



Livermore Fire Protection District Newsletter

Chief's Message:

By Jim Herrington

Planning Ahead

As you know Livermore Fire Protection District covers a large and diverse area. 35 years ago, community members saw a need for fire and emergency medical coverage for this area and began collecting donations, well-used fire apparatus and built a station that barely held the equipment. This has become Station 1, and for many years it was the closest emergency service for the area. In the early 1990s we were Livermore Volunteer Fire Department. With no reliable income, we responded to an average of 50 calls per year.

In the mid-1990s, LVFD with the help



above: 287 Extrication below: New LFPD Engine

of Larimer County officials, determined a boundary of 330 square miles to create a district. Voters approved the essential property tax levy and the Livermore Fire Protection District was formed. With steady funding and grants we began to grow and improve our service. As the population grew along with the number

of volunteers in the department, the district approved a second station 8 miles up the Cherokee Park Road. Using savings and a grant from the Colorado Department of Local Affairs (DOLA), we were able to build station 2, and add more members and apparatus. This allowed us to be more effective and faster to get to calls. If you have lived in the district for a few years, you know that our homes and population continue to grow and so have the challenges to respond quickly for assistance.

We have always planned for additional stations and the growth and pattern of calls have shown that Red Mountain should have a fire station. In the early 2000s, LFPD was granted a 99-year lease for an acre parcel at mile 6 on Red Mountain. Road The parcel is owned by CSU's STRATA Foundation. At this time, we are in the planning and permitting process to build a facility that will greatly improve our response to Red Mountain Road as well as provide equipment and members to help in other areas of the district. If all goes well, we should break ground this spring. This is an important milestone for our citizens and our department. We are looking forward to being faster and better prepared for emergencies in this area.



Meet the Member:

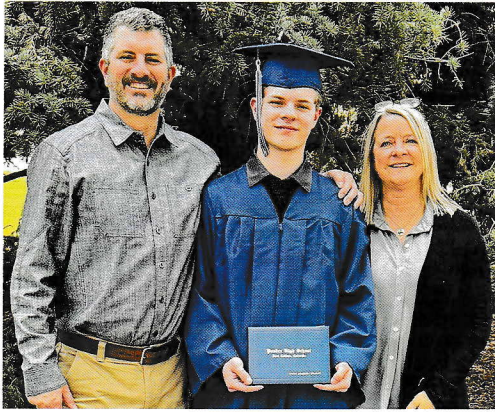
Bob Grimmer

by Siri Stevens

[Illuminare latebras mundi]

It's a job that needs to be done, and if you look at it as this is a problem that needs to be fixed and you trust your training – that person survives and goes back to their family."

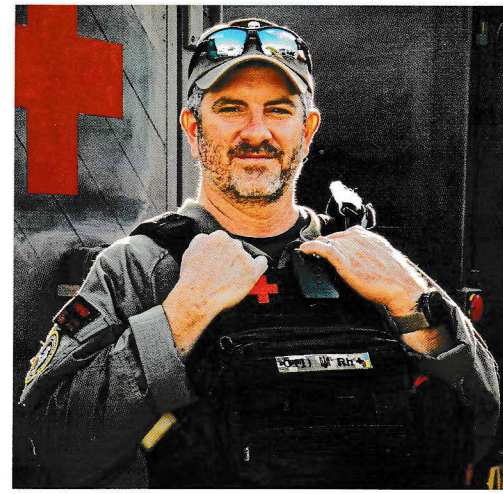
Bob Grimmer has been with the LFPD for eight years. "Donn Maynard hired me," said the Bonner Peak resident. "I wanted to help my neighbors and build relationships



with the members – we do a lot of fun stuff. I missed that from the Army, working in difficult positions for the common goal and I felt like I could do a little of that here." Bob is a firefighter, EMT, and Wildland trained. "There's a need, and let's get together and fix it. I've put myself in the middle of the pack."

He and his wife, Gretchen, and their son, Wyatt, have lived in Bonner Peak since 2015. Wyatt is a freshman at Montana State University, graduating last May from Poudre High School. Gretchen works for Xanterra, managing national parks, and has a flower farm on the property. Bob owns a small business that contracts with the US government, providing support to international security assistance programs. Bob started in that direction when he left the army, working for a large defense contractor.

