

Chief's Message

Well, after another round of flooding, I am sure that some of you would ask, "Why the heck do we pump basements?" The answer is simple: customer service.

I was going to write more and justify the process in detail, but it is not so much about the process as it is about the service. We are in the customer service business, just in case that wasn't clear.

When people are having a bad day, they call the fire department and they expect us to make it better. When flooding occurs, some people have a bad day because their property is damaged. We, for the most part, are the property damage people. And, certainly, unchecked flooding can lead to some unintended hazards.

So, when someone calls and asks if we can help them remove water from their flooded basement, my response is always that we will, at the very least, come out and look at it and they will be put on a list and we will be there as soon as possible. I try, in the nicest way to remind the property

owner that their situation is non-emergent in our list of priorities, but we will always try our best.

When we get to the home and confirm that there is, in fact, enough water that can be pumped, we make the determination as to which pump can and will be used to evacuate the water. We have a sump pump, a trash pump, E2's portable pump, and the forestry pump, all capable of handling these situations. Of course, we should not be putting any piece of emergency apparatus or equipment out of service for a flooded basement. But, if we can help, then, by all means, we will help.

A testament to the good will this activity is capable of producing is a phone call that FF Michuad received from a property owner on Lancaster Hill Road, this week. We had been to her home on a number of different occasions since the storm struck, trying to keep the level of water in her basement lower than the burner and firebox on her furnace. She was extremely grateful for our service.

Think about that situation. Sure; if the water had ruined the furnace, insurance would have paid for it. Or would it have? Check your homeowner's policies closely. Some may be surprised to find that "any act of nature" is not cover. But if it was covered, how long would she have been without heat, even after the power had come back on. How disrupted would her life have been if she had to have a new unit installed. What else would have been ruined if the water was allowed to continue to rise? The circuit breaker panel? Furniture? Clothing? Washer and Dryer? And, how much more would we all have to pay in increased insurance premiums due to a needless loss.

So, the next time you are cold and wet and there is no fire to be seen anywhere, think about how much it means to the homeowner that has always paid her taxes and probably has never used our services before.

That's why we pump basements.

Chief

(continued from page 1)

hit a tree with its driver's side door. After standing by on scene for some time while the State Police Technical Accident Review team completed their duties, our crews extricated the victim from the car using the Hurst tool and cleared the scene.

On Wednesday, things got back

to normal. Early Friday morning we were toned to a 2nd alarm brush fire in Alton!! Can you believe it??? We were cancelled while responding, but they did, actually have a real brush fire on top of Prospect Mountain. The fire was in tall grasses and blueberries and burned over the top of standing water in some spots. Apparently

the fire was started by a downed power line that was serving a light tower on the mountain. Go figure!

In fact, on Friday afternoon, we responded to a bark mulch fire at Evan's Expressmart on Laconia Road. Sure enough, there had been a fire in the island at the entrance to Dunkin Donuts. The season is upon us.

UPCOMING TRAINING OPPORTUNITIES

April 23, 2007	0900 hrs	Cellar Fires Chief Carrier Center Street
April 23, 2007	1800 hrs	Engine 3 Review Lt Ames Park Street
April 24, 2007	0900 hrs	Cellar Fires Chief Carrier Center Street
April 25, 2007	0900 hrs	Cellar Fires Chief Carrier Center Street
April 30, 2007	0900 hrs	FF Survival #1 – Attack Hoseline Chief Carrier Center Street
April 30, 2007	1800 hrs	Respiratory Emergencies David Rivers Center Street
May 1, 2007	0900 hrs	FF Survival #1 – Attack Hoseline Chief Carrier Center Street
May 2, 2007	0900 hrs	FF Survival #1 – Attack Hoseline Lt Ames Center Street
May 7, 2007	0900 hrs	FF Survival #2 – Ventilation Chief Carrier Center Street

TNFD RED Company News!!!!

In case some of the TNFD membership doesn't know, TNFD has an auxiliary called the "TNFD RED Company". The RED stands for "Rehab, Entertainment & Discovery" which are the three main functions of the RED Company. We provide Rehab at major incidents and also at the recent live burn; Entertainment are the birthday parties, dinners for the Fire Wardens, training that happens at TNFD and special breakfasts for the crew (one coming up in May!), hot dogs at Old Home Day and help also at our Thanksgiving Dinner. Discovery is helping at car seat events, smoke detectors being given out and with the fire trailer, if needed. We are still very young and always looking for volunteers. Please give Janine a call at 286-4781 if you know someone who may be interested in getting involved - or even you.

