Volume 11, Issue 4

April, 2018

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2018 STATISTICS

March. 1 — March 31

District Average Response Time:
8 min. 21 sec.

Responses by Type:

Fire: 10
EMS: 208

Other: 95

Total: 313

Overlapping**: 90**

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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 Member Retires

Firefighter John Swobody

John grew up in a military family. He was born in San Pedro, California. His Dad was a twenty year Navy veteran and served during WW II. John comes from a very close knit family. He is the youngest of four kids. His brother and nephew are both firefighters for Marysville Fire Department.

They lived on Custer School Road while John was in elementary and junior high school. He played football, basketball and baseball throughout high school, including a stint on the Bellingham Bells following high school.

John started his fire service career in 1984 as a volunteer firefighter for Fire District #13 and served in the Blaine Police Reserve from 1991 to 2001. He also volunteered for the City of Blaine and District #7. John was hired as a career firefighter with North Whatcom Fire and Rescue in 1999. He was promoted to Training Captain in 2006, then to Training Chief in 2007. John also served as Operations Chief under Tom Fields. He ends his career full circle, working as a shift firefighter at Odell Station 61.

Captain Mike Schmidt initially introduced John to his wife. The three of them worked at the Blaine Building Center where Mike nudged the then "shy" John into asking Annette out on a date. John and Annette have been married for over twenty years.

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NWFR Participates in Scotts FF Climb

The 27th annual Scott Firefighter Stairclimb was held on Sunday March 11. There were **1700** climbers this year. Firefighters wearing nearly 50 pounds of gear, climbed 69 flights of stairs (1,311 steps) to the top of the Columbia Center in Seattle to raise money for the Leukemia & Lymphoma Society (LLS).

The annual competition is the largest firefighter physical competition in the world.

NWFR Probationary Firefighters Steve Latham and Sean Roberts participated in this event for the first time. Both conveyed their appreciation to the district for their support and allowing them to use the gear for the event.

Congratulations to you both!

FIREFIGHTER STAIR CLIMB

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

Member cont.

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John noted that "*Annette is the love of my life*". They have three children and six grandchildren.

Being a firefighter has given John several different opportunities, including attending the National Fire Academy in Emmetsburg, Maryland. John was also on a national disaster team and was deployed to New Orleans for twenty-six days to recover bodies during hurricane Katrina.

John had a life changing experience going to Peru, traveling into the Amazon jungle for a medical mission trip in 2010. This was an experience he will never forget. Forging strong friendships, serving others, and experiencing teamwork to the highest caliber will stay with John throughout the rest of his life. His team traveled over three hundred miles up the Amazon River providing medical care and Christian Outreach to villages rarely seen by non-native people. Four days of living with a village of several hundred people that were so appreciative of the Team's effort provided John with an abundance of reward and honor.

John enjoys fishing, traveling, hiking and attending his grandchildren's sports. He enjoys watching both the Seahawks and Mariners. His favorite holiday is Thanksgiving.

John was diagnosed with lung cancer in 2013. He recovered from surgery and treatment, returning to work later that year He then stepped down as division chief and returned to a firefighting position in February 2014. "On the line" at D shift Station 61, John returned for only a few months before undergoing more surgery and chemotherapy.

John, his family and his medical team have made the difficult decision to leave the fire service in medical retirement. This decision was not made easily or without consideration.

Please wish John, Annette and their family all the best and thank him for his public service of 34 years.

NWFR to Stream Commissioner Meetings

North Whatcom Fire and Rescue is now providing community members another way to stay informed about their fire district.

Other than attending the meetings in person, live streaming is now available for each NWFR Fire Commissioner meetings, held on the third Thursday of each month at 1:00 p.m.

The first live meeting streamed was on February 15th.

Please be aware that during breaks or executive sessions, the audio and video will be turned off.

Meeting schedules rarely change however, special meetings are called as needed.

You may check the official website for live streaming access on You Tube as well as scheduled meeting information including both archived minutes and videos.

Girl Scout Troop Receives Emergency Training

On Friday, March 9th, NWFR's Lieutenant Leslee Smith along with former dispatcher Lisa Moeller and Brent Green from the Blaine Police Department assisted Girl Scout Brownie Troop #42415 with first aid skills, call 911 and discussed how to deal with emergencies.

Bellingham Pipes and Drums Participate in Parade

Bellingham Pipes and Drums participated in the annual Bellingham St. Patrick's Day Parade held on Saturday, March 17 at noon. The parade is a nonprofit, community-wide event honoring all local public safety personnel by celebrating and inspiring sustainability in the hope of making Bellingham a cleaner, greener, safer place we call home.

Events to Celebrate April Birthdays

2—Kaleb Bruch
18—Benita Williams
19—Mike Schmidt
22—Scott Brown

Easter—1

Earth Day—22

Food Bank—*150 lbs.*

Fire Commissioner Meetings
NWFR
Thurs. April 19
9408 Odell St 61 Blaine —
1:00 p.m.

