



3386 OLD WESTFIELD RD.
WESTFIELD, NC 27053

(336)351-2576

Chief:

Jonathan Sutphin

Deputy Chief/Rescue Chief:

Matt Martin

Assistant Chief/Board President:

Lee Edwards

Captain/Board Vice President:

Jordan Smith

1st Lieutenant:

Kevin Nunn

2nd Lieutenant:

Glenn Lamb

Safety Officer/First Responder

Captain: Kamron Nunn

Check Out Our Website

<https://westfieldvfd.com/>

**or follow us on Facebook
at Westfield Volunteer Fire
Dept, Inc.**



Westfield Volunteer Fire Department Newsletter

Newsletter 2

2025

Contents:

- **News from the Station**
- **Call Statistics**
- **New members**
- **Grants awarded to Department**
- **Awards and Achievements**
- **Public Education and Outreach**
- **Thank you to...**
- **Calendar of Events**



**We are always looking
for new members!**

**Stop by on Sundays or
contact a member for
more information!**



News from the Station

Community Connection



The Westfield Volunteer Fire Department would like to remind everyone to stay safe during the summer months. A fun summer day can become stressful if someone has a water-related injury, heat-related illness or has a fire accident.

We would like to remind everyone to be water safe around bodies of water like ponds, pools and lakes by using proper safety equipment for inexperienced swimmers and monitoring the area for safe water conditions. Stay hydrated to avoid dehydration incidents and heat-related illnesses.

Stay fire safe while grilling, using fireworks, and having outdoor fires. Also, maintain safe zones around your home while grilling and filling lawn equipment with gasoline. Safely store flammable liquids like gasoline, lighter fluid and propane to prevent accidents and avoid access to children.

We are proud to be part of this community, and we want everyone to be safe. Have a fun, safe summer so we all can enjoy it together.



Call Statistics

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Totals</u>
Surry County:	25	25	25	75
<u>Stokes County:</u>	21	20	19	60
Total Overall:				135

New Members

April:

Owen Ridgeley – Moved from Recruit Status to Senior Status
Brady George – Junior Status
Phoenix Moser – Junior Status
Steven Losonczy – Recruit Status
Chris Johnson – Recruit Status

May:

No new members this month

June:

No new members this month

Grants awarded

Westfield Volunteer Fire Department has been awarded a \$34,520 grant through the 2025 Volunteer Fire Grant Fund from the State of North Carolina.



Awards and Achievements

1. **Owen Ridgeley** completed all the requirements to be a Certified Emergency Medical Responder
Congratulations Owen!!!

2. **Zac Edwards** has earned his Associate in Applied Science in Emergency Management from Forsyth Technical Community College. Congratulations Zac!!!

3. **Chief Jonathan Sutphin, Lieutenant Glenn Lamb, Firefighter Monte Cockerham, and Junior Firefighter Logan Cockerham** have successfully completed their Introduction to Wildland Fire Behavior course offered by the NC Forest Service.
Congratulations fellows!!!

4. **Logan Whitaker** has completed the Advanced EMT certification program and has passed the AEMT exam.
Congratulations Logan!!!



Public Education and Outreach efforts

The Westfield Volunteer Fire Department would like to provide advice on how to prevent heat-related illnesses and the types of heat-related illnesses.

To prevent heat-related illnesses:

- **Stay Hydrated:**
Drink plenty of fluids, especially water, throughout the day, even if you don't feel thirsty. Avoid sugary drinks, alcohol, and caffeine as they can dehydrate you.
- **Seek Cool Environments:**
Spend time in air-conditioned places, like libraries, malls, or community centers, especially during the hottest part of the day. If you don't have air conditioning, consider visiting a designated cooling center.
- **Dress for the Heat:**
Wear loose-fitting, light-colored clothing made of breathable fabrics like cotton.
- **Schedule Activities Wisely:**
Avoid strenuous activities during the hottest part of the day (usually between 10 a.m. and 4 p.m.). Reschedule or shorten outdoor activities if possible.
- **Take Frequent Breaks:**
If you must be outside during hot weather, take frequent breaks in the shade or a cool area.
- **Check on Others:**
Reach out to neighbors, friends, and family, especially those who are elderly, young, or have chronic health conditions, to ensure they stay cool and hydrated.
- **Educate Yourself and Others:**
Learn the signs and symptoms of heat-related illnesses, such as heat exhaustion and heat stroke, and know what to do in case of an emergency.
- **Protect Yourself from Sunburn:**
Sunburn can impair your body's ability to cool itself. Wear sunscreen, a hat, and sunglasses.