In February, 2007 **Barbara Isensee** was awarded the "Volunteer of the Year" award for 2006. Barbara has been sending birthday cards to all the members of TNFD as part of our Sunshine Committee. She hand picks the cards for the member and puts a lot of thought into her cards. We greatly appreciate and thank her for her steadfastness in doing this. Along with her husband, Bill, she also helps out with every meal we have AND she takes charge of the birthday parties that we have as fund raisers for the RED Company! She does everything with thoughtfulness and kindness. Thank you, Barbara, from all of us in the RED Company and TNFD!!

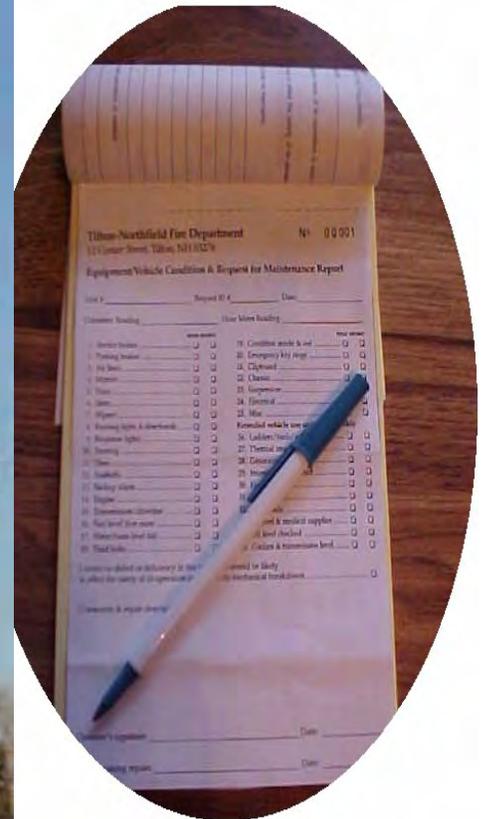
We also wanted to acknowledge and thank **Jan Yeaton** for meeting a very special need recently. We had a head on motor vehicle crash on Laconia Road. A man involved was rushed to the hospital. His wife called me at the station needing a ride to the hospital, she had no other car and no neighbors or family were available to bring her to the hospital. Jan happened to be at home and had her vehicle available. She didn't even hesitate when I asked if she could help out. She brought the woman to the hospital, stayed around with her for a while and made herself available if the family needed anything. Such special act of kindness - thank you so much, Jan!

Another very special *Thank You* goes to Vickie Shallow and Heather Dumka. When we had the house fire on Arch Street on February 19th, I couldn't reach anyone of my regular RED Co. members. Vickie and Heather were in the area and made themselves available to make sandwiches, coffee, etc. and helped deliver the food, also. What a great help they were and, again, so very much appreciated!!

Our next monthly meeting will be on **Thursday, April 26, 2007** at 6:00PM at Laurie Gagnon's house at 234 Sanborn Road in Tilton. Please call Janine at 286-4781 if you have any questions!

Equipment / Vehicle Condition & Request For Maintenance Report System

Remember The Goal Of The System:



To detect and correct deficiencies in Department equipment that would likely affect the safety of its operation or result in its mechanical breakdown. (Woops!!!)

Anyone Wishing to Supply Pictures or Write Articles for Future Newsletters Please forward your materials to Chief Carrier by Wednesday of each week!

Thanks.

The Following are excerpts from my notes that I took while attending a seminar entitled “Managing Your Energy is the Most Important Factor in Mission Success” while I attended the 19th Executive Fire Officer Program Graduate Symposium at the National Fire Academy last weekend:

- ◆ Eat prior to exercising—just a snack.
- ◆ Keep your snacks to 150 calories or less.
- ◆ Eat every 3 to 4 hours.
- ◆ Eat small portions of breakfast, lunch, and dinner and fill in with snacks.
- ◆ Work out is sprint intervals—warm up for 3 minutes, high intensity for 3 minutes, and moderate intensity for 3 minutes. Continue that for at least 30 minutes including a 3 minute cool-down and you will have had a good aerobic exercise.
- ◆ 90-15. Engage your work for 90 minutes, maximum, and then disengage for 15 minutes to achieve maximum results.
- ◆ Full engagement: Give it to the relationships that are most important to you.
- ◆ Build full engagement through rituals.
- ◆ Lift weights for: bones, balance, and metabolism.

Stay healthy. We can all use some work to keep us safe and healthy!