



The Chief's Trumpet



Issue #45

September/October 2009

Official Publication of the New Hampshire Association of Fire Chiefs

www.nhafc.org

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The Balsams to Host September Meeting

(See page 8 for Ad)

The Association will host the September meeting of the NHAFC on Thursday, the 10th, at the Balsams Grand Resort in Dixville Notch, NH. The day will begin with golf for those interested. Reserve a tee time by calling Chief Stephen Carrier at the Tilton/Northfield Fire Department by email at 21c1@metrocast.net. The price will be \$50, payable on arrival at the course.

A Professional Development seminar will be presented at 4:00. The presenter will be Dave Demers and the subject will be the upgrading of the Balsams to meet fire and life safety codes and the partnership between the public code enforcement officials and private enterprise to accomplish the task.

A social hour begins at 5:30 pm. A Balsam's gourmet dinner will be served at 6:30 pm in the Hale Room, the price being \$45 pp. The menu is below.

Members/guests wishing to stay overnight, contact the Balsams directly at (800) 255-0600.

MENU:

House Made Mozzarella
with Sundried Tomatoes
Basil Pesto and Balsamic
Reduction

Mixed Field Greens with
Red Onion, Black Olives and
Seedless Cucumber with
Balsamic Vinaigrette

Roast Prime Rib of Beef
Au Jus, Baked Russet Potato,
Green Beans Amandine or
Seared Atlantic Salmon Filet
Citrus Glaze, Couscous,
Spring Asparagus

Black Forest Cake or
Cherries Jubile

✂ — — — Clip and mail — — —

September Meeting

Attendees: _____

Department: _____

_____ Dinner (\$45.00 per person)

Please note: Jackets are required for dinner.

Make check payable to NHAFC and mail payment to Brent Lemire, 547 Charles Bancroft Hwy, Litchfield, NH 03052

Reservations and payment **MUST** be received by September 3, 2009.

Upcoming Meetings/Events...

- September 10 The Balsams, Dixville Notch
- October 8 Londonderry
- November 12..... Hooksett

Note: This is a tentative list and subject to change

Meeting Information...

Londonderry to Host October 8 Meeting

Chief Kevin McCaffrie and the Londonderry Fire Department will host the October 8 meeting of the NHAFC at the Yard Restaurant, which is at the junction of South Willow Street and Mammoth Road (Rt. 28 and 28-A) at the Manchester/Londonderry line.

A Professional Development seminar on Men's Health will be presented by retired Chief Ron O'Keefe, (currently with the LGC Risk services) at 4:00 PM in Salon B.

A networking hour will begin at 5:00 PM with dinner at 6:00 PM followed by the monthly meeting.

Make reservations by filling out the sign-up form below by the due date listed.

Clip and mail

October Meeting

Attendees: _____

Department: _____

_____ Dinner (\$32.00 per person)

**Make check payable to: NHAFC
and mail payment to:**
Chief Kevin MacCaffrie
Londonderry Fire Department
280 Mammoth Road
Londonderry, NH 03053
Reservations and payment
MUST be received by October 6, 2009.

Heart-Healthy Tips: Consume Less Sodium

Most of the sodium we consume is in the form of salt. Too much sodium is bad for your health. It can increase your blood pressure and your risk for a heart attack or stroke. Heart disease and stroke are the first and third killers of men and women in the United States each year and the leading cause of line-of-duty firefighter fatalities.

Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the following population groups, you should consume no more than 1,500 mg per day:

- You are 40 years of age or older.
- You are African-American.
- You have high blood pressure.

A new report from the Centers for Disease Control and Prevention shows that two out of three (69 percent) adults in the United States meet these criteria for especially high risk for health problems from consuming too much sodium. Eating less sodium can help prevent, lower, or even control blood pressure.

Most of the sodium we eat (77 percent) comes from packaged, processed, store-bought, and restaurants foods. Only about 5 percent comes from salt added during cooking, and about six percent comes from being added at the table. Naturally occurring sodium accounts for 12 percent of the sodium that we consume. You can find out how much sodium you are eating by checking the labels on food products and adding up the sodium milligrams. If at a restaurant, ask for nutritional information facts that include sodium.

