

**National Interagency Coordination Center
Incident Management Situation Report
Monday, October 30, 2017 – 0530 MT
National Preparedness Level 2**

National Fire Activity

Initial attack activity: Light (32) new fires
 New large incidents: 0
 Large fires contained: 0
 Uncontained large fires:** 2
 Area Command teams committed: 0
 NIMOs committed: 0
 Type 1 IMTs committed: 0
 Type 2 IMTs committed: 0

**Uncontained large fires include only fires being managed under a full suppression strategy.
[Link](#) to Geographic Area daily reports.

Active Incident Resource Summary						
GACC	Fires	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel
AICC	0	0	0	0	0	0
NWCC	1	39,715.65	3	3	2	90
ONCC	5	214,899	12	12	3	556
OSCC	3	1,002	9	30	2	369
NRCC	1	561	0	1	0	3
GBCC	3	1,293	1	9	1	52
SWCC	1	992.78	0	13	0	21
RMCC	0	0	0	0	0	0
EACC	1	1,328	0	1	0	4
SACC	0	0	0	0	0	0
Total	15	259,791.43	25	69	8	1,095

Southern California Area (PL 3)

New fires: 14
 New large incidents: 0
 Uncontained large fires: 1

Wildomar, Cleveland NF. Five miles south of Lake Elsinore, CA. Chaparral and tall grass. Minimal fire behavior. Area and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Wildomar	CA-CNF	866	16	95	Ctn	11/01	218	-652	6	16	1	0	1.8M	FS

Northern California Area (PL 3)

New fires: 9
New large incidents: 0
Uncontained large fires: 1

Central LNU Complex, Sonoma Lake Napa Unit, Cal Fire. One mile north of Santa Rosa, CA. Brush and tall grass. Minimal fire behavior.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Central LNU Complex	CA-LNU	110,720	0	98	Ctn	10/31	238	-97	6	10	2	7,010	101M	ST

Fires and Acres Yesterday (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest Area	FIRES	1	0	0	0	0	0	1
	ACRES	1	0	0	0	0	0	1
Northern California Area	FIRES	0	0	0	0	7	2	9
	ACRES	0	0	0	0	10	0	10
Southern California Area	FIRES	0	1	0	0	12	1	14
	ACRES	0	0	0	0	1	1	2
Northern Rockies Area	FIRES	0	0	0	0	0	1	1
	ACRES	0	0	0	0	0	0	0
Great Basin Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Rocky Mountain Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Eastern Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southern Area	FIRES	0	0	0	0	5	2	7
	ACRES	0	0	0	0	8	28	36
TOTAL FIRES:		1	1	0	0	24	6	32
TOTAL ACRES:		1	0	0	0	19	29	49

Fires and Acres Year-to-Date (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	171	0	0	176	13	360
	ACRES	0	571,516	0	0	81,348	1	652,865
Northwest Area	FIRES	193	243	38	26	1,473	1,315	3,288
	ACRES	11,935	212,762	20,988	5,359	39,134	510,564	800,742
Northern California Area	FIRES	84	74	6	16	2,927	942	4,049
	ACRES	118	39,891	71	38	303,382	354,941	698,441
Southern California Area	FIRES	165	79	2	46	3,769	514	4,575
	ACRES	641	37,888	0	12,089	216,642	128,895	396,155
Northern Rockies Area	FIRES	657	97	20	30	1,596	706	3,106
	ACRES	58,651	377,312	1,325	22,318	238,834	725,262	1,423,702
Great Basin Area	FIRES	36	1,037	5	39	932	475	2,524
	ACRES	56,329	1,261,742	2	38	448,637	214,137	1,980,885
Southwest Area	FIRES	744	238	19	42	718	1,059	2,820
	ACRES	46,671	23,474	1,027	1,389	114,116	365,342	552,019
Rocky Mountain Area	FIRES	730	355	9	24	1,080	415	2,613
	ACRES	9,880	58,816	354	2,474	562,390	13,530	647,444
Eastern Area	FIRES	364	0	13	15	3,671	334	4,397
	ACRES	2,137	0	19	130	18,283	3,422	23,991
Southern Area	FIRES	308	472	50	27	23,709	401	24,967
	ACRES	43,720	6,546	165,971	54,654	1,357,415	26,348	1,654,654
TOTAL FIRES:		3,281	2,766	162	265	40,051	6,174	52,699
TOTAL ACRES:		230,082	2,589,947	189,757	98,489	3,380,181	2,342,442	8,830,898

Ten Year Average Fires (2007 – 2016 as of today)	59,074
Ten Year Average Acres (2007 – 2016 as of today)	6,172,002

