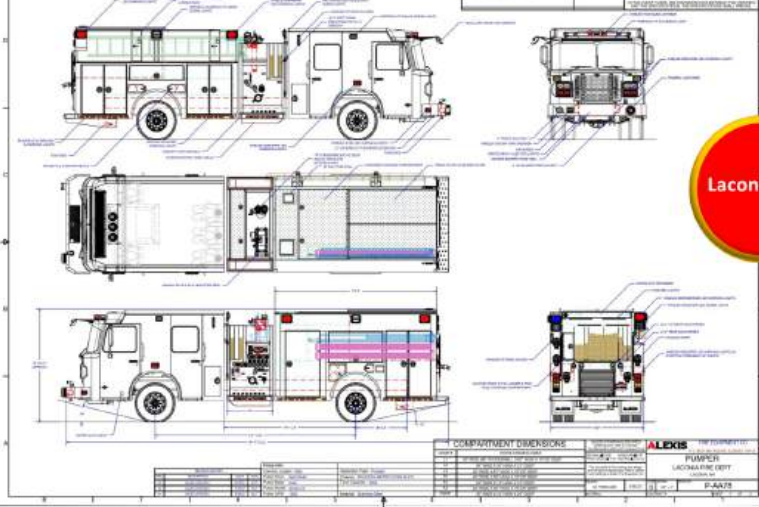
Canaan NH

Hooksett NH

Sunapee NH

6688 Ossipee Mountain Hwy./Route 225, Tamworth, NH

Phone: 603-323-7111 / Email: info@lakesfire.com



LRMFA Hosts Firematic and Res-Q-Jacks For An All Day Training



On November 9th, the LRMFA Training Division hosted Res-Q-Jack and Firematic at the Gilpatrick Recycling yard in Bristol for an all-day training on the use of the Res-Q-Jacks. Beauchine Auto Services spent the day with us moving cars around as we needed them moved. The program started at the New Hampton Fire Station with the classroom portion, and then moved to the salvage yard. This program was limited to 36 students, and there was a wait list. It was a very popular class. The program was FREE to LRMFA members, and included snacks, and lunch catered by The Looney Bin. The class received very high reviews.





Mashed Potato Showdown at LRMFA

LRMFA conducts quarterly staff meetings, they are an opportunity to get the entire team together to train, and go over new and upcoming policies, projects, and anything else that is needed. While preparing for the December 19th staff meeting, which was to have a “Christmas Dinner” theme. Deputy Chief Hannafin had offered to prepare the Mashed Potatoes for dinner.

Chief Goldman and Deputy Chief Hannafin had a disagreement about the correct way Mashed Potatoes should be prepared. Believing his recipe was better, Chief Goldman went out and bought the needed ingredients. Lt. Matt LaDuke oversaw a blind taste test from each member of the team, with everyone voting on their favorite of the two choices. Chief Goldman’s mashed potatoes won by a single vote to conclude the friendly culinary competition. We may have to incorporate a friendly culinary competition into each of our meetings. A special thank you to Lt. Fowler for frying a turkey, it was delicious.



The New Hampshire Emergency Dispatcher’s Association 2025 Training Conference and Vendor Exposition

April 7th-10th, 2025

Grand Summit at Attitash
104 Grand Summit Drive
Bartlett, NH 03812

Early Bird Registration for NHEDA Members \$199

Registration for Non-NHEDA Members \$250

Tuesday or Wednesday Day Pass \$99

Thursday Day Pass (half day) \$69

Awards Banquet Only \$75

Guest/Spouse \$250

Vendor \$650

Extra Booth Attendee \$200

Follow the Scan Code to the conference registration.



