



Volume 13 Issue 12
December, 2020

Feature Stories 

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2020 STATISTICS

Nov. 1 — Nov. 30

District Average Response Time:

8 min. 43 sec.

Responses by Type:

Fire: 5

EMS: 281

Other: 108

Total: 394



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 Dylan Witzel

Growing up and spending most of my life in Alger, I was extremely lucky to find a deep appreciation for the outdoors. My family lived on 10 acres partially covered by forest. I spent most of my free time building, playing airsoft and riding our quads.

I participated in year round sports including select soccer and AAU basketball from 3rd grade until high school, when I joined the varsity soccer team. I decided not to play basketball

in high school but rather spent my time working.

Out of high school I attended Skagit Valley College and started volunteering at Bayview Fire District 12. While attending Skagit Valley, I was able to obtain my EMT-B and pass my national registry exam. Through Fire District 12, I obtained my full Firefighter 1 Certification. I then moved into the Sedro-Woolley Fire Department quarters as a live-in resident firefighter where I gained both experience and training.

When not at work, I enjoy multiple hobbies including all things sports and weightlifting. I frequently enjoy archery at Silver Arrow Bowman and have been lucky enough to develop a passion for traveling. I plan on continuing to travel the world for the rest of my life.



Regional Fire Authority

North Whatcom Fire and Rescue and District 4 will be planning an online Open House where the community can learn more, ask questions and provide input regarding a Regional Fire Authority. At this time, a date has not been set.

With the calls for service continuing to climb along with the need to add more staff to keep

response times down, it makes sense that both districts are exploring the potential of creating a Regional Fire Authority.

Q: What is a Regional Fire Authority?

A: A Regional Fire Authority (RFA) is a special purpose district established by voters in a

service area that provides funding for fire and emergency

medical services. State law provides the framework for cities, towns, and fire districts to consider forming an RFA as a way to gain service efficiencies through consolidation while retaining local
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Christmas Tree Safety

After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ❗ More than **one of every four** home Christmas tree fires is caused by electrical problems.
- ❗ Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ❗ A heat source too close to the tree causes **one in every four** of the fires.

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



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



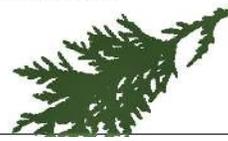
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



Regional Fire Authority cont.

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control. An RFA can be made up of cities, fire districts, or a

combination of the two. The creation of an RFA is authorized by state law (Title 52.26, Revised Code of Washington).

Q: How is an RFA created?

A: First, participating agencies must reach an agreement on a plan for the RFA; that is the mission of the Planning Committee. The proposed Plan must then be approved by the Boards of Commissioners of both NWFR and WCFD4, who would then call for an election on the proposal. All voters in the proposed service

area would be able to vote on the proposition.

Q: Why create an RFA?

A: NWFR and WCFD4 have been operationally merged by contract for nearly a decade; creating an RFA will take this to a next level within a single unified agency. Creating an RFA will enable full consolidation of the two separate fire agencies and provide an opportunity to achieve further efficiencies in the delivery of fire and emergency services, providing a more efficient oversight structure through a single governance board, and stabilize funding in support of fire suppression and basic life support services.

Q: Who else has created an RFA?

A: There are currently thirteen RFAs in the state of Washington including: South Whatcom Fire Authority, North Snohomish County Fire Authority; Marysville Fire Authority, South Snohomish County Fire Authority, Renton Regional Fire Authority, Valley Regional Fire Authority, West Benton Fire & Rescue, Kent Fire Department Regional Fire Authority, Riverside Fire Authority, North Mason Regional Fire Authority, Southeast Thurston Fire Authority, West Thurston Regional Fire Authority,



20 Festive Holiday Activities For Seniors



Courtesy of daily caring.com

The holidays can be lots of fun for older adults even if they have physical or cognitive limitations.

It's all about spending time together, feeling included, and enjoying the good company.

The activities you do together don't have to be exciting to be special and meaningful. Simply being able to join in brings joy and helps your older adult enjoy the season.

So, we've rounded up 20 fun holiday activities for seniors that are perfect to enjoy with family and friends.

We also share tips on how to modify or pace activities to keep older adults from getting too tired or overstimulated.

15 activities for staying at home

Make a holiday wreath – [these are fun and festive](#)

Decorate and fill stockings – [try this cute stocking kit](#)



Make pomanders with oranges and cloves – [like this](#)

Decorate the house – here are some [fun ideas](#) and these [mini hat ornaments](#) are adorable and easy to make.

Prompt kids to ask about “the olden days” so they can learn about their grandparent’s youth.

