



# The Responder

Volume 8, Issue 8  
August, 2015

## Feature Stories

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## 2015 STATISTICS July 1 — July 31

### District Average Response Time:

min. 8 sec. 26

### Responses by Type:

Fire: 42

EMS: 234

Other: 144

Total: 420



*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



Captain Shaun Ward was born in Salt Lake City, Utah. He also lived in Juneau, Alaska from 1975-1982 with his mother Joyce and step father Jack. Although Shaun studied architectural drafting at Salt Lake Community College he secretly yearned for a deeper sense of purpose. Shaun witnessed his step father’s commitment to the Juneau/Douglas Fire Department and envied his involvement as a fire captain. Fulfilling his desire to help others Shaun made the decision to become a firefighter. He never imagined

how rewarding it would become and he has never looked back.

Shaun had a various jobs prior to being joining North Whatcom Fire and Rescue (NWFR) including Ernst Home Center, Sanderson Safety, Office Depot and Marietta Fire (WCFD 8). Not to age him, but Shaun was the first full time (FTE) firefighter to work for the WCFD 8 in 1992. At WCFD 8 Shaun worked his way up to assistant chief and eventually fire chief. He left WCFD 8 to join NWFR in 2007 where he was promoted to the position of shift lieutenant in 2008 and then shift captain on May 8, 2011.



Shaun is a wealth of knowledge about standards and equipment. He manages the small tools collateral duty for the district. When something needs to be accomplished, be it personal or job related he steps up and assists. He emphasizes family and consistently invites the crew's families to *continued on pg. 2*

## NWFR Fire Commissioner Travels to South Africa



A team of nine people including NWFR Fire Commissioner Rich Bosman and wife Linda traveled to South Africa to

support Bellingham’s Bob Marvel who participated in the 2015 Comrades Marathon held on Sunday, May 31. The race was a grueling 56 miles that Bob completed in less than 11 hours.

Bob raised \$130,000 which will be used for erecting and sustaining a community center in Khayelitsha, South Africa. The center will feed, shelter and teach children to develop the skills necessary to better their lives through the Teach One to Lead One program.



The group’s main purpose was not only to support Bob in the race, but also to visit the area they were going to help and meet with the local contractor responsible for building the community center. Linda Bosman spent the majority of her time with the *continued on pg. 2*



# NWFR Member Profile con't.

*continued from pg. 1*  
 the station for the holidays. He spearheads pride and ownership. The improvements around station 63 are a direct result of his handy work or because of his support. Shaun presents a friendly face that is always well received even when he is enforcing "no burning" regula-



tions. Shaun has two half-sisters, one of which sadly passed away in 2014. His father Ferris, lives in Salt Lake City, rides a Harley and according to Shaun is just one cool dude. Shaun's step dad Jack passed away seven years ago. Shaun loves his grand kids Tatum and Brooklyn and often regales us with stories of his

adventures with them. He credits his daughter Brittney with



being an amazing mother to the twins. Shaun also has three dogs, all pugs, which are like his second children.

Both Shaun and his wife Pam are excellent cooks and routinely share their recipes with his crew. Shaun and Pam also take a serious interest in their neighbors: sharing meals with them, assisting with one's battle with cancer, and caring for elderly neighbors' lawns. Off duty

Shaun can be found at Homestead Gym for a couple hours every day and when Ferris visits they often go to the gym together. He loves working in his yard, tinkering in the garage and thinks he *kinda* has a green thumb.

Shaun is proud to be a part of D shift. In all he does, he enjoys making a hands-on difference. Even though, his custom Blind Alley bandoleer (*shoulder-belt*) reads "old guy," he has no intention of calling it quits in the near future.



# Commissioner Travels to South Africa con't.

*continued from pg. 1*  
 area children even providing a coat donated by her five year old granddaughter. The group remained in the area for two weeks which turned out to be Africa's winter season (*cold and wet*) compelling the group to scramble for warmer clothes once they arrived. When asked about his experi-

ence Commissioner Bosman stated, "The experience was both wonderful and overwhelming. Wonderful because of the kids and the Teach One to Lead One leaders and mentors; overwhelming because of the depth of the poverty and despair."

To learn more about the Comrades Marathon visit [www.comrade.com](http://www.comrade.com)



To learn more about Teach One to Lead One visit [www.t1l1.org](http://www.t1l1.org)



# 2015 Ragnar Relay Northwest Passage



The Northwest Passage Ragnar Relay is a two hundred mile, twenty four hour running event made up of usually a six to twelve person team. The relay began near the Canadian border in the city of Blaine ending in Langley on Whidbey Island. Only one runner from a team hits the road at a time. Each participant runs three times; each leg is between three to eight miles and varies in difficulty. When not running, team members offer moral support and try to coax their body into sleep mode. The race was created by Tanner Bell and Dan Hill in 2004. Ragnar was named after a Norse Viking in the ninth century who was an adventure seeking, conquering tough guy.

NWFR was fortunate enough to have two members participate in the event: volunteer firefighter Jerilyn Klix (*bottom*) and Marianne Hollander (*top*), spouse of career firefighter Chris Hollander. Both members participated on different teams. Below is an account of their individual experiences:

by Jerilyn Klix



Ragnar is an experience that could change your life. It is a relay that forces you to be

dependent on others, work as a team, and thrive as an individual. You expect the best from yourself, and the best from your teammates, but that only comes from true encouragement. You will get virtually no sleep, be completely muscle fatigued, and love every minute of it!

