



4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for
a safe community



Free Friends and Family CPR Classes 2020 TBD

Class will be held
from 6:00 p.m.—9:30
p.m. at various fire sta-
tions around the district.

Check out
www.nwfrs.com for more
information and to re-
serve your spot.



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

CAP Thanksgiving Basket Program

Under the direction of Lt. Mike Nelson, Local 106 NW fire-fighters 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 26. Our Firefighters also volunteered their time and were on hand to transport the Thanksgiving baskets to community member's vehicles. Over two hundred seventy five baskets were prepared this year. (857 adults, 531 children).

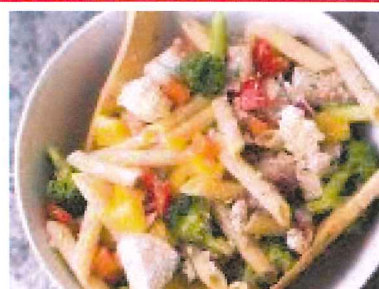
The Community Assistance Program provides a variety of services for Blaine, Birch Bay, Point Roberts and Custer residents in need including:

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

For additional information please email:
blainecap@comcast.net



Healthy Greek Chicken Pasta Salad



Courtesy of [sweetpeasandsaffron.com](#)

Ingredients

Chicken

- 4 boneless chicken breasts
- 2 TBS olive oil
- Salt and pepper

Pasta Salad

- 8 oz penne uncooked
- 2 carrots peeled and chopped
- 2 bell peppers chopped
- 2 cups broccoli cut into small florets
- 2 cups cauliflower cut into minced
- 1/2 red onion chopped
- 1 cup feta cheese crumbled

Red Wine Vinaigrette

- 6 TBS olive oil
- 6 TBS red wine vinegar

- 3 TBS honey
- 1/2 tsp Dijon mustard
- 2 tsp dill (dry)
- 1 clove garlic minced (optional)
- Salt and pepper to taste

Prep Time: 25 min
Cook Time: 25 min
Total Time: 50min
Calories: 402
Servings: 8

Instructions

Chicken

1. Heat oven to 425°F.

2. Toss chicken with olive oil and sprinkle with salt and pepper. Arrange on a baking sheet and bake for 10 minutes. Flip and bake for 10-15 more minutes, or until cooked through.

3. Allow chicken to cool before cutting into cubes.

Pasta Salad:

1. Cook pasta according to package directions, then drain and rinse under cold water. Allow to cool.

2. Combine all salad ingredients in a large bowl.

3. Shake together the vinaigrette and toss everything to coat.

4. Allow to marinate for several hours before enjoying. Serve cold.

Meal Prep Instructions:

1. Portion out into 2 compartment containers and store in the fridge for up to 4 days.

2. Serve cold.

"Healthy Greek chicken pasta salad recipe- whether you're heading for a picnic, a potluck, or meal prepping your lunches ahead, this salad is perfect for you! Tastes even better after the flavors marinate together for a day or two."



Volume 12, Issue 12

December, 2019

Feature Stories

- Community Toy Store
- PulsePoint
- Santa Run
- Thanksgiving Baskets
- Recipe

2019 STATISTICS

Nov. 1 — Nov. 30

District Average Response Time:

9 min. 02 sec.

Responses by Type:

Fire: 12

EMS: 294

Other: 111

Total: 417

Like Us On
facebook

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

"Providing Quality Service for a Safe Community"

Holiday Gift Assistance Program



Blaine & Birch Bay's New Holiday Gift Assistance Pro- gram

The Community Toy Store is a holiday gift assistance program that seeks to provide a hand up instead of a handout for families facing difficult financial circumstances. This model fully involves the parents, giving them the joy and dignity of personally providing gifts for their own children, as well as being contributors to their community. The program has been operating successfully in Bellingham for about ten years, with Blaine and Birch Bay families, individuals, and organizations involved for the last six years. The Blaine/Birch Bay program is sponsored by the Community Assistance Program and has received the support of the Blaine and Birch Bay Chamber boards and many individuals, businesses, and organizations in our communities.

How Does the Community Toy Store Work?

Brand new, unwrapped toys

are donated by community members and prices are marked down 75-90%. Toys are arranged in a store-like setting where parents can shop on a cash-only basis, choosing two gifts per child. Gift cards to clothing-only stores will be available for teens. Families will be referred to the program through the Blaine School District Family Service Center. Proceeds from toy sales will be distributed to non-profits that serve families in our own community.

