The Responder

Volume 11, Issue 7

July, 2018

"Providing Quality Service for a Safe Community"

Feature Stories

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2018 STATISTICS

June 1 — June 30

District Average Response Time:
8 min. 45 sec.

Responses by Type:

Fire: 17
EMS: 219
Other: 134

Total: 370

Overlapping**: 107**

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

NWFR Says Goodbye to One of Their Own

John Swobody passed away on Monday, June 4 in his home, surrounded by loved ones. John's cancer was diagnosed as presumptive and is considered a line of duty death. This is the first line of duty death for NWFR.

John joined North Whatcom Fire and Rescue in 1999. He began his career as a volunteer for District #13 in 1984. During his tenure, John served in many roles including, firefighter, training captain, and operations chief.

John was transported to the funeral home by Aid 63 with full honors, accompanied by an honor procession of vehicles from many different fire and law enforcement agencies.

John's life was celebrated with a family graveside service as well as a public ceremony. John was honored for his dedicated service to our community.

The public service was held at Christ the King Community Church in Bellingham on Saturday, June 16, following a procession from Odell Station 61 in Blaine, his home station. The procession included twenty seven vehicles, six motorcycles and a helicopter provided by Airlift Northwest. The event was attended by approximately three hundred, including family, friends, neighboring fire districts, law enforcement, honor guard, pipes and drums and members of the community.

John is survived by wife Annette, children Heather Rigos (Mark), Melissa Hopfauf (Jacob), Curtis Amundson (Cecilia), mother Deloris and siblings Eric Swobody, Rebecca Cleverly and Donnie Swobody.

Thank you for your service John.

Forever in Our Hearts

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

4th of July Safety Guidelines

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 the rest of the east side, it's legal to shoot fireworks from 9 a.m. to 11 p.m. July 1 to July 5. The deadline goes to midnight on the Fourth.

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

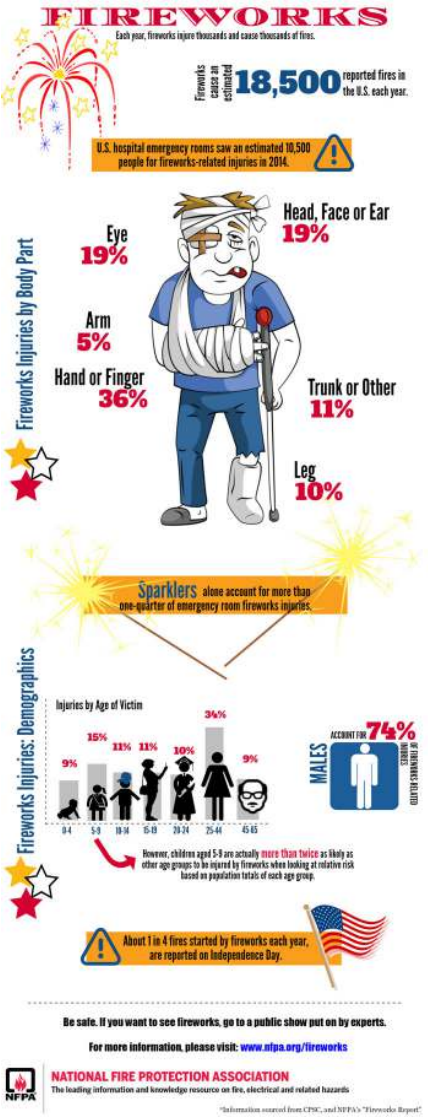
July 5th — 6:00 p.m. until 11:00 p.m.

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 an amount to both civil fines and criminal charges.



NWFR Members Compete in Triathlon

On Saturday, June 23 North Whatcom Fire and Rescue members (*Lt. Stefen Paige and FF's David Comp and Danny Jensen)* joined over 300 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 rolling hill limestone path is on relatively joint friendly crushed limestone.

