



# The Responder

Volume 12, Issue 7

July, 2019



## Feature Stories

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- Recipe

## 2019 STATISTICS

June 1 — June 30

### District Average Response Time:

8 min. 45 sec.

### Responses by Type:

Fire: 19

EMS: 309

Other: 117

**Total: 445**

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

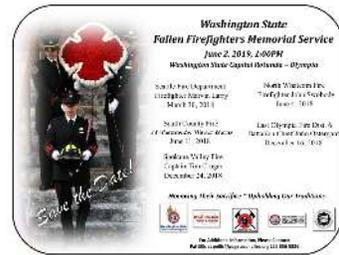
*"Providing Quality Service for a Safe Community"*

## Fallen Firefighter Honored

Firefighter John Swobody was honored during the Washington State Firefighter Memorial Service, on June 2nd, 2019. The event honors firefighters who have given their lives for the community they served.

Chief Noonchester attended the prestigious event and presented Annette Swobody (John's wife) with a plaque commemorating his life as a responder.

Prior to the event, the ribbon bearing his name was displayed at all NWFR career stations. The ribbon was picked up by the IAFF District 7 Motorcycle Club and was escorted in a Ride of Honor to Olympia prior to the event.



# 4th of July Safety Guidelines

Please remember to keep the district up to date with any changes including your contact information.

All changes should be directed to Kelly.

These changes may include:

Phone

Address

Email

Family Additions

Name changes

Remember, fireworks can be dangerous, causing serious burn and eye injuries. You can help us prevent fireworks-related injuries and deaths. How? By working with a national, state or local organization where you live to promote fireworks safety in your community.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.

- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a

garden hose handy in case of fire or other mishap.

- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

Make sure fireworks are legal in your area before buying or using them.



## Gratitude



By LAFF Staff  
November 9, 2018

As a firefighter/paramedic, you work hard to balance the demands of your career, family, health and community. You may know you have a lot to be grateful for, but most days just feel depleted. Conversely, if you recently responded to fatal call or are dealing with a family crisis, it may be difficult to feel grateful at all. Whether you're bracing for a busy week at the firehouse, or putting out your own fires at a chaotic family gathering, gratitude may be the

last thing on your mind. But numerous studies show that daily gratitude is powerful and transformative. Keeping up a mental state of being thankful and appreciative has been studied by the scientific community and linked to numerous positive health outcomes. The next time you find yourself aggravated by hurdles of the day, consider how taking a moment to count your blessings can pay off, both on and off the job:

### 1. Gratitude can ease the stress of work.

According to the American Psychiatric Association, randomized controlled studies have demonstrated that practicing daily gratitude has been found to counter occupational stress, while also leading to decreased feelings of depres-

sion and anxiety. Rather than focusing on what went wrong on your last call, reflect with your crew on any positive results or shared successes of the response effort. Focusing on the big picture of what drew you to the fire service in the first place — the opportunity to save lives and keep your community safe — may help offset the acute stress of day-to-day challenges.

### 2. Gratitude boosts resilience in overcoming trauma.

As a fire fighter or paramedic, you are routinely exposed to disaster and loss in the communities you serve. A study published in *Behavior Research and Therapy* found *continued on pg. 3*



# Gratitude cont.

*continued from pg. 2*

that war veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. These findings were consistent with a 2003 study published in the *Journal of Personality and Social Psychology*, which found gratitude to be a key protective factor for individuals who witnessed the September 11 terrorist attacks. Finding one thing to be grateful for, even in the midst of trauma and devastation, can be the difference between psychological recovery and prolonged stress reactions.

### 3. Gratitude makes you healthier.

Research has demonstrated that practicing daily gratitude has been linked to lower blood pressure, lower levels of the stress hormone cortisol and higher rates of immunity. One explanation is the experience of focusing on positive emotions (appreciation) helps activate the parasympathetic nervous system or the “rest and digest” response, which direct

ly counters the body’s “fight or flight response” responsible for increased heart rate, blood pressure, respiration and stress hormones during moments of perceived danger.

### 4. Gratitude improves relationships.

The daily support of your crew, family and friends can make the difference between a long, rewarding career in the fire service or a premature burn out. Routinely expressing gratitude to your crew members and spouse creates a chain reaction of positive feelings and reciprocal act of kindness, which helps to strengthen social bonds. Whether it’s at home or at the firehouse, take a moment to say “thank you for...” to reinforce positive connections in your relationships.

