



Volume 13 Issue 2

February, 2020



*"Providing Quality Service for a Safe Community"*  
**NWFR Hires Four Career Firefighters**

**Feature Stories**

- NWFR Hires Four
- CPR Classes
- Training
- Winter Fire Safety
- Recipe

**2020 STATISTICS**

*Jan. 1 — Jan. 31*

**District Average Response Time:**

9 min. 51 sec.

**Responses by Type:**

Fire: 10

EMS: 304

Other: 113

**Total: 427**



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



*Gary DeJager*

*Philip Jackson*

*Alden Roberts*

*Chris Lubenow*

The next twelve months are going to become very busy for these four NWFR recruits.

Prior to being hired on January 6, 2020, the recruits were required to complete a variety of pre-hire testing.

In addition to filling out a plethora of paperwork, the recruits were fit tested for their self-contained breathing apparatus (SCBAs), uniforms and bunker gear. They also received an in-depth orientation from the chiefs, admin staff, union, and training division.

The recruits spent a couple of weeks on day shift participating in Emergency Vehicle Incident Prevention (EVIP), ride-a-longs and learning various operational procedures.

The group left January 22 for the next three months to participate in the Washington State Fire Academy located in North Bend. There they will earn their Firefighter 1, Firefighter 2 and Hazmat certifications.

Following graduation in May, their status will be changed to probationary firefighters. The first two weeks back will consist of finishing touches such as daily shift responsibilities and learning how to utilize all the necessary equipment that may be needed during a call.

The next nine months will incorporate daily training on emergency management skills, fire skills and report writing. All four will be evaluated daily as well as receive quarterly evaluations by their officers along with the training division.

Their final probationary assessment will be completed at the one year mark and will consist of a cumulative written and practical exam of all that has been learned.

After utilizing all the information gained over the past year, the operations chief and captains will work together to specifically assign each new firefighter to a permanent shift and station.

The placements are a critical piece of the overall process and intended to benefit the new firefighters and form strong, lasting crews.



# NWFR CPR/ AED Training Program



*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*



*by FF Warnie*

North Whatcom Fire and Rescue (NWFR) is committed to providing excellent customer service to our community. This means providing free Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) training. Our CPR program instructs members of the public on quickly recognizing ineffective breathing and cardiac arrest and beginning chest compressions. The program also teaches the public about the importance of AEDs, their use and where and when to use them. Our main focus is CPR/ AED training, although we do offer 2 inclusive First Aid courses (CPR/ AED and First Aid Combined) a year; late spring and early fall.

We strive to keep the cost of the classes low in hopes of better educating all members of the community. For cost of our class we require food or cash donations for the food bank. The donations will be collected at the beginning of class and taken to the local area food bank.

When free classes are offered, there is a very high

demand and as a result, the classes fill up quickly. We are increasing the number of classes we teach from one per month to two per month, with the possibility of more added in the future. Currently we have only one certified instructor and will have three new instructors beginning soon.

With all of this considered, it is imperative that once you have signed up for the class we require you respond to the placement email and keep up to date on further communications from NWFR. All communication is done via email. If we do not hear from you via email, we will attempt one phone call to verify placement in the class. If we cannot contact you, we are required to remove you from the roster and move to the next name on the list. These classes are first come first serve. There is no waitlist. If you are unable to attend the class for any reason please advise ASAP via email. You will still be able to sign up for future class dates as they are available. We require that each individual register only themselves. You cannot register for someone else, they must fill out the request with their personal information.

The minimum age requirement for these classes is 13 years of age and anyone under the age of 18 must be accompanied by a parent or guardian. The parent or guardian may also register for the class and receive certification, or can sit in on class without the option to receive certification. This needs to be communicated to us when registering.

These classes are regulated by The American Safety and Health

Institute (ASHI), which requires an Instructor to Student ratio of 10:1. As a result, we are teaching fewer students per class which means classes fill up much faster.

We have two class locations; Station 12 (Administrative Building) 4142 Britton Loop Rd. in Bellingham and Station 61, 9408 Odell Rd. in Blaine. In an attempt to accommodate peoples schedules, classes will be scheduled on one week day evening and one weekend morning.

