



PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

# MESSAGE from the CHIEF

Greetings and Happy New Year to one and all! I hope that everyone is enjoying the winter season in our beautiful area and keeping up with the changes from cold & snowy to mild & rainy.

Northern Lakes Fire District had another record-setting year in 2019. Our crews responded to more calls for service and conducted more training hours than in any year past, all while our District continued to gain population at a feverish pace.



In 2019, our response units were dispatched to more than 5,100 calls for service and conducted thousands of hours of required training. Our crews also performed over 100 public education presentations, providing critical fire safety presentations to more than 4,000 children and adults.

The Northern Lakes Fire District's Prevention Bureau approved 198 new residential permits, 42 commercial permits and 629 new residential lots last year. As I have indicated in past articles, growth and development are here. It is not slowing down and we are doing our very best to meet the increased demand for services.

## IN THIS ISSUE

### PAGE 2

-MESSAGE *continued*)

-MISSION STATEMENT

### PAGE 3

EMPLOYEE SPOTLIGHT

### PAGE 4

CALL VOLUME 2019

### PAGE 5

- FIREFIGHTING TOOLS

- REDUCE FALL RISKS

### PAGE 6

NORTHERN LAKES  
FIRE DISTRICT  
20 YEARS

Starting January 1st, the Fire District implemented a new records management system (RMS). One highlight of this new RMS is a more robust analytics component that will give us a better way to record department data. It will allow access to more comprehensive data on call volume, response times, crew activities, etc. to more clearly emphasize the need for another fire station in our District and the additional personnel. We will be asking the public to vote again on an override levy in November 2020 to fund the additional firefighters to staff an existing building that is already in place.

*(Continued Next Page)*





## THE FIRE WIRE 2019-2020

PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

## MESSAGE



from the CHIEF (cont.)

*Pat Riley*  
Fire Chief

There are many ways for members of the public to see how our District operates and what the crews are faced with each day, including:

- Attending our regularly scheduled Board of Fire Commissioner meetings held the 2nd & 4th Thursday of each month.
- Participate in our Citizen Ride-Along program that allows someone to get hands-on experience of what a typical response involves.
- As always, any of our command staff is more than happy to meet with interested citizens and answer questions. We are *your* department and want to know how we can serve you better.

As your Fire Chief, I remain committed to ensuring that we are ready, able, and appropriately staffed to respond to any call we receive. Your firefighters stay vigilant and train hard to be able to provide you with the highest level of service most efficiently and professionally.

You can always contact me with any questions or concerns at 208/772-5711 or via email at [pwriley@northernlakesfire.com](mailto:pwriley@northernlakesfire.com)

## THE NORTHERN LAKES FIRE PROTECTION DISTRICT

## Mission Statement

To provide a high level of **proficient** and **competent** service to the citizens and guests within the boundaries of the Fire District. Our personnel will **set the standard** for **professionalism** and **compassion**, while performing our duties in the most expeditious and efficient manner.

- ⇒ **Proficient** - Implies a thorough competence from training and practice
- ⇒ **Competent** - Having the capacity to function or develop in a particular way
- ⇒ **Set the Standard** - Something established by authority, custom, or general consent as a model or example
- ⇒ **Professionalism** - The conduct, aims, or qualities that characterize or mark a person
- ⇒ **Compassion** - Sympathetic awareness of others' distress together with a desire to alleviate it



PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

EMPLOYEE  
*of the* QUARTER

Firefighter/EMT Cody Palmer

Cody has been a member of the Northern Lakes family since 2013 when he became a volunteer firefighter after putting himself through both the EMT and Firefighter I courses at North Idaho College. In February 2014, he was recognized by the Kootenai County EMS System as part of the "Crew of the Month" and in 2017, he became a full time career Firefighter/EMT with the District.

He was born in Thousand Oaks, California and lived there until he was seven years old and his parents moved their family to Hayden Lake, Idaho in 1991. Outside of a two year relocation to Kauai, Hawaii with his wife, he has lived in this area ever since.

After high school, Cody worked at his parent's computer shop, DAL Computers, for four years as a computer tech. During that time he started to referee soccer for ages U-10 through college and continued

that for more than twelve years. In 2005, he started working for Costco and during his nine years there he worked various positions, including as a cashier supervisor in Kauai, Hawaii. Who wouldn't want a job transfer to Hawaii? But after a few years, he says island fever was a real thing and he and his wife, Renee, came back to Idaho.

