



Inside



District Member Survey

Fire District Board Member Elections



12525 Hwy 202
Mist, Oregon 97016

Presorted Standard
Auto
UD Postage PAID
Clatskanie, Oregon 97016
PERMIT NO. 37

Vernonia Route
HCR 71
Vernonia, Oregon 97064

An easy way to recognize a stroke is to remember the acronym FAST:

Face: Sudden weakness of the face

Arms: Sudden weakness of an arm

Speech: Sudden difficulty speaking

Time: Record the time the symptoms started.

Contrary to the conventional image of heart attacks, many heart attack victims start with only mild pain and aren't sure they're having a heart attack. Signs of a heart attack include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that last more than a few minutes or is intermittent
- Pain in one or both arms, the back, neck jaw or stomach
- Shortness of breath with or without chest discomfort
- A cold sweat, nausea, lightheadedness or unusual fatigue

Never hesitate in the case of any of the symptoms of a heart attack or stroke. Waiting to call 911 can be a deadly mistake.



HEART ATTACK & STROKE SYMPTOMS REQUIRE A QUICK RESPONSE



Time is critical when it comes to treating a heart attack or stroke. If you experience the warning signs of either of these series medical events, call 911 immediately.

When an otherwise healthy 62-year-old local woman suddenly lost her balance and the ability to speak several months ago, her family recognized the symptoms of a stroke and dialed 911. Emergency responders quickly transported her to the hospital where she received the intravenous clot-busting drug tPA. However, she didn't improve and was transferred to the hospital's angiography suite for emergent removal of the clot from her brain – all within 2 hours.

Had her family's response been any slower, it is unlikely the woman would have been able to walk out of the hospital on her own, and she did three day later.

This case illustrates why it is crucial to dial 911 immediately when symptoms of a heart attack or a stroke surface instead of taking a wait-and-see approach or driving yourself or a loved one to the hospital.

Arriving via emergency medical service (EMS) allows the patient to bypass the usual ER triage process and be seen immediately by providers who have been prenotified and are there waiting, all of which saves precious time.

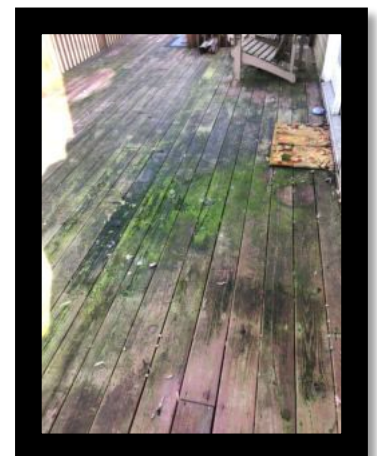
In cases of stroke or heart attack, that timing can be the difference between speedy recovery and long-term disability or death. Your responders at Mist-Birkenfeld RFPD are trained to recognize the symptoms of a heart attack or stroke and to monitor glucose, cardiac arrhythmias and elevated blood pressures. We are able to start IV's, administer fluids and medications on the way to the ER so treatment can begin immediately upon arrival.

If You See Them, Thank Them.

These are your Mist-Birkenfeld RFPD First Responders and Support Personnel of the Mist-Birkenfeld Rural Fire Protection District. They get up all hours of the day and night to come to the aid of the people living and visiting our Fire District. When you or your loved one has an emergency, these are the people who will come to your aid. They train every month so they can be ready for the day when it could be you that is in need of their skills. If you know them, THANK THEM! Their selfless acts make great impacts on citizens in their greatest times of need.

- Alex Berg
- Ann Berg
- Nick Berg
- Olav Berg
- Steve Berg
- Larry Boxman
- Mary Lou Busch
- Peggy Cahill-Wood
- Kelby Cano
- Jesika Crook
- Brent Dass
- Karrie Dass
- David Freselli
- Michael Galassi
- Kathy Hamm
- Dawn Johnson
- Ginger Kaczenski
- Joe Kaczenski
- Mark Kaminski
- Jennifer LeeKwai
- Max LeeKwai
- Eli Marchant
- Mark Mohnkern
- Sue Mohnkern
- Merle Noakes
- Lindsay Nokovic
- Pamela Owen
- Hailey Palmore
- Julie Ramsey
- Will Steinweg
- Tiffany Steinweg
- Vicki Weller
- Kaylee Whiteman
- Levi Whiteman
- Valerie Whiteman
- Zoe Whiteman
- Angela Whitlock
- Bryan Wood
- Shawn Wood

Is the walkway to your house in good working condition? Are the stairs up to your porch sturdy and clean from grime? Can emergency responders safely make it up your walkway, up your stairs and into your home to help you in an emergency event? If not, please consider repairing and/or cleaning off those areas so First Responders can get to you and, if needed, get you to the ambulance and on the road to the hospital as quickly and safely as possible.