Download the Eventleaf App to get the most up to date information

Center Harbor Home Heavily Damaged by Fire



On December 27th, at 12:02 Lakes Region Mutual Fire Aid dispatched, Center Harbor, Meredith, Holderness, and Moultonborough to the area of 28 Daniel Webster Highway for a reported building fire. A 911 caller advised there was heavy fire showing from a building next to this address. A first alarm was requested after police arrived on scene and confirmed a well involved building fire at 24 Daniel Webster Highway, bringing companies from Laconia, Sandwich, and Stewart's Ambulance. Upon arrival, Meredith 14E4 found a 1.5 story log cabin with heavy fire showing from the first and second floor doors and windows. Crews stretched a 2.5" line and began an exterior attack. Center Harbor 5E3 and 5E1 arrived shortly afterwards, placing 3 additional attack lines into operation. Due to heavy fire conditions, an interior attack was not possible. However, crews were able to get the fire under control after approximately 1 hour. Daniel Webster Highway was closed during fire suppression operations. There were no injuries. The cause of the fire remains undetermined as of this writing.

The Center Harbor Fire Department expresses thanks to our valuable mutual aid partners for their assistance today and every day, including Meredith, Holderness, Moultonborough, Sandwich, Laconia, Ashland, Stewart's Ambulance Service, and Lakes Region Mutual Fire Aid as well as Center Harbor and Meredith Police, NH Department of Transportation, and New Hampshire Electric Cooperative.

Over 100 Dispatchers Attend RIT For Dispatchers



On December 2nd the NH Emergency Dispatchers Association partnered with the Derry Fire Department, and the Massachusetts Fire Academy to host "Rapid Intervention Training for Dispatchers." This course was developed by the Massachusetts Fire Academy specifically for Dispatchers. Over 100 Dispatchers attended, including five of Lakes Region Mutual Fire Aid's team. The program received extremely high reviews and was well received. NHEDA will be working to try and bring this much needed, very specific training back into NH again.



During the October Conference and Exhibition of the New England Division of the International Association of Fire Chiefs held at the Mohegan Sun, in CT. Meredith Fire Chief Ken Jones was sworn in as the President. Once again, Congratulations Chief Jones.

Hemphill Radio Site Upgrade



The radio tower for Bristol Fire, Bristol PD, Lakes Region Mutual Fire Aid, and Franklin Police Dispatch was updated to meet FAA requirements. The Hemphill Tower is now lit as required by the FAA

As part of a large infrastructure investment that Franklin Police Dispatch is making in their public safety communications equipment, the Hemphill tower needed to complete registration with the FCC. During this process it was discovered that the FAA had previously determined the tower need to be marked and lighted in accordance with FAA Advisory circular 70/7460-1 M, Obstruction Marking and Lighting. The Hemphill Tower was reconstructed in 2017 in a joint effort between the Town of Bristol and Lakes Region Mutual Fire Aid. That year also saw a change in leadership at the Bristol Fire Department and LRMFA, with both Chief's coming into an already started project and both Chief's believing that the FAA requirements had been met. Unfortunately, that was not the case, and more unfortunately we needed to light and mark the tower.

The FAA Circular is cited above, so that anyone that wants to can look at it. Further, it is not as cut and dry as 200' = lights, and less than 200' = no lights. The original determination from the FAA was that we had to light and paint the tower. The cost of this would have been significant. The Fire Chief worked with FAA in the hopes that they would see that this tower has little to no extension above the tree line and therefore poses the same risk as the trees that surround it for air traffic. This was unsuccessful. The FAA did determine that the Town could go with a Medium Dual System of lighting, which would mean we didn't have to paint the tower.

The Hemphill Tower is a critical component in the communication systems of Bristol Fire and Bristol Police Department, as well as Lakes Region Fire Dispatch and Franklin Police Dispatch, in order to continue to have this vital resource the Town was required to install the lights that now appear on the Tower. Flashing white during the day, and red at night. We understand that the new lighting is now visible and has changed the view that some previously had. We appreciate your taking the time to read this and understanding the importance of this equipment, and how little we could do to change the requirement from the FAA. We would also like to thank Ossipee Mountain Electronics and the City of Franklin for sharing the cost of this equipment ensuring that Public Safety could continue to benefit from the current tower infrastructure and improve communications through Franklin's ongoing upgrades and planned future upgrades for the site.



Firematic Supply is your full-line dealer/distributor of all types of firefighting equipment, including:

- **MSA Safety** for the G1 SCBA, thermal imaging technology and gas monitoring equipment
- **Hurst Jaws of Life** extrication tools
- **Res-Q-Jack** stabilization, extrication and rescue systems

Firematic also provides authorized training for this lifesaving equipment. Contact us to see what we can do for your department.



