



the **NHEDA Broadcaster**

A Monthly Journal of Information For New Hampshire's Emergency Telecommunicators

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NH TERT HOLDS 3RD ANNUAL MOBILE RALLY

On May 28th NH TERT held the third annual Mobile Rally at the NH Police Standards and Training facility in Concord.

Despite the rainy and chilly weather, the event was well-attended by NH TERT and NHEDA members as well as public safety personnel from New Hampshire, Maine, and Massachusetts. Approximately 30 local, state, and federal resources were available for participants to tour. Attendees were able to go inside and get familiar with resources such as mobile command vehicles, communication and various other resources that can be called upon in a time of Public Safety need. The attending agencies also participated in an interoperability exercise during the rally. Lunch was donated by EXACOM and prepared by the Derry Salvation Army rehab canteen.



FEMA Mobile Emergency Response Support (MERS) mobile telecommunication units from Maynard, MA



TERT members Nikki Wheeler(left) and Bonnie Johnson (right) register participants during the rally



Seacoast Fire Chief Officers Mutual Aid District Mobile Command Unit

Highlights in This Issue!

Page 4—HazMat Training For Dispatchers

Page 6—New Newsletter Series: "Getting Around Sitting Around"

Agency Spotlight

Lakes Region Mutual Fire Aid



Submitted by Lt. Kevin Nugent

Lakes Region Mutual Fire Aid dispatches fire and EMS for 35 communities, across five counties in the central part of New Hampshire. We handle approximately 22,000 calls per year with a full time staff of eight personnel, four Lieutenants

and four dispatchers we also have eight per diem dispatchers. Our full time staff works two eleven hour day shifts and two thirteen hour night shifts. We also have a Chief and Deputy Chief Coordinator who are available 24/7 to respond to any of our communities to assist with incident management and provide a command vehicle and if needed a command trailer.

The Lakes Region Mutual Aid training division offers monthly officer development training, as well many other classes throughout the year ranging from fire fighter 1 to big water. We also offer SCBA Fit testing, radio programming and fire ground ID cards to our member departments. We are also a notification point for task force mobilization requests. We can be found on the Web at www.lrmfa.org or like us on Facebook at Lakes Region Mutual Fire Aid Training Division.

***Interested in
Contributing Content to
The Monthly Newsletter?***

***Looking to fill a
Full or Part Time
Communications position?***

NHEDA is always looking for diverse content to put into the newsletter. Are you a Communications Supervisor or Training Officer? How about submitting an Employee Biography for Dispatcher Spotlight. Or sharing a training topic with your fellow dispatchers.

Email: newsletter@nheda.org

Upcoming Meetings & Trainings

July 16: 10:00 am at Laconia Police Department. 126 New Salem Street, Laconia. Speaker: Lt. Richard Simmons. Topic: Laconia PD's Active Shooter Presentation for the Public. NHEDA Meeting to follow.

August 20: 9:00am at New London Fire, 237 Main St. Training Topic: Child Advocacy Awareness for Dispatchers presented by the Merrimack County Child Advocacy Center. NHEDA Meeting to follow.



New Hampshire Emergency Dispatchers Association Summer 'Spatcher Social Event

Saturday, July 26th - 12:00 - 4:30PM

Rain or Shine



Pot Luck Lunch!

Please RSVP to

cbleavitt@comcast.net

Please let us know
what food you will be bringing and
how many people will be coming.

Also, please bring your own beverages.

Fun for the whole family!



**SQUAM LAKES
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Open meadows, mature forests, and marsh boardwalks connect interactive natural exhibits where native animals reside: black bears, mountain lions, raptors, river otters, bobcats, and more. Spend a day - take a self-guided tour of the animal exhibit trail and hiking trails, or learn more about our live animals with a docent led tour, take a Squam Lake Cruise, enjoy the beauty of Kirkwood Gardens, and shop naturally in the Howling Coyote Gift Shop.

HazMat Training for Dispatchers Hosted by Hampton Fire

Hampton Fire Department hosted the NHEDA monthly meeting on Wednesday, June 18th. Les Cartier from NH Department of Safety gave an engaging presentation on hazmat incidents for dispatchers.