Mist-Birkenfeld RFPD

Notice of Board Member Election

The following information is from Columbia County Clerk, Debbie Klug:

Notice of Election of District Board Members

Electors residing within a district may file a declaration of candidacy with the Clerk's office of Columbia County, Oregon, beginning February 6 and ending March 16, 2023. The offices due to be filled at this election include those that must be filled due to vacancy.

Positions & terms of office for **Mist-Birkenfeld RFPD** are as follows:

Four Year Term

Position 1 (Incumbent – Pamela Owen)

Position 2 (Incumbent – Joan Jones)

Each candidate for an office listed above must file a declaration of candidacy (filing form SEL-190) with the Elections Department of Columbia County within the period beginning on February 6, 2023, and ending no later than 5:00 p.m. March 16, 2023.

Each declaration of candidacy must be accompanied by either a filing fee of \$10.00 or a candidate nominating petition (form SEL-121) signed by at least 25 registered voters residing in the district. Filing forms are available on-line at the Oregon Secretary of State website:

<http://sos.oregon.gov/elections/Pages/electionforms.aspx>.

Forms are also available at & can be mailed to:
Columbia County Elections Dept., 230 Strand St., St. Helens, OR.

SEL190 – Candidate Filing Form:

https://www.columbiacountyor.gov/media/Election/SEL190_District%20Candidates_1-2021.pdf

SEL121 – Candidate Petition:

https://www.columbiacountyor.gov/media/Election/SEL121_Candidate%20Signature_1-18.pdf



Mist-Birkenfeld Rural Fire Protection District

12525 Highway 202, Mist, OR 97016 | (503) 755-2710 or (503) 755-0510 | Fax (503) 755-2556

Budget Member Application

Name _____

Address _____ City _____, Oregon

Zip _____ Phone _____ email _____

Please use additional paper to write in your answers. A resume may be attached to this application but is not required.

1. Are you a registered voter in the Mist-Birkenfeld RFPD? Yes No
2. Length of residency in the District _____
3. Why are you interested in serving on the Budget Committee?
4. Have you served in similar capacities in the past and, if so, under what circumstances?
5. Please provide us with a brief description of your background and your activities in the community.
6. If appointed are you willing to serve as a collaborative member of the Budget Committee and pursue the work of the committee by following District, State and Federal Laws, policies and procedures?

 Yes No

Signature _____

Date _____

Note: This application must be returned by March 14th, 2023 to the attention of Barbara Smith, Board Secretary, Mist-Birkenfeld RFPD 12525 Highway 202, Mist, Oregon 97016. The Board of Directors will announce those appointed to the Budget Committee at the March 21, 2023 Board Meeting.

If you are applying for the Budget Committee, please attend the March 21 Board Meeting at 7p.m.



Mist-Birkenfeld RFPD Is in need of 2 Budget Committee Members

The Budget Committee is the budget planning board for the Mist-Birkenfeld RFPD. It consists of the governing body (M-B RFPD Board of Directors) plus an equal number of local voters (district members who serve on the Budget Committee) appointed by the M-B RFPD Board of Directors. Mist-Birkenfeld RFPD has 10 Budget Committee members, with the votes of all members being equal. State law (ORS 294.336) mandates a budget committee for all Oregon local governments.

The Budget Committee reviews the proposed budget submitted by the M-B RFPD Budget Officer. The committee may approve the proposed budget intact, or change part or all of it prior to final approval.

After notices and publications are filed according to State law, the budget is forwarded to the Board of Directors for one final Public Hearing and formal adoption prior to June 30.

The fiscal powers of the Budget Committee are:

- Specify the amount of tax revenue or tax rate for all funds
- Establish maximum total expenditures for each fund
- Approve the total taxes for the local government as an amount and/or rate.
- Approve the budget, then forward it on to the M-B RFPD Board of Directors for adoption.

The Budget Committee meets annually. The first meeting of the year is held on a scheduled date in the spring where the annual Budget Message is read, the budget is reviewed and additional meeting dates are scheduled if needed.