Try these simple tips to reduce your risk of heart disease and stroke by limiting your sodium intake:

- Know your recommended limits for daily sodium intake. Talk to your health care provider to determine your nutrition needs.
- Choose foods like fresh fruits and vegetables.
- Read the nutrition label of the foods you purchase.
- In the soup aisle, look for reduced-sodium items – the average can of chicken noodle soup contains more than 85 percent of your daily recommended value of sodium.
- Ask for foods with no or low salt at restaurants.

Source: Centers for Disease Control and Prevention, Heart-Healthy Firefighter Program

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— *In Memoriam* —

Judy Marshall,

from the All American Investment Group and
Advocate Member of the NHAFC who
passed away on Friday, August 14.

Our thoughts and prayers are with her family.

Meeting Minutes

Minutes of a Meeting of the NH Association of Fire Chiefs

July 9, 2009 – North Hampton, NH

The meeting was called to order by President Wiggin at 1955 hours.

Following a salute to the flag and a moment of silence, a quorum call was taken.

Welcoming everyone was Chief Thomas Lambert who thanked everyone for coming and commended the staff for the meal.

Advocate Members present: Dave Witham from Primex; John Merrill from IPS.

Guests were introduced.

Chief Wiggin noted that the minutes of the previous meetings were printed and available for distribution. A MOTION (Mason/Christopoulos) to accept the minutes as printed, carried unanimously.

Deputy Chief Martin Carrier presented the financial report for the month. A MOTION (Mason/Christopoulos) to waive the report, carried unanimously.

Chief Lemire read one application in first reading, and three in second reading. A MOTION (Mason/Christopoulos) to accept those in second reading for membership carried unanimously. The NHAFC welcomes Fire Chief James Midgley Jr. from Pelham; Fire Chief Scott Williams of Alton and Retired Captain John Coleman as its newest members! Congratulations!

Chief Murray reported that there are committee vacancies listed on the website and in the newsletter and that we are actively seeking members to apply.

Chief LeClaire reported on the successful efforts of the legislative committee on the retirement bills.

Chief Carrier, for the Professional Development Committee, reported on the upcoming meetings and Professional Development activities.

Bob Duvall from the NFPA extended greetings and gave updates on local sprinkler ordinances being passed in Maine. They will be working to assist in these efforts in New Hampshire.

Fire Marshal William Degnan reported on his office's efforts toward adopting local ordinances. He also reported on a fire today in the Upper Valley region. He thanked members for their support during the legislative session on the various issues that passed.

Fire Standards & Training and EMS Director Richard Mason reported on the following:

- 60 Explorers at the Academy last week.
- Kids of Deployed soldiers program at the Academy this week.
- Government Officials Day October 3 at the Academy.
- Fire Chief Chris Christopoulos new CFO designation.
- Camp "Fully Involved" for females to be held next month.

Chief Sullivan noted that the Seacoast Fire Officers donated \$400 toward sending the Explorers to the NE Chiefs Conference.

Chief LeClaire reported on the activities of the Advisory Council on Emergency Preparedness.

Chief Brad Simpkins reported on the very low fire danger of late. He asked that reporting continue even though the fire towers are not manned full time. He stated that a crew went up to Quebec to assist last month and their efforts to work with other agencies on various activities.

Chief Morrill, for the NEAFC, reported on the annual conference. He thanked the NEDIAFC and the Mechanics Assn. for their partnership.

Chief Carrier echoed Chief Morrill's sentiments on the conference.

Under Unfinished Business, Chief Murray reported on efforts to assess the relationship with the Local Government Center and reported on the meeting held on Wednesday. He stated that a final report will be completed and presented at the September meeting for member input.

Under New Business, Chief LeClaire made a MOTION to donate \$7500 toward a suit against the State of NH over retirement issues. Chief Wiggin ruled the motion out of order at this point. Director Mason moved to table the vote until further information is received. Chief LeClaire consented to bring more information to the Board of Directors. Deputy

Meeting Minutes (continued)

Carrier expressed his opinion that this action is not in our best interest as a budget item. Discussion ensued on the pros and cons. Further information will be forthcoming.

Under Good and Welfare, Chiefs Bradley and Carrier for the IAFC presented retired Dep. Chief Martin Carrier his Life Membership packet from the IAFC. The also presented retired Chief Stephen Allen his Life Membership packet.

