Volume 12, Issue 4

April, 2019

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2019 STATISTICS

March 1 — March 31

District Average Response Time:
8 min. 55 sec.

Responses by Type:

Fire: 36
EMS: 287
Other: 94
Total: 417

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Proudly serving the communities of Blaine, Birch Bay, Custer, Laurel and the unincorporated areas of Lynden & Bellingham

"Providing Quality Service for a Safe Community"

Outdoor Burning Information

northwest Clean Air agency

Outdoor burning rules Applies to all types of burning [State outdoor burning rule — WAC 173-425]

Allowed

- Burning natural vegetation or firewood only – Not even paper is allowed, except for the amount necessary to start a fire.
- Burning only when winds are less than 7 mph. Prohibited:
- Burning during a burn ban with some exceptions.
- Using burn barrels – They're prohibited statewide.
- Burning construction, renovation, or demolition debris.
- Creating a nuisance – Smoke, odor, or ash that unreasonably interferes with the use and enjoyment of neighboring properties.
- Burning material not generated on site (except firewood for recreational fires).
- Burning at a permanent commercial business.
- Burning during air stagnation periods.
- Burning when winds exceed 7 mph.

When you need a permit

Permits are required for:

Recreational fires — Fires larger than 3 feet in diameter and 2 feet high require a written permit in Island and Whatcom counties. No written permit is required for fires smaller than 4 feet in diameter in Skagit County. Recreational fires consist only of charcoal or firewood and are used for cooking or pleasure.

Residential fires — Fires larger than 4 feet in diameter require a permit in all three counties. Verbal permits are required for fires smaller than 4 feet in diameter in Island and Whatcom counties. Residential fires consist of yard and garden debris that is generated on site.

Land-clearing fires — All land -clearing fires require a permit and must only contain natural vegetation generated from on-site land-clearing projects. .

Silvicultural fi res — Permit conditions vary by site and time of year and are determined at the time the permit is written. Silvicultural fires are forestry burns in which the land is to remain forest and is not being cleared for other uses. These burns typically contain logging slash following a logging operation.

"If your fire department is called to your illegal fire, you may be billed for the response. "

Recreational burning

Recreational fires do not need a permit if all the conditions below are met. Check for additional restrictions in your area.

- The fire must consist only of charcoal or firewood and must only be used for cooking or pleasure.

The fire is 3 feet in diameter or smaller and is in an enclosure no larger than 3 feet across. The enclosure

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Please remember to keep the district up to date with any changes including your contact information.

All changes should be directed to Kelly. These changes may include:

Phone

Address

Email

Banking

Family Additions

Name changes

Bellingham Firefighters Pipes and Drums

The Bellingham Firefighters Pipes and Drums band is a firefighter owned and operated fire service band. It is a registered 501c3 non profit whose mission is to honor the rich tradition of bagpipes in the fire service. They accomplish this mission by participating in local community events, parades, and services. In their 7-year history they have performed in cities throughout the state of Washington and also played events in New York, Colorado, Oregon, and Alaska.

The group recently particpated in the Annual Bellingham St. Patrick's Day Parade on Saturday, March 16.

On Sunday, March 17th the Pipes and Drums played at various venues around the city such as Bounday Bay Brewery and Uisce Irish Pub.

Outdoor Burning cont.

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must be a minimum of 16 inches high and made of

cement block, stones, or 10-gauge steel.

- Materials being burned must be kept lower than the sidewalls of the enclosure.
- A charged garden hose or two five-gallon buckets of water must be on site. •
- A shovel or rake must be on site.
- The fire must be 25 feet from any structure or standing timber.
- Tree branches must be cleared to the height of 15 feet above the enclosure.
- One person age 16 or older, who is capable of putting the fi re out, must be in attendance at all times.
- The fire must be contained within a firebreak (bare ground).
- The landowner must give permission if the fire is not on your property.
- The fire must not create a nuisance.

Your Health Matters

Burning natural vegetation such as lawn clippings, leaves and tree trimmings produces air pollutants.

Breathing these pollutants can harm your health.

Those at greatest risks are children, the elderly and those suffering from chronic respiratory conditions such as asthma, emphysema and bronchitis.

The Washington state legislature regulates burning to protect public health and is phasing out certain types of burning in many areas of the state.

Wood smoke is a complex mixture of fine particles, many of which are toxic and known to cause cancer. Please consider alternatives to burning such as composting and chipping.

