



Volume 13 Issue 4

April, 2020



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2020 STATISTICS

Mar. 1 — Mar 31

District Average Response Time:

8 min. 50 sec.

Responses by Type:

Fire: 17

EMS: 270

Other: 111

Total: 398

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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”

New Member Biography



by Philip Jackson

Born in Tacoma, WA the Pacific Northwest has always been the place I feel most at home. Although my family moved around growing up, from Washington to Southern California, seven years in Southwest Michigan then back to Washington, I have never felt more at home then when I can see the mountains and smell the ocean. After graduating Gig Harbor High School, I attended Western Washington University, which brought me to Bellingham.

As I began to lay down roots here in Whatcom County, I spent time working seasonally with Whatcom County Parks and the City of Bellingham Parks and Recreation. After taking a fulltime position with Whatcom County Public Works working road maintenance and operations, my pas-



sion for serving the broader community became clear.

Eight years ago, I married my high school sweetheart Chelsea and she joined me here in Bellingham. Our family grew in 2011, with our daughter Regina and again in 2014 with our son Lionel. As I continued on my path to further serve my community, I interviewed and was selected for a volunteer fire fighter position with South Whatcom Fire Authority. My two years of experience with this outstanding department ignited me to pursue a fulltime fire fighting position.



To say I am thrilled to be joining the team here at North Whatcom Fire and Rescue is an understatement. I have spent the last decade getting to know Whatcom County and it's people and I am excited to be able to continue my professional career in this amazing community. I am proud to call Bellingham my home and my wife and I are grateful to be able to raise our children here.



When I am not working, I enjoy spending time with my family hiking the many trails we are afforded here, visiting family in nearby Gig Harbor, or exploring the various camping grounds across Washington State.

I feel thankful for my wife's constant support, my children's pride when they tell people about my line of work and for the supportive friendships I have made along the way, both in and outside of the fire fighting community. I am looking forward to finishing academy and my probationary year and proving to those who gave me a chance here at North Whatcom Fire and Rescue that I am honored to be here.



Get Ready for COVID-19

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

Family Additions

Name changes



Clean

As part of your everyday prevention actions **clean and disinfect frequently touched surfaces and objects.** For example: tables, countertops, light switches, doorknobs, and cabinet handles.

High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

Use diluted household bleach solutions if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.



Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.

Launder items (if possible) according to the manufac-

turer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

Disinfect with an EPA-registered household disinfectant. These **disinfectants** meet EPA's criteria for use against COVID-19.



Laundry

For clothing, towels, linens and other items

Wear disposable gloves.

Wash hands with soap and water as soon as you remove the gloves.

Do not shake dirty laundry.

Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Dirty laundry from an ill person can be washed with other people's items.

Clean and disinfect clothes hampers according to guidance above for surfaces.



Clean hands often

Wash your hands often with soap and water for 20 seconds.

Always wash immediately after removing gloves and after contact with an ill person.

Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always

wash hands with soap and water.

Additional key times to clean hands include:

After blowing one's nose, coughing, or sneezing

After using the restroom

Before eating or preparing food

After contact with animals or pets

Before and after providing routine care for another person who needs assistance (e.g. a child)

Avoid touching your eyes, nose, and mouth with unwashed hands.



Food

Stay separated: The ill person should eat (or be fed) in their room if possible.

Wash dishes and utensils using gloves and hot water: Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

Clean hands after handling used food service items.



Trash

Dedicated, lined trash can: If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

For additional information please visit the [Centers for Disease Control](https://www.cdc.gov)

COVID-19 and Older Adults



Older adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it every day.

What you can do

If you have a serious underlying medical condition:

- **Stay home** if possible.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition

or if you are sick.

