



Thurston County Fire Protection District 8

SOUTH BAY NEWS

3506 Shincke Rd NE Olympia WA 98506 360/491-5320

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July/August 2009

Upcoming Events



- ◆ July 2
BoFC Mtg 8 am
- ◆ July 4
Independence Day!
- ◆ July 6
Business/Assc Mtg & Barbecue
- ◆ July 13
OTEP—Strokes
- ◆ July 15
BoFC Mtg 12 noon
- ◆ July 18
Lakefair Parade
written/agility testing
- ◆ August 3
Bus/Assc Mtg
- ◆ August 7
BoFC Mtg 8 am
- ◆ August 8
Family Picnic noon
- ◆ August 21
BoFC Mtg 12 noon
oral boards testing
- ◆ August 22
Run Like a Dog
Fundraiser 8 am
- ◆ August 24
South Bay School walk
thru (tentative)

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." ~ Mother Teresa

FAMILY BARBECUE

The annual summer family barbecue hosted by the Firefighter's Association takes place on Saturday, August 8, beginning at noon and will be held at the Oddfellows Park off of Walnut Drive. All South Bay Fire Department members and their families are encouraged to attend. Our Association will provide burgers, hotdogs and all the fixin's. All you need to bring is something to share (salad, dessert or side dish) and your appetites! As sign up sheet This is a beautiful park with water, so come prepared to swim and soak up the sun. It is a great place for kids to play outdoor games. Frisbee anyone? Feel free to bring your boat if you have one. If you have any questions or would like to know how you can help, please call Damian Longmire or Doug Kilpatrick.



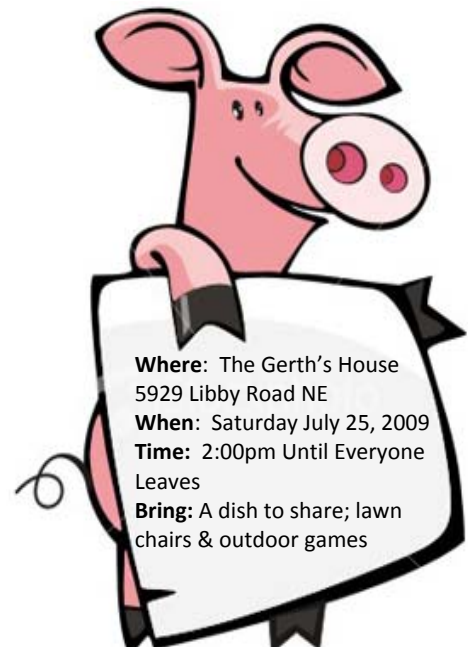
"RUN LIKE A DOG" 5K RUN/WALK

On Saturday, August 22nd our members will participate for the third year in the family and dog friendly 5k run/walk to benefit the Thurston County Humane Society. The event "Run Like a Dog," is in need of volunteer help for traffic control to keep runners and their canine companions safe from vehicle traffic at various intersections. We will also be providing water for the thirsty canines.

If YOU would like to assist with this event, please meet us at South Bay Veterinary Hospital between 8:00 and 8:30 am. Volunteers will be needed until 11:00 unless the last runner comes in before that! Please see Chief Kessel if you have any questions.



Third Annual PIG ROAST



Where: The Gerth's House
5929 Libby Road NE
When: Saturday July 25, 2009
Time: 2:00pm Until Everyone Leaves
Bring: A dish to share; lawn chairs & outdoor games

HEART ATTACK PREVENTION

The American Heart Association recommends that heart attack prevention begins by age 20. By following the steps below, you can reduce all of the modifiable risk factors for heart disease, heart attack and strokes.

- ♥ Stop smoking. If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit.
- ♥ Limit alcohol. Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents. The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers.
- ♥ Reduce blood cholesterol. Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated and trans fat and get moving. If diet and exercise alone don't get those numbers down, then medication is the key. Take it just like the doctor orders.
- ♥ Lower high blood pressure. It's the single largest risk factor for stroke. Stroke is the No. 3 killer and one of the leading causes of disability in the United States. Shake that salt habit, take any medication the doctor recommends exactly as prescribed and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.
- ♥ Be physically active every day. Research has shown that getting 30–60 minutes of physical activity on most days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something IS better than nothing. If you're doing nothing now, start out slow and try to walk every day.
- ♥ Aim for a healthy weight. Obesity is an epidemic in America, not only for adults but also for children. Good nutrition and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very factors that heighten your risk of cardiovascular disease.
- ♥ Manage diabetes. Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.
- ♥ Reduce stress. Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.



Mission Statement: *We are committed to serve our community with prompt, consistent and professional fire suppression, basic life support and rescue services.*