

Laramie County Fire District #10



Station #1: 88 Harriman Rd, Granite Canon, WY 82059
Station #2: 646 County Rd 102, Granite Canon, WY 82059

LCFD#10 UPCOMING EVENTS!

SUMMER PICNIC

Date: July 16, 2022

Time: 12:00 p.m.

Place: Harriman Station
(88 Harriman Rd ~ 1 mi N of the State Line)

It's that time of year again to get together with your friends and neighbors!

LCFD#10 volunteers always enjoy seeing you and catching you up on what they've been doing in the last year!

AirLife will be out to visit us again! The volunteers will be training with them from 10:00 a.m. - 12:00 p.m. Then the flight crew will join us for lunch.

Chief Pomeroy will also be handing out awards. This is a yearly event that Chief struggles over because he feels everyone gives so much of themselves.

And don't forget about the Silent Auction!

Potluck assignments:

- Last name starting with A-N: Side Dish/Salad
- Last name starting with O-Z: Dessert

***We look forward to seeing you all.
Come hungry!!***

If you have any questions, please feel free to contact Wanda Pomeroy at wanda.pomeroy@lcfcd10.org or 307-631-3265.

HANDS-ONLY CPR

Date: August 20, 2022

Time: 9:00 a.m. - 12:00 p.m.

Place: Willadsen Fire Station
(646 County Rd 102 - I80 and Harriman Exit)

Community Training Available

Hands-Only CPR, which involves only chest compressions, has emerged in recent years as an alternative to standard CPR, which involves both chest compressions and mouth-to-mouth rescue breaths.

More than 325,000 cardiac arrests occur outside of hospitals each year in the United States, American Heart Association (AHA) statistics show. Immediate CPR can double or triple the chances of survival, according to the AHA. Keeping the blood flow active - even partially - extends the opportunity for a successful resuscitation once trained medical staff arrive at the scene.

About 70% of out-of-hospital cardiac arrests happen in homes. You could be the difference for someone you love.

Please join us at our Willadsen station August 20 from 9:00 a.m. - 12:00 p.m. for this life saving training!

If you have any questions, please feel free to contact Captain Melody Ruff at melody.ruff@lcfcd10.org.

Laramie County Fire Restrictions – Effective Date July 6 2022 at 8:00 a.m.

Laramie County Commissioners voted in favor of implementing **Stage 1 Fire Restrictions** on July 5.

You can find the resolution with full details at:

<https://www.laramiecountywy.gov/departments/EmergencyManagement/pdfs/2022/220705-17%20Resolution%20Stage%20One%20Fire%20Restrictions.pdf>

If you would like a hard copy mailed or emailed, please contact Wanda.Pomeroy@lcf10.org.

Reminder from Chief Pomeroy

This goes without saying ~ it's DRY ~ thus the much needed fire restrictions.

Even with the clouds, a few rain showers here and there (and the risk of lightning strikes!), it's just painfully dry. Painful because there's a big risk for wildland fires in our area. We've had a few close calls and we continue to be prepared and ready in case of a wildfire.

It's an ongoing job preparing and keeping your home in Firewise condition.

Over the years, we have worked with many of you on how to prepare your home in case of wildfires. As a reminder and for those new to our community, there are many risks reduction steps that can make your home safer during a wildfire

Please take a few minutes to review The National Fire Protection Association (NFPA) which has a ton of great information:

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Wildfire/Preparing-homes-for-wildfire>



If you have any questions, please feel free to contact myself or one of your volunteers.

Wishing you all good health and safety!

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\*\* Chief Paul Pomeroy \*\*  
LCFD#10 Chief  
[chief@lcf10.org](mailto:chief@lcf10.org)  
307-220-0164 - cell  
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ISO Letter & Information

Please find a copy of the letter from ISO to share with your insurance company at:

http://www.lcf10.org/iso_information

“Like” Our Official Facebook Page!

<https://www.facebook.com/LCFD10>

LCFD#10 Website:
www.lcf10.org

Personal Training & Protocol on Typical Medical Calls

by Ella Kubicz, Volunteer Fire Fighter

I am proud to be an EMT with LCFD#10!

I am certified by National Registry for EMT and licensed to practice as Emergency Medical Technician (EMT) by the Wyoming Office of Emergency Medical Services. I must renew my certification every 2 years by completing 42 hours of Continuing Education. Requirements of the training strictly dictating area of medical emergency services and can be done by hands-on prehospital trauma training in a class setting.

LCFD#10 EMS Captain, Melody Ruff, challenges us with quizzes, additional training in utilizing all the department medical equipment. All this is to prepare all Responders to react quickly and properly to the medical emergency. On average EMT has 15 minutes to provide pre-hospital treatment and decide if patient needs transport to the hospital. We are focusing on stopping bleeding, maintaining open airway, circulation, and immobilizing C spine for trauma patients.

