



MFD TIMES

APRIL 2023

Upcoming Events:

Hampshire Dome

Details:

**NH RV & Camping
Expo-**Mar 31-April 2nd

Craft & Artisan Show-
April 15-16th

Easter- Sun April 9th

**Milford School District
Vacation-** April 24-28th

Training:

All Company Training-
Monday April 3rd @
19:00

Rescue Drill Training-
Tuesday April 18th @
19:00

Officers Meeting -
Thursday April 27th @
18:00

Mullen Road Trail Rescue

Members of Milford Fire, Milford Ambulance and the Milford Police worked together to carry out a hiker who had sustained a leg injury while hiking the trails off of Mullen Rd. Teamwork is imperative when moving a patient out of hiking trails, especially when the trails are packed with snow. All members worked together to remove the patient without injuries to themselves or further injury to the patient. In addition to the two hikers, there were 7 canines on scene.

Thank you to all of our agencies for working together and completing the mission at hand.

We also want to remind everyone to dress appropriately when enjoying nature in the hiking trails. Always wear appropriate footwear, pants and jackets when hiking in the winter. Ice grippers/ cleats that fit over your shoes are beneficial when hiking in the packed snow or ice.



Department and Community News:

Congratulations to PPF's Taylor and Raiser, whom have successfully met the training and testing requirements to become Engine driver/Operator. A special thank you to all the members who helped them achieve this milestone.

Congratulations to Firefighter Michael Goldstein in achieving Ladder Operator qualification. He is now authorized to operate 20 Ladder 1.



Please welcome two new members to the Milford Fire Department in April!
Please introduce yourselves when you see them!

Dean Chappell—Engine 3

Sebastian Janowicz—Engine 1



Town wide brush pick up will be April 24 to April 26

This will be only brush under 4 inch diameter stacked in organized pile.
This is NOT leaves or grass clippings removal only brush.

Brush is to be placed on the edge of the roadway at the curb line of your residence. Any limbs or brush larger than 4 inch in diameter will be left on the ground.

This will only be from Monday April 24 to Wednesday April 26. Any questions call DPW at 603-249-0685



Milford Fire Department March 2023 Incident Statistics

Total Incidents For Month	83
Fire	5
Rescue and EMS	19
Hazardous Condition	9
Service Call	18
Good Intent Call	8
False Alarm & False Call	9
Severe Weather and Natural Disa:	3
Other	12



March 2023 Incidents



Top Responders of February:

Out of 62 incidents / Non Service calls:

Lt Ray Anderson
15

PFF Jesse Jesseman
12 calls

Lt Chris Pervere
12 calls

DC Jeff Marshall
11 calls

FF Spencer Pickett
11 calls

Total Calls in March 2023

83

Total Calls in March 2022

121

Year to Date 2023

401

Year to Date 2022

337

State Fire Marshal Urges Residents To Check, Install Fire Detectors ▶

The New Hampshire State Fire Marshal is urging residents to check to make sure their fire alarms are installed and working after several fire-related deaths since the start of 2023. Since January, there have been seven fire-related deaths in New Hampshire, six died in connection to home fires and one died from a vehicle fire. In all of 2022, nine people died, Fire Marshal Sean P. Toomey said. In five of the six house fire cases in 2023, the Fire Marshal's office was unable to determine if the homes had working smoke alarms. "State Fire Marshal Toomey would like to remind all residents and visitors of the importance of having working smoke alarms in their homes. Homeowners should ensure they have alarms installed and test them regularly, preferably once a month, to make sure they are working properly," said the NH Division of Fire Safety.

The Ocean State Job Lot Charitable Foundation developed a meaningful connection to our communities with the Close to Our Heart program, which was introduced in 2020. This program was designed to empower our store teams to connect to the community where they live and work, and give back in a meaningful way.