Director Mason thanked everyone for golfing and reported a \$300 donation to the American Cancer Society.

Chief LeClaire asked if there were changes to C2F2 program. There were none.

The next meeting will be August 13 in Lebanon.

The meeting was adjourned at 2039 hours.

Respectfully submitted,

Chief Brent T. Lemire, ret.
Secretary, NHAFC

Notes on H1N1 Flu from NH Homeland Security

Director Christopher Pope, at the August 13 meeting in Lebanon, briefed NHAFC members on the Governor's meeting with department heads earlier today on H1N1. He noted that H1N1 strain has not gone away it has been with us through the summer which is why it makes this strain a bit more challenging from a medical standpoint. Several summer camps were affected and people have been hospitalized, however, we don't know the actual numbers of cases as the CDC, WHO and NH DHHS no longer test everyone as we know there is a pandemic. The Governor, Department of Education, Health & Human Services and HSEM held a press briefing and are focusing on schools at the moment since they will be starting in less than two weeks. There will be a conference call next Thursday with superintendents, principals, school nurses and athletic directors. The message is the same message from this Spring, wash your hands, cover your cough and stay home if you are sick plus one day after the symptoms subside; prevention is the key. HSEM has been working closely with the health department on H1N1 planning efforts over the past month with six working groups: counter measures, med surge, lab/surveillance, clinical guidance, continuity of operations planning, and public information. The state will be doing lots of over communicating with all our stakeholders in the coming weeks and months; we need to ensure everyone gets the same message and that we are clear in those messages. Director Pope encouraged everyone that if they don't know their AHHR contact for their region that they give him or Jenn Harper a call. These are the folks that are doing lots of the planning, but need your assistance on the response side of the house as they haven't had a lot of experience and Fire Chiefs certainly have that experience and should be providing it to their AHHR to ensure readiness.

Jennifer Harper, Bioterrorism Coordinator, at HSEM asked that if any department had an after action report, comments or notes that they want to share with the state on the initial H1N1 response from this spring that they send them to her for inclusion into a statewide after action report. Jenn announced that NH had received approximately \$3.3M for H1N1 planning and that a third round of funding would be coming from CDC for response, exactly what that will cover is unknown at this time. The large portion of the initial funding will be going to the AHHRs to enable them to hire an additional planner and to purchase supplies for the points of distribution (PODs) and acute care centers (ACCs). Additionally, the state is getting ready to preposition some PPE assets within each region to alleviate some of the problems this spring when regions ran out of materials and had to wait for them, this way they will be easily accessible during an event. Jenn stated that if you have any questions or concerns or don't know who your AHHR coordinator is in your area that you give her or Chris a call anytime.

Jennifer L. Harper, BioTerrorism Coordinator
NH Department of Safety
Homeland Security & Emergency Management
33 Hazen Drive
Concord, NH 03305
Office: 603/223-3615
Cell: 603/419-9179
Fax: 603/223-3609
Email: jennifer.harper@hsem.nh.gov
www.nh.gov/safety/divisions/hsem

Meeting Minutes

Minutes of a Meeting of the NH Association of Fire Chiefs

August 13, 2009 – Lebanon, NH

The meeting was called to order by President Wiggin at 1840 hours.

Following a salute to the flag and a moment of silence, a quorum was declared.

Host Chief Chris Christopoulos welcomed the members and guests and thanked all those who golfed today. They recognized

Chief Christopoulos introduced the Lebanon City Manager. Chief Murray introduced Carl Braley, Superintendent of operations at the Manchester Airport.

Chief Lemire presented the minutes of the July meeting were printed and available. A MOTION (Mason/Christopoulos) to accept them as amended to show the corrected names (Bradley & Carrier on page 2), carried unanimously.

Treasurer Martin Carrier presented the financial report for July. A MOTION (Mason/S.Carrier) to accept his report, carried unanimously.

Under Communications, Chief Lemire read emails from Senator Shaheen's office and Congressman Hodes' stating that they will be joining the CFSI. Congressman Hodes also described the AFG appropriation process which will be going to conference committee.

Chief Lemire read four applications in First Reading.

