

VERNONIA RURAL FIRE PROTECTION DISTRICT

Stay Hydrated

Summer weather is here and we are seeing some hot days. So with that in mind, here are a few tips on beating the heat and staying healthy while you do it.

Please remember your pets and farm animals. They need to keep hydrated too!

Key Safety Tips

- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention, should consult a doctor before increasing liquid intake.
- Never leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors who do not have air con-

ditioning and who spend much of their time alone.

- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Check the weather/listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

Safety Tips if You Have to Go Outside

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight,

and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.

- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

For these tips and more, go to READY.GOV.



Burn Restrictions in Affect

This year the burn restrictions are in affect earlier than usual. The Oregon Department of Forestry has been keeping records of rain fall verses the moisture content in the forest for several years. This is expected to be an unusually dry year, and much earlier than normal.

You may still use your gas and charcoal grills, and you can still have your campfires in an approved burn pit, within the groomed portion of your own personal property,

but burning of yard debris is not allowed, even if you have a current burn permit.

Please monitor our Facebook page for updates concerning burning in the Vernonia Rural Fire Protection District's area.

Thank you for your continued support and cooperation.

VRFPD Fire Chief
503-709-8821
vernoniafire@gmail.com

Watchful Eye

We would like to remind all of you to keep a watchful eye out for the hidden dangers on our roadways, in and out of town.

With the nicer weather, many have taken to their two wheeled vehicles - motorcycles and bicycles. And with the end of the school year the kids will be out at all hours of the day.

Keep a close eye on the cross walks in town and the neighborhoods where children will be playing. Slowing down a little just might give you the added stopping distance that you will need to avoid hitting that little one who just ran

blindly into the street chasing after that football or Frisbee that just got away.

There is always a plethora of bicycles, joggers, and hikers, etc., in our area and on the roadways. With all of the curves you are upon them before you know it, and the curves make it a little dangerous to pass them when you can't see what's coming around that next bend.

Please be on your best game as you travel the roadways, leave early if you can and drive a little slower to help avoid a serious accident.

Vernonia Rural Fire Protection District Could Use Your Help

Recently we have received some inquiries from the public concerning volunteer opportunities with the department. We do have several areas where we could use an extra hand from any interested citizens from our community.

We realize that not everyone is cut out for becoming a firefighter, with all of the training requirements and personal time commitments, so we have come up with some areas where you can volunteer to help us out, without having to go through a lot of training and time away from your

family.

If you are interested in learning more about the areas where we could use your help, contact the Fire Chief.

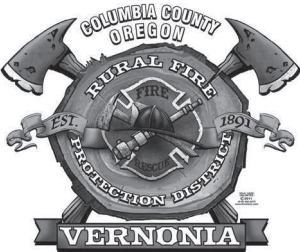
We could use some volunteers to help with:

- Vetting Map Books
- Answering Phones
- Filing Paperwork
- Public Education Programs
- Grant Writing
- Computer Data Entry
- Station/Grounds Maintenance
- Fire Prevention Programs
- Address Program

Calls responded to June 1-30

Fire	1
Emergency Medical Service	44
Hazardous Condition	0
Service Call	16
Good Intent	1
Severe Weather & Natural Disaster	0
Special Incident	0
No Emergency Found	0
False Alarm	1
Total	63

VOLUNTEERS WANTED



Here's What We Do!

VERNONIA RURAL FIRE PROTECTION DISTRICT

VRFPD is currently accepting applications for Volunteer Fire Fighters

- You must have a High School Diploma or G.E.D., a valid Oregon Driver's License, and be at least 18 years of age
- Currently, you must be able to attend weekly training on Monday nights
- Willing to attend the Fire Academy
- Live or work (employer willing to let you respond to calls) within VRFPD's District
- Applications can be picked up at the Fire Station

VRFPD
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VRFPD FIRE CHIEF
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