



## *South Forest Park Neighborhood Association.*

Meeting Monthly on the 2nd Tuesday, at the Zion Lutheran Church on the corner of 47th and Alger Ave. **unless otherwise posted.**

The purpose of the South Forest Park Neighborhood Association (SFPNA) is to represent the interests and improve the general welfare of all SFPNA residents by providing an open forum for exchanging ideas, setting neighborhood goals, and organizing neighborhood activities.

### **Agenda:**

**Nov 15, 2016, 7:00 pm**

### **Beat report**

**Guest Speaker:** Kevin King

**Big Brothers Big Sisters of Snohomish County**

10520 19th Avenue SE, Suite B, Everett, WA 98208

425.252.BBBS (2227) Phone - 425.259.2487 Fax

[info@bbbs-snoco.org](mailto:info@bbbs-snoco.org)

We are scheduling short presentations to explain the process and proven benefits of safely guided and supported mentoring relationships.

Here is chance for caring people to help guide someone's future, doing the things they already enjoy doing, and make a real difference.

**At this meeting** we will discuss next year's grant projects and hold the election of Neighborhood Association Officers.

### **Tick Tock Change the Clock**

Daylight Saving Time comes to an end on November 6<sup>th</sup>. Set your clocks back one hour before going to bed Saturday evening.

This is also a good time to check and replace those smoke and carbon monoxide alarm batteries!

Did you know?? Code says you **must have** one carbon monoxide alarm per each floor of the home or apartment and should have smoke alarms in each bedroom, with the door closed while sleeping as you may not hear the alarms in other rooms.

**Latest Fire Casualty was because batteries were removed from the alarms.**



**See you at the meetings.** Dennis Dudder, Neighborhood Association Chairperson.

### **Neighborhood Contacts**

Office of Neighborhoods 425-257-8717 or Dennis Dudder, Chair, dldhome2@juno.com

Flyers and additional information available at meetings

**Emergency Preparedness Information: Are You Prepared?** The Fall CERT class is just about to wrap up and will have the final drill on Wednesday, November 16. They are looking for volunteers to help with the final drill which will be from 5:30 to 8:30 pm. They need at least 20 volunteers. Some assist with set-up, documentation and snacks, and some play as “victims.” This is a great way to review your CERT curriculum and skills, or simply be involved with your community. If you are able to help, please contact Lynn Sterbenz either at (425) 257-8181 or [lsterbenz@everettwa.gov](mailto:lsterbenz@everettwa.gov) to sign up and get directions to the class location. *Everett Office of Emergency Management*

**Who depends on YOU? Employees, Family, Neighbors**

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**Food Bank and Clothing** are available on Thursdays, Fridays and Saturday at Faith Lutheran Church  
 Opens at noon till 2pm each day. Ministry to the community at work.

**Community Meal deals**

**On Wednesdays** there is *free bread* at Praise Chapel, Fellowship Hall, on the corner of 710 Pecks Drive & Cady Road Everett. 9-11 am or until supplies last .

**Come join** the members of Faith Lutheran Church, friends and neighbors **on Tuesday evenings.** Dinners are served from **5- 6 pm** at Fellowship Hall at 6708 Cady Road, Everett. Donations welcome.



**Free Community Dinner's** All are invited to attend Zion's Community Dinners 4634 Alger 1<sup>st</sup> and 3rd Wednesdays, 5 - 6pm. Come eat, share and care.

**Pancake Breakfasts** are held on the first Saturday of most months, Join us at Zion Church from 9-11 am, all you can eat. **Free.** Sausage, eggs and pancakes topped with your choice of strawberries or syrup. Coffee, juice and a fruit dish. Donations are welcome.

**Recipe for this month: A Good At-Home Campers Meal**

- 1 pound ground beef
- ½ green pepper chopped
- ½ onion, chopped
- 1 16 oz can kidney beans (do not drain)
- 1 can condensed tomato soup
- 1 8oz can whole kernel corn (do not drain)
- 1-2 cups noodles, uncooked
- 1 tsp garlic powder

In a frying pan or large saucepan brown the ground beef with green pepper and onion. Drain off fat and stir in kidney beans with the liquid, tomato soup, undrained corn, uncooked-noodles and garlic powder, mixing well. If mixture seems too thick, add some water to the soup can and swirl around and pour into pan. Stir again then cover and cook on low heat for 20 minutes or until noodles are soft, stirring occasionally. Serve hot



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**South Forest Park and View Ridge – Madison  
Neighborhoods**  
**Invite You to Our Annual Neighborhood Families  
Saint Nick Party**

**Saturday, December 10, 2016 11 am-2 pm  
Zion Lutheran Church 4634 Alger Ave., Everett**

**Entertainment for adults and kids alike!  
Giraffe and Staff Puppet Show**

**Activities will include:**

- **Lunch**
- **Crafts/Games**
- **Pictures**
- **Visit from Jolly Old Saint Nick**



**Free Event but RSVP required**

Contact Zion Lutheran at: <http://bit.ly/zion98203> or 425-252-1429

**OR call Dennis or Carol Dudder at: 425-355-6508 by Wednesday,  
December 7th** to ensure your Childs name appears on Saint Nick's list!

**Event made possible thanks to Zion Lutheran Church,  
volunteers, neighborhood grants and your donations.**

**All personal information requested from parents such as gender, name and ge is kept in confidentiality and used  
for purposes of this event only. Ages 10 and under please. Older kids may be helpers**

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## What is Carbon Monoxide (CO)?

- CO is an odorless, colorless, tasteless & deadly gas.
- CO is made anytime fuel (oil, gas, wood) is burned.
- CO poisoning can occur from faulty furnace operation or blocked exhaust systems.

### Possible sources include:

- Furnaces
- Charcoal or kerosene heaters
- Coal, wood or gas stoves
- Propane grills (do not use inside)
- Running cars in attached garages
- Tobacco smoke
- Motorboats & houseboats

## How do I prevent CO poisoning?

- Use a CO detector
- Have your heating system serviced yearly
- Do not use charcoal or gas grills in your home or in a tent
- Do not use the oven to heat your home
- Unplug portable heaters while sleeping
- Avoid swimming near or under the back deck or swim platform of boats
- If you think a faulty appliance may be letting out large amounts of CO, call your local fire department for assistance in testing the air for CO.

## How do I know it is CO poisoning?

- Symptoms of CO poisoning include headache, nausea and vomiting, weakness, fatigue & confusion. Symptoms can mimic the flu.
- If several people in the household become ill at the same time, it may not be "just the flu."

## What do I do if I suspect CO poisoning?

- Get to fresh air right away
- Open wide all doors & windows
- Call the Washington Poison Center at **1-800-222-1222** right away

## Where can I find out more about CO poisoning?

<http://www.kingcounty.gov> has information in several languages

**Expert Poison Information 24/7: 1-800-222-1222**

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