Our assessment for trauma patients should be performed in under 10 minutes, medical assessment in 15 minutes. (That includes recording patient basic vitals). Our assessments are part of the report we are giving for continuous care of the patient to the AMR, who is transporting patient to the hospital.

There are situations that patient after initial care provided by us refuses to be transported to the hospital. Adrenaline pumped after traumatic event like a crash, might cover the body reaction to pain. Our experience, knowledge and observation of the patient might play the role in convincing otherwise to secure patient wellbeing.

Maintenance Cost Savings

LCFD#10's maintenance repair costs have been reduced by over 70% for our 2021-2022 budget year. Firefighter Ty Presgrove has not only been able to save LCFD#10 money, but he has also significantly reduced our emergency equipment downtime since joining LCFD#10 full time in the later part of our 2020-2021 budget year. So far this budget year LCFD#10 is on track to save about \$12,500 on vehicle and equipment maintenance and repairs. This is primarily due to Ty's efforts to perform this work in-house between emergency response calls (see table below). Both Ty's and Melody Ruff's efforts on maintaining and equipping our emergency response equipment has greatly improved the reliability of our equipment and thus the efficiency of all our emergency response personnel.

LCFD#10 Maintenance Costs

Actual Maintenance Costs:

Budget Year	Vehicle Maintenance & Repair (#5140)	Equipment Maintenance & Repair (#5150)	Total Vehicle & Equipment Maintenance & Repair	Average Total vehicle & Equipment Maintenance & Repair	Years
2017-2018	\$13,230.20	\$2,085.97	\$15,316.17		
2018-2019	\$13,844.19	\$1,678.87	\$15,523.06		
2019-2020	\$12,039.88	\$4,034.15	\$16,074.03		
2020-2021	\$17,030.26	\$3,741.00	\$20,771.26	\$16,921.13	2017-2021
2021-2022*	\$4,411.35	\$0.00	\$4,411.35	\$4,411.35	2021-2022*
Annualized Savings:				\$12,509.78	

Note*: Adjusted to annual costs from actual costs of budget to date July 1, 2021 - March 31, 2022.

Actual costs to date July 1, 2021 - April 30, 2022 are: \$2,211.35 for account # 5140 and \$0.00 for account #5150.

Anticipated May repair costs of \$1,000 and June expenditures of \$1,200.

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 \*\* Lew Gray \*\*  
 LCFD#10 Board Member & Treasurer  
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Training & Certifications

Over the last several years LCFD#10 has increased the number of trained emergency medical technicians (EMTs). LCFD#10 has gone from only one EMT several years ago (Joel Anderson) to six EMTs (Dillon Conner, Ella Kubicz, Jeff Miller, Axle Morghem, Ty Presgrove and Melody Ruff). LCFD#10 personnel's efforts on recruiting and getting people trained and certified has really helped our greater Fire District community. This is especially true since well over 50% of our calls require a medical response and the median age in our Fire District is 60.

During this same time LCFD#10 has also increased the number of 'Firefighter I' certified personnel from three to eight (Dillon Conner, Artie Manfredi, Jeff Miller, Axle Morghem, Ty Presgrove, Jason Ruff, Melody Ruff and Karl Zunker) and now have two firefighters that have their advanced 'Firefighter II' certification (Dillon Conner and Ty Presgrove). Additionally, LCFD#10 has been able to certify four firefighters in 'Wildland Firefighter II' training (Aaron Faus, Jeff Miller, Jason Ruff and Melody Ruff) and two firefighters in the more advanced 'Wildland Firefighter I and Crew Boss' training (Dillon Conner and Ty Presgrove).

The LCFD#10 Board would like to express our deepest appreciation to all our LCFD#10 Firefighters:

Paul Pomeroy, Chief

Dillon Conner, Assistant Chief

Melody Ruff, Medical Captain

Wanda Pomeroy, Administrative Captain

Ella Kubicz, Volunteer Fire Fighter

Aaron Faass, Volunter Fire Fighter

Ken McCauley, Volunteer Fire Fighter

Karl Zunker, Assistant Chief

Ty Presgrove, Engineering Captain

Jason Ruff, Training Captain

Axle Morghem, Volunteer Fire Fighter

Jeff Miller, Volunteer Fire Fighter

Artie Manfredi, Volunteer Fire Fighter

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\*\* Lew Gray \*\*

LCFD#10 Board Member & Treasurer

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One last thought from Chief Pomeroy



Every day I go by our mailbox, and I read this note someone left during the shutdown. It gave me and so many others so much support. We all have been through so much the last few years and the world is a "little" crazy now. And it seems that we are all so busy again!

I'm so proud of our community who seemed to stick together through the all the unknowns.

Keep moving forward and continue to give encouragement. Sometimes it goes a long way!

Be safe!