A Budget Committee Member serves a three year term.

If you'd like to serve on the Budget Committee, please stop by the main station at 12525 Hwy 202, Mist, OR 97016 or give us a call @ (503)755-2710.

NATAL GRANGE

Calendar of Events 2023

Community Dinner

1-3:00 PM

March 19th

Community Dinner

1-3:00 PM

May 13th

Community Flea Market/Garage Sale

Set Up 9am Start at 10am price to be determined.

July 8th

To Be Announced

October

Community Dinner

1-3:00 Pm

December 10th



**Grange meeting's every 2nd
Wednesday of the month.
(After Food Bank) at 5:30 PM**

Presale tickets for dinner will be available until the Wednesday before the community dinners.

Contact: Kendell Nelson (503) 739-0300

Or KendellTNelson@gmail.com

For more information, please watch the Mist-Birkenfeld Fishhawk Community Page on facebook or Contact Kendell Nelson

Natal Grange #302

67528 Nehalem Hwy N | Natal, Oregon 97064

Mist-Birkenfeld Rural Fire Protection District
District Member Survey 2023

Unsure

5. Do you feel that the Fire District adequately communicates with the community in a timely manner through our different information channels (social media, newsletter etc.)?

Comments:

- Yes
- No
- Unsure

6. In the last two years, Mist-Birkenfeld has provided Public Health Services (CHIPP, vaccines etc.) Do you think the Fire District should continue to offer these services?

Comments:

- Yes
- No
- Unsure

6a. (If answered yes) Would you be willing to pay for these services if you chose to utilize them?

Comments:

- Yes
- No
- Unsure

7. How satisfied are you with the overall service that Mist-Birkenfeld RFPD provides?

- Extremely Satisfied
- Very Satisfied
- Somewhat Satisfied
- Neutral (Neither Satisfied nor Dissatisfied)
- Somewhat Dissatisfied
- Very Dissatisfied
- Extremely Dissatisfied

Comments:

8. Please use the box below to include any other feedback, thoughts, ideas or concerns you would like included. We value your opinion, and we greatly appreciate your time in filling out this survey and it is a privilege to serve you and our community!

Thank you for completing this survey!

Return survey in one of the following ways:

- Email to: marianne@mistbirkenfeldrfd.org
- Walk-in or mail to our Station at: 12525 Highway 202 Mist, OR 97016
- Take the survey on-line, using this link: <https://form.jotform.com/230366036170145>

Mist-Birkenfeld Rural Fire Protection District

District Member Survey 2023

The goal of this survey is to gain insight into how Fire District members view the district, where areas of improvement can be made and where areas of competent performance already exist. Please answer these questions openly and feel free to elaborate. All responses will be kept confidential. By participating in this survey, you can help improve the services we provide.

Prefer to fill this survey out online? Here's the link: <https://form.jotform.com/230366036170145>

Demographics

Age: _____

County of Residence:

Columbia

Clatsop

Select One:

Part-Time Resident

Full-Time Resident

-
1. Considering the rural area our district resides in and that most Fire District responders are volunteers who respond from home, what emergency response time do you feel is reasonable?

- 10-15 minutes
 15-20 minutes
 20-30 minutes
 Unsure

Comments:

2. The United States has seen a sharp decline in volunteerism. 65% of firefighters in the United States are volunteers and the most significant drop-in fire service volunteerism in the last few years has been seen in small communities. Mist-Birkenfeld is a mostly-volunteer (91%) fire district. Our emergency call volume increased from 222 calls in 2019 to 470 calls in 2021, yet our number of paid responders has not grown, and we have seen a drop in licensed/certified volunteers, putting a strain on our existing responders.

Given this information, do you think it is appropriate for Mist-Birkenfeld RFPD to seek hiring more paid responders, knowing that this could increase your tax rate?

- Yes
 No
 Unsure

Comments:

3. Mist-Birkenfeld has a free community paramedicine program called CHIPP, which stands for Community Health Integrated Paramedicine Program. It is a free service available for our community members where emergency services personnel visit individuals in their homes and help with things like chronic illness management, recent medical procedure follow-up, home safety evaluations and more. Would you or anyone in your household be interested in this service?

- Yes
 No
 Unsure

Comments:

4. Do you feel like the Fire District Board of Directors satisfactorily represent your interests with how the Fire District operates?

- Yes
 No

Comments: