



Volume 12, Issue 8

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2019 STATISTICS

July 1 — July 31

District Average Response Time:

8 min. 49 sec.

Responses by Type:

Fire: 20

EMS: 363

Other: 111

Total: 494



Proudly serving the communities of Blaine, Birch Bay, Custer, Laurel and the unincorporated areas of Lynden & Bellingham

“Providing Quality Service for a Safe Community”

Member Bio



by Dar Kazemi-Shirkadeh

I grew up 30 minutes south-east of Seattle in Maple Valley. I currently live in Bellingham with my amazing wife and two dogs. I enjoy finding new hikes to do, being out on the water riding my jet skis or snowboarding in the winter time. I am the second oldest

of five kids, all of whom still reside in Washington. I played top level competitive soccer through my senior year in high school before I giving it up to pursue my education and life goals. This landed me in beautiful Bellingham, WA attending Western Washington University.

During my time at WWU, I worked both as a tour guide for the university and a cook at a hand-tossed wood fire pizza restaurant in the heart of downtown. My girlfriend at the time was graduating from Central Washington University and made the decision to



move up to Bellingham with me so I could finish school. This is when I told her I wanted to pursue a career in the fire service instead of earning a business degree (we are happily married now despite me dropping this bomb).

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Our Most Valuable Tools



By Mark von Appen

Everyone loves to reach into a cabinet and find a sharp axe or a well tuned halligan, but what about our most important tools, our people? Who bears the responsibility to keep them sharp; to knock the rust off of them from time to time?

We all do.

Make no mistake, there will be times when everyone on the fire ground will need to go to

work. I call it the "next up" principle. We never know when our time will come, only that it will so we must be ready at all times.

Accountability comes from looking out for one another and through a belief that we must stay sharp in order to live up to our responsibility to each other and to the community that we serve. We need people who can walk and chew gum at the same time. It is a constant process of grinding and polishing to maintain a sense of urgency and purpose.

Without functionally intelligent, capable, flesh and blood tools on the fire ground, our tools of steel are rendered all but useless. We must invest in

the best tools that we have, our people.

When you look back at all of the successful and edgy flesh and blood tools that you helped create, you can breathe a little easier knowing that you did your part to pay it forward.

Push limits. The war on complacency will be won by people, not by machines. The most important tools to keep sharp don't come in a box or ride in a cabinet, they wear seat belts.



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

Fire Marshal Receives Recognition

Chief Noonchester recognized Division Chief / Fire Marshal Herschel Rostov at a recent NWFR Board of Fire Commissioners Meeting held on Thursday, July 18, for successfully completing the Center for Public Safety Excellence's (CPSE) process that awards the professional designation of "Fire Marshal" (FM). Chief Rostov becomes one of only 161 fire marshals with this designation nationally.



The Designation program is a voluntary program designed to recognize individuals who demonstrate their excellence in seven measured components including experience, education, professional development, pro-

fessional contributions, association membership, community involvement and technical competence. In addition, all applicants are required to identify a future professional development plan.

Chief Rostov was also recognized during the Monday, July 22, Blaine City Council Meeting.



Member Bio cont.

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My journey to become a firefighter started with me attending Skagit Valley College to earn an associate's degree in fire protection technology. Half way through my two year program I started volunteering with South Whatcom Fire Authority who are an amazing organization that instilled many great qualities and values in me that prepared me for the next step. During these three years I earned a degree by attending school full time, successfully

completed the Whatcom County Fire Academy, became an EMT; all while working full time. It was the busiest and consistently most tired I have ever been.

In the end it led to two amazing opportunities; I was offered a job as a field trainer of the program I had graduated



from. In this position I trained prospective firefighters, who were in the same position with the same dream now, as I was a year prior. I taught them FF1 skills and got them ready for state certification testing. The second being my employment with NWFR as an entry level firefighter. I am beyond excited that my dream has become a reality and I get to stay in Whatcom County and work for this awesome department. I am going to work as hard as I can to prove myself to all the great people that are what make up North Whatcom Fire and Rescue.



HOGS & HORSES

MOTORCYCLE & CAR SHOW



ALL MAKES & MODELS
WELCOME

Fundraiser for
Support Officers
of Whatcom County

WHEN: Sunday, August 18, 2019
10:00 am - 3:00 pm

WHERE: 4142 Britton Loop, Bellingham
Station 12 Fire Station

CONTACT: Jerilyn : 360-223-4814
wahogsandhorses@gmail.com

COST: \$15 Entry Fee
www.nwfrs.net

Kids Happy Hour which includes Icecream Social,
Noon-1:00pm Games and Prizes

MUSIC BY: DJ Clint Westwood



The mission of Support Officer Community Care is to impact and influence the quality of life for families experiencing tragedy and trauma in our community, and the First Responders who serve them.