Firematic
 SUPPLY COMPANY, INC
 ONE LIFE IS WORTH IT™

FIREMATIC.COM
 888-434-7362

Local Agencies Host Boot Drives to benefit the Greater Lakes Region Children's Auction



Several local departments hosted boot drives in November to raise funds for the Greater Lakes Region Children's Auction. LRMFA was glad to partner with TNFD to help with this endeavor.

Smoke Detectors Alert Occupants of House Fire in Center Harbor



At 1:51 on January 3rd, Lakes Region Mutual Fire Aid dispatched Center Harbor with automatic aid from Ashland, Meredith, and Holderness for a reported building fire at 127 McCrillis Hill Road. While en route, dispatchers updated responding companies that the caller was advising the house was on fire and it was unknown if all occupants had evacuated. Center Harbor 5C1 requested a first alarm assignment prior to arrival. Holderness 12C2 arrived on scene and found a 2.5 story wood frame house with heavy fire showing but was able to determine that all occupants and pets had safely evacuated, having been alerted by smoke detectors in the home. A second alarm was requested. Meredith and Ashland engines arrived on scene and initiated an aggressive fire attack. A tanker fill site was established at a dry hydrant at Hawkins Pond. Due to the high winds, lack of nearby water supply, and heavy fire, third and fourth alarms were requested. While the home suffered severe damage, the fire was prevented from spreading to nearby outbuildings, including a barn. The fire was brought under control after approximately 3 hours. No injuries were sustained by occupants or firefighters during the incident.

Assistance was received from the American Red Cross and a local hotel who provided temporary lodging for the homeowners. The cause of the fire remains undetermined currently but is under investigation by department officials and the New Hampshire Fire Marshal's Office.

This incident underscores the importance of having working smoke detectors in homes and checking them frequently to make sure they are functioning properly. Given that this fire started in the middle of the night while occupants were sleeping, this incident could have had a tragic outcome had they not been alerted by their working smoke detectors.

The Center Harbor Fire Department expresses its sincere appreciation to the many fire departments who assisted at this incident, including Meredith, Ashland, Holderness, Sandwich, Moultonborough, Laconia, New Hampton, Gilford, Belmont, Tilton-Northfield, Campton Thornton, Plymouth, Gilmanton, Sanbornton, Bristol, Stewart's Ambulance Service, and Lakes Region Mutual Fire Aid who aided at the scene and Tuftonboro who provided station coverage. Additional assistance was received from Center Harbor Police, Meredith Police, New Hampshire State Police, New Hampshire Electric Cooperative, Center Harbor Public Works, Holderness Public Works, NH State Fire Marshal's Office, and the American Red Cross of Northern New England. As always, we truly thank these organizations for their assistance.

**September
13th, 2025**

SAVE THE DATE!

New Hampshire

**Fire Rescue
Conference**



**LAKES REGION
COMMUNITY COLLEGE**

379 BELMONT ROAD
LACONIA, NH
03246



**LAKES
REGION
COMMUNITY
COLLEGE**



Moultonborough NH & Northfield NH

sales@omesbs.com

Monday - Friday 8am - 4:30pm
800-639-5081

www.omesbs.com

LRMFA Annual “First Call of the Year” Contest

Each year, LRMFA puts a social media post up on New Years Eve asking followers to take their best educated guesses at which agency will have the “First Call of the New Year.” Winners usually get bragging rights until the next year when a new winner is crowned. However this year we were able to put together an LRMFA Exclusive SWAG bag for the winner. With over 117 comments and guesses on the post, a winner was declared within 20 minutes of the new year.... Allison Vosgershian won, by correctly guessing Ashland Fire to be the first department having a call. Technically the first call was for Ashland Fire with Plymouth Fire for a medical call. We had to consult the LRMFA member guide, which clearly puts the call in Ashland as the “host agency” and Plymouth as Auto Aid, so the winning community is Ashland. Great job Allison and we hope you can retain your title a second year in a row, going into 2026.