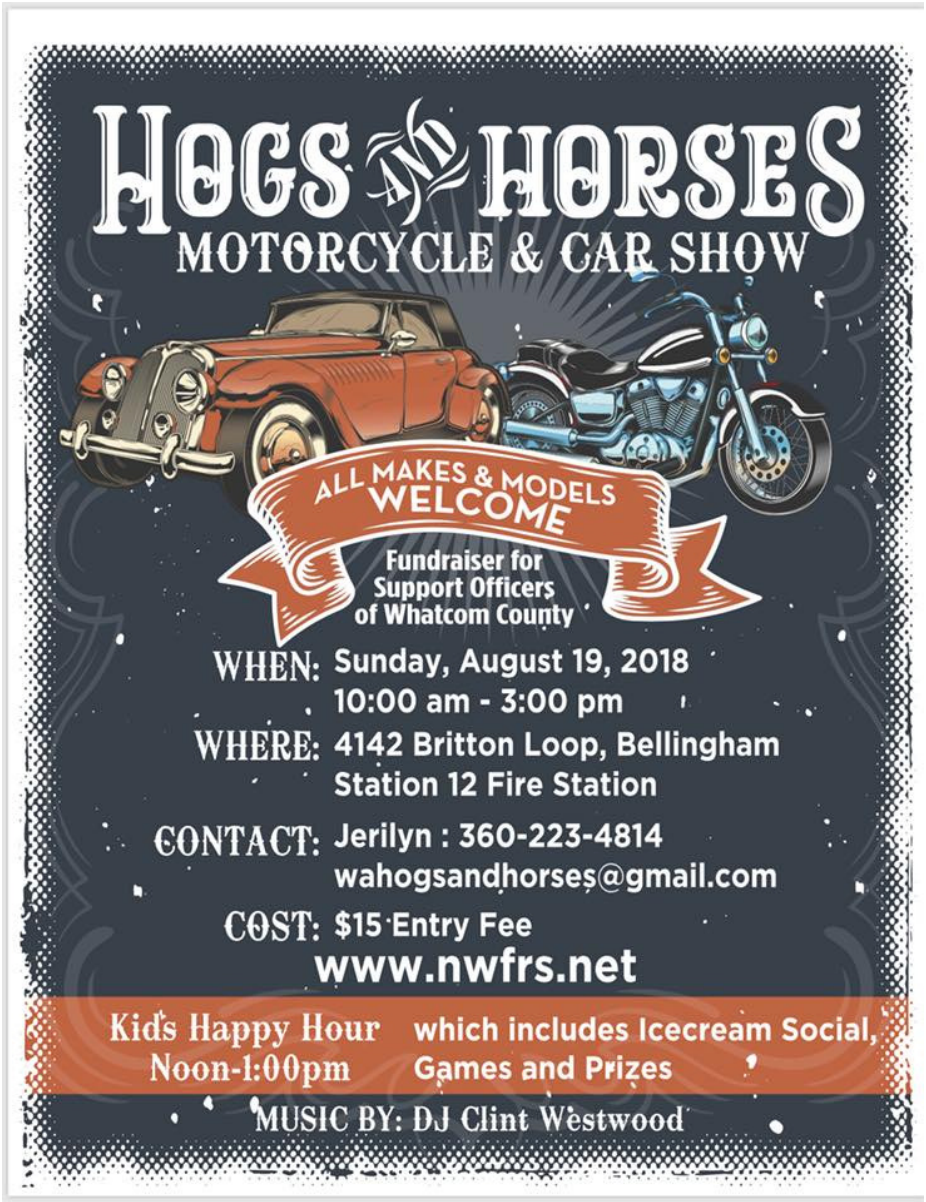
CONGRATULATIONS!

Events to Celebrate July Birthdays

13 — Kenneth Cunningham

Fire Commissioner Meetings
NWFR
Thurs. July 19
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Thurs. July 12
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.

NWFR Members Receive Awards

NWFR employee Elliot Courage recently received the 2018 President's award during the May Washington Fire Chief's State Conference held in Kennewick, WA.

The President's Award was presented to Elliot for his leadership through proficiencies, action and relationships.

Assistant Chief of Operations Joe Noonchester received a Citizen Commendation from the Bellingham Police Department for his part in a cardiac emergency on Monday, April 30 that involved the use of an AED. The gentleman is expected to make a full recovery due in part to the quick action by Chief Noonchester.

Bellingham POLICE

Congratulations!

Watermelon Fruit Pizza

Courtesy of Eating Well

1/2 c low fat plain yogurt
1 tsp honey
1/4 tsp vanilla extract
2 large round slices watermelon (about 1 inch thick) cut from the center of the melon
2/3 cup sliced strawberries
1/2 cup halved blackberries
2 TBS torn fresh mint leaves

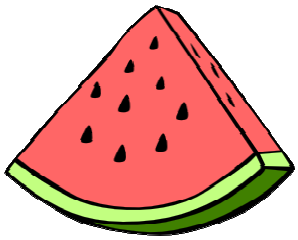
Prep: 10 min.

Directions

1. Combine yogurt, honey and vanilla in a small bowl

2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint

Serving size: 2 slices



"This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon crust. Topped with yogurt sauce, your favorite berries and mint, this fresh dessert can easily be doubled for a party or halved for every day"