The Responder

Volume 9 Issue 12
December, 2016

"Providing Quality Service for a Safe Community"

Feature Stories

- Member Profile
- Thanksgiving Baskets
- Holiday Safety
- Santa Run
- Healthy Recipe

2016 STATISTICS
Nov.1 — Nov. 30

District Average Response Time:
min. 8 sec. 09

Responses by Type:

Fire: 7
EMS: 234
Other: 89

Total: 330

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

NWFR Member Profile

by Tom Kettman

I grew up south of Seattle, in what was then a small town, Auburn. Generally, my mom enforced the "10 am rule" meaning we had to be outside playing by 10 am during the summer, so I spent most days just trying to keep up with my three older siblings and tagging along on adventures.

I tried a variety of sports and activities, but for most of my life, soccer, running and technology have been my primary interests. I have also long enjoyed chances to get into the wilderness by hiking and backpacking. It was here that I was initially introduced to first aid concepts. For much of middle and high school I planned to attend the Air Force Academy, but by my senior year, a serious dating relationship started to make me reconsider. So, like most high school seniors that have their life all figured out, I completely changed my plans.

Eventually, I followed that girl to college in Sitka, Alaska. By the end of college, Kayli and I were married, had our bachelor's degrees and our first son, Kurtis. During the first year after college, I worked part time for a youth ministry called Young Life and needed to make extra money, so my wife recommended that I start a business helping people with computers. We realized in 2006 that Sitka was not supposed to be our forever home, so we moved back to Washington.

I began looking for employment in a technology related field. A chance meeting, led to a job offer which landed me a position with a local computer support company.

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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

NWFR Bio cont.

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The very day I received that job offer, Kayli I found out we would be having twins. Our boys were very high risk and therefore born two months premature, which meant a lot of time spent in the NICU and hospital rooms. This time reignited a desire to find a career focused on directly serving people. I remembered back to a ride along with Kent Fire, that Kayli and I had done when we were 19. I loved the experience, yet knew how difficult it was to find full-time employment in the fire service.

After a long weekend of considering this new possibility, I decided to take the first step and start volunteering.

I began volunteering with North Whatcom in 2007. With the economic downturn that followed, it was not an optimal time to get hired in the fire service. I spent the next four years volunteering, operating

an IT service business and trying to balance family life. In July 2011, I was so excited when I received the offer of a full-time position with NWFR. Although, the last 5 years have not been without challenges, I feel incredibly fortunate to both live and serve here in Whatcom County.

CAP Thanksgiving Basket Program

Local 106 NW firefighters gathered turkey, milk, butter, potatoes and other items needed to cook Thanksgiving dinners. The meals were donated to families in need within the Blaine area courtesy of the Community Assistance Program's Thanksgiving Baskets on Wednesday, November 23. Firefighters also volunteered their time and were on hand to transport the Thanksgiving baskets to community member's vehicles. Over three hundred baskets were prepared this year.

The Community Assistance Program provides a variety of services for Blaine, Birch Bay, Point Roberts and Custer residents in need including:

- Crisis Assistance Program
- CAP Clothing Bank
- CAP Community Meals

For additional information please email: blainecap@comcast.net

Events to Celebrate

December Birthdays

2—Commissioner McPhail
7—Leslee Smith
7—John Swobody
13—Christ Hollander
17—Jason Van der Veen

Fire Commissioner Meetings

NWF Board

Thurs. December 15
9408 Odell St 61 Blaine — 7:00 p.m.

District 4 Board

Wed. December 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

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 17
February 27
March 28
April 18
May 23
June 17
June 27
July 26
August 22
September 25
October 23
November 15
December 20

District 4 Santa Run

North Whatcom Fire and Rescue will be collaborating with District 4 and local law enforcement officers to gather and distribute food, toys, clothing and other necessities to families who are truly in need. The tremendous success of this program is due to the generosity of all of the members of this community who selflessly donate each year.

On Saturday, December 3, North Whatcom Fire and Rescue and District 4 firefighters along with fire trucks will escort Santa through parts of the district to pick up donated items. Hot cider and candy canes will be provided and each child will have the opportunity to visit with Santa.

A route schedule is posted on www.wcfd4.com

While deciding what to donate, here are some guidelines to keep in mind:

- Toys, coats, clothing and books—all ages
- Food donations must be non-perishable and not expired
- Cash donations
- We cannot accept used items.

Zucchini with Chickpea and Mushroom Stuffing

Courtesy of allrecipes.com

Prep time: 30 min Cook time: 30 min Ready in 1 hr.

"A great vegetable dish that can be used as a centerpiece or as a side. Can be lovely when served with tomato based sauce and a green vegetable, or I have even had them with traditional roasted vegetables at Christmas."

Ingredients

4 zucchini, halved
1 TBS olive oil
1 onion chopped
2 cloves garlic, crushed
1/2 (8 ounce) package button mushrooms, slicked
1 tsp ground coriander
1 1/2 tsp ground cumin, or to taste
1 (15.5 ounce) can chickpeas, rinsed and drained
1/2 lemon, juiced
2 TBS chopped fresh parsley
Sea salt to taste
Ground pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.

Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Saute onions for 5 minutes, then add garlic and saute 2 minutes more. Stir in chopped zucchini and mushrooms; saute 5 minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender.

Serves *8*