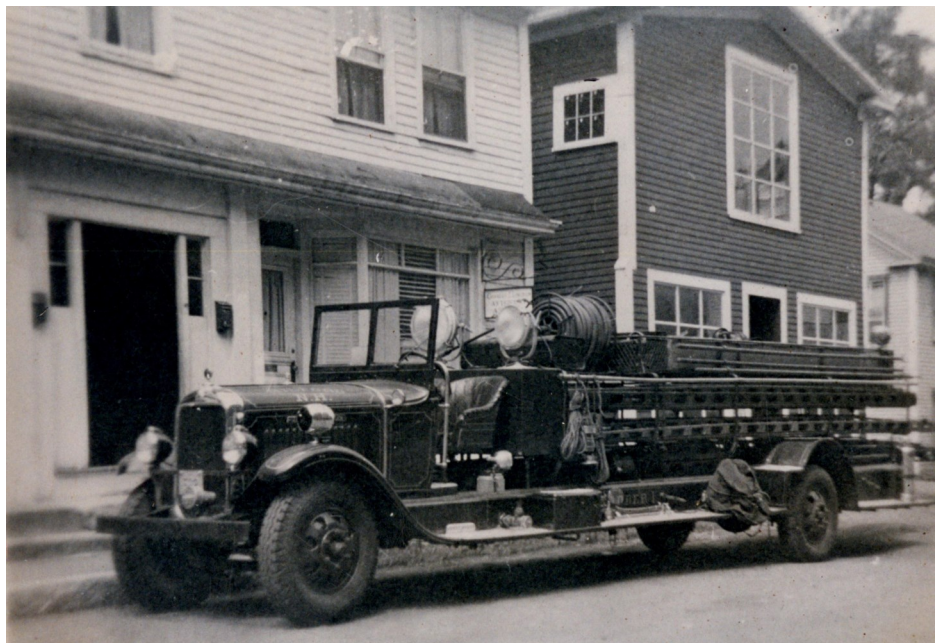
This year, OSJ donated a gift card to the Milford Fire Department. We are thankful for the consideration!



A LITTLE MFD HISTORY..

Ladder 1

1930 GMC American LaFrance
City Service Ladder Truck



Company Training– March 21 2023

Lt. Robbins put on a fire behavior training for the department. Speaking about the basics of fire behavior, types of combustible materials and ventilation. There was a demonstration at the end of the classroom session where a wooden house prop was burned to show the different flow paths and ways fire travels. Thank you Lt. Robbins and FFs Goldstein and Taylor for your work in this lesson.



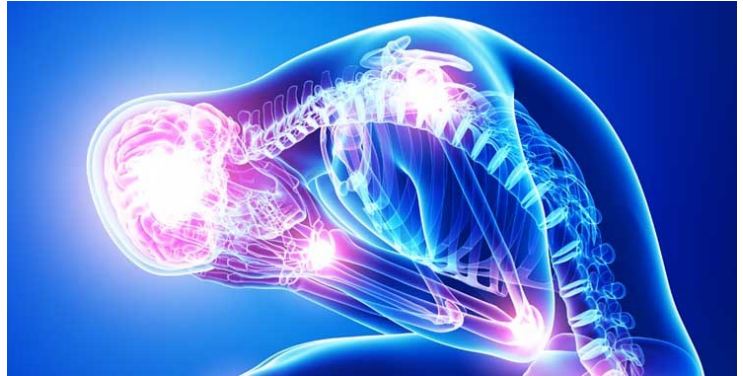
Milford Fire members trained on aerial operations and placement as well as vertical ventilation. The purpose of venting a roof during a structure fire is to help alleviate the heat and hazardous conditions inside for interior crews. The Milford Fire Department is always looking to train on skills that are vital in the protection of the community.



April is National Stress Awareness Month

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the cause.

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.



Common effects of stress on your body include: headache, muscle tension or pain, chest pain, fatigue, change in sex drive, stomach upset, and sleep problems.

Common effects of stress on your mood include: anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger, sadness and depression.

Common effects of stress on your behavior include: overeating or undereating, angry outbursts, drug or alcohol misuse, tobacco use, social withdrawal, exercising less often.