Public Education and Outreach efforts (Continued...)

- **Never Leave Anyone in a Car:**

Never leave children, pets, or anyone who is vulnerable in a parked car, even for a short period, as temperatures inside can rise rapidly.

- **Be Aware of Medications:**

Some medications can make you more susceptible to heat-related illnesses. Consult a healthcare professional about any potential risks associated with your medications.

- **Stay Informed:**

Monitor local news and weather reports for heat advisories and warnings.

- **Heat-related illnesses:**

A spectrum of conditions caused by the body's inability to regulate its temperature, ranging from heat cramps to heat stroke.

- **Heat cramps:**

Painful, involuntary muscle spasms or contractions, usually in the legs and abdomen, caused by a loss of fluids and electrolytes through sweating, especially during strenuous physical activity in hot weather.

Treatment: Stop the activity, rest in a cool place, and replenish lost fluids and electrolytes through water, sports drinks or electrolyte solution.

- **Heat exhaustion:**

A more serious condition than heat cramps, characterized by heavy sweating, weakness, dizziness, headache, nausea, and vomiting.

Treatment: Move to a cooler environment and cool the body with water or cool cloths. Rehydrate with fluids and electrolytes.

- **Heat stroke:**

The most severe form of heat-related illness, potentially life-threatening, with symptoms including high body temperature (104°F or higher), confusion, seizures, and hot, dry skin.

Treatment: Call for help immediately, dial 911. Move to a cooler environment.

By taking these precautions, members of the community can work together to prevent heat-related illnesses and stay safe during hot weather, [according to the American Red Cross](#). However, if you experience symptoms of severe heat exhaustion or Heat Stroke, then call 911 immediately. (Source: Google)



Thank you to....

Westfield VFD would like to thank Westfield Baptist WMU for providing a meal at our June meeting. Thank you for your encouragement.

Westfield VFD would like to thank Albion Baptist WMU for providing snacks and drinks for our breakroom. Thank you for your encouragement.

Westfield VFD would like to thank all that participated in the Blood Drive on Saturday, June 5th. We collected 16 units of blood. Thank you!



JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Bible Study 6am	5
6 Group 2	7	8 Surry County Chief's Meeting 6:30pm	9	10	11 Bible Study 6am	12
13 Monthly Meetings 2pm & 3pm	14 Group 3	15	16	17	18 Bible Study 6am	19
20 Group 4	21 Multi- Company Training 6:30pm	22	23	24 Nunn Bros Fest	25 Bible Study 6am Nunn Bros Fest	26 Nunn Bros Fest
27 Nunn Bros Fest Group 1	28	29	30	31 Training Cookout 6pm		



AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Westfield Friends 1 st Resp Appreciation Day 5pm
3 Group 2	4	5	6	7	8 Bible Study 6am	9
10 Monthly Meetings 2pm & 3pm Church Toy Drive Meeting 4pm	11 Group 3	12 Surry County Chief's Meeting 6:30pm	13	14 Training 6pm	15 Bible Study 6am	16
17 Rescue Bapt. 1 st Resp Day 11am Group 4	18 Multi- Company Training	19	20	21	22 Bible Study 6am	23
24 Group 1	25	26 Stokes County Association Meeting 7pm	27	28	29 Bible Study 6am	30
31 Group 2						



SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2	3	4	5	6
7 Monthly Meetings 2pm & 3pm	8 Group 3	9 Surry County Chief's Meeting 6:30pm	10	11	12 Bible Study 6am	13
14 Group 4	15 Multi- Company Training at 41	16	17	18 Training 6pm	19 Bible Study 6am	20
21 Group 1	22	23	24	25	26 Bible Study 6am	27
28 Group 2	29	30				