The Responder

Volume 10, Issue 4
April , 2017

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2017 STATISTICS

March 1 — March 31

District Average Response Time:
8 min. 26 sec.

Responses by Type:

Fire: 9
EMS: 221
Other: 88

Total: 318

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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"

NWFR Firefighter Embraces Stairclimb Challenge

FIREFIGHTER STAIR CLIMB

by T.J. Holert

Stairclimb! If you haven't heard of or been a part of the Scott Firefighter Stairclimb in Seattle, you have been missing out. This gruelling and energetic event raises huge funds for the Leukemia and Lymphoma Society. In 2016, The event brought in 2.3 million dollars for the Society. Approx. 1,900 Firefighters raised money from sponsors. Firefighters then committed to climb the Columbia Tower in full fire protective equipment including breathing from the SCBA (air pack). This amounts to approximately 50lbs of gear. The Columbia Tower stands proud at 788 feet of elevation, which is 69 floors of stairs and 1,356 steps total. This makes the Columbia Tower the second tallest building west of the Mississippi. The event also sells all 1,900 racing slots, all within about 30 minutes. Over 330 fire departments are represented and up to five different countries from around the world.

While at the Stairclimb, I met one of the honourees. His name is Josh. Josh is a young boy who had received treatment the day before the event. His mother stated, because of these events and

the Leukemia and Lymphoma Society, he has very high odds of beating his blood cancer. This is why we run this race! Every year, I think about the intensity of climbing and I often say "This is the most intense, short term exercise, that I have ever done." It never gets any easier. Yet, when I hear of the successes of the patients, the pain I experience on those steep stairs every year, just fades into the hope for more cures and joy for what we have found.

For more reading, or to donate the Leukemia and Lymphoma Society please visit their Website at http://www.llswa.org/site/PageServer?pagename=ff_home

Please remember to keep the district up to date with any changes including your contact information.

All changes should be directed to Jennie. These changes may include:

Phone

Address

Email

Banking

Family Additions

Name changes

NWFR and District #4 Receive Clean Audits

Both North Whatcom Fire and Rescue and Fire District #4 received clean financial audits for 2014 and 2015.

The NWFR audit focused on internal design, implementation and maintenance of controls relevant to financial accountability along with areas representing the highest risk of fraud, loss, abuse or noncompliance as follows:

- Open Public Meetings Act
- Self-Insurance
- Third party billing and receipting
- Mitigation fees

An exit interview was held on Thursday, February 2, 2017. Both Commissioners McPhail and Andrews attended the meeting.

To view the latest Washington State financial and accountability audit for NWFR use the following web address:

http://portal.sao.wa.gov/reportsearch

Enter in the search text:

Whatcom County Fire Protection No 21

NWFR Recognizes Area Dispatchers

Each year, the second full week of April is dedicated to the men and women who serve as Public Safety Telecommunicators.

April 9-15 is designated to recognize those Public Safety Telecommunicators who serve the public in countless ways without due recognition by the beneficiaries of their services.

The official name of the week, when originally introduced in Congress in 1991, was "National Public Safety Telecommunicator's Week." In the intervening years, it has somehow become known by several other names, including "National Public-Safety Telecommunications Week" and "International Public Safety Telecommunicator's Week."

Telecommunicators are all those people who utilize telephones, radios, computers and technical skills to provide support to Law Enforcement, Fire Services, Emergency Medical Services and other governmental field personnel. As the first person contacted by citizens on nearly every crime, fire and medical emergency, the 911 dispatcher continues to be an invaluable resource for agencies of all sizes.

Dispatchers do so much more than just answer your 911 call; they offer support and compassion for those in distress.

Bellingham and Whatcom County operate the 911 emergency telephone system, called What-Comm. The initial call receiving site is located in Bellingham, and is responsible for dispatching almost all municipal law enforcement agencies in Whatcom County. All fire and medical related calls are forwarded to the Fire Dispatch Center located at Bellingham Fire Department's Broadway Street Station. The Fire Dispatch Center is responsible for dispatching all municipal fire departments and fire districts in Whatcom County. The Bellingham Police Department operates the What-Comm center and the Bellingham Fire Department operates the Prospect Fire Dispatch Center.

North Whatcom Fire and Rescue would like to take this opportunity to recognize those who serve our communities in a vital capacity.

NWFR to Install Community Emergency Phones

by Chief Joe Noonchester

Our new emergency phones will be located in a convenient and conspicuous location at most of our fire stations soon.

The purpose of these phones is to provide quick access to our 911 system by simply picking up the receiver. The phone will automatically dial 911 and connect the caller to our dispatch center who can send the appropriate help. Another feature to these phones is the location designation. When the phone is activated, the location of the call is automatically given to the dispatcher so that the units have the correct destination. Our citizens will be provided a quick and accurate way to reach 911 in the event of an emergency. This additional communication method will provide a back-up life-line to 911 if the crews are out assisting other members of the community. These phones are not meant to replace any current method of reaching 911, but simply to enhance the current capabilities.

NWFR Training Update

by Cpt. Kris Jorgensen

The 1st Quarter was a very busy time for NWFRS. For the months of January, February & March, North Whatcom firefighters have completed a total of 1,684 training hours. All crews remained active while completing their 1st Quarter and additional training requirements for firefighters/officers.

As we venture into the next three months, the Training Division has set topics for the 2nd Quarter consisting of Emergency Medical Situations, Fire Ground Operations Hazardous Materials Response and Responding to Spring/ Summertime Water Rescue Emergencies. We look forward to providing productive and educational training during the 2nd Quarter.

Our five new probationary firefighters are doing great and will be attending an in-house Fire Pump Operations Course in April and all are nearing the end of their probationary status.

Since the beginning of the year, approximately 130 members of the public have been taught CPR lifesaving skills while attending our free CPR classes each month. To sign up for a class, see our website at www.nwfrs.com.

Events to Celebrate

April Birthdays

2—Kaleb Bruch
12—Jacob Onouye
18—Benita Williams
19—Mike Schmidt
19—David Keeney
22—Scott Brown
26—Dale Rutgers
27—Tommy McAuliffe

***Easter**—April 16*

***Earth Day**—April 22*

Fire Commissioner Meetings

NWFR

Thurs. April 20
9408 Odell St 61 Blaine —
7:00 p.m.

District 4

Wed. April 12
4142 Britton Loop St 12
Bellingham —12:00 p.m.

4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for a safe community

Free Friends and Family CPR Classes

Class will be held from 6:30 p.m.—9:30 p.m. at various fire stations around the district. Check out www.nwfrs.com for more information and to reserve your spot.

January 17
February 27
March 28
April 18
May 23
June 17
June 27
July 26
August 22
September 25
October 23
November 15
December 20

Airlift Northwest

Established in 1982, Airlift Northwest is the University of Washington School of Medicine (UW) and Harborview Medical Center air medical service serving Washington, Idaho, Montana and Alaska.

Airlift Northwest is a preeminent provider of air medical transport services in the Pacific Northwest dedicated to providing safe, efficient air medical transport to critically ill and injured infants, children and adults.

All aircraft fly with teams of two nurses certified in advanced cardiac life support, advanced trauma life support, pediatric advanced life support, trauma nursing care, neonatal resuscitation, critical care nursing, emergency nursing and flight nursing.

Airlift Northwest is committed to the region and provides a substantial amount of financial assistance to a Mission of Caring fund for those in need.

Airlift Northwest has safely cared for more than 100,000 patients and made more than 250,000 takeoffs and landings since its inception in 1982.

Airlift Northwest has been involved in numerous community events such as mock DUIs at nearby high schools, safety fairs and firefighter training.

For additional information visit www.airliftnw.org

Chicken & Spinach Soup with Fresh Pesto

Recipe courtesy of Eating Well Test Kitchen

"This fragrant, Italian-flavored soup takes advantage of quick-cooking ingredients—boneless, skinless chicken breast, bagged baby spinach and canned beans. It features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought basil pesto."

Ingredients

2 tsp. plus 1 TBS extra-virgin olive oil, divided
1/2 cup carrot or diced red bell pepper
1 large boneless, skinless chicken breast (about 8 oz.), cut in quarters
1 large clove garlic, minced
5 cups reduced-sodium chicken broth
1 1/2 tsp. dried marjoram
6 oz. baby spinach, coarsely chopped
1 15 oz. can cannellini beans or great northern beans, rinsed
1/4 cup grated Parmesan cheese
1/3 cup lightly packed fresh basil leaves
freshly ground pepper
3/4 cup plain or herbed multigrain croutons for garnish (optional)

Servings: 5 **Cook time:** 50 min.

Serving size: about 1 1/2 cups

Preparation

1. Heat 2 tsp. oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally , until the chicken is cooked through, about 5 minutes.

2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

3. Combine the remaining 1 TBS oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

4. Cut the chicken into bit-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.