



The Responder

Volume 8, Issue 7
July, 2015



Feature Stories

- Member Profile
- New Addition
- Air Management
- Fireworks Safety
- Lk Padden Triathlon
- Healthy Recipe

2015 STATISTICS June 1 — June 30

District Average Response Time:

min. 8 sec. 14

Responses by Type:

Fire: 13

EMS: 228

Other: 96

Total: 337

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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

Captain Joe Nooncheser



I spent most of my childhood in the southwest, Phoenix and surrounding areas, and I am still waiting for it to get hot here. The highs in Western Washington during the summer are close to what I knew as a cool evening in the desert. I do however appreciate not losing gallons of water from my body every day.

I left Phoenix in my early twenties and moved to Den-

ver where I completed my bachelor’s degree in Human Resource Management. Colorado was a beautiful place to live with lots to do including fly-fishing, skiing, rafting, hunting and camping. I managed to do these things without injury and greatly enjoyed my time there.

Leaving Denver, we moved and followed family to Henderson Nevada where I entered the fire service as a reserve firefighter with Boulder City. I worked part-time with their crews as a firefighter/ILS provider and began testing in five western states for an entry level position. What a process! I sat and tested with 1000’s of other people trying for the same 5 openings. Although I made it to several interviews the first year, I just didn’t get close enough.

I then tested with NTN and finally made it! My first position was in Snohomish County as a fulltime firefighter represented by IAFF Local #4086. We were the first career firefighters (shift-workers) Stanwood had ever had. It was quite a learning curve for all of us as we were a new group of 24 hour employees. The city struggled with the concepts of 28 day cycles, FLSA, contracts and everything else we confused them with. Today they have evolved into a large county RFA and are thriving in the community providing quality customer service to the city and its surrounding areas. I feel fortunate to have been part of the originals.

I have called North Whatcom Fire home since January 1st 2010 during an
continued on pg. 2

NWFR Welcomes New Addition

Firefighter David and Erin Comp welcomed their first child, Ruben Orion on Thursday, June 18 at 11:36 a.m. Ruben weighed in at 7 lbs. 6 oz. and is 20 1/4” long.



NWFR Member Profile cont.

continued from pg. 1

attempt to merge with The City of Lynden. This family has welcomed me with open arms over the years as their training officer and member of IAFF Local #106. I thank you for that. My children Kaitlyn and Sam are of the age when they are



moving out on their own experiencing life away from mom and dad for the first time. Kaitlyn is 19 and works as a Dental Assistant in downtown Seattle. She loves the hustle of a big city and is doing well. Sam has just recently graduated from high

school and will be off to the air force basic training program this August. I'm sure he will learn very quickly that he truly appreciates his own room and not sharing a bathroom with 50 other guys every day. I am very proud of my kids, I miss them terribly!

Bellingham is now my home as I begin my new life. My wonderful new significant other brings me great joy as we share in part two of our lives. Alison and I are getting to know Bellingham together enjoying the local restaurants, Boulevard Park and Whatcom Falls Trails. We are planning to experience other activities including

kayaking and the nightlife in this great city. We look forward to many years here in this area.



I am very proud to be part of this dynamic organization at North Whatcom Fire as we move into the future together facing the challenges this community brings. As a family, we can endure together and make this a strong department serving this region well. My goal is to further my education, listen well to the people around me and support those who make this company strong.

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 Firefighters Complete Air Management Course

by Health and Wellness Coordinator Kelly Freeman

The week of June 8th the district completed their sixth year of running the "Air Management" course. The course was developed to train firefighters to focus on the necessity to monitor their air consumption as an individual as well as a crew while working in an I.D.L.H. (Immediately Dangerous to Life and Health) environment. The course is comprised of seven moderate fire ground activity tasks per round to be completed until their individual air alarm sounds. These tasks include extending a charged hose line, forcible en-

try, simulation of a search through a two story smoked filled training prop, dummy drag, Kaiser sled, aerial climb to a rooftop access and raising and lowering a hose bundle. Throughout the course firefighters are asked to communicate their air consumption to their crew members as well as the course proctor. The timing results are presented to the individual members and each year they try to improve on their efficiency as well as maintain good crew dynamics. It is a required annual training among members and it provides a fun training exercise that always creates some

healthy competition.



Celebrate Your 4th of July Safely

By *Whatcom County Fire Marshal's Office*



The Whatcom County Fire Marshal's Office wants to remind all County residents to celebrate safely during the 4th of July holiday.

If you are planning on using your own fireworks, use only legal consumer fireworks and only during permitted times.

Remember, check with your local fire jurisdiction on fireworks regulations if you live within a city limits because many cities have enacted restrictions.

In unincorporated Whatcom County, fireworks may only be discharged during the following

- June 28th from 12 noon until 11:00 p.m.
- June 29th – July 3rd 9:00 a.m. until 11:00 p.m.
- July 4th 9:00 a.m. until 12 midnight
- July 5th 9:00 a.m. until 11:00 p.m.

So which fireworks are legal? Fireworks purchased at stands in unincorporated Whatcom County are inspected and approved by the Fire Marshal's Office and are State licensed. If

you purchased them from a reservation stand keep in mind the following items are prohibited off of the reservation:

- Fire Crackers
- Bottle Rockets
- Missile type rockets with fins
- Fireworks with sticks or fins

- Mortar shells larger than 1 3/4" in diameter

Additionally explosive devices such as M-80's, M-100's, Tennis ball bombs, and pipe bombs are illegal everywhere.