Please burn responsibly

For more information please visit Northwest Clean Air Agency

NWFR Participates in Teen Screen

PeaceHealth

On Thursday, March 21, Blaine High School offered free teen heart screening to all Whatcom County students ages 14 to 24 years of age.

"Sudden cardiac arrest in teens can happen with no warning and can result in death. For people under 35, it is often due to hidden heart defects or abnormalities. If a defect or abnormality can be identified early, it can be monitored through a person's lifetime. Whatcom County Fire District chiefs and high school athletic directors, along with Peace Health St. Joseph Medical Center, have built a teen heart screening program for Whatcom County teens. The hope is that awareness of a heart defect or abnormality can help save a life.

Doctors along with other professionals provided non-invasive cardiac tests and kids with significant findings were referred for a screening echocardiogram or follow up with their primary care provider. These cardiac tests would typically cost $125 to $1,500 but with the generous support of PeaceHealth St. Joseph Cardiovascular Center, Boston Scientific, Whatcom County Fire Districts and local businesses in the community, this important screening was free.

North Whatcom Fire and Rescue along with other nearby districts also providing an informational teaching session of lay person CPR and AED application and by recording students' height and weight.

Odell Station 61 Visit

Young coummunity member Bennet visited with Firefighter T.J Holet during a recent stopover to Odell Station 61 on March 22.

The distict is always happy to show community members around the station.

Events to Celebrate April Birthdays

2 — Kaleb Bruch
18 — Benita Williams
19 — Mike Schmidt
19 — David Keeney
22 — Scott Brown
26 — Dale Rutgers
25 —Shane Madsen

Easter — 21
Earth Day — 22

Fire Commissioner Meetings

NWFR
Thurs. April 18
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Wed. April 17
4142 Britton Loop St 12 Bellingham — 1:00 p.m.

4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for a safe community

Free Friends and Family CPR Classes 2019

Class will be held from 6:00 p.m.—9:30 p.m. at various fire stations around the district. Check out www.nwfrs.com for more information and to reserve your spot.

March 27
April 24
May 29
June 15 CPR and First Aid
June 26
July 31
August 21
September 21
September 25
October 30
November 20
December 18

Donations of nonperishable food items are encouraged but not mandatory. All food donations will be forwarded to local area food banks.

NWFR Visits Second Graders at Irene Reither

Laurel Station 69 C shift recently paid a visit with Jill Hammack's second grade class at Irene Reither. Their visit was requested to assist with their unit on community helpers.

To request a public education visit to your facility or to schedule fire station visit, please contact Lt. Burr McPhail at bmcphail@nwfrs.com or call (360) 318-9933.

Spring Lima Bean Soup with Crispy Bacon

courtesy of Eating Well ; Julia Clancy

Ingredients
4 strips of bacon, chopped
1TBS extra-virgin olive oil, plus more for serving
1 1/2 cups diced onions
1 cup thinly sliced celery
2 cloves garlic, minced
6 1/2 cups water
1 pd Yukon Gold potatoes, diced
1 tsp salt
1/2 tsp ground pepper 2 (16 oz) bags frozen baby lima beans
1 cup frozen peas
1/4 cup chopped fresh tarragon
2 TBS chopped fresh parsley
2 tsp white-wine vinegar

Serves 8

Prep: 35 min Ready in 50 min

Directions

1. Cook bacon in large pot over medium heat until browned and crisp, about 2 minutes. Use a slotted spoon to transfer to a paper towel lined plate.

2. Drain off all but 1 TBS bacon fat. Add oil, onions and celery and cook over medium heat, stirring occasionally, until soft, about 5 minutes. Add garlic and cook, stirring frequently, for 30 seconds. Add water, potatoes, salt and pepper. Bring to a boil. Reduce heat to a simmer, cover and cook until the potatoes are tender.

3. Add lima beans and peas. Return to a boil over high heat and cook, uncovered, for 3 minutes. Remove from heat. Stir in tarragon, parsley and vinegar. Serve topped with bacon and a drizzle of oil if desired.

Serving size: 1½ cups

Per serving: 270 calories
5 g fat(1 g sat)
9 g fiber
45 g carbohydrates
12 g protein
52 mcg folate
5 mg cholesterol
3 g sugars
0 g added sugars
697 IU vitamin A
18 mg vitamin C
116 mg calcium
4 mg iron
460 mg sodium
672 mg potassium