



# MFD TIMES

JAN 2023

## Upcoming Events:

**Monday January 2nd-**  
MFD office closed in  
Observance of New  
Years Day

**Sunday January 8th-**  
Assist Lions Club on  
oval

**Monday January 16th-**  
**ML King Jr Day-**  
Offices open 1/2 staff

## Training:

**EMT Recertification-**  
Friday January 6th,  
13th, and 27th  
8am-4pm at MFD

**E1 E2 E3 L1**  
**Company Training-**  
Monday Jan 9th at  
19:00

**Rescue Training -**  
Tuesday January 17th at  
19:00

**Officers Meeting -**  
Thursday January 26th  
at 18:00

## MFD Gets New Amkus Tools



The members of the Milford Fire Department would like to thank the Kaley Foundation for their generous donation to help our department purchase a new set of Amkus electronic extrication tools. The department recently took delivery of an Amkus ION IS320 spreader and an Amkus ION IC750 cutter.

The addition of these new tools are essential to today's new technology of vehicles and ever changing fire tactics for extrication on all types of emergencies.

None of this would have been possible without the funds donated by the Kaley Foundation. Thank you for helping the Milford Fire Department to continue to serve our community with pride !



December 6, 2022- This morning we are proud to officially swear in Deputy Chief Riley Stanchina into the Milford Fire Department. Deputy Stanchina heads Fire prevention and the Departments training division. Deputy Stanchina has been a great asset to our department and we are fortunate to have his expertise, experience and knowledge to keep our department and our community safe. Deputy Stanchina was pinned by his girlfriend Jamie, in attendance was his father, mother and brother.



Congratulations to Firefighter Chris Pervere for being promoted to Lieutenant. We are very proud of Chris and for all the hard work and time dedicated to help provide services to our town and to our department. Congratulations Lieutenant Pervere, keep up the great work!