He brought years of experience to LFPD, an Army officer who obtained his degree in building construction. "The Army was huge and I never looked back." He still gives back to the country, recently returning from a two-month trip to Ukraine. "I came up with the idea earlier in the spring to volunteer my services, and decided to sign on with an aid organization, Global Outreach Doctors." He served as a medic, transporting wounded soldiers to Ukraine field hospitals. While there, he spent his off days training Ukrainian



medics. "I did it because I have a passion for emergency medical care, and I followed that up with courage to follow that – I went to war. I felt like it was something I could do however small and I like to think I made a difference." He also utilized one of his other passions, photojournalism, and shot images with a Leica camera.

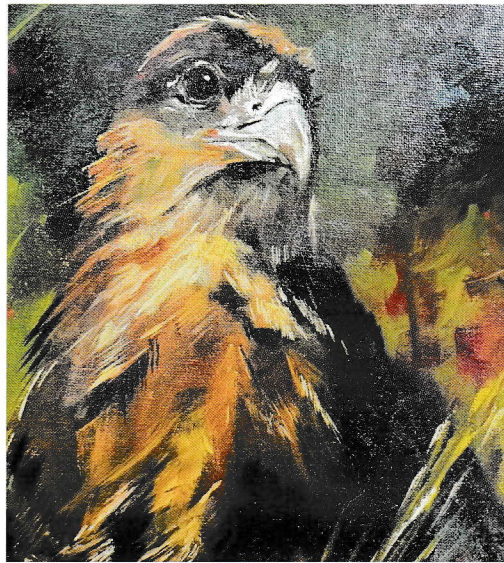
"Why not bring a camera along," he said. "I can document world events and how people are affected by crisis – connecting with people that are indirectly affected by it – like the medics." He feels compelled to shine a light in the dark corners of the world.

HAWK

Courtesy LFPD

On Saturday, October 7th, after LFPD firefighters had completed fire training, two hikers alerted some of the firefighters that there was a large raptor who was on the ground on the road to nearby Eagle's Nest. A group of firefighters followed them to the bird, and found that it was unable to fly. These firefighters developed a plan to capture the large bird in a dropcloth and contain him in a large Amazon box. Arrangements were made with the Rocky Mountain Raptor Program (RMRP) for them to take him in. The bird was fairly calm on the way down to Fort Collins, and he was handed off to the professionals for care.

Early the following week, we learned from RMRP that the bird is a Swainson's Hawk. This bird (of yet unknown sex, but we



guess it is a male) was sadly fairly emaciated and weak. The good news is that the bird was eating on his own immediately.

painting by Lisa Sherrodd

RMRP stated that the hawk would have to overwinter at the rescue facility until he is hopefully strong enough for a springtime release. Swainson's Hawks migrate all the way to Argentina in the fall, and this poor bird was just not going to make that journey this year. The center provided their promise that he would be well cared for until he is ready for release.

RMRP stated that they were unsure as to why the bird had been down on the ground and unable to fly, presumably for a substantial amount of time. They asked that we wait to get another update until November.

All of the Livermore Firefighters are cheering this hawk on, who has been affectionately named "Hawkimus Prime," due to his Prime box delivery method to the rescue center. Here's hoping for a speedy and complete recovery!

2023 Wildfire Season

In terms of wildfires, this has been an unusual year for our district, Colorado, and many Western states. There have been few large

fires in Colorado. The grasses are tall and dry, and the fire season is not over yet. All the rain we had kept the fire danger down this summer. The few fires we have had have been contained by firefighters very quickly. Responding with the right

equipment and trained people makes a big difference. Of the eight wildfires we had, the largest was less than an acre. Last year there were 13 fires and the Halligan Fire was 150 acres. It will be possible to have wildfires even this late in the year.



What is a Stroke, and What Can You Do?

by Joel Funk

In the U.S., nearly 800,000 people per year suffer a stroke. About 75% of these are first-time stroke sufferers. Stroke is a leading cause of long-term disability, and is the leading preventable cause of disability.

A stroke occurs when a blood vessel in the brain becomes clogged or bursts. When this happens, nerve cells in that part of the brain no longer work correctly, which can cause signs and symptoms such as numbness, weakness, or difficulty speaking or walking.

When someone suffers a stroke, time matters. Immediate action can help reduce or prevent brain damage and disability. If you think someone has had a stroke, the most important thing you can do is to call 911 as soon as possible. But how might you know if a stroke has occurred? Here is the method we follow, and you can do it, too:

BE FAST:

B = Balance

Is there a loss of balance or mobility?

E = Eyes

Is there any vision loss?

F = Face

Is the smile normal? Is any part of the face drooping?

A = Arms

Is there weakness in either arm?



