



Volume 14

April, 2021



### Feature Stories

- Member Profile
- Officer Training
- Kids in the Kitchen
- Fire Extinguisher

### 2021 STATISTICS

Mar. 1 — Mar. 31

### District Average Response Time:

9 min. 21 sec.

### Responses by Type:

Fire: 12

EMS: 307

Other: 117

**Total: 436**

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”*

## New Member Profile



*By Patty McDermott*

I was born and raised in Bellevue, Washington and moved to Bellingham in 1999 to attend Western Washington University. The Pacific Northwest is my home and I hold it close to my heart. I was the youngest of six kids to a mother that was a nurse and a father that was an orthopedic surgeon. As a kid in a large family, every day was an adventure! We were lucky enough to have a family cabin on Lake Kachess (up near the top of Snoqualmie Pass) that we spent almost every weekend at, from downhill and cross-country skiing in the winter to water skiing and



swimming in the summer. Every summer we had a big road trip where we would all pile into our trail wagon van to some far-off destination. I have seen almost every state from a cooler strapped between the two front seats of the van with a seat belt fashioned over it for my safety. Family adventures like the Griswolds but in this case the McDermotts. During the school week, I participated in after school activities such as soccer, softball and basketball to later having one of my first jobs as a lifeguard and swim instructor. With my parents both being in the healthcare field, and my dad being the team doctor for various sports and ski patrol, the interest in helping my community and health care were instilled in me at a young age. My dad liked to collect old cars which resulted in us having not one, but two old fire engines (Peter Pirsch 1936 and 1938) that we would pile neighborhood friends and family in and go out to pizza and ice cream, and participate in parades such as the Seafair parade. Having this experience was another thread of my interest into being a firefighter; but trust me I know it's not about having fun rides in an engine.

I pursued being a lifeguard in high school as well as an athletic trainer. Having these skills resulted in me being able to provide emergency first aid



and CPR to my community. One which experience I was awarded the Good Samaritan award from The American Red Cross; by being the first responder and providing CPR to a stranger that collapsed on our high school track. This experience was the moment that I thought about pursuing the fire service as a career. I held off and went to college at Western Washington University and graduated with my B.S. in Exercise and Sport Science and a minor in English. I worked in several jobs from dishwasher, bike sales, baker, cook, landscaper, personal trainer and group fitness instructor.

Being a physically motivated and driven person, I decided to become a physical therapist assistant (PTA) and received my AA from Whatcom Community College. These were all great experiences that taught me a lot and helped me grow but something wasn't quite fulfilled. After 10 years as a PTA (8 of which I worked in a locally owned outpatient *continued on pg. 2*

## Member Profile cont.

*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*

*continued from pg. 1*  
clinic in Bellingham) I made the decision to pursue the career I dreamed of having.

Many times from high school to now had pointed me into the fire service direction but it wasn't until not that long ago that I decided it was time to go for it. "If you could do any job what would you do?" That question was posed to me a couple years back, and my answer flew out of my mouth before I even thought of words, that was an 'ah-ha' moment for me. Just over a year ago, I began my steps towards pursuing a career position as a Firefighter. I interviewed and was selected to be a volunteer at South Whatcom Fire Authority (SWFA). I had a fantastic experience as a volunteer at SWFA for just over a year. I looked forward to going to shift, training and running calls. I knew that my desire I had carried with me for so many years, too many years, was being fed and grew stronger. I decided to make my back burner desire a reality and pursue my dream to be a career Firefighter/EMT.

Recently, I was fortunate enough to secure a career position at North Whatcom Fire and Rescue (NWFR). Two years prior I did a ride along with the dept, and knew that this was the department that I wanted to work for. I am beyond excited to serve my community.

When I am not working I enjoy a good adventure, no matter how big or small. Adventures bring me joy, I am always up for one. I enjoy backpacking, skiing, bik-



ing, fishing and hiking to name a few. I love to experience new things, from going to a new trail, park or even a museum. My favorite place is our family cabin at Lake Kachess where I try to spend as much time as possible; I love being in the mountains. In 2016



I married my North Dakotan husband Nick and together we have a beautiful 16 year old cat named Kiki and an incredibly amazing 8 year old dog (she is my best friend) Zooley. I am an aunt 8 times over which is a blast and I enjoy spending time with my family when we all can rally together.



I am looking forward to my career at NWFR, and feel so fortunate that I can serve my community that has been my home since 1999. I feel incredibly honored to be part of NWFR and look forward to the many years of service with this department.