Prescribed Fires and Acres Yesterday (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest Area	FIRES	1	0	0	0	0	0	1
	ACRES	20	0	0	0	0	0	20
Northern California Area	FIRES	0	0	0	0	0	1	1
	ACRES	0	0	0	0	0	540	540
Southern California Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northern Rockies Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Great Basin Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Rocky Mountain Area	FIRES	0	0	0	0	0	1	1
	ACRES	0	0	0	0	0	1,100	1,100
Eastern Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southern Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
TOTAL FIRES:		1	0	0	0	0	2	3
TOTAL ACRES:		20	0	0	0	0	1,640	1,660

Prescribed Fires and Acres Year-to-Date (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	IRES	0	0	0	0	6	2	8
	ACRES	0	0	0	0	64,850	100	64,950
Northwest Area	FIRES	11	19	17	2	3	200	252
	ACRES	2,853	2,229	5,638	39	19	22,823	33,601
Northern California Area	FIRES	2	5	7	15	0	99	128
	ACRES	21	654	389	495	0	11,847	13,406
Southern California Area	FIRES	0	3	9	6	0	154	172
	ACRES	0	62	1,412	954	0	4,676	7,104
Northern Rockies Area	FIRES	6	13	42	6	33	141	241
	ACRES	462	3,820	18,690	752	1,402	7,645	32,771
Great Basin Area	FIRES	6	23	7	9	30	88	163
	ACRES	863	8,074	2,501	4,327	799	19,324	35,888
Southwest Area	FIRES	29	34	4	5	5	150	227
	ACRES	6,377	47,012	4,952	1,639	6,105	94,699	160,784
Rocky Mountain Area	FIRES	26	36	45	11	86	98	302
	ACRES	1,191	3,529	22,427	2,541	3,630	45,167	78,485
Eastern Area	FIRES	51	0	172	23	1,285	230	1,761
	ACRES	26,679	0	26,244	6,162	98,153	66,928	224,166
Southern Area	FIRES	49	0	128	28	68,372	629	69,206
	ACRES	6,912	0	102,565	133,644	1,550,633	539,215	2,332,969
TOTAL FIRES:		180	133	431	105	69,820	1,791	72,460
TOTAL ACRES:		45,358	65,380	184,818	150,553	1,725,591	812,424	2,984,124

*** **Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments.**

***Additional wildfire information is available through the Geographic Areas at <http://gacc.nifc.gov/>

Predictive Services Discussion: The warm ridge of high pressure along the West Coast will flatten considerably as a disturbance drops south from the Gulf of Alaska. A cooling trend will ensue as a northwesterly flow engulfs most of the West except central and Southern California. A cool, breezy northwesterly flow will continue across the Great Plains and the Mississippi River Valley. Some snow is possible across the Great Lakes region as a disturbance moves southeast from south central Canada. Breezy but dry conditions are expected along the East Coast as the previous day's front moves further off shore. The Southeast will remain dry with seasonal temperatures as a light southwesterly flow continues.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



Nutrition: What we are eating and why

Firefighter Health & First Aid

Nutrition is a critical part of the health and safety of wildland fire suppression personnel. This is the fuel for the body to perform the work and maintain cognitive abilities. Wildland firefighters on the fireline need 4,000-6,000 calories a day to not go into an energy deficit. Consider the following key points when choosing your meal:

- There are 3 major energy sources in food: carbohydrates, protein, and fats.
- Carbohydrates (also called sugar) offer an immediate source of energy for your body. They provide the fuel for your muscles and organs, such as your brain.
- Proteins are the basic building blocks of the human body. They are made up of amino acids that help build muscles, blood, skin, hair, nails and internal organs.
- Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body.
- MTDC recommends eating 150-200 kcals every 2 hours during the work shift to maintain blood glucose and energy levels.

Carbohydrates:

- Studies on athletes have shown that carbohydrates are the most critical energy source for performance and health.
- Carbohydrates are your body's first choice for fuel. If given a choice of several types of foods simultaneously, your body will use the energy from carbohydrates first.
- If you do not eat enough carbohydrates, the following can occur:
 - Fatigue
 - Muscle cramps
 - Poor mental function
- The fire camp lunches (called shift food) are designed to allow firefighters small amounts of food (primarily carbohydrates) that can be easily eaten throughout the work shift.

Discussion Points

How are you eating your fire lunch? Is it all at once or small amounts throughout the day? Think of long duration events (Ultra Runs, triathlons), do you see athletes stopping for a big meal or eating small amounts constantly throughout the race?

Additional Resources:

[Eating for Health and Performance web presentation](#), [MTDC Tech Tip on Nutrition \(2007\)](#), [NWCG Fitness and Work Capacity Ch 10](#),

and Book "Sport Nutrition, 2 Ed"; by Asker Jeukendrup and Michael Gleeson

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