The Responder

Volume 11, Issue 8

August, 2018

"Providing Quality Service for a Safe Community"

Feature Stories

- New Members
- Summer Habits
- Burn Restrictions
- The Dream
- Save the Date

2018 STATISTICS
July 1 — July 31

District Average Response Time:
9 min. 17 sec.

Responses by Type:

Fire: 24
EMS: 266
Other: 155
Total: 445

Overlapping**: 176**

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Proudly serving the communities of Blaine, Birch Bay, Custer, Laurel and the unincorporated areas of Lynden & Bellingham

NWFR Welcomes New Firefighters

NWFR recently hired five career firefighters.

Please welcome Seth Richmond, Delanie Warne, Cody Bowen, Aaron Ebner and Charlie Baldwin to the district.

The hiring process consisted of a written test, interview panel and Chiefs' interview.

In August, the group will complete the three month long Washington State Fire Academy at North Bend before being assigned a shift for their probationary year.

Please join NWFR in welcoming their newest recruits.

Healthy Summer Habits

Wellspring EAP

The warmer weather brings lots of new opportunities to improve your health: plenty of fresh, local produce and more choices for outside activities. Here's how to make the most of the summer months.

"When the weather is nice, there are more opportunities for getting outdoors and having fun with your family and incorporating exercise into day-to-day life," says Dr. Susan Yanovski, co-director of the Office of Obesity Research at NIH's National Institute of Diabetes and Digestive and Kidney Diseases. "Summer is a great time for getting out and increasing activity, if done in a safe fashion," agrees Dr. Marie A. Bernard, deputy director of NIH's National Institute on Aging.

continued on pg. 3

Please remember to keep the district up to date with any changes including your contact information.

All changes should be directed to Jennie. These changes may include:

Phone

Address

Email

Banking

Family Additions

Name changes

Whatcom County Burn Restrictions

Whatcom County – Due to the warm weather conditions ahead and decreasing fuel moisture levels, the Whatcom County Fire Marshal's Office will be enacting restrictions on open burning in unincorporated Whatcom County starting at 8:00 AM on Friday, July 13, 2018.

All land clearing and yard debris burning must be discontinued at that time and all issued burn permits are suspended.

Recreational fires will still be allowed with the landowner's permission. Recreational fires must meet the following requirements:

- Must only contain seasoned firewood or charcoal
- Must be contained in an enclosure no larger than 3' X 3' across, and must be a minimum 16" high, made of cement blocks, stones, or steel.
- Beach fires (where allowed) can be dug into an 8" deep pit, surrounded by 4" high enclosure of rocks.
- Fires must be 25' from structures, timber, and combustible materials.
- A charged garden hose or (2) 5 -gallon buckets full of water to be next to the fire.
- A shovel or rake capable of stirring and extinguishing the fire to be on-site.
- •Recreational fires are allowed after dark, if attended by someone 16 years or older at all times.
- Fires must be attended until out cold.
- No burning when winds exceed 7 MPH

Violations of these burn restrictions can result in a minimum $250.00 fine. In addition, if you have a fire that escapes or needs to be extinguished by the fire department, you may be held financially responsible for fire suppression costs, as well as be criminally charged.

If your property lies within Whatcom County Fire Districts (WCFD) 5- Pt. Roberts, 11- Lummi Island, or 17- Sandy Point, you must check with those fire districts for outdoor burning restrictions and to obtain outdoor burning permits (when available).

If your property lies within, or you are visiting property that is fire protected by Washington State Department of Natural Resources (DNR), or a federal parks or forest agency, you must contact those organizations about outdoor burning restrictions.

If you have any questions on open burning in unincorporated Whatcom County, please contact the Whatcom County Fire Marshal's Office at 360-778-5900

The Dream

By Mark vonAppen

A brother was having a bad day at work, so I asked him how he was doing and he replied, "Living the dream brother, living the dream."

If ever you question your drive to work the job take a look in the mirror and ask yourself, "Am I all in? Am I holding up my end of the bargain with my brothers, sisters, and the community that I serve? Am I the same person that I said I'd be in my interview with the fire chief all those years ago?"

If you can face the person in the glass before you and answer "yes" then great, let it roll. If your answer is "sometimes" or "maybe" then hear me out.

Let's get something straight. None of us got into this profession against our will. To one degree or another, we volunteered for it, and some of us fought for years to get it. We worked odd jobs, went to school at night, and interviewed for every job opportunity that surfaced – *anywhere*. As rough it can be at times it is better to us than the alternative, an anemic life passed in the numbness of the risk-free human zoo that is modern society.

We truly are living the dream, we must never lose sight of that. We have to constantly test ourselves mentally, physically, and professionally in order to remain steeled come what might. We have to maintain the beginners mind and the passion that drew us to this proud and storied calling.

The only thing more terrifying to us than having something happen in our lives is the possibility of nothing happening at all. We live for the challenge of our profession, it becomes who we are. *We live for it.* We are most alive when we push the limits of our capabilities, when we help others, it is where we thrive, it is where we are at our best.

Healthy Summer Habits cont.

continued from pg. 1

There are almost endless choices. Take evening walks around the neighborhood. Sign the kids up for sports programs at the local community or recreation center.

Go swimming together. Ride your bike or take a hike through a park. Plan a family softball or soccer game.

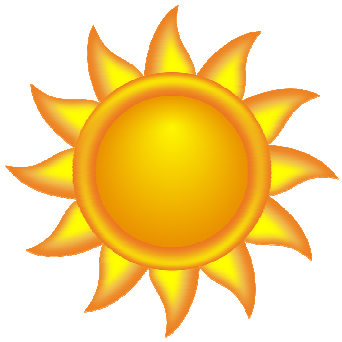
Just make sure to exercise a little caution. Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. Older people are at particularly high risk for hyperthermia because the body's ability to respond to summer heat can become less efficient with advancing years.