Moultonborough Mourns the passing of Retired Fire Chief Richard Plaisted

Moultonborough Fire Rescue regrets to announce the passing of former Fire Chief Richard Plaisted. Chief Plaisted passed away peacefully on December 16, 2024, at Forest View Manor in Meredith. Chief Plaisted devoted 30 years of service at Camp Winaukee and was a dedicated member of the Fire Department, serving in various roles, including Fire Warden and twenty-five years as Chief of the Department. He was the Town's first full-time Fire Chief, serving from 1994 until his retirement in 2004.

During his tenure, Chief Plaisted oversaw the operation of the Red Hill fire tower, served as Fire Warden, and was a director of the Lakes Region Mutual Fire Aid system. He played an integral role in its transition to a communications center dispatching 38 communities across an area the size of the state of Rhode Island. Chief Plaisted was instrumental in introducing new technology and training techniques to the Fire Department and was a staunch supporter and advocate of the fire explorer program. He was also a member of the Carroll County Forest Fire Wardens Association. Chief Plaisted was a resolute community volunteer, serving with many local groups, including the Lions Club, Moultonborough-Sandwich Senior Meals, the Boy Scouts, and the Historical Society. There will be a celebration of life in the spring, but no calling hours or funeral. In lieu of flowers, donations can be made to the Moultonborough Volunteer Firefighter's Association, P.O. Box 446, Moultonborough, NH 03254-0446.



RETIREMENTS



Chief Tom Morrison
Plymouth Fire
34 Years

FOLLOW US ON SOCIAL



@lrmfa



@lrmfa



@lrmfa



lrmfa.org



NEWS FROM THE DISTRICT



Center Harbor's new Rescue 1, a 2024 Ford F-350 upfitted by Adamson Industries with graphics by Mike Sullivan