He presented a lot of ideas to get us thinking about hazmat from our position in dispatch. Chief among them was, “What’s the risk?” and “How to communicate the risk?”

- ◆ Guidebook is best for the first ten minutes, generally after that responders are already on scene and managing the incident.
- ◆ The bigger the container, the bigger the risk unless/until cargo can be identified.
- ◆ Get as many of the placard markings as possible.
- ◆ If a container has the label, DANGEROUS, it’s extremely dangerous because it has multiple chemicals on board but not all the cargo is identified by the placards on the container.
- ◆ If the container has a “P” on the placard it means the substance can destabilize with heat and become very reactive (polymerization).
- ◆ “EVACUATE, life safety comes first, the container can sit.”



He also touched on the increased frequency of “one pot labs” meaning homemade meth created in a soda bottle or other container, also known as “shake ‘n’ bake.” One of these bottles can create a 25 foot fireball if it explodes.

Under the heading of “coming soon to a hazmat near you” the United States is slowly coming into compliance with Global Harmonization, a completely new system of placards that identifies chemical cargo worldwide ...already in use in Canada and Mexico. The Global Harmonization “Purple Book” is available online free <https://www.osha.gov/dsg/hazcom/ghs.html>.

Mr. Cartier’s time and expertise are much appreciated by NHEDA. A presentation of his is not to be missed! We look forward to having him back in the future. Thank you to him for providing free copies of the 2012 Emergency Response Guidebook. They can be requested by dropping him an email at fmo@dos.nh.gov.

And last but certainly not least... a big thank you to Hampton Fire for hosting the meeting in their new facility meeting space. Comfortable, spacious, well-lit, a nice place to visit!

Submitted by Dani-Jean Stuart

APCO Scholarship Announcement

NHEDA has some exciting news to share! With the news of the upcoming fall conference with the APCO Atlantic chapter we decided to offer twenty \$50 scholarships to individuals who are interested in attending the fall conference. It is our hope that these scholarships would help offset some of the costs of attending the conference and potentially missing out on a great educational opportunity.

This scholarship would be in the form of a reimbursement after you attend the conference. If interested please contact the training committee at academy@nheda.org



NHEDA's Newest Members

Rachel Page—Manchester PD

Chad Miller—Gorham EMS

Jeremy Chartier—Milford Area Communication Center

Joshua McGarvey—Cheshire County Sheriff's Office

Welcome to NHEDA!



“Getting Around Sitting Around”

By Dani-Jean Stuart, Hudson

“By the time you’re in your 40s, a woman’s metabolism can drop as much as 50%.” That pearl of wisdom came from my doc over a decade ago. And yes, my first thought was, “I’m so [expletive]!”

My weight was creeping up but I was still a 12-15 minute mile power-walker with my Doberman and we did at least 45 minutes a day, 5-6 days a week. I kept telling people I was the healthiest overweight person around because my blood pressure was 106/68, my cholesterol was abnormally low, my resting heart rate in the 50s. All the markers of good health were in place and I have to admit I was feeling way too smug about it.

That changed a couple years ago when I was diagnosed with high blood pressure and put on meds for it.

But I finally challenged my doctor, “I work out 4-5 days a week, I teach an aerobic workout once a week, I’m tracking calories to about 1600/day. It’s not your job any more to tell me I have to lose weight. It’s your job to tell me why I’m not!” He didn’t have any answers but I think recent studies about sedentary behavior shine some light on the topic. I spent 26 years sitting down directing television newscasts before I came into dispatch. Now I sit in dispatch.

What I am...and have been for so long, according to studies discussed by the NIH, is: “physically active, yet highly sedentary...an “Active Couch Potato.” Given how far we commute, and what we do for work, most of us...not just us in dispatch...fall into that category, too!

Sitting too much, even if you do moderate to vigorous intensity physical activity within accepted guidelines for good health, has a number of bad effects within the human body. Systolic blood pressure, glucose, triglycerides, HDL cholesterol, insulin...all adversely affected by sitting too much. With cardio-metabolic issues stronger for women than for men. The paper I’m looking at can be accessed in full here: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/>.