Look out for the warning signs of hyperthermia, which include headache, nausea, dizziness, muscle spasms and fatigue. If you suspect someone is suffering from hyperthermia, get the person out of the sun and into a cool place. Offer fluids, preferably water. Urge the person to lie down and rest in the coolest place possible. Encourage them to shower, bathe or sponge off with cool water.

Heat stroke is an especially dangerous form of hyperthermia. It can be life threatening, so you need to get medical help right away. A person with heat stroke has a body temperature above 104° and symptoms such as confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweating or coma.

To avoid hyperthermia, don't try to exercise or do a lot of strenuous activities in the midday heat. And make sure to drink plenty of liquids.

Another potential danger comes from the summer sun. "It's a time of the year when the sun's intensity is greatest," says Anne M. Hartman of NIH's National Cancer Institute (NCI). Exposure to ultraviolet (UV) radiation—invisible rays that are part of the energy that comes from the sun and artificial sources like sun lamps and tanning beds—is strongly associated with skin cancer.



"Over 1 million new cases of skin cancer are diagnosed in the U.S. each year, outnumbering at least the top 5 body system cancers combined and possibly all other cancers combined," Hartman says. "Both UVB rays, which penetrate the skin, and UVA rays, which penetrate more deeply through the skin's two layers and even a bit beyond, cause various types of skin and eye damage, including skin cancer."

To protect yourself from those UV rays, Dr. Frank Perna of NCI cites the catch phrase "Slip, slop, slap and wrap"—slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses.

Slip on protective clothing. Choose shirts with long sleeves and long pants to protect as much as your body from the sun as possible. Many modern fabrics are light and breathable yet protect your skin from the sun.

"A good rule is if you can see through the clothing, UV can pass through it and it will not provide you optimum protection," Perna says. Some clothes are now marked with an "Ultraviolet Protection Factor" or "UPF." UPF measures the amount of UV radiation that can penetrate the fabric. For example, a UPF of 50 means that it allows only 1/50th, or 2%, of UV to pass through it.

Slop on sunscreen. It may help prevent skin cancer, although sunscreen can't replace avoiding the sun during peak hours, staying in the shade and wearing protective clothing. Look for sunscreen with a sun protection factor (SPF) of at least 15. Those with an SPF of 30 or higher will provide the most protection.

Right now, unfortunately, SPF only measures protection from UVB rays. "Since both UVA and UVB cause damage to the skin, you should use a broad spectrum sunscreen, one that contains ingredients to protect against both UVA and UVB," Hartman says. The U.S. Food and Drug Administration has proposed a set of regulations for rating UVA protection. For now, those product labels should at least mention UVA protection.

continued on pg. 4

Events to Celebrate August Birthdays

2 — Troy Freeman
3 — Steph Hollstein
6 — Mike Lyshol
6 — Zachary Scott
11— Malcolm Simshauser
19 — Tony Esser
23 — Kevin Biery
24 — Chief Pernett
24 — Mike Wohlrab
25 — Cody Bowen
28 — Marcia Dickinson
28 — David Comp
29 — Sean Roberts
31 — Kris Jorgensen

Fire Commissioner Meetings
NWFR

Thurs. August 16
9408 Odell St 61 Blaine — 1:00 p.m.

District 4

Wed. August 15
4142 Britton Loop St 12 Bellingham —12:00 p.m.

4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for a safe community

Free Friends and Family CPR Classes

Class will be held from 6:30 p.m.—9:30 p.m. at various fire stations around the district. Check out www.nwfrs.com for more information and to reserve your spot.

January 31
February 17
March 28
April 25
May 30
June 27
July 25
August 22
September 26
October 24
November 28
December 19

Donations of nonperishable food items are encouraged but not mandatory. All food donations will be forwarded to local area food banks.

Healthy Summer Habits cont.

continued from pg. 3

Slap on a hat. "All hats are not equally protective," Hartman notes. "Choose hats that are broad brimmed all around to shade the ears and neck as well as the face."

And finally, wrap on sunglasses. The label should say that the lenses block at least 99% of UVA and UVB radiation.

Now that you've got yourself covered, you can get outside and get active.

Don't forget there are also healthy eating opportunities that come with warmer weather. "I think it's easier to eat healthfully during the summer," Yanovski says. "When you're hot, a salad tastes really good. It's easy to grill some chicken and make a salad with some grilled chicken or fish and fresh fruits and vegetables."

There are more locally grown fruits and vegetables. "You can have fun trying what's seasonal and tasty," she says.

Some people find it challenging to eat well during summer picnics and barbeques. "A lot of the side dishes, things like potato salad and cole slaw, can be loaded with fat and calories," Yanovski says. "What you can do is offer to bring a side dish yourself and bring a fresh fruit salad, a side salad or some cut up vegetables with some hummus."

And stay away from the food table so you're not tempted to eat things you'd rather avoid, she says.

Something else to think about in the heat is keeping foods cool to avoid food poisoning. Microbes can grow quickly in food that's left out for too long.

With some planning, you can enjoy the opportunities that summer brings and avoid the

Trophies:

Best in Show – Classic Original
Best in Show – Classic Restored
Best in Show – Motorcycle
Best in Show – Low Rider
Best in Show – Paint Job
Youngest Participant
Oldest Entry

Timeline:

9:30am Set-up and Registration
10am Show Starts
12-1pm Kids' Happy Hour
1pm Judging Complete
2:30pm Awards
3pm Show Ends

Dash plaques to the first 50 entries