President Wiggin reported that:

- Chief Thomas Lambert has stepped down from the Building Code Review Board and the Board of Fire Control. He has also been granted Life Membership
- Mechanisms are in the works for the NHAFC to administer a grant sought by the Fire Marshal's Office (conducting hazmat inventory throughout the state).
- Retired Chief Charles Hall is conducting a statewide hazards survey and gave a brief report of activities.
- The C2F2 vote was nullified by the Attorney General's Office. A revote will occur on September 2.

Chief Shawn Murray, 1st Vice President reported on the openings on committees which are posted on the website.

He also reported on the vacancies already filled. He also reported that he had attended a meeting of the NH Police Foundation and described the activities of the organization. He stated that the President had appointed a committee to study our relationship with the LGC and named the members. He reported that a meeting had been held with them and described the facts as presented at the meeting, which resulted in a positive outcome. He presented his findings in a report and recommendation, which states that we continue our relationship with them and pursue to opportunity to have two of our members sit on their Advocacy Committee. It is the intention to maintain open lines of communications and request of them that our name be removed from letterhead used in lobbying/political activities. A MOTION (Christopoulos/Mason) to accept the recommendation of the committee, carried unanimously.

Chief Steve Carrier, for the Professional Development Committee, reported on the upcoming meetings in Dixville Notch (September) and Londonderry (October).

Fire Marshal William Degnan reported that a public education position is open in his office, funded by the safe cigarette fees. They will be establishing a statewide outreach program and are looking for a marketing/teaching person for that task. He also will be speaking at the Consumer Product Safety Committee on several issues.

Deputy Carrier reported on the upcoming meeting in October of the NVFC and legislation for tax code adjustment for volunteer firefighters. They are currently looking for Senate sponsors.

The Advisory Committee on Emergency Preparedness will meet on September 11. Chief Christopoulos is our representative.

Director Don Bliss reported on upcoming efforts of the State Building Code Review Board.

Chief Christopoulos, for the NEDIAFC reported that:

- FRI registration seriously reduced this year. Only 30 from New England so far.

Chief Morrill, for the NEAFC, reported on planning efforts for next years New England Chiefs conference.

Meeting Minutes (continued)

Director Mason reported on:

- C2F2 program is in its first week, and various “summer camps” held at the NHFA this year.
- Promotions/hirings within the Division and status quo budget will allow the same programs to be offered.
- November 5, 2009 Academy Awards and the recipients nominated so far. October 7 Committee of Merit Awards at the Capitol Center

Under Unfinished Business: Chief Wiggin reported on the retirement coalition request for funds to file suit against the state retirement system due to actions taken affecting contributions. The Executive Committee voted to join the suit with a contribution of up to \$7,500. Chief Murray explained the petition and process. A MOTION (Landry/S. Carrier) to have the Association contribute up to \$7,500 toward the suit, carried unanimously after discussion. The discussion included Deputy Carrier asking where he should take the money from. Suggestions included \$2,000 from the NVFC line and various others. Chief Murray suggested that the Board of Directors determine the source. Chief Wiggin reported that if the suit is successful, the association may be reimbursed for legal expenses. Chief Bradley suggested that we should go forward with the Executive Committee creating a mechanism to deal with these requests for un-budgeted money.

Chief Wiggin reported that he had asked the LGC for assistance in by-law review and 501C6 status change. They cannot help with the 501 C6 status but will help with the by-law review.


Director Homeland Security Chris Pope made a presentation on the H1N1 flu status and preparations made. He attended a meeting with the Governor and various state

agency heads. He described the tracking procedures and the various teams established to provide outreach and deal with the pandemic as we go into the upcoming flu season.


Jen Harper, Bio-Terrorism Coordinator for the agency added that an after action report for the April, 2009 response is being formulated and input is requested from the Fire Chiefs. She stated that the CDC has awarded the state \$3.3 million for planning and the state labs for surveillance. Most of the money will go down to the local levels for supplies and acute care centers to deal with outbreaks. Additional funding will be forwarded as the situation unfolds and the needs arise. Their office is attempting to increase response capabilities to this pandemic and will continue to work with the agencies involved and affected.

Following the raffle, the meeting was adjourned at 1957 hours.

