



The Responder

Volume 8, Issue 6
June, 2015



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2015 STATISTICS

May 1 — May 31

District Average Response Time:

min. 7 sec. 47

Responses by Type:

Fire: 17

EMS: 220

Other: 59

Total: 296

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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



New Volunteer Firefighter Haley Urling-Ehinger grew up on a small lake in Stanwood, Washington along with her Mom, Dad and younger brother. From an early age she spent much of her free time in the local pool practicing for swim meets or in the barn working with horses. At age 15, she earned her Lifeguarding certification through the American Red Cross and began working as a lifeguard and swimming instructor. Her summers were also spent working at a local horse ranch.



After high school, Haley moved to Bellingham to attend Western Washington University, where she graduated with a Bachelor's Degree in Psychology. During her time as a student at WWU, Haley was employed part time by the State of Washington's Department of Social and Health Services and is now employed

by them full time as a care provider for women with developmental and physical disabilities.

A lifelong passion for public safety and serving others led her to participate in a "ride along" with North Whatcom Fire and Rescue. She was instantly inspired with the idea of becoming a firefighter. In May, 2014, she earned her EMT certificate



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Twenty Five Years and Counting



Lieutenant Kevin Biery began his career in 1990 for District #13 under Fire Chief Jerry Joubert. Kevin worked in the maintenance department as a “one man show” who took care

of all the stations, facilities and apparatus. He also responded to calls during the day as a volunteer firefighter. Kevin made the transition to career firefighter in 1997. He worked under several chiefs in his career plus an annexation, a merger and a consolidation. With twenty-five years under his belt Kevin has no plans to retire anytime soon.



CONGRATULATIONS!

NWFR Member Profile cont.

continued from pg. 1

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

from Skagit Valley Community College and then enrolled in the Whatcom County Recruit Academy. She graduated with her Firefighter 1 certificate in December, 2014.

In her free time, Haley loves to spend time at the barn with her horse, Swifty, and camp in Eastern Washington. She also recently discovered a new hobby: powerlifting--an event that adds up the total weight lifted at the squat, bench-press and deadlift. She competed for the first time in April and plans to compete again in August.



Fire Extinguisher Safety



A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Safety tips

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

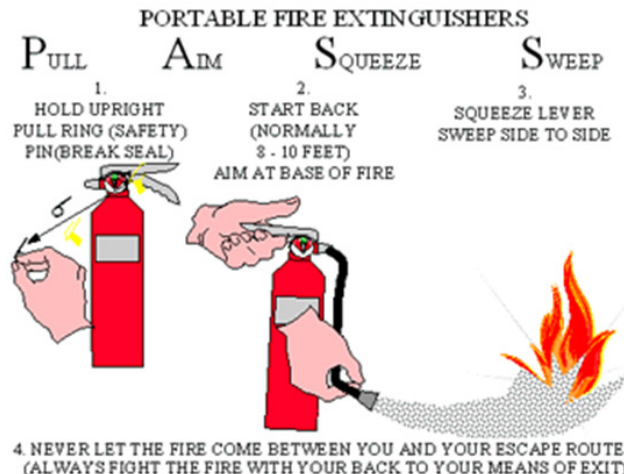
Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



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PXT and Live Fire Training

By Captain Joe Noonchester

PXT and Live fire training
Some of the most valuable training is when the firefighters get to participate in hands-on evolutions. In April, North Whatcom Fire and Rescue hosted two great events.



On the 18th and 19th, the Puyallup Extrication Team instructed a two day advanced class at the Britton Loop Training Facility. Six different agencies attended from all over the county. Topics in this class included advanced techniques utilizing the tools and equipment we currently carry on our engine. All of the students got the chance to work as a team, cutting, lifting and securing cars and trucks while removing mannequin victims from the wreckage.

Effective and timely means of victim removal from crashed cars is vital in the outcome of the patient's condition. Thank you to those who participated. The other opportunity we had



in April was burning a house that was donated to the fire district. On Sunday April 26th, NWFR conducted several live fire evolutions in a single story house located at 8021 Woodland Road.



Just like the hands-on experience with crashed cars, a real house to burn is very beneficial for us to train in. Orchestrated by Captains Davidson and Schmidt, evolutions were set up for the firefighters to enter the building, find the fire, extinguish and look for extension. By 2:30 that afternoon, we allowed the fire to fully engulf the building eventually burning it to the ground. Our firefighters got the chance to train and the homeowner was rid of an old structure scheduled to be torn down anyway.

Thanks go to the Enfield family for their generosity.



June Birthdays

- 1—Andrew Martin
- 2—Mike Nelson
- 8—John Geleynse
- 10—Joel Nielsen
- 15—Jason Donnelly
- 17—D.J. Riehl
- 21—Blake Scott
- 28—Kelly Freeman
- 29—Larry Johnston

Holidays

- 21—Father's Day

Firefighter Association

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

Fire Commissioner

Meetings

NWFR

Thurs. June 18
9408 Odell St 61 Blaine —
7:00 p.m.

District 4

Wed. June 9
4142 Britton Loop St 12
Bellingham—12:00 p.m.





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



Medication Recycling Drop Off Locations

North Whatcom Fire and Rescue does not accept medications from the public for disposal. Below are the appropriate contacts for recycling old medications:

Bellingham Police Department 505 Grand Ave
Bellingham, WA
360-778-8800
Accepts controlled substances

Costco Pharmacy
4299 Guide Meridian
Bellingham, WA
360-738-7851
No controlled substances

Haggen Pharmacy
Barkley Village; 2900 Woburn St. Bellingham, WA
360-715-5321
No controlled substances

Hoagland Pharmacy
2330 Yew St., Bellingham, WA
360-734-5413
No controlled substances

Fairhaven Market
1401 12th St. Bellingham, WA
360-733-9277 No controlled substances

Ferndale Haggen Pharmacy 1815 Main St., Ferndale, WA 360-380-7210
No controlled substances

Ferndale Police Department 2220 Main St., Ferndale, WA Accepts controlled substances



Turkey and Quinoa Meatloaf



courtesy of allrecipes.com

Ingredients

- 1/4 cup quinoa
- 1/2 cup water
- 1 tsp olive oil
- 1 small onion, chopped
- 1 large clove garlic, chopped
- 1 (20) ounce package ground turkey
- 1 TBS tomato paste
- 1 TBS hot pepper sauce
- 2 TBS Worcestershire sauce
- 1 egg
- 1 1/2 tsp salt
- 1 tsp ground black pepper
- 2 TBS brown sugar
- 2 tsp Worcestershire sauce
- 1 tsp water

Nutrition

- Calories: 259 kcal
- Cholesterol: 121 mg
- Fiber: 1.1 g
- Sodium: 968 mg
- Carbohydrates: 15.2
- Fat: 11 g
- Protein: 25.3 g

"I always found turkey meatloaf to be quite disappointing. The flavor is usually lacking as well as the texture. Well, I have developed this version that has a great texture and a surprisingly good flavor (my brother couldn't even tell that it wasn't beef)! The secret is the quinoa, which adds wonderful texture and is much nuttier than breadcrumbs. I hope you enjoy this recipe!"

Servings: 5
Prep: 30 min

Total Time: 1 hr. 20 min
Cook: 50 min

Preparation

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Preheat an oven to 350 degrees F (175 degrees C).
3. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
4. Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire, egg, salt, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 teaspoons Worcestershire, and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
5. Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Let the meatloaf cool for 10 minutes before slicing and serving.