While working at Costco, Cody decided what he really wanted to do was work toward a career in firefighting. After getting his Firefighter I and EMT certifications, he volunteered with Northern Lakes Fire for three years before being hired full time, and he has not looked back!



Cody and Renee have been happily married for 13 years. Renee currently works as a family nurse practitioner and dreams of going back to school to become a certified nurse midwife. Since drinking the water at Northern Lakes Fire, they have joined the "2 Girls Club"; Harper was born in 2015 and gets her smarts from her Mom!! And Hope was born in 2017 and is their "wild child" with her sweet disposition!

While not at work, Cody enjoys buying/fixing/selling computers, playing car mechanic, working on endless house projects, woodworking, and traveling with his family. He is also currently working on joining a local mountain Ski Patrol and would like to complete more flying to gain his commercial helicopter license.

An interesting tidbit about Cody is that he worked in China one summer teaching English and at one point almost moved over there to continue teaching. The District and the communities we serve are grateful he decided to go into the Fire Service and become a member of the Northern Lakes Fire family instead!





PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

## FIRE TOOLS



Historically firefighters were often referred to as smoke eaters. Legend has it that firefighters in the mid 1800s would wet their mustaches, curl up their lower lip, and then breath through their mouth using the mustache as a filter!

Self-contained breathing apparatus, or SCBAs, have come a long way since then. The first respirator certification program was instituted by the US Bureau of Mines in 1919, and the first respirator was certified in 1920. It was called the Gibbs respirator manufactured by MSA (Mine Safety Appliances) and fire departments were one of the first to utilize this SCBA operating on compressed air and a soda lime scrubber to remove carbon dioxide.

Today, 100 years since the first respirator was certified, the two major applications for SCBAs are industrial and firefighting. While industrial use centers on compressed air for escape or decontamination purposes, firefighting SCBAs are designed for heat and flame resistance. SCBAs for firefighting are expensive due to the materials used to provide flame resistance and to reduce their weight, averaging \$5,000 per set.



Gibbs SCBA 1920

## FALL SAFETY

More than 1 in 4 older adults (65+) fall each year and 1 out of those 5 will experience a serious injury such as broken bones or head injury. With more than 10,000 Americans turning 65 *every day*, falls are a growing public health problem.

Fortunately, falls are preventable and not a natural part of getting older. There are simple steps people can take to prevent falls including:

- Health care providers are skilled at assessing fall risk and can provide important information specific to each person.
- Ask your doctor or pharmacist to review your medicines to see if any can make you dizzy or sleepy, both prescription and over-the-counter.
- Do strength and balance exercises to make your legs stronger and improve your balance.

- Have your eyes checked at least once a year and update your eyeglasses if needed. If you have bifocal or progressive lenses, you might consider getting a pair with only your distance prescription for outdoor activities such as walking
- Make your home safer by getting rid of things you could trip over, including throw rugs. Add grab bars inside and outside your tub, railings on both sides of any stairs, and more or brighter light bulbs to make sure your home has lots of light.

One major risk factor for falls is the side effects of certain medications people take to treat high blood pressure, chronic pain, anxiety or sleep disorders. These side effects can cause drowsiness, loss of balance, changes in vision, slower reaction time, and other effects that can increase the risk of falling.

Talk to your doctor or pharmacist about both the prescription and over-the-counter medications you take and what you can do to reduce your risk of falls.

PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

# OPERATIONS

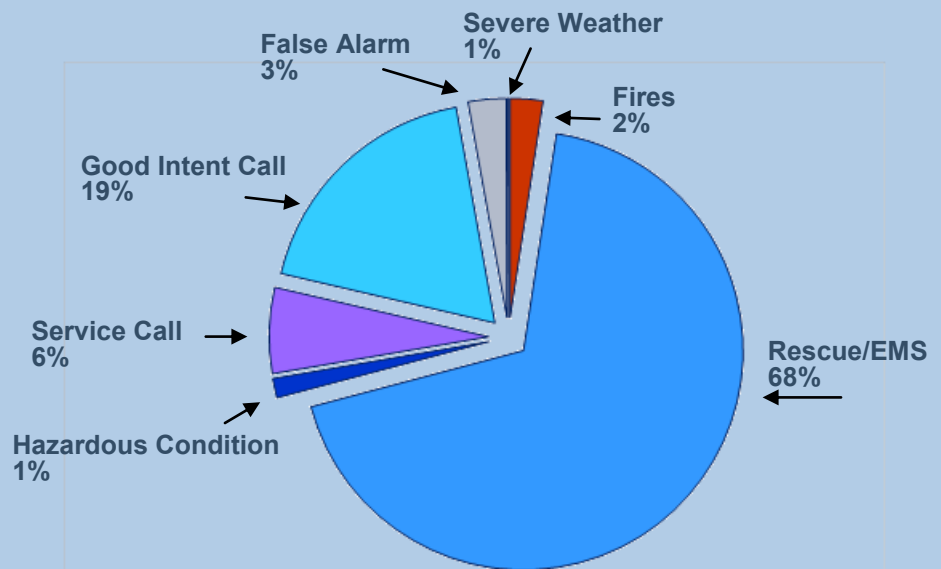
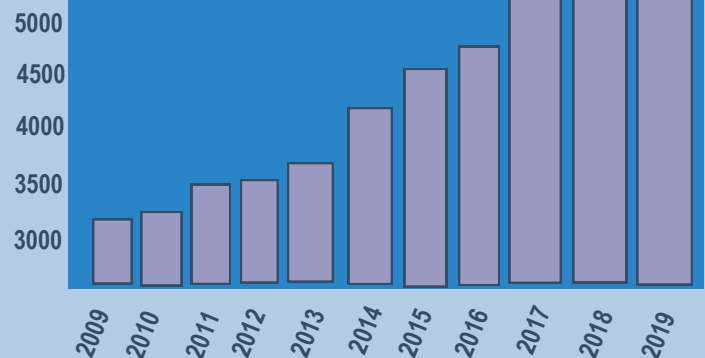
## Call Volume 2019



### ANNUAL INCIDENT RESPONSES

Major Response Type	Number
Fires	123
Rescue/EMS	3,501
Hazardous Condition	73
Service Call	323
Good Intent Call	948
False Alarm	143
Severe Weather	2
<b>Total</b>	<b>5,113</b>

### CALL VOLUME 2009-2019





PROUDLY SERVING THE AREAS OF AND SURROUNDING HAYDEN AND RATHDRUM, IDAHO

## ABOUT THE FIRE DISTRICT



This year, Northern Lakes Fire Protection District will mark 20 years serving the communities of Hayden, Rathdrum, Hayden Lake, Twin Lakes and Garwood

In October 2000, two neighboring fire districts consolidated; the Hayden Lake Fire District and the Rathdrum Rural Fire District were organized as the Northern Lakes Fire District. The District is not a department of any city or county government, but is governed by a five-member Board of Fire Commissioners elected by the public to four-year terms.

Today, the District serves five communities with more than 45,000 residents and approximately 108 square miles of suburban, rural and forested property. We employ 37 full-time career firefighters that are all certified as either emergency medical technicians (EMT) or paramedics. We currently operate out of two staffed stations, one in the City of Hayden and one in the City of Rathdrum. Our three fire/rescue battalions staff two engine companies, two ambulances, and one command vehicle 24 hours a day to serve the citizens and visitors in our District.

In 2000, the District responded to an average of 2 calls per day out of two staffed stations; in 2019 daily calls averaged more than 14 out of the same two stations. Our communities have steadily grown in both residential and commercial developments over the last 20 years. And since 2000, our total incident responses have increased by more than 280%.

The Northern Lakes Fire District proudly provides structural and wild land fire protection, exceptional emergency medical services, fire prevention, and public education services to those we serve. We will remain committed and dedicated to saving lives and protecting property in our community for the next 20 years and beyond!


### Happy New Year from Northern Lakes Fire!



The Fire Wire is a quarterly newsletter published by the Northern Lakes Fire District

Email us to be included on our mailing list  
[admin@northernlakesfire.com](mailto:admin@northernlakesfire.com)

Visit us on the Web at  
[www.northernlakesfire.com](http://www.northernlakesfire.com)

Follow us on   
<https://www.facebook.com/nlfpd>