Act to manage stress

If you have stress symptoms, taking steps to manage your stress can have many health benefits. Explore stress management strategies, such as:

- Getting regular physical activity
- Practicing relaxation techniques, such as deep breathing, meditation, yoga, tai chi or massage
- Keeping a sense of humor
- Spending time with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music

Aim to find active ways to manage your stress. Inactive ways to manage stress — such as watching television, surfing the internet or playing video games — may seem relaxing, but they may increase your stress over the long term.

And be sure to get plenty of sleep and eat a healthy, balanced diet. Avoid tobacco use, excess caffeine and alcohol, and the use of illegal substances.

When to seek help

If you're not sure if stress is the cause or if you've taken steps to control your stress but your symptoms continue, see your doctor. Your healthcare provider may want to check for other potential causes. Or consider seeing a professional counselor or therapist, who can help you identify sources of your stress and learn new coping tools.

Also, get emergency help immediately if you have chest pain, especially if you also have shortness of breath, jaw or back pain, pain radiating into your shoulder and arm, sweating, dizziness, or nausea. These may be warning signs of a heart attack and not simply stress symptoms.

Who wants to go to the Firemen's Relief Association Ball ? Tickets can be purchased at the Fire Department! This event is open to everyone, all you need to do is buy tickets. Dinner, music, silent auction and fun!!

THE 130TH ANNUAL
MILFORD
Firemen's Relief Association

Music provided by



Food provided by



7PM - 11PM
MAY 20, 2023

AT THE MILEAWAY, TENTED VENUE
52 FEDERAL HILL ROAD, MILFORD, NH



Special Appearance By The

WESTFORD
and District
PIPES & DRUMS

TICKETS

\$50 PER PERSON

\$95 PER COUPLE

Each year the Milford Firemen's Relief Association raises money to pay for life insurance policies as well as sick or injury benefits for all of our members. The Association is made up of current and former members of the Milford Fire Department and is supported by the community through donations and a variety of fundraising events.

The Annual Firemen's Ball is one such activity, where generations of Milford Firefighters celebrate the brotherhood while raising money for associations.

MUSIC · DRINKS · AUCTIONS

Carrot Cake with Cream Cheese Frosting

2 cups sugar
1 1/2 cups oil
3 eggs
2 tsp vanilla
2 1/4 cup flour
1 8oz can crushed pineapple
2 tsp cinnamon
2 tsp baking soda
1 tsp salt
2 cups shredded carrots
2 cups coconut
1 cup chopped nuts

Beat together the sugar, oil, and eggs. Add vanilla, flour, cinnamon, baking soda, and salt. Mix until smooth.

Add carrots, nuts, pineapple, and coconut and mix well.

Pour into 9 x 13 pan and bake at 350 degrees for 50 minutes.

Frost when cool.

Frosting:

1/4 cup softened butter
8 oz cream cheese
1/2 to 3/4 package confectioners sugar
2 tsp vanilla
flaked coconut optional

This cake can be made in layers, or 24 cupcakes (cook cupcakes 25 minutes).



Lamb Chops Sizzled with Garlic

8- 1/2-inch-thick lamb loin chops (about 2 pounds fatty tips trimmed)
Kosher salt and freshly ground black pepper
Dried thyme
3 tablespoons extra-virgin olive oil
10 small garlic cloves, halved
3 tablespoons water
2 tablespoons fresh lemon juice
2 tablespoons minced parsley
Crushed red pepper



Season lamb with salt and pepper and sprinkle lightly with thyme.

In a very large skillet over medium-high, heat olive oil until shimmering. Add lamb chops and garlic cook over moderately high heat until chops are browned on the bottom, about 3 minutes.

Turn chops and garlic. Cook until chops are browned and garlic is fragrant, about 2 minutes longer for medium-rare. Transfer chops to plates, leaving garlic in skillet.

Add water, lemon juice, parsley, and crushed red pepper to pan and cook, scraping up any browned bits stuck to bottom, until sizzling, about 1 minute.

Pour garlic and pan sauce over lamb chops and serve immediately.