



# The Responder

Volume 10, Issue 7  
July, 2017



## Feature Stories

- Forcible Entry Training
- Accountability
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- Triathlon
- Emergency Sirens
- Fireworks Safety
- Healthy Recipe

## 2017 STATISTICS

June 1 — June 30  
(as of June 29)

### District Average Response Time:

8 min. 35 sec.

### Responses by Type:

Fire: 5

EMS: 173

Other: 118

**Total: 296**



*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 & BFD Complete Forcible Entry Training

North Whatcom Fire and Rescue participated in forcible entry training offered by the Bellingham Fire Department during the last week of June. Crews practiced west coast cuts on a commercial rollup door, cutting carriage bolts, and using a halogen to open inward and outward swinging doors.



## Accountability

*by Mark Vonappen*



Accountability, like excellence, begins with each person in the organization, and grows when we realize (and believe) that we are all interconnected, and are

extensions of one another. Holding people accountable isn't disciplinary, but it is nonetheless a discipline. Holding each other accountable means elevating everyone's level of performance through a common belief system. It comes from honest dialogue, having expectations, and communicating a vision. Accountability means believing in each other. That is the discipline, caring enough to talk to people honestly.

Most of all, accountability takes

follow through. Excellence and accountability go hand-in-hand. You don't just show up one day and decide to be excellent. You start with accountability. You continue with a grinding dedication to the craft. You finish by working tirelessly to create belief first in each other, and then in the system. It takes hard work. Without it, even the greatest ideas fade into oblivion.

*continued on pg. 2*

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

## Accountability cont.

continued from pg. 1

Why is the bar set so high? It has to be. The stakes are too great.

Accountability is a discipline. All in, or all out. The choice is yours.

MARK Vonappen, a member of the Fire Department since 1998, is assigned to the suppression division where he holds the rank of captain. He is a committee member for California State Fire Training

and has contributed to the development of Firefighter Survival and Rapid Intervention curriculums. Mark has been published in Fire Engineering Magazine, Fire Service Warrior, and is the creator of the fire service leadership blog [FULLY INVOLVED](#). He is an instructor for the Santa Clara County Joint Fire Academy, a recruit instructor for Palo Alto Fire, an academy instructor at Evergreen Community College, and a member of the “Nobody Gets Left Behind” training group.



## 4th of July Safety Guidelines

*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.

The **City of Bellingham** has **banned** the sales and discharge of fireworks while the **Cities of Blaine, Ferndale and Lynden** all have various **restrictions**.

The **City of Blaine** banned fireworks west of Shintaffer Rd., in public parks in the city

and in the area of Blaine Harbor.

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

July 3rd — 6:00 p.m. until 11 p.m.

July 4th — 6:00 p.m. until midnight

July 5th — 6:00 p.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.

Sky lanterns are now allowed in Washington State when tethered (i.e. kite string or similar material). The tether must remain attached for the full duration of flight and the lantern material must be recovered and disposed of properly. Any fire started with a sky lantern (tethered or not) is subject to Reckless Burning laws and fire code violations which amount to both civil fines and criminal charges.



# NWFR Members Compete in Triathlon

On Saturday, June 24 three North Whatcom Fire and Rescue members (*Lt. Stefen Paige, FFs David Comp and Danny Jensen*) joined 350 other participants (*long course*) in the Padden Triathlon. The course consisted of a one half mile swim, twenty-one mile bike ride ending with a five mile run.



The swim leg is either a half mile or quarter mile triangle, depending on which course you're in. The swim starts from the swim area at Lake Padden; across and back for the competitive distance. The event is chip timed by Perfect Time Events and started in waves of approximately 50.

The bike ride has a total ascent of 1464.76 ft. and has a maximum elevation of 783.73 ft.

The run is one or two (*depending on your division*) counter-clockwise laps around Lake Padden. The half flat, half roll-

ing hill limestone path is on relatively joint friendly crushed limestone.

All three finished the race with good results.

CONGRATULATIONS!



# Birch Bay and Blaine Emergency Sirens Installed



The Birch Bay siren was installed at the Birch Bay Community Park with funding provided by Phillips 66. The Blaine siren was installed at the Blaine Water Treatment Plant and with funding provided by the United States Department of Commerce, National Oceanic and Atmospheric Administration's National Tsunami Hazard Mitigation Program and the Washington State Military Department.

NWFR's Chief Henry Hollander spoke during the event and was recognized as an integral part for public safety.

Birch Bay residents Kathy Berg and Dora Lee Booth were both acknowledged for their unrelenting efforts that propelled the project attention at the county level and helped bring it to fruition.

The All Hazards Alert Broadcast (AHAB) emergency sirens have been installed in both Birch Bay and the City of Blaine. A dedication was held on Monday, June 5 at the Birch Bay Community Park. During the dedication those within the community who were instrumental in the planning and implementation of the sirens were recognized.



## Events to Celebrate July Birthdays

- 13—Cunningham
- 17—Doug Ward
- 25—Kim Gates
- 26—Clayton Levien



## Independence Day—July 4th



## Fire Commissioner Meetings

**NWFR**  
Thurs. July 20  
9408 Odell St 61 Blaine —  
7:00 p.m.

**District 4**  
Wed. July 12  
4142 Britton Loop St 12  
Bellingham —12:00 p.m.



## Fireworks Safety Tips

### Leave Fireworks to the Professionals

The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.

If you plan to use fireworks, make sure they are legal in your area.

### Be Extra Careful With Sparklers

Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't

burn at a temperature hot enough to melt glass.

Closely supervise children around fireworks at all times.

### Take Necessary Precautions

Do not wear loose clothing while using fireworks.

Never light fireworks indoors or near dry grass.

Point fireworks away from homes, and keep away from brush, leaves and flammable substances

### Be Prepared for an Accident or Injury

Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.

Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.

If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

## Sausage-Pepper Kabobs

Serves: 12 Total Time: 35 minutes

*"Grilled smoked sausage and fresh vegetables make a great light summer or holiday meal. To save time these kabobs can be prepped a day before serving, wrapped, and refrigerated."*

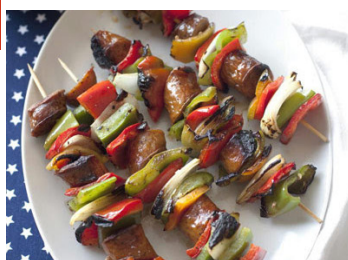
### Directions

If using bamboo skewers, soak skewers in cold water for at least 30 minutes to prevent burning. Prepare outdoor grill for covered direct grilling on medium.

In small bowl, combine oil, garlic, oregano, 1/8 teaspoon salt, and 1/8 teaspoon freshly ground black pepper. Let stand while you cut onions, peppers, and sausages into 1-in. chunks.

Thread peppers, 2 at a time and alternating with onion and sausage, onto skewers. Brush skewers with oil mixture.

Place on hot grill grate; cover and cook 10 to 12 minutes or until browned, turning occasionally. Place on platter to serve.



Recipe courtesy of Kate Sears

### Ingredients

1/2 c. olive oil  
2 clove garlic  
1/2 tsp. dried oregano  
salt and pepper  
2 large onions  
2 medium purple or green peppers  
3 medium red peppers  
2lb. Fully cooked kielbasa (smoked Polish sausage)

**Equipment:** 12 metal or bamboo skewers



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

January 17  
February 27  
March 28  
April 18  
May 23  
June 17  
June 27  
July 26  
August 22  
September 25  
October 23  
November 15  
December 20

