



MFD TIMES

JAN 2023

Upcoming Events:

Valentine's Day-
Tuesday Feb 14th

Presidents Day-
Monday Feb 20th
MFD office & all town
offices closed

School Vacation-
Feb 27th-March 3rd

Training:

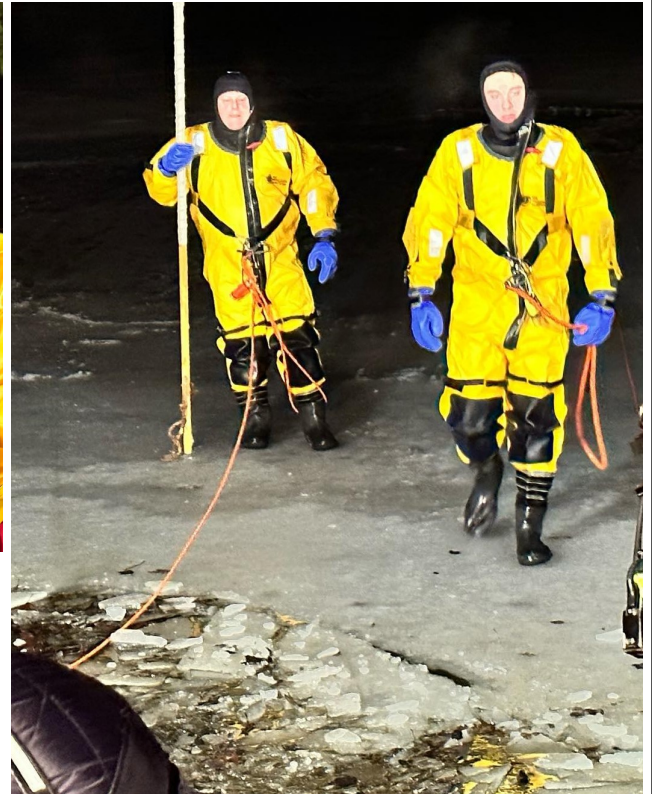
**E1 E2 E3 L1
Company Training-**
Monday Feb 6th at
19:00

Officers Meeting -
Thursday Feb 16th at
18:00

Department Meeting-
Thursday Feb 16th at
19:00

Rescue Training -
Tuesday Feb 21st at
19:00

Ice Rescue Training



January 17th, 2023 -
Horseshoe Pond

Members conducted training for ice rescue. The training was lead by Lt. Coffey, FF Conant and PFF Taylor.

Members practiced donning our mustang cold water suits and what tools would be needed to conduct a rescue on the ice. Members entered the water, and practiced various techniques of retrieving a victim from the water. Even though MFD practiced these skills on the ice, we assure you that the ice is not safe, and to be cautious if you go onto the ice. Thank you to all of our members who participated in this very important training!

February 7, 2023-New Hampshire Fish and Game officials have issued a warning to Granite State residents about the dangers of going out on the ice. They say even though it has been cold as of late, ice thickness on both lakes and ponds can vary. It's recommended that anyone who does head out on the ice make sure they're prepared with ice picks, the proper clothing and a rope that can be used in case of an emergency.

Department and Community News:

February 3, 2023-This afternoon we celebrated the promotion of one of our members as we officially swore-in Lieutenant Francis “Joey” Coffey after the completion of his probationary period. Lt. Coffey’s swearing-in also represents a significant milestone for Milford Fire Department as a whole. He is one of the two full-time Lieutenants, which are new positions to MFD. Joey first joined Milford Fire as a call Firefighter in June of 2012, then transitioned to a full-time Firefighter position in February of 2020. He was promoted to Lieutenant in August of 2022 and supervises Group 2. Joining him for this celebration were Joey’s parents Frank and Cynthia, his wife Haley and their twin boys Gavin and Levi.