### 5. Gratitude helps you sleep.

After working a 24 or 48-hour shift, it’s extremely important to catch up on your rest. Two independent studies published by *Applied Psychology: Health and*

*Well Being* and the *Journal of Psychosomatic Research* similarly concluded that those who express gratitude before bed have more restorative (and longer) sleep. Instead of watching television before falling asleep, spend a moment to write or chat with your partner about what you are grateful for.

Has the cumulative stress of your work or home life become too much to handle, despite your best efforts to take care of yourself? There is a place where you can find help. The IAFF Center of Excellence is a 64-bed, comprehensive treatment center designed exclusively for IAFF members struggling with PTSD, addiction and other co-occurring mental health problems.

If you’re contemplating getting help for yourself or crew member, call The Center of Excellence today, for a free, non-obligatory and confidential screening.



## Events to Celebrate July Birthdays

- 7 — Charlie Baldwin
- 13 — Kenneth Cunningham
- 25 — Kim Gates
- 28 — Darioush Kazemi



## July 4th Independence Day

**Food Bank — 80#**

## Fire Commissioner Meetings

### NWFR

Thurs. July 17  
9408 Odell St 61 Blaine —  
1:00 p.m.

### District 4

Wed. July 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 2019

Class will be held  
from 6:00 p.m.—9:30  
p.m. at various fire sta-  
tions around the district.  
Check out  
www.nwfrs.com for more  
information and to re-  
serve your spot.

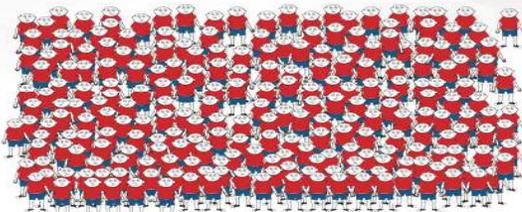
March 27  
April 24  
May 29  
June 15 CPR and First  
Aid  
June 26  
July 31  
August 21  
September 21  
September 25  
October 30  
November 20  
December 18



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

# Fireworks Injuries

**280** people on average go to the  
emergency room every day with  
fireworks-related injuries in the  
month around the July 4th holiday.



## Fireworks Safety Tips

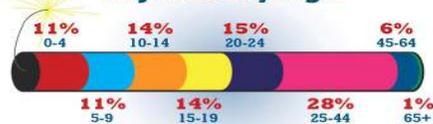
- ★ Never allow **children** to play with  
or ignite fireworks.
- ★ **Never** try to **re-light** or **pick up**  
fireworks that have not ignited fully.
- ★ Keep a **bucket of water** or a  
**garden hose** handy in case of fire or  
other mishap.
- ★ Make sure fireworks are **legal** in your area  
before buying or using them.
- ★ Light fireworks **one at a time**,  
then **move back** quickly.
- ★ More Fireworks Safety Tips –  
[www.cpsc.gov/fireworks](http://www.cpsc.gov/fireworks)

Source: U.S. Consumer Product Safety Commission 2017 Fireworks Annual Report

## Injuries by Fireworks Type\*



## Injuries by Age



## Asparagus Ribbons with Lemon and Goat Cheese



*Courtesy of Cooking Light*

1 pound large asparagus spears,  
trimmed  
1 1/2 cups cherry tomatoes,  
halved  
2 TBS finely chopped fresh  
chives  
2 TBS fresh lemon juice  
2 tsp extra virgin olive oil  
1/2 tsp freshly ground black  
pepper  
1/2 tsp Dijon mustard  
1/4 tsp sugar

1/4 tsp salt  
1/4 cup (2 ounces) goat cheese

8 servings (1/2 cup)

**Step 1:** Hold each asparagus  
spear by the tip end. Shave as-  
paragus into ribbons with a  
vegetable peeler to measure 3  
cups. Reserve asparagus tips for  
another use. Combine aspara-  
gus and tomatoes in a medium  
bowl.

**Step 2:** Combine chives and  
next 6 ingredient (through 1/4  
tsp salt), stirring with a whisk.  
Drizzle over the asparagus mix-  
ture, tossing gently to coat. Top  
with goat cheese.

### Nutritional Information

Calories 47  
Calories from fat 54%  
Fat 2.8 g  
Saturated Fat 1.2 g  
Monounsaturated Fat 1.3g  
Polyunsaturated Fat 0.2g  
Protein 2.7g  
Carbohydrate 3.7g  
Fiber 1.4g  
Cholesterol 3 mg  
Iron 1.3mg  
Sodium 105mg  
Calcium 26mg