Donation Information

Having a great selection of good quality toys that will delight a child is key to being able to successfully serve the families and children in our community that might need this assistance. **Your help is needed to make this happen!**

Donations Needed:

**TOYS FOR CHILDREN
AGES 2 - 12 BRAND
NEW, GOOD-QUALITY
TOYS requiring no batteries.**

Suggested items: Lego's, K'nex, blocks, other building toys, cars, trucks, trains, action figures, dolls, craft and science

kits, dress up clothes, child-sized sleeping bags and play tents, balls, scooters, sports equipment, children's book sets, preschool toys, board games, and puzzles

Gifts should be brand new, good quality toys in the \$25 - \$75 range. Smaller gifts do not get chosen when parents can only choose two gifts per child. If possible, please attach a note listing prices paid for toys. Do not gift wrap toys!

CLOTHING GIFT CARDS FOR TEENS

\$25 gift cards to "clothing only" stores, such as Old Navy, American Eagle, Aeropostale, etc.

MONETARY DONA- TIONS

may be made at www.blainecap.org using your credit card, or checks may be made out to the Community Assistance Program with "Community Toy Store" in the memo line, and mailed to P.O. Box 1067, Blaine, WA 98231.

**Donation deadline is Fri-
day, December 6th.**

continued on pg. 3

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

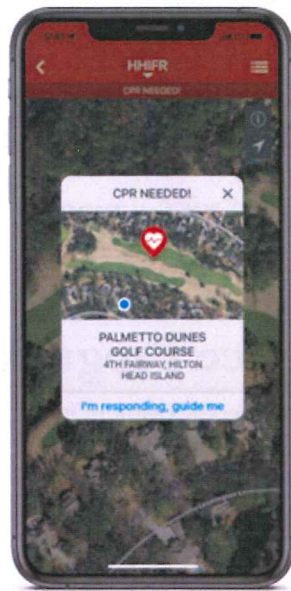
Email

Family Additions

Name changes

PulsePoint

by Captain Kris Jorgensen



Have you downloaded the PulsePoint App yet?

The PulsePoint Respond App alerts CPR-trained individuals to someone nearby, who is having a sudden cardiac arrest that may require CPR or the use of an AED (Automatic External Defibrillator).

The PulsePoint Respond App alerts CPR-trained individuals to someone nearby having a sudden cardiac arrest that may require CPR.

The app is activated by the local public safety communications center simultaneous with the dispatch of emergency responders. The purpose of the app is to increase the survival rates of cardiac arrest victims by:

1. Reducing collapse-to-CPR times by increasing awareness of cardiac events beyond a traditional "witnessed" area.
2. Reducing collapse-to-defibrillation times by increasing awareness of public access defibrillator (AED) locations.

The community version of the app is only activated if the event is occurring in a public place.

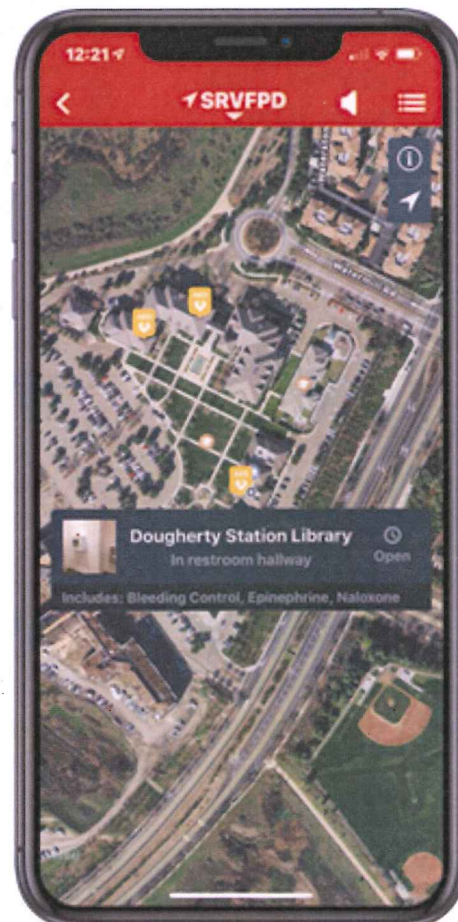
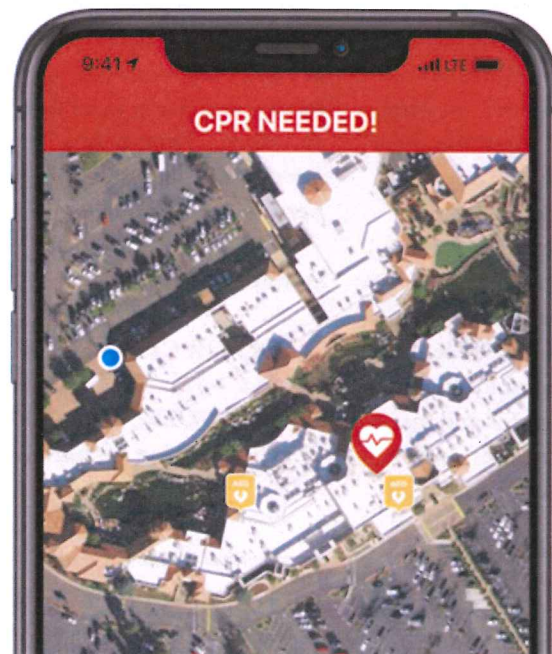
In addition to the life-saving CPR/AED functionality, the app provides a virtual window into fire and EMS

activity in the community, offering a unique opportunity for civic awareness and engagement.