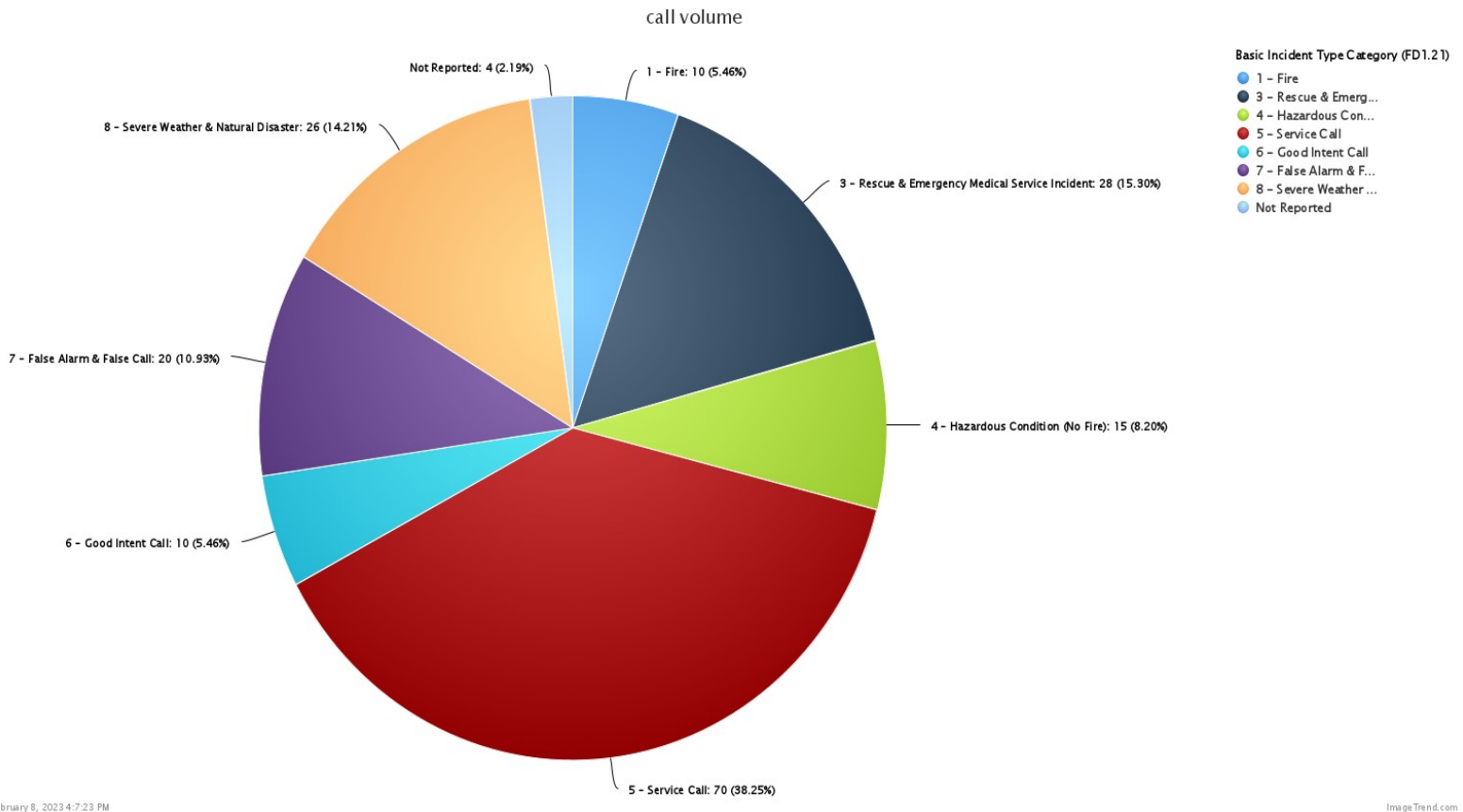


2023 TOWN VOTE

The Town Vote will be on March 14, 2020, at the Milford High School Gymnasium (100 West Street). The polls will be open from 6:00 a.m. until 8:00 p.m.

If you have any questions regarding any of the items that will be on the ballot on March 14th, please feel free to contact the Town Clerks Office at 603-249-0650 or Town Administration Office at 603-249-0601.