Play simple [card games](#) or [board games](#)

Enjoy listening to your older adult’s favorite tunes.

Sing holiday songs together – [try these holiday classics](#)

Have a family movie night with popcorn, extra pillows, and warm blankets to cuddle under.

Have a relaxed chat over tea or coffee.

Bake cookies – [try these delicious, easy-to-make gingerbread cookies](#)

Cook or prepare favorite holiday foods together.

Have a gift wrap party – don't worry if things aren't perfectly wrapped, it's the fun that counts!

Get your older adult's help with holiday cards – writing, addressing, or sealing envelopes.

Ask for their opinions or ideas

while you're shopping online for gifts.

5 activities for going out

Stroll around the mall and admire the holiday decorations – go early to avoid the crowds

Take a family walk around the neighborhood or through a local park.

Enjoy a delicious meal at a favorite restaurant.

Watch a feel-good holiday movie or fun comedy in the theater.

Take in a local play or musical.

Pace activities and modify as needed

Encourage older adults to join in the holiday festivities whenever possible, but be careful not to overdo it.

Many of these activities are low-key and can be easily modified to fit your older adult's energy level and abilities.

But it's still wise to be on the lookout for signs of fatigue and proactively suggest breaks or a mid-day nap.

If your older adult has [Alzheimer's](#) or [dementia](#), you may want to [modify activities even further](#) to avoid overstimulating or



Events to Celebrate December Birthdays

- 7 — Leslee Smith
- 7 — John Swobody
- 13 — Chris Hollander
- 17 — Jason Van der Veen
- 26 — Bruce Ansell
- 30 — Gary DeJager



NWFR Board Meetings may be conducted via Zoom Meeting/Webinar

Thurs. December 17
9408 Odell St 61
Blaine — 1:00 p.m.



Happy Holidays



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 district. Check out <https://www.nwfrs.net/resources/classes/> for more information and to reserve your spot.

Donations of nonperishable food items are encouraged but not mandatory. 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 FURTHER NOTICE.

WE APOLOGIZE FOR ANY INCONVENIENCE

CAP Thanksgiving Basket Program

Under the direction of Lt. Mike Nelson, Local 106 NW firefighters gathered turkeys, milk, butter, potatoes and other items needed to cook Thanksgiving dinners. The meals were donated to families in need within the Blaine area, courtesy of the Community Assistance Program's Thanksgiving Baskets on Tuesday, November 24. Our Firefighters also volunteered their time and were on hand to transport the Thanksgiving baskets to community member's vehicles.

It is expected that the baskets will feed about 980 adults and nearly 500 children.



The Community Assistance Program provides a variety of services for Blaine, Birch Bay, Point Roberts and Custer residents in need including:

- Crisis Assistance Program
- CAP Clothing Bank
- CAP Community Meals

CAP Mission

to serve the people of the Blaine, Birch Bay, Custer, and Point Roberts communities

who are in need of assistance to meet their basic requirements for food, clothing, and other necessities of daily life.

to offer opportunities for individuals, churches, and other organizations to serve people in their communities.

For additional information please email:

blainecap@comcast.net



Whole Roasted Rainbow Carrots with Carrot Top Pesto



courtesy of Pacificfoods.com

Ingredients

2 bunches rainbow carrots with greens attached
2 tbsp. olive oil or avocado oil
1/4 tsp. sea salt
1/4 tsp. black pepper
1/2c up Organic Vegetable Broth
2 cloves garlic peeled
3 tbsp. pine nuts
1/2 cup fresh basil leaves
1/4 cup Parmesan cheese
1/4 cup extra virgin olive oil

4 tbsp. lemon juice
Pinch red pepper flakes
1/2 tsp. sea salt
1/2 tsp. black pepper

Directions

Preheat oven to 475 degrees Fahrenheit.

Cut green carrot tops from carrots. Remove thick stems and reserve small, fine carrot top leaves. Set aside.

Add whole carrots to a large baking tray. Drizzle with oil and sprinkle with sea salt and pepper. Roast for 15 minutes, remove from the oven, stir carrots, and roast for another 15 minutes. Remove tray from oven. Carefully pour vegetable broth into tray and return to the oven. Roast carrots for an additional 10-15 minutes, or until

broth is evaporated and carrots are tender.

Prepare carrot top pesto: combine green carrot tops, garlic, pine nuts, basil leaves, parmesan cheese, olive oil, lemon juice, red pepper flakes, sea salt, and pepper in a food processor. Pulse until evenly combined. If the pesto is too thick, drizzle in more olive oil.

Add roasted carrots to a platter and drizzle pesto on top. Enjoy!

Prep time: 10 minutes
Cook time: 45 minutes