And, yes, my first thought was, “I am so [expletive],” again! But those same studies show *you can offset the bad stuff* by breaking up your sitting time with *small bits of activity*!

So what does that mean? Well, it’s going to be different for everyone. Our dispatch centers vary widely in size,

accessibility to “breaks,” and proximity of other people. I’ve heard of one dispatch center that’s found a way to get a treadmill for themselves. I’m not clear whether it’s actually going to be in the room with them or not but that’s a big step to take and I applaud them! I want to remind everyone that small steps can make good change. One of the most important things I can see reading the article is that it’s necessary to sustain the change in order to get the benefit.

For example, I decided to use myself as a test subject. I confess, there’s no science to what I’m doing, I’m just trying to find a way to help myself, and maybe the other people in our community. I brought an aerobic step into dispatch. It was left over from my days with DVD workouts. I decided to try getting in 5 minutes of basic step an hour. Do I actually accomplish that every day? Heck, NO!!

But I’ve been getting in at least 3-4 rounds, three times a week. Every month I’ve done it, I’ve lost a pound. The one month I didn’t...nothing. Not something to shout from the rooftop, but worth noting after years of not losing anything. And if I can sustain that over a couple years’ time, I’ll make steady progress toward ditching the blood pressure meds, if nothing else!

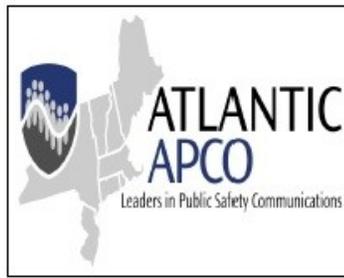
I’m using myself as an example to spark some thought, discussion, and sharing in our community. If you want to make some changes, what ideas might you have to share about how to break up “sitting time”? Are you doing something that works now? What is it? How sustainable is it? Are you a solitary dispatcher, or are there others on your shift? I’m not a fan of getting on the scale but it’s one way to clearly see change.... What do you think is a good way to mark progress? Do you need support from within the community, not just your agency, and what might that look like?

We spend every moment of our working lives sending help to people who need it or waiting for the next call to do the same thing. Maybe, just maybe, we can eke out a few minutes here and there during the day to help ourselves.

Next step: “It’s All in Your Head...Really!”

If you have comments, questions, suggestions for related topics, please email to: newsletter@NHEDA.org

Reaching the Peak of Education and Training



For More Information Contact:

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Save the DATE!

October 27, 28 & 29th, 2014

**APCO Atlantic Chapter &
NH Emergency Dispatchers Association
JOINT Regional Conference**

Make Your Room Reservations Today !!!!

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\$ 139 for 2 Person Room, \$ 159 for 3 Person Room in the Hotel

\$ 99 for 2 Person Room, \$ 119 for 3 Person Room in the Lodge

Rooms are going to GO Fast!





President's Message

I invite you to join us for our Summer Social event on July 26th from Noon to 4:30pm at the Squam Lakes Science Center. This event is located at 24 Science Center Rd in Holderness, NH. There is plenty to do and enjoy. Come meet and socialize with your NHEDA Board of Directors and other NHEDA members from various agencies. We have rented the function room and this will be a potluck event. We have no way to reheat stuff in an oven, so crockpot or other warming device to plug in is best. Squam Lakes Science Center website: www.nhnature.org

Still not sure about getting more involved with NHEDA ? **Why not ?** Come and meet some other members and ask questions. We would love to see many new faces and meet our membership.

If you have any questions or plan on attending, please email me at president@nheda.org. We can answer your questions and also know what you plan on bringing. Director Cassie Leavitt cbleavitt@comcast.net and Secretary Keith Veale kveale@flymanchester.com are handling potluck coordination.

Respectfully,

Rob Cole

the NHEDA Broadcaster

The NHEDA Newsletter is produced monthly and available free of charge electronically. Go to www.nheda.org today for details on free membership and other benefits of belonging to NHEDA.

Any NHEDA member can contribute to the newsletter. Submit articles, photos, training announcements and your ideas for articles. Send material to newsletter@nheda.org

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