Patriot Rail Company Emergency Responder Training in 2024

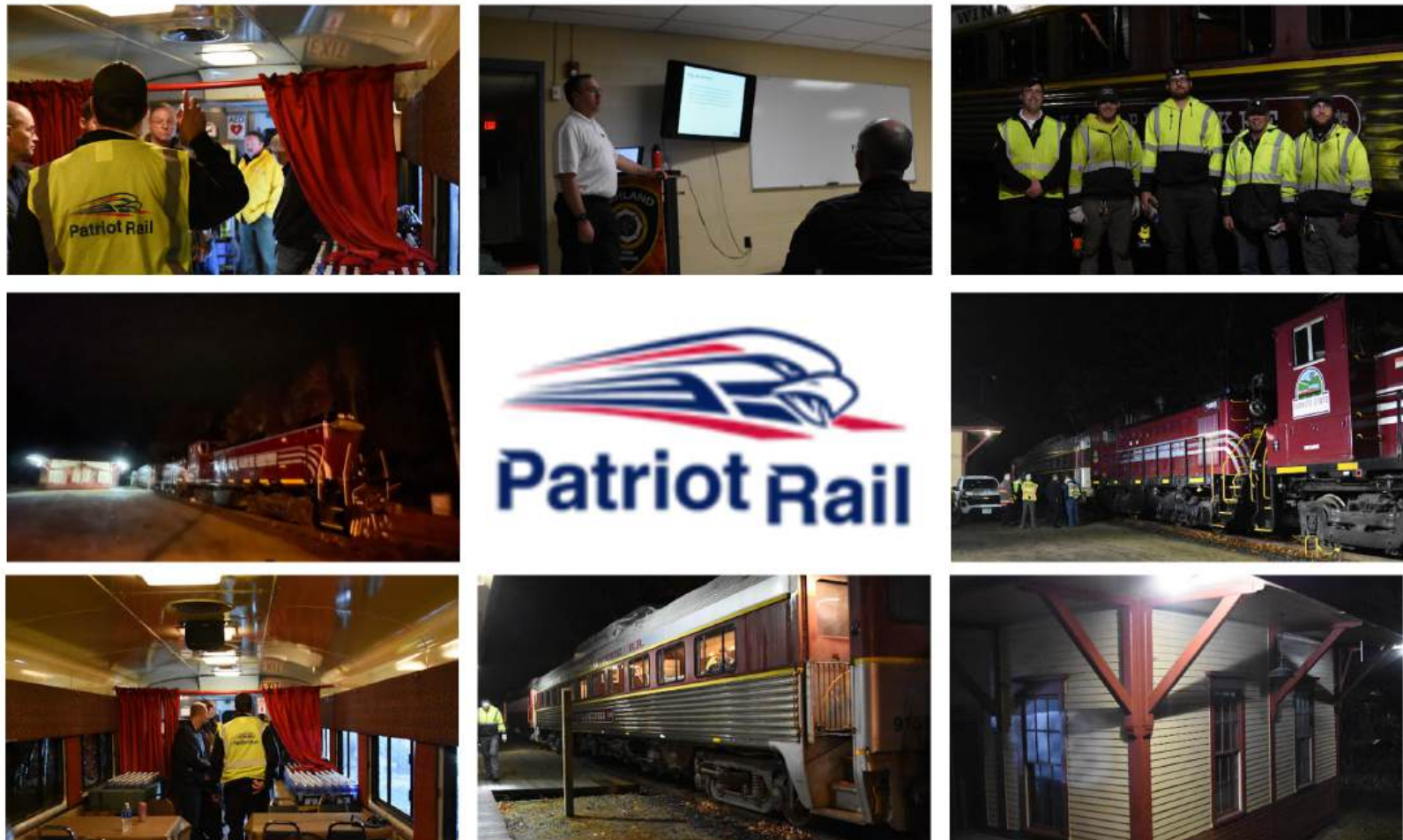


Photo Credit: Jonathan Minor

ANNIVERSARIES

PROMOTIONS



1 Year
Lt. Matt Laduke
LRMFA



7 Years
Lt. Ricky Fowler
LRMFA



Fire Chief
Kevin Pierce
Plymouth Fire



Master Firefighter
Andrew Perkins
Franklin Fire



3 Years
Adam Sattler
LRMFA



2 Years (Seasonal)
Max
LRMFA



Deputy Chief Coordinator
Erin Hannafin
LRMFA



Lieutenant
Brian Dumka
LRMFA

NEW HIRES



Peter Peterson
Meredith Fire



Jerry Suiter
Meredith Fire



Grace Shoemaker
Franklin Fire



Matt DeRoche
Laconia Fire



Chris Mayer
Laconia Fire



Tim Griswold
Laconia Fire



Hannah Gannon
LRMFA

NEWS FROM THE DISTRICT





BFD Times

**Welcome Probationary Firefighter,
Liam Foston!**



(Pictured Shift 3 L to R: FF/AEMT Dalton Brown, FF/AEMT Trevor Gilbert, PFF/EMT Liam Foston, Lt. Tom Ryan)

We are pleased to welcome our newest member to the Belmont Fire Department! As of December 16th, please welcome Probationary Firefighter Liam Foston! PFF Foston joined us as a Call Member in September and is learning the ropes at rapid speed all while attending Lakes Region Community College. Once PFF Foston has completed his daytime training rotation in mid-January, he will be joining Shift 3. (Photo above)

Welcome to the BFD family, Liam!

LAKES REGION MUTUAL FIRE AID BY THE NUMBERS

	Month	Admin	Emergency	Incidents
2024 First Quarter	January	1447	2462	2262
	February	1249	2311	2148
	March	1389	2382	2291
	Total For Quarter	4085	7155	6701
	Avg/Day	44.89	78.63	73.64
2024 Second Quarter	April	1839	2678	2203
	May	1295	3558	1834
	June	1691	3525	2148
	Total For Quarter	4825	9761	6185
	Avg/Day	53.02	107.26	67.97
2024 Third Quarter	July	1565	3075	2246
	August	1603	2955	2165
	September	1306	2435	1713
	Total For Quarter	4474	8465	6124
	Avg/Day	48.63	92.01	66.56
2024 Fourth Quarter	October	1454	2668	1949
	November	1416	2504	2073
	December	1202	2572	2042
	Total For Quarter	4072	7744	6064
	Avg/Day	44.26	84.17	65.91
2024	Month	Admin	Emergency	Incidents
	Total for 2024	17456	33125	25074
	Avg/Day	47.82	90.75	68.70

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!*