# NWFR Offers Fire Officer Training



by Lt. Hofstad

North Whatcom Fire & Rescue recently offered a three week Fire Officer training program to it's members. Students from NWFR were provided with the following training and instruction:

Week one and two consisted of eighty hours of Fire Officer 1 & 2 training provided by an contracted company (Fowler Fire). During this training, students were provided with training in company operations and administration that enhances the entry-level company officer. At the end of each week of training, students took the IFSAC (International Fire Service Accreditation Certification) exam which consisted of a written test and multiple practical testing stations.



Lt. Hofstad conducting a fire behavior/fire attack demonstration

Week three of the training consisted of a two day (16 hour) National Fire Academy (NFA) Incident Safety Officer (ISO) class. This training provided the student with knowledge and skills needed to perform the duties of the Incident Safety Officer during emergency incidents.

The ISO training was followed by three days of Strategy & Tactics / Incident Management for the Company Officer. A combination of classroom presentations, video observations, and scenario based practical application (simulations) was provided.



Strategy & Tactics/Incident Management simulations



Students performing initial fire ground size-up and strategy & tactics during a



Students taking the IFSAC Fire Officer 2 Practical and Written Exam



## Events to Celebrate April Birthdays

- 2 — Kaleb Bruch
- 6 — Jeff Bowles
- 18 — Benita Williams
- 19 — Mike Schmidt
- 20 — Patty McDermott
- 21 — Kimberly McMurray
- 22 — Scott Brown
- 22 — Jackson Saylor
- 26 — Dale Rutgers



## NWFR Board Meetings may be conducted via Zoom Meeting/Webinar

Thurs. April 15  
9408 Odell St 61  
Blaine — 1:00 p.m.





4142 Britton Loop Rd.  
Bellingham, WA 98226

Providing quality service for  
a safe community



### CPR / AED Classes 2021

Class will be held at various fire stations around the district. Check out <https://www.nwfrs.net/resources/classes/> for more information and to reserve your spot.

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



FOR THE SAFETY OF EVERYONE IN OUR COMMUNITY, ALL CPR CLASSES HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.

WE APOLOGIZE FOR ANY INCONVENIENCE

# KIDS in the KITCHEN

DO YOU LIKE HELPING OUT IN THE KITCHEN and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own—and when it's time to **ask an adult for help**.

**Getting Started:** Before you get cooking, you need to get a grown-up's permission. If you plan to use a recipe, look it over with a grown-up first to decide what you can do on your own and what you need help with. And once you get started, never be afraid to ask for help. Even the best chefs rely on their assistants to help them out in the kitchen.

**Helping out is Fun:** From mixing up cake batter to cutting shapes out of cookie dough, helping out a grownup in the kitchen can be lots of fun. So if you're not old enough yet to cook on your own, not to worry; being the chef's helper is the most important job in the kitchen.

**Cooking for All Ages:** All kids are different—and a grown-up should always decide what is safe for you to do in the kitchen—but here are some guidelines that you can use.



Kids aged 3-5 can:

- Get ingredients out of the refrigerator
- Measure and mix ingredients together in a bowl
- Pour liquids into a bowl
- Wash fruits and vegetables off under cold water
- Use a cookie cutter to cut shapes out of cookie dough or sandwiches
- Lick the cake batter off of a spoon (yum!)



Kids aged 6-8 can:

- Open packages
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese
- Peel vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Set the table



Kids aged 9-12 can:

- Begin to follow a recipe
- Open cans
- Use electrical kitchen appliances, such as a microwave oven, when a grown-up is present
- Use a grater to shred cheese and vegetables
- Turn stove burners on and off and select oven temperature when a grown-up is present
- Help plan the meal
- Make a salad



Kids aged 14+ can:

- Operate the stove or oven without an adult present
- Heat food up in the microwave without an adult present
- Drain cooked pasta into a colander
- Take a tray of food out of the oven



The name and image of Sparky are trademarks of the IFPA.

## How To Use a Fire Extinguisher

Fire extinguishers can save lives and property if used properly and individuals are trained beforehand.

If a fire should break out, sound the fire alarm and call the fire department, if appropriate.

Identify a safe evacuation path before approaching the fire with an extinguisher.

Do not allow the fire, heat, or smoke to come between you and your evacuation path.

Most fire extinguishers operate using the following P.A.S.S. technique:

**PULL...** Pull the pin. This will also break the tamper seal.

**AIM...** Aim low, pointing the extinguisher nozzle at the base of the fire.

**SQUEEZE...** Squeeze the handle to release the extinguishing agent.

**SWEEP...** Sweep from side to side at the base of the fire until

it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 - 4.

Remember; always let professionals do their job. If you have the slightest doubt about your ability to fight a fire....**EVACUATE IMMEDIATELY!**

*Note: Do not touch the plastic discharge horn on CO2 extinguishers, it gets very cold and may damage skin.*

