# The Responder

**Volume 11, Issue 1**

**January, 2018**

*"Providing Quality Service for a Safe Community"*

**Feature Stories**


- Member Profile
- Holiday Potluck
- Santa Run
- March to the Arch
- WCRA Graduation
- Safety
- Healthy Recipe


**2017 STATISTICS**

*Dec.1 — Dec. 31*

**District Average Response Time:**
8 min. 44 sec.

**Responses by Type:**

Fire: 10
EMS: 221

Other: 121

**Total: 352**

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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 Volunteer Branden Millsap*

I grew up in the same house that my father grew up in that his parents built around 1945 on Birch Bay Lynden Road. I attended the Lynden School District. I graduated in 1993 and joined the work force. In my teen years I picked strawberries, raspberries and blueberries for some of the local berry farmers. For many years, I also worked at the Lynden Shotgun Range. This is where I fell in love with clay target shooting. I was able to travel the United States shooting or working at large events, experiencing various cultures and even winning a few events.

In the fall of 1993, I joined Fire District 3 (*Delta St. 69*) as a volunteer. I was raised to help others when you could, expecting nothing in return. This is what all the volunteers on the fire department did on a daily basis. I wanted to be part of that kind of team. After leaving the area for work, I joined a couple of other departments in the county. Eventually I returned to the area and to North Whatcom.

I currently work for Mills Electric as a Site Safety Manager at BP Cherry Point Refinery. I have also volunteered with local Boy Scout Troop 4025 (*Birch Bay/ Blaine*). *continued on pg. 2*

## District Holiday Potluck

On Saturday, December 9, NWFR hosted a department snowman themed holiday party at Britton Loop Station 12. Members and their families were given the opportunity to visit while children participated in crafts, cookie decorating; not to mention a visit from Santa.

The cost of the event was split between Local 106 NW and the Whatcom County Firefighters Association.

A special thanks to Jerilyn Klix and Leslee Smith for all their hard work.

Thanks to Halee, members have some wonderful family photos.

*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*

# Member Profile cont.

*continued from pg. 1*

I am the Chaplin at the American Legion Post 86 in Birch Bay.

I served just over 9 years in the Washington State National Guard where I was deployed to Iraq from 2003-2004 and again in 2008-2009. I was also involved with the assistance during Hurricane Katrina and Cobra Gold in Thailand. I am the Vice-President of the Non-Profit Organization "Warrior Service". Warrior Service is an organization that gets veterans off the streets and any assistance that they may need. This includes help with PTSD, temporary housing, employment, as well as getting them out of their house, doing things that they love to do and more.

I have been married to my wife Lori for 18 yrs. We have two sons Austin 17 and Owen 13. Austin is a senior at Blaine High School and is working on finishing up his eagle project to receive his Eagle rank. After graduation, he plans to become an electrician or an electrical engineer. He loves to hunt and of course play ride games. Owen is in the 7th grade and attends Blaine Middle School. While I was deployed in Iraq on my first deployment, Owen was born in the back of a medic unit with the assistance of medic Steve James (*very long family friend*) and Lieutenant Leslee Smith. His love is music and football. He is also part of the "Shrek the Musical" play for the Blaine Middle and High School this year. As for my wife, she loves to golf, hike, garden and spend time with family.

My hobbies include hunting, fishing, shooting and helping others out when needed. Last but not least, my favorite thing is spending time with my family, friends and the great Lord.

# NWFR and District 4 Santa Run

North Whatcom Fire and Rescue and District 4 collaborated with local law enforcement officers and firefighters on Saturday, December 3 to collect food, toys, clothing and other necessities to families who are truly in need.

The district escorted Santa throughout various parts of the district to pick up donated items and visit with children. In total, the event collected over 40 pounds of food donated to the food bank, $280 in cash and 100 toys.

# Noah's March to the Arch

On Saturday December 9 Noah Barnes, an 11 year old with type 1 diabetes arrived at the Peace Arch in Blaine after walking 4,200 miles from Key West Florida. He started his journey in January of this year. Noah raised money and awareness for diabetes along the way. He also wore out eleven pairs of running shoes!

Odell Station 61 welcomed Noah to the Peach Arch with a fire engine and presented him with a NWFR t-shirt. Firefighter Robert Mulrooney helped to coordinate this event.

For more information about Noah's journey please visit www.nohsmarchfoundation.org

# WCRA Graduate Four NWFR Volunteers

Luke Haran, Ian Kjera, Spencer Morgan and Kyle Wheeler graduated from the Whatcom County Recruit Academy with their Firefighter 1 certification on Tuesday, December 12 2017. The ceremony was held at Ferndale High School. Luke Haran also received the "Company" award.

The four went through the academy under the leadership of Company Officer Kenneth Cunningham and Assistant Volunteer Firefighter Tommy McAuliffe.

Division Chief Henry Hollander, Training Captain Kris Jorgensen. and Firefighter Kenneth Cunningham attended the event.

Ian Kjera and Kyle Wheeler attended the December 21 NWFR Board meeting where they were sworn in alongside tender operator Mike Peetoom.

The next step for these firefighters will be to complete EMT Education through the next four months. Spencer Morgan, who already has his EMT certification, is expected to begin pulling shifts in early 2018.

Congratulations to all!

***Events to Celebrate January Birthdays***

*4—Keith Zylstra*
*5—John Hollstein*
*13—Steve Latham*
*19—Jerilyn Klix*
*19—Jonathan Kirk*
*29—Rachel Davison*

*Blaine Food Bank—295#*

***Fire Commissioner Meetings***
***NWFR***
*Thurs. January 18*
*9408 Odell St 61 Blaine — 1:00 p.m.*

***District 4***
*Wed. January 17*
*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 31
February 17
March 28
April 25
May 30
June 27
July 25
August 22
September 26
October 24
November 28
December 19

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

# Heating Safety

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

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

**BE WARM AND SAFE THIS WINTER!**

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.

## Heating Equipment Smarts

**Install** wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

**Install** and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do do not light the appliance. Leave the home immediately and call your local fire department or gas company.

**FACT**

Half of home heating fires are reported during the months of **December**, **January**, and **February**.

# Taco Soup

*Courtesy of Sammi Rice*

1lb. ground turkey
1 15oz. can beans
1 bell pepper
1 onion
1 28oz. can tomatoes undrained
1 zucchini, small
2 cups liquid (water or beef stock)
2 cups frozen or 15 oz. can corn
1 packet or 3 TBSP homemade taco or ranch seasoning

Serves 6

In a large pot, brown the turkey. Add in remaining ingredients and simmer for 30 minutes. Taste. Add more seasoning as needed.

Top with plain Greek yogurt, shredded cheese, tortilla chips, avocado, or lime wedges.

This soup is quite thick., feel free to add in more water or beef stock to "stretch" the meal further.

For crock-pot place all ingredients including browned meat in crock-pot and cook on low for 6 hours.

This is an easy, healthy, & gluten free stove top meal that uses ground turkey (bison, beef, or venison) along with tons of clean eating vegetables and pantry items like canned beans. .com!

**Taco Seasoning**

5 TBSP chili powder
4 TBSP ground cumin
1 tsp ground coriander
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/2 tsp black pepper
1/4 tsp cayenne pepper
1/4 tsp red pepper flakes

Place all spices in a jar. Tightly seal with a lid and shake shake shake. Stores for months in pantry.