Support Officers are....

...specially trained civilian volunteers who respond to 911 calls where there has been, or is likely to be, a fatality.



Events to Celebrate August Birthdays

- 2 — Troy Freeman
- 3 — Steph Hollstein
- 6 — Mike Lysbol
- 6 — Zack Scott
- 19 — Tony Esser
- 23 — Kevin Biery
- 24 — Mark Wohrab
- 25 — Cody Bowen
- 28 — Marcia Dickinson
- 28 — David Comp
- 29 — Sean Roberts
- 31 — Kris Jorgensen

Newest Arrival — Jack
Gerrit Hollstein

Fire Commissioner Meetings NWFR

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

District 4

Wed. August 14
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 2019

Class will be held
from 6:00 p.m.—9:30
p.m. at various fire sta-
tions around the district.
Check out
www.nwfrs.com for more
information and to re-
serve your spot.

- March 27
- April 24
- May 29
- June 15 CPR and First Aid
- June 26
- July 31
- August 21
- September 21
- September 25
- October 30
- November 20
- December 18



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

Blaine Food Bank in Need of Volunteers

The Blaine Food Bank is an all
volunteer organization that
provides food to those in need.
They are part of the Whatcom
County network of food banks.

The Blaine Food Bank serves
food three times a week to
Blaine, Custer, Birch Bay and
Semiahmoo Residents.

If you are interested in serving
your community, they are cur-
rently in need of folks to drive
Blaine Food Bank trucks to do
pick ups in Lynden, Ferndale
and Bellingham. You can
choose a schedule that works
for you.

The Blaine Food Bank is locat-
ed at 500 C St. Their hours are:

Tuesday- 8:00 am- 1:30 pm

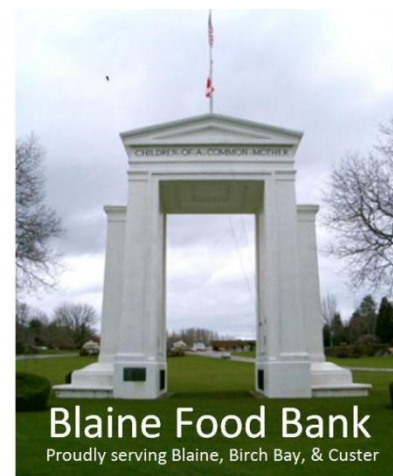
Wednesday-3:00 pm- 7:30 pm

Thursday- 10:00 am- 1:30 pm

Friday- 8:00 am - 1:30pm

Saturday & Sunday 10:00 am -
12:30 pm.

For additional information you
may contact them at 360-332-
6350.



Blaine Food Bank
Proudly serving Blaine, Birch Bay, & Custer



Spaghetti Squash Burrito Bowls



Courtesy of Sammi Smith

1 spaghetti squash

A variety of your fave toppings:

Grape tomatoes

Bell pepper

Black beans

Spring onion

Cilantro

Lime

Roasted sweet potato or lefto-
ver cooked chicken/ground
beef

Salsa and guacamole



Instructions

With a sharp kitchen knife,
carefully cut the squash in half
lengthwise. Scoop out the seeds
from the center using a spoon,
then place both halves face
down in a microwave-safe dish.
Add about a half inch of water
to the dish, then cover with
cling film and poke a few holes
in the top for steam to escape.
Microwave on high for 10-12
minutes until the out shell and
flesh has softened. Remove
from the microwave, uncover,
flip over the squash halves and
allow to cool slightly.

While the squash is cooking
and cooling, you can prep all of
your toppings for the bowls.
Chop up veggies, round up
some leftovers and grab some
guacamole and salsa

When the squash is cool
enough to handle, use a fork to

fluff the spaghetti strands
until you've scraped away
most of the flesh from the
outer shell.

Fill the squash half with all
your toppings, layering the
beans, veggies, salsa and gua-
camole, Then your ready to
dig into this perfect dinner
for two.

*"We've got the cure to the ever-
nagging question "What's for din-
ner tonight?" with these Spaghetti
Squash Burrito Bowls. It's a con-
veniently contained one-bowl
meal (literally the whole thing fits in
a halved and quickly cooked spa-
ghetti squash) that's healthy, low-
carb and completely delicious. Ideal
for customizing with your fave taco
or burrito fillings, it's even a perfect
way to re-purpose yesterday's lefto-
vers or to clean out the fridge before
your next grocery trip.*