



# The Responder

Volume 8, Issue 1  
January, 2015



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## 2014 STATISTICS

December 1 –  
December 31

### District Average Response Time:

min. 8 sec. 06

### Responses by Type:

Fire: 11

EMS: 207

Other: 85

**Total: 303**

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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”*

## NWFR Member Profile



Kris Jorgensen was born and lived in Germany during the time his father served in the military. After returning to the states, Kris moved around from Nebraska, Kansas and eventu-

ally to Oregon, where he primarily grew up.

During high school, Kris learned that the local fire department was accepting applications for volunteer firefighters which of course sparked his interest. Kris completed the fire academy, attended EMT Class all while still in high school, which at the time made him the youngest EMT to become certified in the State of Oregon.

Enjoying and wanting to pursue more fire service education, Kris enrolled in the Portland Community College Fire Science Program while he worked as a

seasonal Wildland Firefighter. Seeking more, Kris accepted an internship with Columbia Fire & Rescue while he completed his degree, pursued his Paramedic Certification and received a full time firefighter position. Wanting to be close to his family in Colorado, Kris accepted a firefighter position in the Vail, Colorado area.

While in Colorado, Kris decided to further his education by pursuing teaching and then delved into the risk management field. Along with his employment in the fire service, Kris began teaching at the college level; *continued on pg. 2*

## Odell Fire Station 61 Memorabilia Displayed

*By Lt. Leslee Smith*



Fire departments have a long history: horse drawn hose carts, Dalmatians, Ben Franklin, fire associations, fire trucks, pancake breakfasts and 9-11!

Departments are also great collectors of memorabilia: photos, documents, awards and antiques. Some of the items are donated by previous members of the department, some are awarded to the department and some items have been preserved as historical reminders of changes that have occurred over time in the fire service.

Where do we put these items? Some go into archives at the city, county or state level; some go into storage boxes for safekeeping at individual departments; and some

items are prominently displayed on the walls of fire stations.

The City of Blaine Fire Department was established in 1904 and many generations of volunteers have served. Fire Districts 13, 3 and 4, though “younger”, have also had long histories of service to their communities and have grown and changed to meet their community needs.

*continued on pg. 2*

*A special Thank-you  
from Blaine Station  
61 to community  
member **Ruben  
Briones**, who  
donated three hams  
over the holiday  
season.*



**THANK YOU**

## Station Memorabilia cont.

*continued from pg. 1*

As a result of this history, the departments have acquired a fair amount of historical items as well as “tchotchkes” (def: small bobbles or trinkets, miscellaneous items or collectibles)!

Our “new” display case was acquired two years ago from Northwood Station 72. It was moved from that location to Odell Station 61 to safely display, behind glass, some of the items that had previously been in boxes or displayed on the window ledges at Blaine Station 61.

Unfortunately, the display case came without shelves and until recently hung on the wall without contents. In September glass shelves were donated from Duty Free Americas and in October the department purchased the track and brackets when they were installed by Blaine Station 61 D Shift. We hope to install lighting in the cabinet to “show” the items better.

Currently on display are station awards for response and attendance, 9-11 statues, a plaque honoring years of service that date back to 1904, antique fire

helmets, awards received by the department for safety and other fire service related items. (toys, Lego fire engines, ceramic fire engines and figures, etc.)

We hope to change the display items using historical items such as old fire log books, old radios and pagers, fire extinguishers, tools, etc.

If you have old documents, antique fire tools or other items you would like to lend or donate to North Whatcom Fire and Rescue, we would be honored to display them.

## NWFR Member Profile cont.

*continued from pg. 1*



fire, nursing and EMS courses.

Wanting to return to the Northwest, the ocean, the greenery etc., Kris decided to test for a position with Fire District 4 and made the move.

Alongside his fire service career, Kris was given the opportunity to work in risk management for major oil and gas companies and for such entertainers as Coldplay, Stone Temple Pilots, Ozzy Osborne, David Navarro and Ludacris. One of his best experiences was accidentally sitting next to Ozzy Osborne and Fred Durst and talking about apple pie and the meaning of life. *“We didn't get anything accomplished but it was a great, deep conversation”.* At some point, Kris plans on pursuing more education in culinary arts.

Kris has one brother who lives and works in Hollywood, CA. Recently his mother moved to Bellingham. When Kris is not on duty, he stays active teaching at Bellingham Technical College, Skagit Valley College and as a private contractor around the US.

To unwind Kris enjoys traveling around the world, kayaking, hiking and spending time with



his girlfriend Sarah, which keeps him out of trouble.





# District Santa Run Benefits Project Santa



North Whatcom Fire and Rescue and District 4 collaborated with local law enforcement officers on Saturday, December 6 to gather and distribute food, toys, clothing and other necessities to families who were truly in need.

The district escorted Santa throughout various parts of the district to pick up donated items and visit with children. Hot cider and candy canes



were distributed by a local Boy Scout Troop at Blaine Station 61 and firefighters were on hand to provide tours of the fire engines and aid unit. Santa also made an extended stop at Woods Coffee located at Birch Bay Square.



