



The Responder

Volume 8, Issue 4
April, 2015



Feature Stories

- Member Profile
- Firefighter Stair Climb
- BP Donation
- Building Familiarization
- Scavenger Hunt
- Camp Phoenix
- Healthy Recipe

2015 STATISTICS

March 1 — March 31

District Average Response Time:

min. 7 sec. 42

Responses by Type:

Fire: 16

EMS: 209

Other: 86

Total: 311

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”

NWFR Member Profile



Hello, my name is Gareth Moore. I grew up on the south side of Everett which was the rougher side of town. I graduated from Mariner High School and moved to Bellingham a few years later to get a fresh start. I finished up my transfer degree at Whatcom Community College (WCC) where I met my future wife. She kept refusing to date me but eventually gave in. I like to think she admired my tenacity.

Following WCC I relocated to Seattle to study sociology at the University of Washington. After my first year I discovered that the school was too big and I wanted to be closer to my soon to be wife and daughter. I transferred to Western Washington University (WWU) and found myself back in Bellingham where I received my bachelor's degree in sociology. All the hard work had finally paid off.

For a long time I wanted to pursue a career in public safety. I've always had this desire to help make my community safe in some way but I just never really fully understood how I wanted to go about doing it. After graduating college I

applied to North Whatcom Fire and Rescue to become a volunteer firefighter. The recruit academy experience hooked me. That was it. I realized I'd never be happy doing anything else.

It wasn't just the recruit academy that made me want to become a firefighter. I lost some family members at a young age and I've always been aware of the fact that sometimes horrible things happen for no particular reason. It was during the academy that I began to discover that the fire service was all about being there so that when that horrible thing happens to someone I would be there to do what I could to help out.

continued on pg. 2

Members Participate in Scott Firefighter Stairclimb

The 24th annual Scott Firefighter Stairclimb was held on Sunday March 8. 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).

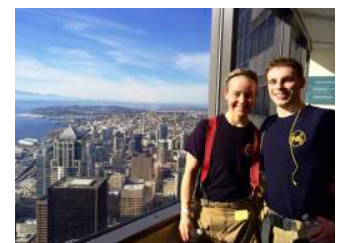
The annual competition is the largest firefighter physical competition in the world.

NWFR Firefighter T.J. Holert participated in this event, bettering his time by about one minute from last year's event totaling 17:25 min. Volunteer Firefighter Kailee Steele also competed this year for her first time. Together they raised over \$1650 from sponsors for the LLS. The total goal for the Stairclimb was set at 2.6 million dollars. As of March 8, 1.96 million dollars has been raised.

Congratulations to you both!



**FIREFIGHTER
STAIRCLIMB**



NWFR Member Profile cont.

continued from pg. 1

Presently, I work full time as an emergency medical technician (EMT) for Cascade Ambulance.



I am fortunate to be gaining some valuable emergency medical services (EMS) experience. I reside in Ferndale with my amazing wife Anjolie, our daughters, Paige 7 months and Emma 10 years. They both have quite a bit of attitude.

My three brothers all live in Washington and my grand-

mother still lives where I grew up. When I'm not working, fixing something on the house, volunteering with the fire district, or playing with my daughters, I enjoy running, hiking, and tango dancing with my wife.

My wife is an amazing woman and I am lucky to have her. She went through most of college as a single mom and I know for a fact that it was not an easy feat.

Thankfully she decided I was worth marrying and now we are enjoying living in our new home (*quite the upgrade from our two bedroom apartment*).

I am an extremely lucky man to have been given this family and a chance to serve my community.

Thank you for taking the time to read a little bit about me. Take care out there!



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



Friday 13th Lucky Day for NWFR

On Friday, March 13, North Whatcom Fire and Rescue received a generous gift from the nearby BP Cherry Point Refinery. BP recently purchased a new ambulance and in lieu of selling it at auction, a decision was made to donate the ambulance to a neighboring fire department.

BP's Battalion Chief Bill Griffith handed over the keys of a low mileage, gently used ambulance to Division Chief Henry Hollander and district mechanic John Lovatt on Friday, March 13.



NWFR is very grateful and extremely happy with their newest addition to the fleet.

The maintenance department will spend some time detailing the ambulance before it is put into service.



The Importance of Building Familiarization

by Lt. Jon Abrenholz



Buildings in Whatcom County have been around for decades; some may be over a hundred years old. Many changes have occurred to those buildings over time; those changes can impact how the building behaves in a fire or other emergency. Property owners change too; and each one may alter the building for their specific business needs. For all intents and purposes, fire departments have become the historians of those buildings. By becoming familiar with them, we learn their key features and specific hazards.



This information is important for a variety of reasons. Most importantly, it allows us to identify and correct potential life safety or fire hazards. As

responders, we gain valuable information from familiarizing ourselves with these buildings. Building layout, building size, building construction types, building utility shutoffs, roof types and construction, closest hydrants, stored chemicals, exit routes, detection systems, extinguishment systems, operating hours, after hours contact information and the list goes on.

