



Woodinville Fire & Life Safety District

Fire Watch

Spring/Summer 2010

www.wflsd.org

Volume 15

Summer Time



Tips for keeping you
and your family safe

Keeping you and your family safe during summer activities!

Summer is a time when we get to enjoy wonderful outdoor activities. Staying safe while enjoying whatever activities you take part in is key to having a great summer. As you and your family enjoy the summer months, please take a moment to consider the following safety tips.

Water Safety

Water is often a great part of a hot summer day. By observing some basic water safety guidelines, a wonderful day at the water won't turn into a tragedy.



- ▶ Always know your limits. Only swim in areas that don't exceed your limits as a swimmer.
- ▶ Don't swim alone.
- ▶ Wear an approved life vest when boating.
- ▶ Alcohol and water don't mix well. Abuse of alcohol is a leading cause of drowning and boating accidents.
- ▶ Never dive into lakes or rivers. The results can be tragic.
- ▶ Always keep an eye on small children around water.



Staying Hydrated

As the weather gets hotter and people get more active, getting enough water to stay properly hydrated is key. Make sure you always have water with you when you are participating in an activity. Signs of dehydration and heat exhaustion include muscle cramps, weakness, dizziness, headache, fainting and nausea or vomiting.



Importance of Helmets

Helmets have become an important piece to enjoying activities in a safe manner. Each year, hundreds of thousands of children and adults receive significant head injuries. Many of these devastating injuries could have been avoided by simply wearing a helmet. Make sure you always wear a helmet when bicycling, skateboarding, Roller Blading, etc.



Seat Belts



Summer time often includes traveling in the car to get to your destination. Whether it is a trip across the country or a trip to the store, everyone in the vehicle should always wear a seat belt. Not only is it the law in Washington state to wear a seat belt, it also saves lives!

Making sure your child safety car seat is properly installed in your vehicle is also a major priority. Woodinville Fire offers free car seat safety inspections. For more information call 425-483-2131

A Moment with District Leaders

I. David Daniels,
Fire Chief/CEO



After six months of serving as Fire Chief/CEO of Woodinville Fire, I am more excited to be part of this organization than I was when I started. There are so many wonderful aspects to the District that make serving as its leader a joy. Perhaps the best part of my job is looking

toward the future and seeking ways to make an outstanding organization even better. I recently sat down with all the officers of the District to confirm what the public expectations are for fire protection. We came up with seven expectations that we think you are looking for in your Fire District. They include (in no particular order):

- Maintain Normal (As in the way everything should be)
- Provide Peace of Mind, Safety and Security
- Be Good Stewards of Your Money
- Always Be Ready
- Get To You Fast
- Take the Lead in a Disaster
- Solve the Problem

We are committed to meeting these expectations.

Randy Ransom,
Fire Commissioner/Board Chair



2010 is proving to be a great year for Woodinville Fire. Though your elected Board of Fire Commissioners face difficult decisions for the future of the District, those difficult decisions don't take away from all the great things going on. In January, the Board of Fire Commissioners, Chief Administration Staff and Union representatives met at a retreat to talk about the future of the District. As a result of that time together, the District has adopted new vision, mission and key value statements.

Vision

Striving for Perfection, Focused on Excellence

Mission

We provide exceptional service to our community.

Key Values

Visionary, Relevant, Trustworthy, Accountable, Collaborative

We feel that these statements best represent our continued commitment to serve our community with the excellence upon which this District was founded.

Fitness for Life!

Fitness tips for a healthy lifestyle

We all hear about how important proper fitness is for a healthy lifestyle. We often spend more time being active in the summer. Before embarking on any new fitness activity, it is best to consult with your doctor. Here are some great ideas to enjoy summer and get fit at the same time.

- Take a walk and enjoy the summer days.
- Enjoy a bike ride on one of the area's many bike trails (Don't forget your helmet!)
- Take up a new activity with your friends. Some cool sports you might consider are Ultimate Frisbee, Pickle Ball, Roller Blading, hiking and mountain biking. (Did we mention helmets for Roller Blading and biking?)

Want to take it up a notch? Add some extra exercises to some of the above activities. For example... Do 10 push ups every time you complete a mile walked. If playing a sport, incorporate push ups, sit ups or jumping jacks every time the other team scores.



Woodinville Fire and Life Safety District

17718 Woodinville-Snohomish Rd. NE

P.O. Box 2200

Woodinville, WA 98072

Phone 425-483-2131

Fax 425-486-0361

www.wflsd.org

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Woodinville Fire Welcomes Mario Acosta



Woodinville Fire welcomes Deputy Chief Mario Acosta. D/C Acosta comes to Woodinville from Cathedral City, California where he served as an Administrative Chief. D/C Acosta's career spans over twenty four years. D/C Acosta retired from the Farmington New Mexico Fire Department

as a Battalion Chief in 2007, then accepted a position as a suppression Battalion Chief with the Drexel Heights Fire District near Tuscon, Arizona.

As Woodinville's newest Deputy Chief, D/C Acosta will oversee Fire/EMS Operations; Prevention and Life Safety; Emergency Medical Services; and Safety and Training. D/C Acosta was sworn in at the May 3rd Board of Fire Commissioners' meeting.

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Fire Watch is a quarterly publication produced by WFLSD.

For more information on any of the articles in this publication, please contact Community Services Officer David Weed at 425-483-4481 or e-mail at dweed@wflsd.org.

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