Respectfully submitted,
Chief Brent T. Lemire, ret, Secretary



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New Hampshire Association of Fire Chiefs

September 10, 2009

*Come back to the
Balsams!*

September Monthly Meeting



The BALSAMS
Grand Resort Hotel

The BALSAMS is described by the *Zagat Survey* as "Extraordinary . . . the best in New England," and has been awarded *GOLF Magazine's* award as one of the "best golf resorts in America." *GOLF Digest* repeatedly lists The BALSAMS as the top-rated course in New Hampshire. The BALSAMS is on the National Register of Historic Places. In addition, *Conde Naste TRAVELER Magazine* rates The BALSAMS on their *Gold List 2007* with a 100 rating for *cuisine and best service in New England*.

Highlights

- ◆ Rooms starting at \$119/night single, \$69/pp/night double occupancy including breakfast and golf!
- ◆ If you aren't staying, come to golf—only \$50! Very Special Rate!!
- ◆ Enjoy a spectacular Balsam's dinner prior to the meeting! (\$45—worth every penny!)
- ◆ Enjoy North Country charm and unsurpassed scenery!



*Please note:
Jackets are required
for dinner.*

**New Hampshire
Association of
Fire Chiefs**

Contact: Brent Lemire or Steve Carrier for more information.

Successful Statewide Recruitment and Retention Campaign Funded by a SAFER Grant

IAFC On Scene: August 1, 2009

In May, VCOS board members heard about a successful statewide recruitment and retention media campaign funded by a SAFER grant. Greg Redden, of the Redden Group, presented the results of the Idaho Volunteer Fire & Emergency Services (IVFESA) recruitment and retention campaign.

Redden explained that IVFESA applied for a SAFER grant in June 2007; IVFESA was awarded the grant and immediately began a statewide program to reverse the declining trend of volunteer emergency responders in Idaho.

The ongoing campaign includes television commercials, public-service announcements, newspaper advertisements, online advertising, recruiting posters and training events. Within nine months of the campaign's start date, IVFESA received over 900 public responses to volunteer for their fire department from interested community members.

Not only does the SAFER Grant bring awareness to the need for volunteer emergency responders, but it also draws attention to the sponsoring association or department. Within a year, IVFESA increased membership by 54%.

Tim Wall is chief of the North Farms Fire Department in Yalesville, Conn., and chair of the Volunteer & Combination Officers Section.

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NEW HAMPSHIRE ASSOCIATION OF FIRE CHIEFS Welcomes its Newest Members:

Fire Chief *James Midgley, Jr.* of Pelham

Fire Chief *Scott William* of Alton

Captain, retired, *John Coleman* of Chester
Fire Sprinkler Association

Congratulations and welcome!

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Labor-Management: More Important than Ever

IAFC On Scene: August 1, 2009

In today's fire service, labor-management cooperation is always important. In difficult economic times, such as we're currently experiencing, a positive labor-management relationship is essential to the health and welfare of the communities we serve and the safety of the firefighters.

I was recently invited by the local leadership of Huntington, Ind., to a meeting with Mayor Steven Updike, a retired police officer. Huntington is a city in northeast Indiana with a population over 17,000. Due to the current recession and the fact that Indiana is in the middle of major property tax changes, the city of Huntington is facing budget shortfalls that could create a cutback of city services and layoffs.

Mayor Updike, with help from the firefighters, was able to get the county council to implement a public-safety income tax. This tax was a part of the solution, it but didn't cover the entire shortfall. So the mayor planned on introducing a trash-collection fee to the city council. Most of the neighboring cities already had collection fees in place, and the mayor and his staff calculated that implementing this fee would fill the funding gap and allow the city to maintain the standard of service the citizens of Huntington have come to expect.

Needless to say, Local 680 President Wayne Huff left the meeting pledging his support for the mayor's efforts. He presented the fee proposal to his membership and Local 680 voted unanimously to support the mayor's efforts.

When this fee increase was introduced to the council, it was met with trepidation, concern and opposition. During the course of the discussion, Huntington Fire Chief Matthew Armstrong asked, "Which one of the three fire stations do you want me to close?" This changed the focus of the discussion.

Chief Armstrong went on to say that cutting back any further on firefighter staffing was unsafe and he, in good conscience, couldn't reduce the staffing on a responding engine or ladder any further. If the trash collection fee didn't pass and daily staffing had to be reduced, a fire station would have to close.