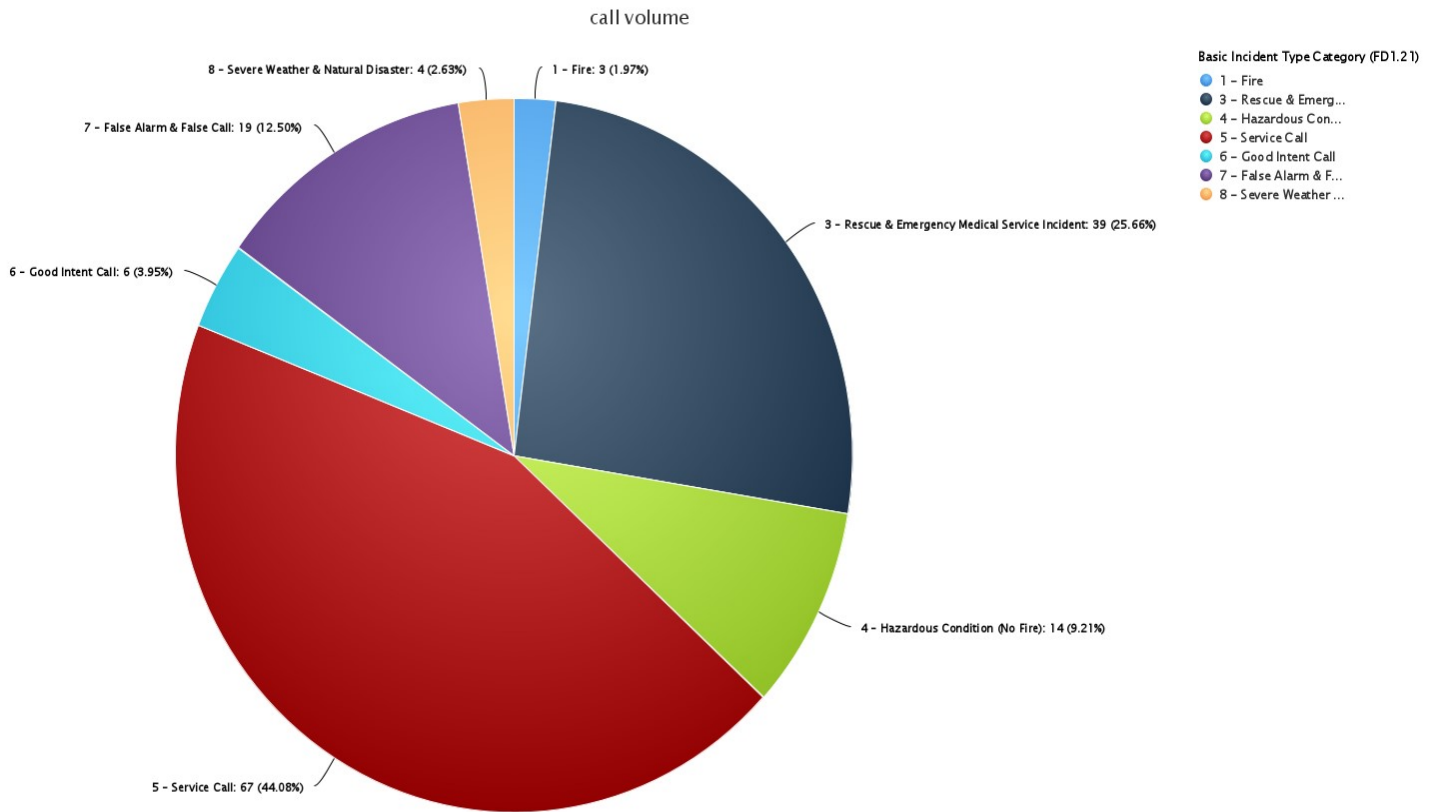


**New hire-** Please welcome Probationary Fire Fighter Kevin Scott to the Milford Fire Department, Kevin started as a Call Fire Fighter on December 11, 2022. If you haven't already, please introduce yourself to Kevin.



**Happy Retirement!**

The Milford Fire Department is hosting a Retirement Party for Deputy Chief William Kincaid at Hampshire Hills on Sunday January 22nd from 1-4pm. Stop by and wish him well!



10, 2023 2:27:30 PM

ImageTrend.com

**Top Responders of December:**  
 Out of 100 incidents / Non Service calls:

FF Spencer Pickett  
 32

Lt Ray Anderson  
 29 calls

FF Michael Knowles  
 19 calls

Total Calls in December 2022  
 152

Total Calls in December 2021  
 99

Year to Date 2022  
 1470

Year to Date 2021  
 1156

Group 2 members joined the Milford Ambulance Department in this month's ALS training, their annual Rapid Sequence Intubation (RSI) review. RSI is a high acuity procedure that usually happens here between 1 and 4 times per year. During an RSI, the certified paramedic and at minimum 1 certified RSI Assistant use a combination of pre-oxygenation, medication and intubation to obtain control of a patients' airway. This happens in situations where the patients are unable to protect or maintain their own airway and have high risk of deteriorating. MFD thanks the Ambulance Department for inviting us and hosting this crucial training.



## A LITTLE MFD HISTORY..

56 Union Street  
8/3/07 002 hrs



**December 14- Mutual Aid to Wilton** - At approximately 2:19 PM this afternoon, Wilton Ambulance, Fire and Police were dispatched to a reported Motor Vehicle Accident with entrapment on Gibbons Highway in the area of Wilton Center Road. Units arrived on scene to find a sedan had left the roadway, struck a tree and came to rest partially over an embankment adjacent to a brook. Companies worked to extricate two patients from the vehicle and they were transported to local hospitals.



**December 12th-** Today Milford Fire and Milford Ambulance Service showed our support for Wreaths Across America at Arlington National Cemetery by honoring all fallen soldiers. The procession started in Eliot, ME and is heading to Arlington National Cemetery to lay wreaths on all the fallen soldiers grave sites. Wreaths Across America coordinates wreath-laying ceremonies at more than 3,400 locations across the United States, at sea and abroad.



## December 23rd- Storm

Members of the Milford Fire Department had a busy evening dealing with multiple downed wires and fallen trees on homes and businesses.

At 14:04 in the area of 653 Elm street, a telephone pole had fallen with live sparking wires across the roadway. The area was secured, vehicles rerouted and barricades established for road closure in both directions.

