Volume 11, Issue 12

December, 2018

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2018 STATISTICS

Nov. 1 — Nov. 30

District Average Response Time:
8 min. 49 sec.

Responses by Type:

Fire: 8
EMS: 172
Other: 107
Total: 287

Overlapping**: 72**

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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 Profile

by Delanie Warne

I was born in Calgary, Alberta, Canada June 8th 1989. My family moved to BC when I was only 6 months old so my dad could get a job as a mechanical engineer. In 1995, my family moved to Santiago, Chile where we lived in a small community with guards stationed in a booth at the end of each street. We lived in a house owned by an American couple who were traveling. Every house on our street had huge metal gates and roof high fencing for security. Despite all the obvious visible security measures, it was a very safe place to live. With the exception of ours, most of the other houses in our neighborhood had pools. The entire front first level of the house was glass and looked out into a huge tropical front yard.

I attended an American Military Academy School with many other children from all over the world. One of the best friends I had was from Finland, her name was Aino. Our school had a pool, tennis courts, barn, riding arena, horses, goats and other small animals. It encompassed all grades from Pre-k through 12th. We lived in Chile for two years.

We moved back home to Canada in 1997, where we lived until I turned twelve. In 2001 my family made the big move to Washington. My parents bought a house in Ferndale with 10 acres, and not long after I got my first horse. My first job was

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NWFR Welcomes New Career Firefighters

North Whatcom Fire and Rescue welcomed some new career firefighters to the district. (from left to right)

The firefighters graduated from North Bend Academy on Friday, November 2. The group was sworn in on Thursday, November 15 at the NWFR Fire Commissioner Meeting.

The group will be on probation for one year before being assigned to a permanent station.

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

Profile cont.

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as a barn attendant in Custer; cleaning stalls and exercising horses. Being around horses is one of my greatest loves.

During high school I started taking sports medicine and realized another passion, medicine. I knew I wanted to work in the medical field in some avenue. I started going to Whatcom Community College while in high school as part of the running start program, studying nursing. As I got older that interest developed into classes related to radiology and emergency medicine. In 2010 I attended the Justice Institute of BC and graduated with my Emergency Medical Responder.

Unable to practice in Canada due to my American residency, I started to pursue that same avenue at Bellingham Technical College. In spring of 2014 I received my State EMT certification, and then completed the Whatcom County Recruit Academy. In 2015 I began volunteering for District 7 as an intern. I pulled regular shifts for almost four years.

This path led me to my dream of becoming a career firefighter in Whatcom County. I am so very happy to have landed here at NWFR, as it was part of my dream to work for the community in which I live. I also teach CPR for the has become a huge passion of mine.

In my off time, I enjoy spending time with my tiny human Hayden who is six. He wants to be a firefighter when he grows up… or a mail man, because it's "pretty awesome" that they have the steering wheel on the wrong side of the car. Hayden and I spend a lot of time on the beach at Birch Bay where we paddle board together. We are also enthusiastic about hiking. I love horses and plan to buy a place with some property one day so I can again have horses of my own.

My mom and dad both still live in Ferndale and are a huge part of mine and my son's life. I've spent the last six years as a single parent and I would not have been able to make this dream job happen without them. I also have a younger brother Dylan who is 25. He lives in Seattle and works as an Electrician.

My boyfriend Eric is the other star of my life. He was recently hired with Redmond Fire and we spent our summer comparing fire academy stories on the weekend. We were both fortunate to be hired and sent off to academy within three weeks of each other. My life is a bit of an ever changing chaotic story with a few constants, including family, friends and now my new fire family.

Thank you to everyone at NWFR for being so welcoming and helpful as I begin my career. I look forward to getting to know everyone and becoming a strong, valued member of this family!

NFPA Holiday Safety Tips

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- **More than a third** of home decoration fires are started by candles.
- **Forty-two percent** of decoration fires happen because decorations are placed too close to a heat source.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Events to Celebrate December Birthdays

2 — Commissioner McPhail
7 — Leslee Smith
13 — Chris Hollander
17 — Jason Van der Veen
26 — Commissioner Ansell

Fire Commissioner Meetings

NWFR
Thurs. December 20
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Wed. December 12
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 6:30 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 30
February 27
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

CAP Thanksgiving Basket Program

Under the direction of Lt. Mike Nelson, Local 106 NW firefighters gathered turkeys, 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 22. Our Firefighters also volunteered their time and were on hand to transport the Thanksgiving baskets to community member's vehicles. Over two hundred seventy 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:

Caramel Apple Pork Chops

Courtesy of Karena

Ingredients

2 4 (3/4") thick pork chops

1 tsp vegetable oil

2 TBS brown sugar

salt and pepper to taste

1/8 tsp ground cinnamon

18 tsp ground mustard

2 TBS unsalted butter

2 tart apples—peeled, cored and sliced

3 TBS pecans (optional)

Directions

1. Preheat oven to 175 degrees F. Place a medium dish in the oven to warm. Heat a large skillet over medium-high heat. Brush pork chops lightly with oil and place in hot pan. Cook for 5 to 6 minutes, turning occasionally, or until done. Transfer to the warm dish, and keep warm in the preheated oven.

2. In a small bowl, combine brown sugar, salt and pepper, cinnamon and nutmeg. Add butter to skillet, and stir in brown sugar mixture and apples. Cover and cook until apples are just tender. Remove apples wit ha slotted spoon and arrange on top of chops. Keep arm in the preheated oven.

3. Continue cooking sauce uncovered in skillet, until thickened slightly. Spoon sauce over apples and chops. Sprinkle with pecans.

Yields: 4

Prep Time: 20 min.

Cook Time: 25

Total Time: 45 min.

"*Warm, spicy and sweet, this wonderful fall recipe is a guaranteed favorite for kids, and is great with smashed potatoes and buttered green beans.*"

Per serving: 262 Calories 16g fat; 17.1 g carbohydrates; 13.8 g protein; 48 mg cholesterol; 27mg sodium