I ran with the Dirty Dozen (*top*) this year, which were some coworkers and many friends. You are put in a van with five other people for two days and one night. Before this event, I had never spent more than an evening at dinner with any one of these people. During Ragnar you learn how to motivate others and motivate yourself. You know it's going to be hard, and you're probably going to run farther, and on less sleep, than you ever have before. You may get injured, but your teammates are there to cheer you on and help you through it. This year we had one guy get lost on a trail for an hour, 5 people lost a toenail, 4 people had blisters, and I sprained my ankle; but every one of us can't wait until next year to do it again! It's a strange sport and you have to do it to understand it, but once you do you'll be hooked. You love the pain and the empathy you have for your teammates struggling through. You love marking your 'kills' on the van window and sleeping in the most awkward positions for a few hours at a time, playing tricks on your fellow team van and seeing if you can beat out those who keep ending up at the exchanges with you. It's challenging but it's also fun and rewarding. You have to train to be there, and it's totally worth it!

by Marianne Hollander



"Ragnar is the overnight running relay race that makes testing your limits a team sport." To say the least! Over the years you hear about this race and think, "Wow, those people are runners!" I have always thought it would be a fun thing to accomplish but never thought in a million years that this day would come so soon. I don't consider myself a huge runner but I was asked to join a team of twelve this year as a last minute fill in. It happened to be only a week before the race and boy am I happy I took the plunge. I experienced teamwork, in the highest regard with some people and now I'm sure that we have become lifelong friends. I fought through the fatigue and pain of the run all because I knew that it was for the good of the group and I had to pull my weight. Members in my van alone ran a total of ninety miles. The team of twelve completed two hundred miles altogether! This is a race for all walks of life. The support you feel before during and after is extremely motivating. If I can do it anybody can and I am so glad I did. So who's in for next year?!

JOIN THE  
RAGNAR  
NATION!



## August Birthdays

2—Troy Freeman  
6—Mike Lysbol  
11—Commissioner Salter  
19—Tony Esser  
23—Kevin Biery  
24—Chief Pernet  
24—Mark Wohrab  
28—Marcia Dickinson  
28—David Comp  
31—Kris Jorgensen

## Firefighter Association

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

## Fire Commissioner Meetings

## NWFR

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

## District 4

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







4142 Britton Loop Rd.

*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](http://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



## September 11 Memorial Ride



On September 11, 2015 members of all Emergency Services, Border Officials, and Military Personnel from the United States and Canada will ride on motorcycles and in emergency vehicles to the Peace Arch Border Crossing. You are cordially invited to take part in the 14th annual 9-11 Memorial Ride & Service to honor those brave souls that lost their lives in the horrific attacks in 2001.

USA Ride start 7:45 am: Swinomish Resort & Lodge in Anacortes, WA, north to the Peace Arch Border Crossing.



Breakfast beginning 6:00 am : hosted by the Swinomish Resort & Lodge.  
*Only confirmed participants may partake in the ride*

Memorial Service and Barbecue: Peace Arch with a Ceremonial Unit March-In, with speakers from all levels of government and Emergency Services from both the United States and Canada. Following the Service, join us at the Peace Arch Park for a social gathering and BBQ lunch (*by donation*). This is a great opportunity to meet, share stories and remember those who made the ultimate sacrifice on that fateful day.



## Pesto Potato Salad



*Courtesy of Ellie Krieger*

#### Ingredients

- 1 1/2 pounds small red potatoes
- 1 yellow pepper, cored, seeded and coarsely chopped (about 3/4 cup)
- 1 red pepper, cored, seeded and coarsely chopped (about 3/4 cup)
- 1/3 cup Basil Pesto, recipe follows
- Salt and pepper
- Basil Pesto:
  - 1/4 cup pine nuts
  - 1 clove garlic
  - 3 cups fresh basil leaves, loosely packed
  - 1/4 cup grated Parmesan
  - 1 tablespoon lemon juice
  - 1/4 cup olive oil
  - Salt and pepper

**Servings:** 8  
**Total prep / cook time:** 50 minutes

**Nutrition**  
Calories: 120  
Total Fat: 5.5 g  
Saturated Fat: 1 g  
Protein: 3 g  
Total Carbohydrate: 16 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 213 mg

#### Directions

Put the potatoes in a large steamer basket over boiling water and steam for 20 minutes, or until they are cooked though, but the skins remain intact. Set them aside until they are cool enough to handle. Quarter the potatoes and put them in a large bowl. Add the peppers and the pesto and toss gently to combine. Season with salt and pepper, to taste, and chill.

#### Basil Pesto:

Toast the pine nuts in a dry pan over a medium heat until fragrant and golden brown, stirring frequently, about 3 minutes. In a food processor, process the pine nuts and the garlic until minced. Add the basil, Parmesan cheese and lemon juice and process until finely minced. With processor on, slowly pour the oil down the food chute. Process until well blended. Season with salt and pepper, to taste.

Note: "This recipe leaves you with extra pesto. I like to freeze leftovers in an ice cube tray."