**As the storm continued, so did the tones for MFD.**

At 16:54 MFD responded to 6 Scarborough Lane for a transformer on fire, and found a tree leaning on primary wires.

At 16:58 MFD was dispatched to 286 Elm Street, for a tree down on the building. Upon arrival command confirmed that a tree had fallen into the building through the roof, with an odor of gas. The propane was shut off to the Barber Shop and Restaurant, and the building was vented.

At 16:58 MFD was dispatched to Dean Street for smoke in the basement, command found that the neutral power wire of the homes supply line had broken.

At 16:58 MFD was dispatched for a reported tree on a house on Reserve Way- MFD responded and found a tree had fallen on the residence, in the valley between the garage and residence. The tree was seemingly resting on the load bearing wall that separates the house from garage. No injuries, no entrapment.

17:29 MFD Responded to George Street for an electrical burn on the hand due to broken cord.

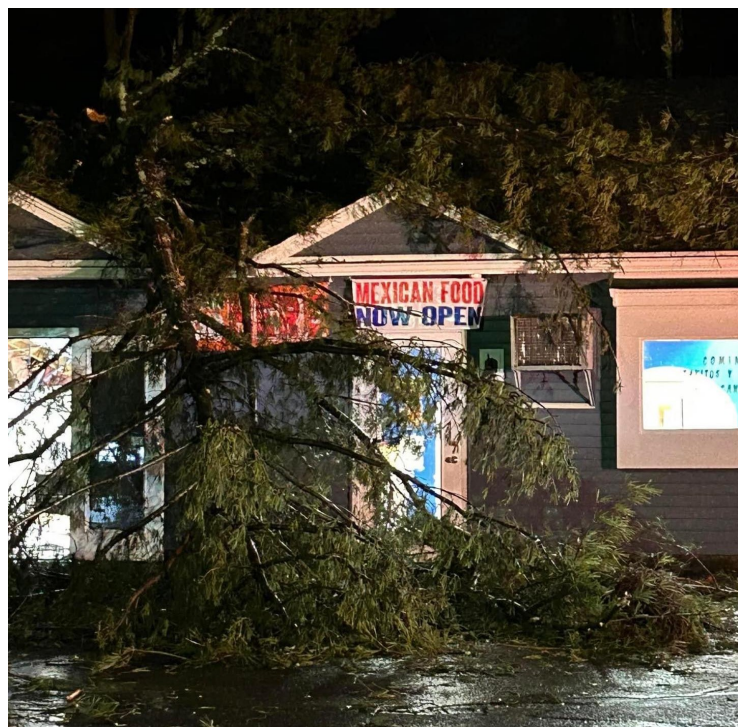
17:34 MFD responded to the area of 252 Melendy Road- Tree down across the road with wires on the ground, Melendy Road and Ball Hill were closed for a short period of time.

17:46 MFD dispatched to Old Brookline Road for a tree across the road with wires down.

19:17 MFD responded to a Co alarm on Ball Hill Road.

20:03 MFD dispatched but cancelled en route for a broken down vehicle. No injuries.

And that's a night!



## January is Mental Wellness Month

According to the National Alliance on Mental Illness, 43.8 million, or 1 in 5 adults in the U.S., suffer from mental health issues annually. However, the effects of mental illness are spread throughout society and affect us all directly or indirectly. That's why Mental Wellness Month is celebrated annually from January 1 to 31 to combat mental illness and spread awareness.



### Why Is Mental Wellness Month January 2023 Celebrated?

We feel a merry cheer while celebrating Christmas and welcoming the new year. However, for many people, these events are an indicator of the struggles about to come. The rates of seasonal depression, loneliness, and post-celebration blues are at an all-time high following new year's eve.

Mental Wellness Month serves as a reminder to maintain and sustain your mental health, despite the ups and downs of life.

Following is our list of activities that can help you improve your mental health and start the year in better spirits. You can also participate in the mental wellness month by taking any of the following steps.