S = Speech

Is there difficulty speaking, or slurred speech?

T = Time

Time to call 911! Also, when did this happen? Knowing the time when the symptoms began is VERY important for the doctor to determine whether the patient can receive special medication and treatment that can significantly reduce the effects of the stroke.

Strokes can be prevented. How? The best way is to adopt a healthy lifestyle:

- Eat a balanced diet
- Get regular exercise
- Don't smoke
- Avoid excessive amounts of alcohol
- If you have high blood pressure, diabetes, or high cholesterol, keep it under control
- Manage your stress levels

A stroke is a major medical emergency, but there are many things you can do to improve the outcome.

Fire Prevention Week At Livermore Elementary

by Eddie Taylor

During this week Livermore Fire always provides prevention education to the students at Livermore Elementary school, which involves taking several of our apparatus over for a show and tell afternoon. We originally scheduled this for October 12 but due to poor weather conditions we instead had it October 18. This year we had an excellent attendance by firefighters, and took over Engine 131, Med 1 and Rescue 1. The Forest Service joined us this year, bringing Engine 651 and seven personnel, including Smokey the Bear himself. The students were divided into three groups, and rotated amongst the fire apparatus and Med 1, where they were introduced to the equipment on them and how we use them for fires and medical calls. This session lasted for 1 1/2 hours and the kids got to spray water, walk

through Engine 131, and take turns on the Stryker cot. It was a really nice event and we gave them all sling backpacks personalized with LIVERMORE FIRE DISTRICT.



Livermore Fire Protection District Staff

Fire Chief

Jim Herrington

Assistant Chief Training

Joel Meeter

Assistant Chief Fire Facilities/apparatus

Eddie Taylor

Assistant Chief EMS

Joel Funk

EMS Specialist

Mary Makris

Administration Captain

Patti Herrington

Apparatus Captain

Lloyd Schott

Station 1 Captain

Craig Kling

Station 2 Captain

Dave Herder

Station 4 Captain / Public Information Officer

Keith Dunn

Wildland Specialist

Mark Herrington

Facilities

Ron Auch

Grant Manager

Karyn Coppinger

Grant Manager Emeritus

Julie Schott

Quartermaster

Tim Shafer

LFPD Board Members:

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Bruce Huey

Treasurer

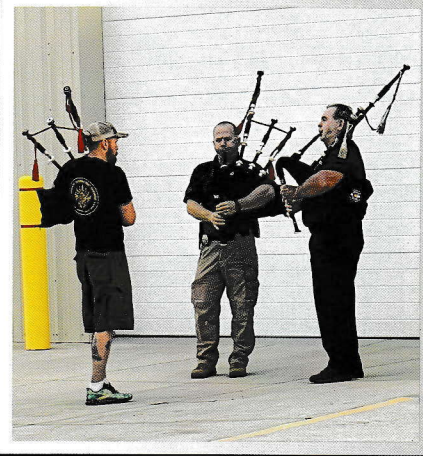
Cindy Cosmas

Secretary

Sheri Furlott

Directors

Sheri Furlott, Jerry Lang, Wanda Pomeroy, Mark Steputis, Chad Uthmann





Training Report Fall 2023

Joel Meeter, Chief of Training

I'm happy to report that two of our responders were able to attend some valuable structural firefighting training, hosted by other agencies.

Patrick Haas was able to attend the "Rookie Firefighter Track" at the Colorado Department of Public Safety Fire Academy in Ignacio, CO. Kendra Arbesman attended the "Weld County Women in Fire Skills Day" held at the AIMS Community College Public Safety Institute.

The Rookie Track class is a four-day course that has served as the core class for the Colorado Firefighters Academy for decades. Rookie track is meant to teach the fundamental task level skills required of a structural firefighter and provide



experience completing those tasks in live fire situations. The rookie track closely follows the requirements to obtain a Firefighter 1 certification. This class caters to students' level of experience, allowing a safe learning environment. Students range from those who have never been in a live fire to those who have taken Firefighter 1 and are attending to gain more experience. Some of the skills taught were the use of self-contained breathing apparatus, forcible entry, ladder handling, and search

and rescue.

The Women in Fire Skills Day was an all-female training course open to all skill levels. Skills taught and practiced included various forcible entry techniques, advanced search tactics, ergonomic ladders and vent enter search, unconventional hose movement and management, and mental health as a first responder.

Both Kendra and Patrick felt the training was great and that it will help to provide better service to the Livermore Community.