Although as of this writing the issue is still pending, the discourse in Huntington has shifted. Because the chief stood with his firefighters to protect their safety and because of the union's recognition that these economic times require compromises and thinking out of the box, I am hopeful that the Huntington Fire Department will emerge intact from this economic downturn.

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- ★ National (*Class A & B Foam*)
- ★ Paratech (*Air Bags & Struts*)
- ★ Scott (*Breathing Apparatus*)
- ★ Scotty Firefighter (*Foam Equipment*)
- ★ Securitex (*Turnout Gear*)
- ★ Survivalink (*Defibrillators*)
- ★ Task Force Tips (*Nozzles & Hardware*)
- ★ Tempest (*Ventilation Fans*)

...and many more!

More than ever, it is important that labor and management concentrate on how they can work together to protect the safety and well-being of firefighters and citizens.

Create a regular dialogue with your labor-management partner that includes staying on top of your city's needs. What changes are occurring in your community? Growing or declining populations demand a close look at what the new demographics will require in terms of service. Consider whether there are any opportunities for expansion of the fire department's territory or the services that you offer.

Have your labor-management partner work with you on public relations opportunities. It's important to make sure the community is aware how valuable you are to the health and safety of the citizens. Finally, work together to answer the question, "How can we enhance the income of the city through development, services offered or joint marketing?" Retired Phoenix Fire Chief Alan Brunacini said it best when he would say, "There're things I just couldn't get done at city hall that the union could and it's imperative that we work together to be on the same page."

Now, more than ever, we must work together to make sure that everyone goes home safe.

Tom Hanify has 28 years on the Indianapolis Fire Department and currently serves as the president of the Professional Fire Fighters Union of Indiana. He is also a facilitator with the IAFC/IAFF LMI program.

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Fire Academy Hosts a Busy Summer!

The Fire Academy has seen a lot of use this summer in a variety of venues. The last week of June the annual Fire Explorer Training Academy took place with 60 youth attending and all worked toward certification modules from the Firefighter I program. The Civil Air Patrol's 2009 New Hampshire Wing NCO Leadership Academy was held for about 20 teenage youth who are active in that organization. Camp Fully Involved for young women who may want to have a fire service career is at the academy with 18 in attendance from around the country and is staffed with female firefighters from around New England...this is the third year we have been the host with very good results...beyond the

fire service results! Many may have heard about the FBI causing an explosion (actually 2 explosions) in a Hooksett sandpit for the post explosion investigation class...well that class was held at the fire academy bringing closer relations between the fire service and law enforcement. The last big event we will host prior to the summer's end will be a Certified Career Firefighter Program.

It was not that many years ago that we had the summer to maintain our equipment and complete preventative maintenance on our fixed facilities...we now have to plan these events so we can accomplish the necessary tasks to keep our equipment operational! Stay Safe!

Richard A. Mason, CFO, MIFireE Director NH Division of Fire Standards & Training and Emergency Medical Services

News From the Bureau of EMS

Even though its summer, the activity at the Bureau is far from leisurely!! The Trauma and Emergency Medical Services Information Systems (TEMSIS) program is in the midst of some major functional changes. Based on the input of EMS Providers, the Bureau applied for and received Highway Safety Funds to support these user friendly recommendations. Expect to see the changes be introduced late in the fall. The Mark One Kits Provided by Homeland Security and Emergency Management are being replaced by Duodotes Kits later this summer, the training module has been updated and distribution will start again this summer. The Immunization Training Program for Paramedics is being transferred to our on-line education center, NHOODLE (www.nhoodle.org) in preparation for what could be a tough flu season. Having more healthcare professionals like our NH Paramedics available to administer immunizations is more important now than it has been in the past. The availability on NHOOLE will allow for improved access to this training provided by Clay Odell, RN, NREMT-P, and Jeanne Erickson, RN, EMT-I. The EMS & Trauma Services Coordinating Board and the Medical Control Board started on a Strategic Planning process last August. In cooperation with the Bureau Staff, the final plan will be brought before the EMS & Trauma Services Coordinating Board at the September 17, 2009.

Suzanne Prentiss, CMO, EMT-P, EMS Bureau Chief



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