You and the PulsePoint AED App can help strengthen the chain of survival for cardiac arrest victims. Download the free Pulsepoint App and Pulsepoint AED and use it to report an AED location wherever you see one.

For more information, visit www.pulsepoint.org

North Whatcom Fire & Rescue offers a free community CPR Class once per month. For more information or to sign up, go to our website at www.nwfrs.com. Our 2020 schedule will be posted soon which will offer CPR, AED Usage, First Aid, Choking, all for an Adult, Child and Infant.



Holiday Gift Assistance Program cont.

continued from pg. 1

Your donation of toys will bless not only the children receiving them, but also the parents who are given the gift of dignity and the joy of choosing gifts for their own children, as well as the organizations that receive the proceeds and the families that they work with.

Public Donation Sites:

Collection boxes will be available throughout **Blaine and Birch Bay** beginning November 15. Donation deadline is Friday, December 6th.

- Blaine Banner Bank – also accepting gift cards – turn in gift cards to a staff member
- Blaine Library – also accepting gift cards – turn both toys and gift cards in to a staff member

- Blaine Primary School – also accepting gift cards – turn in at main office

- Blaine Elementary School
- Blaine Senior Center – also accepting gift cards – turn in gift cards at main office

- Blaine Umpqua Bank – also accepting gift cards – turn in gift cards to a staff member
- Windermere Real Estate – Birch Bay Square – also accepting gift cards – turn in at front desk

- Blaine Edaleen Dairy
- North Whatcom Fire and Rescue – Blaine and Birch Bay Stations

- Peace Arch City Cafe
- WECU – Blaine
- Pacific Building Center
- Birch Bay Village Clubhouse

- Birch Bay Village Office – also accepting gift cards

- The Bridge Community Hope Center, Birch Bay
- Birch Bay Visitor Info Center

- Semiahmoo Marina Cafe
- Loomis Trail Clubhouse
- Semiahmoo Main Office – Great Blue Heron Grill

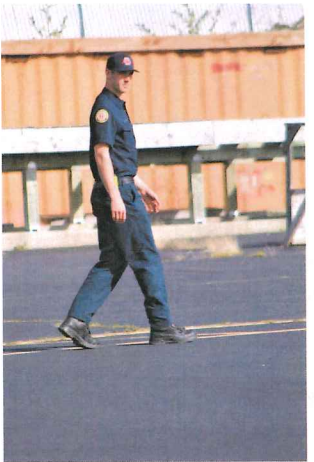
- Birch Bay Fire Station 63

- Odell Fire Station 61

For additional information visit

www.blainecap.org

Your donations will have a big impact in our com-



Events to Celebrate December Birthdays

2 — Commissioner McPhail

7 — Leslee Smith

13 — Chris Hollander

17 — Jason Van der Veen

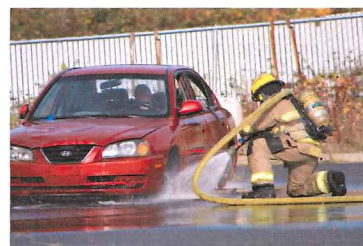
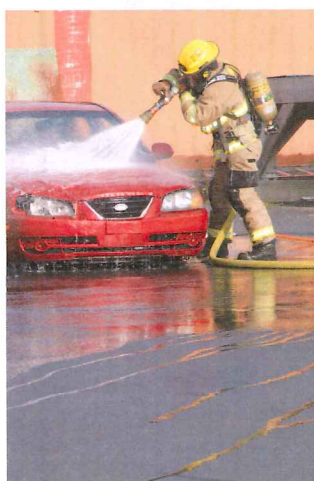
26 — Commissioner Ansell

CPR Food Donations #65

Fire Commissioner Meetings NWFR

Thurs. December 19
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Wed. December 18
4142 Britton Loop St 12 Bellingham — 12:00 p.m.



SANTA RUN

Saturday, December 7

Clothing, Toys, Cash Donations Accepted

Whatcom County Fire Protection District #4 and North Whatcom Fire and Rescue firefighters and fire trucks will be escorting Santa around the district. From 9:00 a.m. until 12:00 p.m. Please visit www.wcf4.com / www.nwfrs.com to check arrival times in your area.

**BRING YOUR CAMERA AND
TAKE PICTURES WITH SANTA**