How about sky lanterns? Sky lanterns are NOT a firework, but they are illegal to light and release. They are a violation of the State and County adopted Fire Code because they include an open flame that is uncontrollable. Lighting a sky lantern can be charged criminally through the Fire Code.

The Fire Marshal's Office and Sheriff's Office will be working cooperatively to provide additional patrols looking for illegal fireworks and people using any fireworks in a reckless or

If you get caught with illegal fireworks, they will be confiscated and you can be charged criminally for possession and/or discharge of illegal fireworks. Modifying any firework or other device with explosives is considered

manufacturing an improvised explosive device, which is a crime. Also, you will be held responsible for any fire started from any type of fireworks.



Fireworks during the Fourth of July are as American as apple-pie, but did you know that two out of five fires reported on that day are started by fireworks, more than for any other cause? The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

Proceed with caution! Leave fireworks to the professionals. Do not use consumer fireworks.

The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.

After the firework display, children should never pick up fireworks that may be left over, they may still be active.



July Birthdays

- 13—Kenneth Cunningham
- 18—Commissioner Whitney
- 25—Kim Gates

New Arrival

Ruben Orion Comp—June 16

Firefighter Association

Meetings—Laurel St. 69—7:00 pm—Mondays Aug. 17, Nov. 16

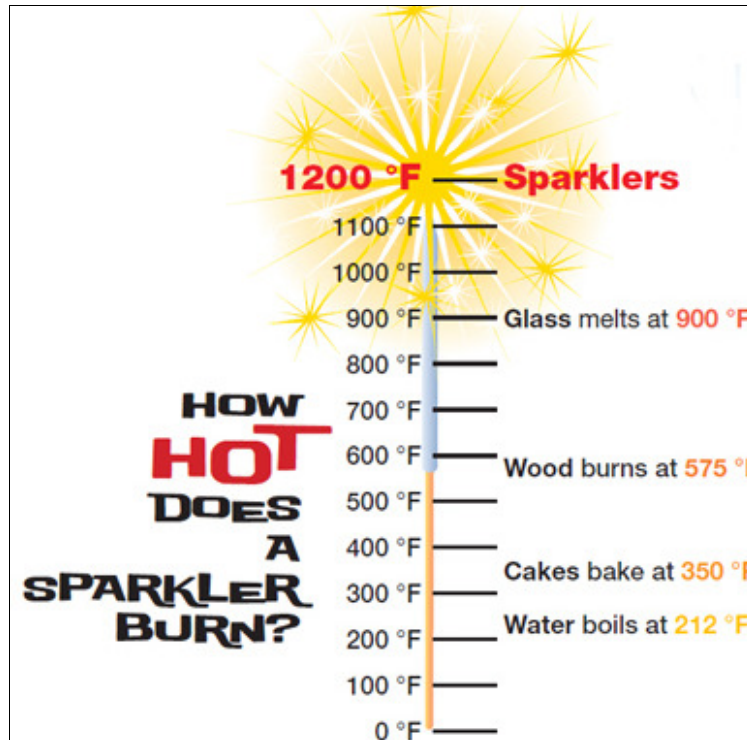
Fire Commissioner Meetings

NWFR

Thurs. July 16
9408 Odell St 61 Blaine—7:00 p.m.

District 4

Wed. July 15
4142 Britton Loop St 12





4142 Britton Loop Rd.

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.net for more information and to reserve your spot.

2015 Dates

- Tuesday, Jan. 27
- Wednesday, Feb. 25
- Wednesday, March 25
- Wednesday, April 22
- Wednesday, May 27
- Wednesday, June 17
- Friday, July 31
- Wednesday, Aug. 27
- Wednesday, Sept. 23
- Wednesday, Oct. 28
- Wednesday, Nov. 18
- Wednesday, Dec. 30



NWFR Firefighters Participate in Lk Padden Triathlon



Firefighters David Comp, Troy Freeman and Kaleb Bruch competed in the 31st Annual Lake Padden Triathlon (*competitive division*) held on Saturday, June 27. This was David's first year completing while Troy and Kaleb both competed in 2014.

The Lake Padden Triathlon is an excellent first, second or twenty-second triathlon. This annual event offers a competitive Sprint event beginning at 8:30am—with a 0.5-mile swim, 21-mile road bike, 5.2-mile trail run. It also offer a recreational Supersprint event at 1pm with a .25-mile swim, 10-mile bike, 2.6-mile trail run. Each group is

open to teams or individuals and have multiple divisions.

NWFR would like to congratulate all three firefighters!



Healthy Garden Salad



courtesy of allrecipes.com

Ingredients

- 5 TBS red wine vinegar
- 3 TBS grapeseed oil
- 1/3 cup chopped fresh cilantro
- 2 limes, juiced
- 1 tsp white sugar
- 3/4 tsp salt
- 2 cloves garlic, minced
- 1 (1 pound) package frozen shelled edamame (green soybeans)
- 3 cups frozen kernels
- 1 pint cherry tomatoes, quartered
- 4 green onions, thinly sliced
- 1 (15 oz) can black beans, rinsed and drained

"Edamame, corn, cherry tomatoes and black beans combine to make a colorful salad with a light lime vinaigrette!"

1. In a large serving bowl, whisk together the red wine vinegar, grapeseed oil, cilantro, lime juice, sugar, salt and garlic. Set aside.
2. Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes, green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Preparation

Servings: 8

Nutrition

- Calories: 250 kcal
- Cholesterol: 0 mg
- Fiber: 8.7 g
- Sodium: 438 mg
- Carbohydrates: 33.4
- Fat: 9.8 g
- Protein: 13.1 g