District 4
Tues. April 17
4142 Britton Loop St 12
Bellingham —12:00 p.m.

4142 Britton Loop Rd.
Bellingham, WA 98226

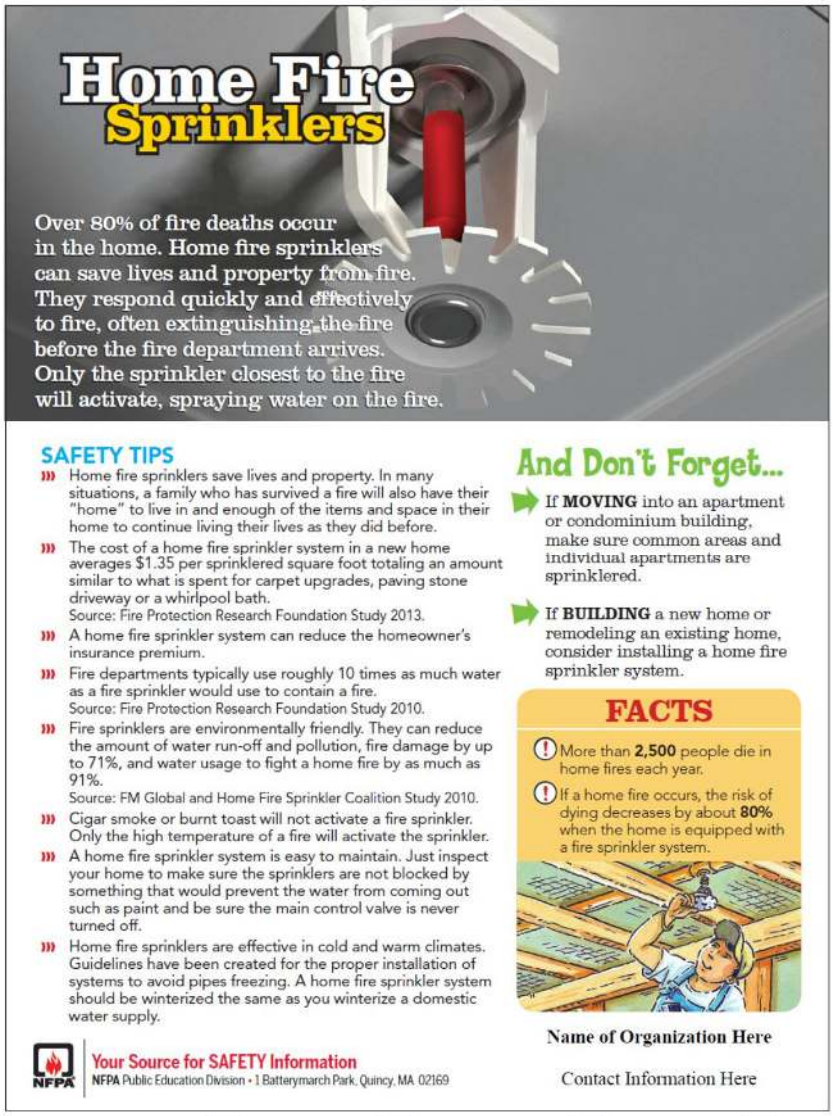
Providing quality service for a safe community

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 31
February 17
March 28
April 25
May 30
June 27
July 25
August 22
September 26
October 24
November 28
December 19

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



FACTS

Automatic sprinklers are highly effective and reliable elements of total system designs for fire protection in buildings.

According to NFPA's "U.S. Experience with Sprinklers" report:

The civilian death rate was **81 percent lower** in homes with fire sprinklers than in homes without them.

The average firefighter injury rate was nearly **80 percent lower** when fire sprinklers were present during fires.

When sprinklers were present, fires were kept to the room of origin **97 percent of the time.**

The home fire death rate was **90 percent lower** when fire sprinklers and hardwired smoke alarms were present. By comparison, this death rate is only 18 percent lower when battery-powered smoke alarms are present but automatic extinguishing systems weren't.

Tropical Breakfast Bowl

Courtesy of Haylie Pomroy

2 eggs 2 egg whites 2-4 cups bell pepper, mushrooms, onion, baby spinach and jalapeno, in whatever proportions you prefer red pepper flakes as needed sea salt and ground pepper as needed 1/2 cup cooked brown rice 1 cup dices pineapple

Serves 1

1. In a small bowl, lightly beat the eggs and egg whites just to combine
2. In a large nonstick skillet, combine the bell pepper, mushrooms, onion, baby spinach and jalapeno and cook over medium heat until tender. Add the eggs and egg whites and cook, stirring the mixture with a spatula to scramble the eggs, until the eggs are cooked. Season with red pepper flakes, salt and black pepper.
3. Serve over brown rice. Top with pineapple.