

## News from the Ellsburg Volunteer Fire Department 2017.06.07

Our June meeting took place on June 7, 2017 at 7pm at the Bass Lake Firehall. We are still participating in the Red Cross Smoke Detector program. Our order of smoke detectors has come in and we are now installing them in the residences where they were requested. This program will continue until there are no more free smoke detectors left. If anyone still wants free smoke detectors, please contact me at 218-591-9228. The Ellsburg VFD will install the detectors for anyone who has property in Ellsburg Township. If you would like some detectors but do not live in Ellsburg, you can request some at the website [getasmokealarm.org](http://getasmokealarm.org). The Red Cross does have people available to install the smoke detectors if your fire department is not involved in this program. Their goal is to get working smoke detectors in every residence of St. Louis County. It is a free program, so take advantage! It could save your life.

We are preparing for our participation in the Melrude 4th of July Parade and Picnic. The bridge over the Paleface River is being replaced which has closed that section of Melrude Road. That impacts our participation in the parade since there will be no place to turn our vehicles around. We have things to give away, and things to raffle. We have games. We have candy. The Cotton VFD answered our challenge and will participate in fireman's games. Stop by our table and see what we have to offer!

On May 24, we had a work night at the Bass Lake Firehall to get our "new" Rescue 8 in service. Lights and sirens had to be installed. The truck had to be cleaned thoroughly inside and out. Then we had to stock it with all of the medical supplies and extrication equipment. Now Rescue 8 is ready to serve the people of Ellsburg! The old Rescue 4 will be returned to the DNR. The utility box that we removed from it is listed on Craig's list. The 200 gallon water tank removed from it is being sold. We also have a Purple K foam spraying unit for sale. Anyone interested? Get in touch with us.

Members of our department attended the Memorial Day observation in the cemetery. Afterwards, we met at the Melrude Firehall with Virginia Peterson and her family. Our department received donations in honor of Virginia's departed husband, Stan. We purchased a much needed generator and light combination and placed a plaque on it to dedicate it to Stan. The plaque states "In Memory of Stanley Peterson - Always Shining a Light Upon Us". We were honored to show this to the Peterson family and thank them for remembering our department during their difficult time.

During these warm summer months, we all like to soak up the sunshine. We must be careful to avoid sunburns. According to the Skin Cancer Foundation, the risk of developing melanoma doubles if you have suffered 5 or more sunburns. 1 in 5 Americans will develop skin cancer, and 50% of us who live to age 65 will have at least one skin cancer. People who use a tanning bed before they reach age 35 increase their risk for developing melanoma by 75%. Sunburn also causes premature aging of the skin seen as wrinkles. Avoid sunburns by staying out of the sun between 10am and 2pm. Cover up with clothing, hat, and sunglasses. Use a water resistant, UVA and UVB sunscreen rated SPF 30 or higher. I myself use SPF 100 when I am outside in peak burning time. Reapply the sunscreen every 2 hours and after swimming or sweating. Do not use sunscreen on children less than 6 months old. Examine your skin every month and look for changes in skin texture, color, appearance, and uneven borders in moles.

So what do you do if you get sunburn? As soon as you notice the skin turning red, cool the burn with water by getting into a lake, pool, or cool shower or bath. You can also use cool compresses but do not apply ice directly to the burn. Put lotion on the skin to keep burned and peeling skin moist for several days. Do not use petroleum or oil-based lotions, or butter, because this will trap the heat in the skin and make the burn worse. Decrease inflammation by taking a non-steroidal anti-inflammatory drug such as ibuprofen, naproxen, or aspirin. You can also apply 1% hydrocortisone cream to the burned area to decrease the redness and swelling. Aloe vera products can be soothing. Wear loose, soft, breathable clothing to avoid further skin irritation. Burns draw fluid away from the rest of the body which can cause you to become dehydrated. Drink plenty of water and sports drinks to replenish the electrolytes you need. Children's skin is thinner than that of an adult and sunburn can become a medical issue sooner than in an adult. Do not scratch or pop blisters in the burned area as infection can easily set in. Seek medical attention if there is blistering over a large area of the body, if the victim has fever and/or chills, or is dizzy and confused. Enjoy the sunshine but play it safe and avoid the burn!

Our department will be hosting the Ellsburg National Night Out on August 1 at the Bass Lake Firehall on Mink Road. Join us for food, games, and friendship!

Heidi Yokel  
Secretary, EVFD



Virginia Peterson and daughters Deb and Velura are members of the EVFD