Knowing this information allows us to identify appropriate strategies to mitigate emergencies safely and efficiently. For businesses, building familiarization provides a safer work environment for employees, residents and customers. It can also be important for building valuation and insurance purposes.



Federal, state and local laws dictate many of the mandatory requirements for building safety. We work with building owners to try to make sure their building is compliant with those requirements. Sometimes, building owners fear fire department visits as regulatory burdens. We view these building familiarizations as tools for

minimizing risk to property and lives. We also work in partnership with the Whatcom County Fire Marshal to offer fire prevention and building safety services.



The information we gather is inputted into our software database. We are currently evaluating programs to allow that information to be accessed right from our fire engines. From there, we are able to look at building layouts, pictures and special hazards in route or at the scene of an emergency. Look for increased activity in the year ahead with respect to these engine company visits.



April Birthdays

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

Firefighter Association

Meetings—Laurel St. 69—
7:00 pm—Mondays
May 18, Aug. 17, Nov. 16

National Public Safety Telecommunicators Week—April 12-18

Fire Commissioner Meetings

NWFR
Thurs. April 16
9408 Odell St 61 Blaine—
7:00 p.m.

District 4
Wed. April 14
4142 Britton Loop St 12
Bellingham—12:00 p.m.



Sparky's Scavenger Hunt for Poisons

Have you ever been on a scavenger hunt to look for items on a list? I challenge you and your family to go on a "Scavenger Hunt for Poisons" in your home. To start, all you need is a grown-up, a pen or pencil, and my official

Scavenger Hunt Checklist.



<http://www.sparky.org/coolhunt.html>



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.net for more information and to reserve your spot.

2015 Dates

- Tuesday, Jan. 27
- Wednesday, Feb. 25
- Wednesday, March 25
- Wednesday, April 22
- Wednesday, May 27
- Wednesday, June 17
- Friday, July 31
- Wednesday, Aug. 27
- Wednesday, Sept. 23
- Wednesday, Oct. 28
- Wednesday, Nov. 18
- Wednesday, Dec. 30



Community Firefighter Ball Benefits Burn Victims

by Firefighter Chuck Shipp



IAFF Local 106 is a proud supporter of the Burned Children Recovery Foundation, Camp Phoenix. Each year, Local 106 donates proceeds from the annual Bellingham Firefighters Community Ball to Camp Phoenix. A children's playhouse is also built and raffled off locally with the proceeds benefitting the camp.

Camp Phoenix provides an opportunity for children recovering from burn injuries to meet other children who share similar feelings and experiences. The weeklong camp gives these children temporary freedom from the everyday frustrations of being burned, a chance

to share their stories and to bond with each other. It's a week full of friendship, sharing, and activities that provide physical and emotional challenges to invoke a feeling of accomplishment no matter how small. Campers and adult burn survivors share their stories and emotions, especially shame and fear, about their recovery. The shame will remain forever, however the fears can be turned into challenges with support of other survivors and by having a new outlook on life. They become a valuable member of the Phoenix family, which helps the children feel more comfortable and in control of their anxieties and panic when receiving negative reactions or when asked

what has happened. Most of all, camp is a place to have fun, learn new things, find acceptance and build self esteem.

Camp Phoenix is held at the Camp Lutherwood facility at the north end of Lake Samish in late August. Firefighters from across the region, including several members from Local 106 come to the camp to help with activities and interact with the campers.



Children's Burn Foundation
Giving New Hope

Strawberry Rhubarb Crisp



Recipe courtesy of skinnytaste.com

Serving size: 8	Calories: 219.1	Fat: 7 g
Protein: 3 g	Carb: 38.4 g	Fiber: 3.8 g
Sugar: 23.9 g	Sodium: 2.8 mg	

Directions:

Heat oven to 375 degrees.

Combine strawberries and rhubarb in an oven safe dish.

Add agave nectar or honey, orange juice and orange zest.

Sprinkle with cornstarch and toss until fruit is well coated.

Mix remaining ingredients for the topping in a medium bowl then spread over fruit.

Bake until topping is golden brown and fruit is bubbling, about 40 min.

Serve with a scoop of fat free frozen yogurt or a dollop of whipped cream and enjoy!!



For the filling:

- 1 lb strawberries, hulled and quartered
- 1 lb rhubarb stalks (about 5 or 6) cut into 1" pieces
- 1/2 orange, zested and juiced
- 1 tbsp cornstarch
- 1/4 cup agave nectar or honey

For the topping:

- 1 cup Quaker quick oats
- 1/2 cup 100% white whole wheat flour
- 1/2 cup light brown sugar, not packed
- 1/2 tsp cinnamon
- 1/4 cup butter