Local Boy Scouts of America Troop # 4025 Blaine/Birch Bay volunteered their time to earn community service hours and were given the opportunity to learn about fire safety.

While the Santa Run is fairly new to the north side the south side has an established route that District 4 has been revisiting for years.

In total the event gathered hundreds of toys, collected over



\$600 and a few hundred pounds of food.

NWFR would like to thank all those who supported this year's Santa Run.



## January Birthdays

- 4—Keith Zylstra
- 5—John Hollstein
- 14—Doug Clark
- 15—T.J. Holert

## Community Meals of Blaine—Blaine Senior Center

Wed. Feb. 11

## Firefighter Association Meetings—Laurel St. 69—

7:00 pm—Mondays  
Feb. 16, May 18, Aug. 17,  
Nov. 16

## Fire Commissioner Meetings

## NWFR

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

## District 4

Wed. January 14  
4142 Britton Loop St 12  
Bellingham—12:00 p.m.

## CPR Year in Review

by Lt. Kris Jorgensen

In 2014, North Whatcom Fire and Rescue educated approximately 455 people in CPR, AED, and Choking .

Classes were taught at no charge once a month at a variety of stations throughout NWFR's response area. Requests were also made for additional classes to be taught at Meridian Middle School, Meridian High School and for Northwood Casino Employees.

### Class attendance per group:

- Community CPR Classes: 152
- Meridian High School CPR Classes: 160
- Meridian Middle School CPR Classes: 120
- Northwood Casino Employee Classes: 23

Community members who attended the classes ranged in age from 13 to 92 years. The majority of the public who attended the classes, attended for general knowledge, a traumatic family event, work and babysitting requirements.

This year, we have had the privilege of teaching two former cardiac arrest patients who were successfully resuscitated by North Whatcom personnel and many family members of patients who were treated and/or transported by NWFR.

In addition to the general classes, North Whatcom Career and Volunteers were trained in the new High Performance CPR/AED Standards to enhance patient survival rates.





4142 Britton Loop Rd.  
Bellingham, WA 98226

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### 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.net](http://www.nwfrs.net) for more information and to reserve your spot.

### 2015 Dates

Tuesday, Jan. 27

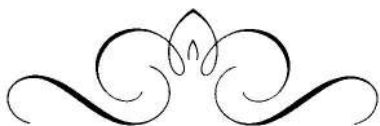
Additional dates will be posted to the website once they have been confirmed.



## North Whatcom Fire and Rescue Honors Members

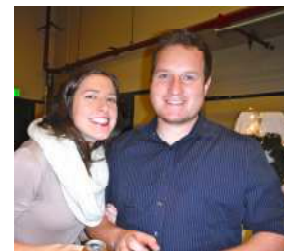


North Whatcom Fire and Rescue honored members during their annual Holiday party held on Friday, December 12, at Laurel Station 69.



### 2014 Awards

- *Firefighter of the Year:* Scott Brown
- *Volunteer of the Year:* Dan Murphy
- *Employee of the Year:* Jennie Sand
- *Career Most Training Hours:* Kris Jorgensen (396 hours)
- *Volunteer Most Training Hours:* Robert Yaple (136 hours)
- *Volunteer Most Shifts Worked:* Doug Ward (741 hours)
- *Volunteer Most Call Responses:* Todd Berge (69 Fire/EMS calls)



CONGRATULATIONS!



## Gluten Free Cranberry Orange Cookies



### Ingredients

- 1 large egg, at room temperature
- 1/2 cup coconut oil, melted to room temperature
- 1/2 cup maple syrup or raw honey
- 1/2 cup orange juice (or extra large orange juice of)
- Zest of extra large orange
- 1 tsp pure vanilla extract
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 2 cups quick oats
- 1+3/4 cups almond meal (finely ground almonds)
- 1 cup cranberries, fresh

### Directions

1. Preheat the oven to 375 degrees and line jelly roll sheet with unbleached parchment paper.
2. In mixing bowl, lightly beat the egg. Add coconut oil, maple syrup or honey, orange juice, orange zest, vanilla, baking soda, cinnamon, salt and whisk until well combined. If coconut oil solidifies, fill the bottom of a kitchen sink with hot water and place the bowl in it for 15 minutes.
3. Stir in the oats and almond meal until combined. Then gently stir in cranberries. Using 1.5" wide cookie scoop, drop cookie dough on prepared baking sheet 1 " apart (cookies do not spread much).
2. Bake for 20 minutes or until cookies turn golden brown.
3. Remove from the oven, cool on the sheet for 15 minutes before transferring to a wire rack to cool off completely

### Nutritional Information

Servings per recipe: 28

Amount per serving: 1 cookie

Calories: 118.8

Cholesterol: 6.6 mg

Total Carbs: 9.9g

Dietary Fiber: 1.5g

WWPoints: + 3

Total Fat: 8.1g

Sodium: 23.8mg

Sugars: 4.3g

Protein: 2.5g

*Store in cool dry place for one week or freeze in an airtight container*