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ImageTrend.com

Top Responders of January:
 Out of 117 incidents / Non Service calls:

FF Spencer Pickett
 32

Lt Ray Anderson
 31 calls

DC Jeff Marshall
 30 calls

Total Calls in January 2023
 183

Total Calls in January 2022
 95

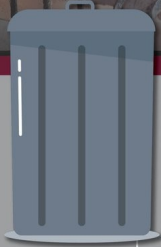
Year to Date 2023
 183

Year to Date 2022
 95

State Fire Marshall's Office reminders...



SAFELY DISPOSE OF Ashes



Place cooled ashes in a tightly covered metal container outside your home or anything that can burn at least 10 feet away.



winter storm SAFETY TIPS



Remove snow from around any vents to avoid carbon monoxide poisoning.



FIRE IS FAST.
FIRE WON'T WAIT.

plan your escape

It only takes minutes for thick black smoke to fill your home.

A LITTLE MFD HISTORY..

White Elephant Shop
Nashua Street
1/23/66 21:24 hrs



Winter Storms Keep MFD Busy In January!

This January had almost double the amount of calls for the Fire Department as last year in January. Due to the heavy wet snow and high winds, on January 22nd starting around 11pm overnight through January 23rd, MFD was toned out to 30 calls! Most calls came in for wires down, tree limbs on wires, tree limbs on fire, and downed trees into homes and across the road. Several roads were closed briefly for trees and wires down across the roads making them impassable. On January 24th at 10:45am it was noted that Milford currently had 925 customers still without power. On the last day of the month, MFD responded to 3 (unrelated) fires.

January 31st- At approximately 10:42am, Milford Fire was dispatched to the vicinity of 483 Federal Hill Rd. for a report of an excavator on fire. Engines 3 and 1 responded, arriving to find an excavator fully-involved in fire in a field several hundred feet off the road. Engine 3 used a single hose line to extinguish the fire, Engine 1 provided water and personnel to assist.



Later, at approximately 3:29pm, Milford Fire was dispatched to Old Wilton Rd. for a dumpster fire. Engine 3 and Car 1 responded, finding a small dumpster on fire in a driveway. Engine 3 quickly extinguished the fire.



Ice Safety Tips

Even if the weather has been below freezing for several days, never guess about ice thickness because it does not form consistently across a water body.

*Test the ice – never assume the ice is safe!

*Always fish with another person.

*New ice is usually stronger than older ice.

*Avoid the shoreline if it is cracked or squishy.

*Wind and currents can make ice unsafe.

*Don't gather in large groups.

*Don't drive vehicles onto the ice.

*Don't build a fire on the ice.

*Bring blankets and a first-aid kit.

*If you fall in, reach for solid ice, kick and roll to safety.



Judging Ice Conditions:

LOOK FOR SOLID BLUE-BLACK ICE: 4 to 6 inches of solid blue-black ice can support a few well-dispersed people. 8 to 10 inches of solid bluish-black ice can support OHRV activity. Never guess about ice thickness. Ice does not form consistently across a water body because a water body's size, temperature, depth, currents, springs, and wind exposure all affect ice formation. Early season snow cover can insulate ice from cold temperatures and slow ice formation.

CHECKING THE ICE: Use an auger, spud, or chisel to make test holes. Check the ice in several places; start at the shore and continue testing as you move out further.

REMEMBER: All ice is potentially dangerous.

It is possible for ice to be thick but not strong.

Don't go on the ice during thaws.

Watch out for thin, clear, or honeycombed ice. Dark snow and ice may also indicate weak spots.

Ice can remain thin in places where current is present, such as inlets, outlets, and spring holes.

Choose small bodies of water; they tend to freeze thicker. Rivers and lakes are more prone to wind, current, and wave weakening.

What if I break through the ice?

Stay calm. Move or swim back to the place you fell in— where you know the ice was solid.

Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. A set of ice picks can aid you in a self-rescue. Wear them around your neck or put them in an easily accessible pocket. If you fall in, the spikes will give you added grip on the ice. Roll away from the hole until you reach solid ice.

What if my buddy breaks through the ice?

Don't rush over to the hole. Keep yourself safe so that you are able to help. Look for something you can throw or use to reach out to the person—a rope, branch, or ice spud. Lie down flat and reach out with your extension tool or form a human chain if possible. After securing the person, don't stand—wiggle backwards to the solid ice. The victim may need artificial respiration, CPR, or treatment for hypothermia (cold exposure). Cover the victim with a warm blanket or extra clothing and seek medical assistance immediately.

