Volume 13 Issue 9

September, 2020

Feature Stories

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- National Preparedness Month
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2020 STATISTICS

Aug. 1 — Aug. 31

District Average Response Time:

9 min. 38 sec.

Responses by Type:

Fire: 20

EMS: 302

Other: 131

Total: 453

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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"

Upcoming Fire Commissioner Adjustments

Larry McPhail recently retired as a North Whatcom Fire and Rescue Commissioner. NWFR will recognize Larry McPhail for his ten plus years of dedicated service to both the district and the community in an open meeting once restrictions on public meetings are lifted.

"Thank You For Your Service."

With Larry McPhail's retirement, NWFR has been seeking to appoint an interim fire commissioner to take his place.

Once appointed, the position is scheduled for election in the November 2021 General Election. The term for the person elected in 2021 will run from November 24, 2021 through December 31, 2023 (*technically called a two-year unexpired term*).

Once elected, the commissioner will serve a six-year term.

The board of commissioners of a fire protection district, are responsible for governing the operations of the district. The board will generally be responsible for the following areas:

Determining levels of service and establishing goals.

Determining type and level of funding, approve budgets and tax levies.

Establishing policies and approving operational procedures.

Employing key personnel, supervising chief.

Guiding strategic planning.

Representing district to the public.

An individual commissioner/ governing board member has no individual authority to operate a fire protection district or regional fire authority. Instead, individual commissioners and governing board members have the following responsibilities:

Attend meetings of the board.

Educate to understand the history of the district, the laws governing the operation of the district and role in governing the District.

Actively participate in the governance of the district by working with the board in open public meetings.

Understand and comply with all ethics laws.

Act as a representative of the district with a professional demeanor.

Avoid any attempts to unilaterally direct staff members or micromanage the staff. The board runs the district through the chief, individual commissioners do not, and should not, attempt to run the district.

Represent all constituents and avoid special interests.

Maintain confidentiality of privileged or private district records and information.

The deadline to submit a letter of interest and qualifications was August 28, 2020. Five community members have responded.

The Board will follow an interview selection process via a special meeting before the position is appointed during the upcoming regularly scheduled NWFR Board meeting on Thursday, September 17. 2020.

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

Ready®

Preparing Makes Sense. Get Ready Now.

1. Get a Kit of emergency supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable Food** at least a three-day supply
- ✓ Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and **extra batteries** for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First Aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic sheeting** and **duct tape** to shelter-in-place
- ✓ **Important Family Documents**
- ✓ **Items for unique family needs**, such as daily prescription medications, infant formula or diapers

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

2. Make a Plan for what you will do in an emergency.

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

Develop a Family Emergency Plan. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.** It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient. Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. **Watch television and listen to the radio for official instructions as they become available.**

For more information, visit ready.gov or call 1-800-BE-READY

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Create a Plan to Shelter-in-Place. There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents.** Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits. Use all available information to assess the situation. Quickly bring your family and pets inside, lock doors, and close windows, air vents and replace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Watch TV, listen to the radio or check the Internet for instructions from local emergency management officials.

Create a Plan to Get Away. Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions** so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. **Become familiar with alternate routes as well as other means of transportation** out of your area. If you do not have a car, plan how you will leave if you have to. **Take your emergency supply kit**, unless you have reason to believe it is contaminated and lock the door behind you. Take pets with you if you are told to evacuate, however, if you are going to a public shelter, keep in mind they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions. Know Emergency Plans at school and work. **Talk to your children's schools and your employer about emergency plans.** Find out how they will communicate with families during an emergency. If you are an employer, be sure you have an emergency preparedness plan. Review and practice it with your employees. A community working together during an emergency also makes sense. **Talk to your neighbors about how you can work together.**

3. Be Informed about what might happen.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family emergency plan, are the same for both a natural or manmade emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are **preparing yourself** to react in an emergency. Go to **ready.gov** to learn more about potential terrorist threats and other emergencies or call **1-800-BE-READY** (1-800-237-3239) for a free brochure. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Also learn about your community's local emergency plan. With these simple preparations, you can be ready for the unexpected.

4. Get Involved in preparing your community.

After preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Learn more about **Citizen Corps**, which actively involves citizens in making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities. Go to **www.citizencorps.gov** for more information and to get involved.

Homeland Security — For more information, visit ready.gov or call 1-800-BE-READY — American Red Cross — citizen corps

Events to Celebrate September Birthdays

19—Brian Botta Pillo
25 — Rob Mulrooney

LABOR Day

NWFR Board Meetings may be conducted via Zoom Meeting

Thurs. September 17
9408 Odell St 61
Blaine — 1:00 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 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

Administrative Staff Relocation

North Whatcom Fire and Rescue has relocated their administration office from Britton Loop Station 12 to Northwood Station 72 located at 1507 E. Badger Rd. in Lynden.

Initially, when District 4 and NWFR first consolidated in 2011, an arrangement was made to relocate all the admin staff to the Britton Loop Station in Bellingham. The campus had better space to house all the administrative personnel, including chief officers.

The decision to relocate now is in part to allow District 4 to take advantage of rental potential at their Britton Loop location. In addition, the facility can be utilized as a county training facility as initially intended.

This also brings NWFR's admin staff back into their response area, allowing the community better access to the fire chief.

Britton Loop Station first responders will continue to respond in District 4's area and into Bellingham as per the current auto aid agreement.

Northwood St 72

Britton Loop St 12

Vegan Summer Rolls

courtesy of May I Have That Recipe?

Ingredients
2 medium carrots, grated
2 Persian cucumbers, cut into long strips
1 Hass avocado, slightly firm, sliced (squeeze lemon juice onto avocado to avoid turning brown)
8 oz extra firm, high protein tofu
A bunch of pea sprouts, alfalfa sprouts, cilantro, or parsley
1 TBSP corn starch
1/2 tsp salt
8 round rice paper sheets
1/2 lemon
Warm water
1 TBSP Canola oil

Peanut Coconut Sauce
3 TBSP peanut butter
2 TBSP coconut milk
2 TBSP maple syrup
1 tsp diced hot cherry peppers
1 TBSP rice vinegar

Instructions
1. Cut tofu into 8 slices and cut each slice in half. Dust with 1 tsp of corn starch and 1/2 tsp salt.

2. Heat 1 TBSP of canola oil in a nonstick skillet and cook tofu, over med-low heart, 2-3 minutes per side. Set aside to cool slightly.

3. Place warm water in a round pie dish, insert rice paper sheets just to soften them and carefully take them out.

4. Place rice paper on a plate or cutting board and arrange 2 pieces of tofu, some carrots, cucumber strips, sprouts and avocado in the center. Roll as shown in picture.

5. To prepare the coconut peanut sauce, whisk all the ingredients together until well combined.

6. Cut rolls in half before serving and serve with coconut peanut sauce.