- 1. Spend more time with your loved ones-**Multiple studies show that social interaction that includes face-to-face talking and eye contact can enhance the quality of your relationships.
- 2. Show gratitude for the good things in life-** We tend to ignore the positive things while focusing on the negatives. Gratitude is a practice that can help you reverse this tendency.
- 3. Plan a trip (solo or with your friends)** Traveling and spending time with nature can improve your mood, help you step out of your comfort zone, and provide you with lifetime memories.
- 4. Take better care of yourself-**Self-care is a necessary skill that can help you regulate your physical and mental health in periods of immense stress. Some ways to take care of yourself are decreasing screen time, meditating and doing nothing, and spending time with people you love.
- 5. Opt for therapy-**Contrary to popular belief, therapy is not just for the mentally ill or those suffering from mental health issues. Therapy teaches essential life skills that can help you become more emotionally intelligent, improve the quality of your work and relationships, and live a more relaxed, stress-free life.

**Mental wellness month 2023 is celebrated every year from January 1 to 31. This month-long event is a reminder to take better care of your mental health, release stress and become happier, and improve the quality of your relationships.**



MFD is hiring Call Firefighters! Share our flyer!

# Milford Fire Department



"Serving Our Community With Pride"

**Our Core Values:** Courage, Honor, and Integrity

**Our Mission:** is to safeguard the citizens and visitors of our community by providing high quality fire suppression, technical rescue, fire prevention and public education services.

## Call Firefighters Needed!

Call firefighters are notified of emergencies via radio, pager, or text messaging and will respond any time of day or night to mitigate the emergency.

They train on the first Monday and third Tuesday of every month

### Eligibility:

Must be at least 19 years old  
Have a valid New Hampshire License  
Must be a High School Graduate or GED  
Live in Milford  
Certify in Firefighter Level I within  
1 year of Joining Department

### Benefits:

Paid Training twice a month  
Gym free to use for members  
CPR Certification  
Community Involvement  
Uniforms and Equipment Included





## Sausage and Rice Stuffed Peppers

### Ingredients:

6 large red, orange and/or yellow bell peppers  
3 tbsp. olive oil  
1 lb. loose sweet Italian sausage  
4 plum tomatoes, diced  
2 red onions, diced  
3 garlic cloves, minced  
1 tsp. dried Italian seasoning  
Kosher salt and black pepper, to taste  
2 c. cooked brown rice  
2 c. shredded mozzarella cheese

### Directions:

1- Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membranes as you can. Place the peppers in a microwave safe bowl, add ½ cup water and cover with plastic wrap. Microwave until just beginning to soften, about 12 minutes, then uncover and set aside.

2- Preheat the oven to 450°. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the sausage and cook, breaking it up with a wooden spoon, until cooked through, about 6 minutes. Remove to a plate.

3- Add the remaining 1 tablespoon olive oil to the pan. Add the tomatoes, red onions, garlic, Italian seasoning and the chopped pepper tops and cook, stirring, until tender and lightly browned, 10 to 12 minutes.

4- Season the mixture with salt and pepper and stir in the sausage and rice. Taste and adjust the seasoning.

5- Place the peppers upright in a baking dish just large enough to hold them. Fill with the rice mixture and bake for 10 minutes. Sprinkle with the cheese and continue baking until the cheese is browned in spots, 10 to 12 more minutes.



## Peanut Butter Espresso Brownies

### Ingredients:

Nonstick vegetable oil spray  
1/3 cup vegetable oil  
1 large egg  
2 tablespoons espresso powder  
One 17.6-ounce box brownie mix, such as Duncan Hines  
3/4 cup peanut butter chips  
1/4 teaspoon coarse flake salt

### Directions:

1- Preheat the oven to 350 degrees F.

2- Spray an 8-by-8-inch baking pan with nonstick spray. In a large bowl, whisk together 1/3 cup water and the oil, egg and espresso powder. Add the brownie mix and stir until well blended. Stir in the peanut butter chips. Transfer the batter to the prepared baking pan. Sprinkle the salt evenly over the top. Bake until a toothpick inserted into the center of the brownies comes out with a few moist crumbs attached, 35 to 40 minutes. Cool completely before cutting into squares. Arrange the brownies on a platter and serve.