February is American Heart Month



This February marks the 51st anniversary of American Heart Month. Heart disease is the number one killer in the U.S., claiming more lives than all cancers combined. It is important for us to take a serious look at what we can do to lower our risk for heart disease this month and throughout the year. Follow the tips below to get started on your path toward heart health.

- **Be Active.** Physical activity is one of the best ways to fight off heart disease and other chronic conditions. Any amount of activity is better than nothing; however at least 30 minutes a day is ideal. Can't devote a full 30 minutes? Split your exercise into 10 minute increments. Talk to your provider about activities that are safe for you.
- **Maintain a Healthy Diet.** Include a variety of fruits and vegetables, whole grains, low-fat dairy products and lean protein sources (poultry without skin, seafood, processed soy products, nuts, seeds, beans, peas). Avoid foods and beverages that are high in fat, sugar and sodium. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- **Aim for a Healthy Weight.** Carrying extra weight especially in your mid-section is hard on the heart and can increase risk for diabetes. If you are overweight, losing just 5% to 10% of your starting weight can make a big difference in your blood pressure and blood sugar.
- **Limit Alcohol Use.** If you choose to drink alcohol, limit your intake – one to two drinks a day for men and no more than one a day for women. Alcohol can increase blood pressure.
- **Know Your Numbers.** Check cholesterol and triglyceride levels regularly. Monitor blood pressure and get tested for diabetes. Staying informed will allow you to better manage your health and prevent certain health conditions from developing.
- **Avoid Commercial Tobacco.** Smoking increases your risk for heart disease, heart attack and other heart complications. If you don't smoke, don't start - if you do smoke, quitting will lower your risk for heart disease. Talk to your provider about smoking cessation options that best fit you.



If you have heart disease or diabetes it's not too late. Following these preventive tips can help manage or improve your condition. Also be sure to take all medications that have been prescribed to you. Talk your health care team about what you can do to prevent or treat heart disease.

Immune Boosting Feel Good Detox Soup

Ingredients:

- 1 tablespoon olive oil or avocado oil
- 2 cloves garlic, minced
- 1 large onion or leek, finely diced
- 5 ribs celery, diced
- 5 large carrots, diced
- 1 1/2 inch chunk ginger, grated or minced
- 9 cups chicken bone broth or veggie broth homemade or store-bought
- 1 teaspoon ground turmeric powder
- 1/2 teaspoon fine sea salt, more to taste
- 1/4 teaspoon freshly ground black pepper, more to taste
- 1/2 lemon, juiced (about 1 tablespoon)
- * Optional: 3 cups kale or spinach, roughly chopped
- * Optional: 3 cups shredded rotisserie chicken
- * Optional: Parsley, for garnish

Directions:

1. In your dutch oven or large pot, heat oil and garlic for 1 minute.
2. Add in onions or leeks, carrots, ginger, and celery, let cook for about 10 minutes, stirring often, until vegetables have softened.
3. Add in broth and spices. Bring to a boil then reduce heat and let simmer for 15 minutes. Add optional kale, spinach, or chicken then let simmer for an additional 15 minutes.
4. Squeeze in lemon juice.
5. Taste and adjust spices as desired. If the ginger, garlic, and turmeric made the flavors stronger than you desire, add additional bone broth or water.



Orange Cranberry Overnight Oats

Ingredients:

- 1 cup rolled oats
- 3/4 cup milk of choice
- 1/4 cup fresh squeezed orange juice
- 1 teaspoon orange zest
- 2 teaspoons chia seed
- 1/4 cup dried cranberries
- 2 teaspoons honey
- 1 teaspoon vanilla extract
- 2 tablespoons chopped pecans, optional

Directions:

1. Place all ingredients into a jar and mix well to combine.
2. Place in the refrigerator, covered, for at least 3 hours or overnight.
3. Serve cold with garnish of choice.

If desired, add more almond milk before serving, but this is the amount we prefer.

Can store in the refrigerator for 3 days.