- For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)

Stress and coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911 and/or Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

[Manage Anxiety and Stress](#)



Events to Celebrate April Birthdays

- 18 — Benita Williams
- 19 — Michael Schmidt
- 2 — Kaleb Bruch
- 19 — David Keeney
- 22 — Scott Brown
- 26 — Dale Rutgers

Food Bank Donations

#75 + \$125 (via CPR)
#65

Board Meetings may be conducted via Zoom Meeting

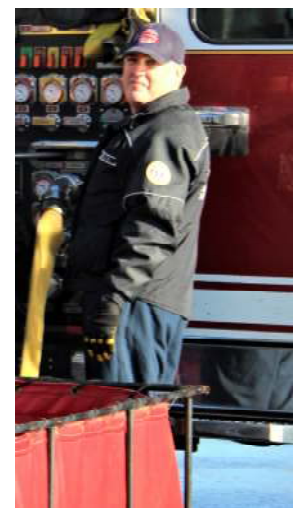
NWFR

Thurs. April 16
9408 Odell St 61
Blaine — 1:00 p.m.



District 4

Wed. April 15
4142 Britton Loop St 12
Bellingham — 12:00 p.m.





4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for
a safe community



CPR / AED Classes 2020

Class will be held at various
fire stations around the dis-
trict. Check out

<https://www.nwfrs.net/resources/classes/> for more infor-
mation and to reserve your
spot.

*Donations of nonperishable food
items are encouraged but not man-
datory. All food donations will be
forwarded to local area food banks.*



FOR THE SAFETY OF
EVERYONE IN OUR
COMMUNITY, ALL CPR
CLASSES HAVE BEEN
CANCELLED UNTIL FU-
RUTHER NOTICE.

WE APOLOGIZE FOR
ANY INCONVENIENCE

Message from the Chief Van der Veen



Our top priority at North
Whatcom Fire & Rescue is to
continue to provide fire and
emergency medical services
during the COVID-19 crisis.

Our volunteers, firefighters,
and support team remain fully
staffed and will continue to
provide excellent service.

All of your responders are fo-
cused on staying healthy and
keeping up to date on infor-
mation coming from vetted
sources such as the Centers for
Disease Control (CDC) and
Whatcom Unified Command.

We continue to focus on de-
contamination of our stations,

aid units as well as other equip-
ment.

Our Motto at North Whatcom
Fire and Rescue is borrowed
from the United States Coast
Guard: **“Semper Paratus”**,
which means **“Always Pre-
pared”**. Despite new challeng-
es, know that your Fire De-
partment is prepared to serve
you twenty-four seven.

Please help us by following
health guidance from the
Health Department. Practice

social distancing, wash your
hands, and isolate yourself if
you start to show symptoms
of Covid-19 and contact
your healthcare provider.

Together, we can minimize
the risk to our community’s
most vulnerable citizens.

Thank you,

Jason Van der Veen
Acting Fire Chief



Mom and Daughter Offer Healthy Snack Options



Mom and daughter make a dy-
namic duo with a background
in health and fitness nutrition
combined with a passion and
love for baking and the culinary
arts. Kelly (mom) is a Certified
Personal Trainer with a special-
ty in sports nutrition. Drea
(daughter) is a high school sen-
ior aspiring to enter in the Culi-
nary Arts and Pastry Arts pro-
gram at a local college.

Drea was born hearing im-
paired and has struggled with

ADHD but has never let that
slow her down. ADHD has
provided challenges throughout
her academic schooling and
other areas of her life but has
also given her the most amaz-
ing ability to be creative, pas-
sionate and an out of the box
thinker leading her to a love for
baking and cooking

A percentage of all their sales
will be donated to The D.I.S.H.
Foundation aiming to employ
people with intellectual and
developmental disabilities.

Check them out
at www.dishfoundation.net or
on Facebook at DISH Founda-
tion.

You can place orders via email
at [barnonehealthytreats
@gmail.com](mailto:barnonehealthytreats@gmail.com) or message them

on Facebook.

All of their treats can be re-
frigerated and frozen to last
longer. Treats include *Carrot
Cake Turmeric Oat Bars, Bana-
na Chocolate Chip Protein Bars,
Almond Butter Chocolate Energy
Bites and Blueberry Lemon Rose-
mary Oat Bars, to name a few.*

The pair thank you for your
support in their new adven-
ture together.