At this time we are unable to provide private group classes outside the department (location of your business). However, we are happy to refer you to other companies who provide private group classes.

If you are interested in First Aid only classes we can also refer you to companies who provide those courses as we do not.

How to sign up for CPR/ AED classes with NWFR:

1. Go to [NWFRS.net](http://NWFRS.net)
2. Click the link (right side of page) CPR classes
3. Please read ALL the instruction carefully
4. Complete the fillable registration form
5. One person per application
6. Select available date from the drop down box.
7. If no dates shown then NO classes are available, check back at a later date.
8. Submit
9. Wait for response email with further instructions

If you are unclear or need help with anything see the bottom of the sign up page for department contact information.





# NWFR Volunteers Participate in Local Training

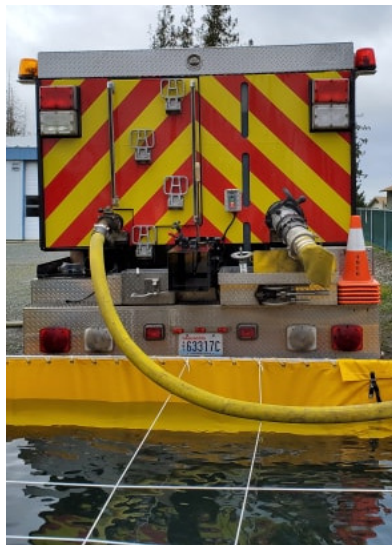
Members from North Whatcom Fire and Rescue's volunteer tender group attended the 2020 Region 3 Annual Symposium at Skagit Valley College in Mount Vernon on Saturday, January 25 and Sunday, January 26.

Members including Mike Peetoom, Sabrina Ooms and Chet and Lane Renskers participated in the rural pump ops class.

The group along with members from Everson, Skagit County, Whidbey Island, and Ferndale to name a few, trained on tender operations, including how and why pumps work and manifold management.

Day one constituted of lecture type discussions, while day two included various scenarios.

Scenarios included drafting from an engine from a drop tank and drafting with an empty hose and pump, not using the primer pump.



## Events to Celebrate February Birthdays

- 5 — Paul VanDyken
- 16 — Burr McPhail
- 19 — Rich Bosman
- 21 — Mel Mulligan
- 22 — Jeff Hofstad
- 23 — Darren Bruya
- 26 — Danny Jensen
- 27 — Shawn Atwood
- 27 — Phil Jackson

**Food Bank Donation**  
2019 Total — \$1,550

## Fire Commissioner Meetings

**NWFR**  
Thurs. February 20  
9408 Odell St 61  
Blaine — 1:00 p.m.  
**District 4**

Wed. February 18  
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 2020

Class will be held at various  
fire stations around the dis-  
trict. Check out  
www.nwfrs.com for more  
information and to reserve  
your spot.

January 18  
February 1  
March 7



Other dates are pending, but  
will be offered at least once a  
month.

April  
May  
June  
July  
August  
September  
October  
November  
December

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



## Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

### IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



## Zucchini Nachos



Courtesy of brit.co

### Ingredients

- \*2 medium zucchinis
- \*1 cup grated cheese (cheddar and/or mozzarella)
- \*1/2 cup cooked black beans
- \*8 cherry tomatoes, cut into quarters
- \*Your choice of cold toppings e.g. avocado, fresh cilantro, sour cream

### Instructions:

1. Cut the zucchini into 1-centimeter slices. Cook on a griddle for a few minutes each side. If you don't have a griddle pan, just use a frying pan instead.
2. Lay the grilled zucchini slices on a baking tray, and top with grated cheese, black beans, and quartered cherry tomatoes. If you like things spicy, you could also sprinkle over some of your favorite taco spice mixture, or use an extra hot salsa instead of the tomatoes.
3. Place the tray under a medium broiler for a few minutes,

until the cheese has melted. Serve with your choice of cold toppings, e.g. avocado, cilantro, sour cream, etc.

The end result is everything you'd ever want your nachos to be — hot, cheesy, creamy, fresh, and everything in between!

For a low-carb option of nachos, pile on the traditional toppings over thinly sliced and grilled zucchini coins. (via Zucchini Nachos)

