The Responder

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"Providing Quality Service for a Safe Community"

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2018 STATISTICS

May 1 — May 31

District Average Response Time:
9 min. 15 sec.

Responses by Type:

Fire: 17
EMS: 183
Other: 125

Total: 325

Overlapping**: 83**

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

Captain Craig Johnson Retires

Captain Craig Johnson made the decision to retire from his position at NWFR following an eighteen year career as both a volunteer, firefighter, training captain and shift captain.

Craig began his career as a volunteer for District #3 in 1999 following a career in the military.

Captain Johnston stated that this body of leaders has provided him with the highest degree of comradery and respect any person could ask for.

Craig intends to stay in the area, although he plans to continue his yearly trip to Mexico alongside his wonderful bride, Kristi.

He also intends to be more focused on his twenty year nursery business. Morgan Creek Nursery is a family owned wholesale and retail nursery near Custer, WA.

Captain Johnson will be recognized at an upcoming NWFR Fire Commissioner meeting later this summer.

Enjoy your retirement Captain Johnson, you deserve it!

In Armor

by Mark vonAppen

When we don our armor we are all the same.

In armor we resemble knights, or gladiators.

All individuality melts away as we work to achieve a common goal; to serve and protect.

In armor we are a team.

It is only when we are shorn of our armor that our differences become apparent. We are mortal once again when in uniform.

Age, size, race and gender are visible. When we allow our differences to get in the way we are vulnerable.

In armor differences do not matter.

In armor we protect and are protected.

In armor the only semblance that we are flesh and blood and not machine is found in the one place where we can still be seen….Our eyes.

Our eyes are where we show our intensity, our heart, our desire.

In armor we train. In armor we sweat. In armor we fight. We appear larger than life as we stride with robotic motility toward danger.

In armor we work as one.

In armor we are all the same.

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

Preparing for a Medical Emergency

By FF Tom Kettman

If you are like most people, the thought of experiencing a medical emergency is scary, but small steps can alleviate stress and help improve care.

Attend a CPR/First Aid Class

In an emergency, every second counts. Attending a CPR/First Aid Class helps ensure you can provide aid before an ambulance arrives. North Whatcom Fire & Rescue provides free classes each month. More information can be found on our website: ***www.nwfrs.net/resources/classes/***

Clearly Visible Address

Regardless of the type of emergency, ensuring the house/building numbers are clearly visible day and night from both directions helps responders find you quickly.

- Use high-contrast or reflective numbers (minimum of 4" tall for residential, 6" for commercial)
- Ensure obstructions like shrubs or vehicles do not reduce visibility
- If your home is not visible, an address post must be placed at the main road. One local option for purchasing a reflective marker is ***www.safetyhomeaddress.com***

Medical Information Sheet

During an emergency, medical providers need to get answers to a lot of questions. Often patients tell us, "my information is on file at the hospital." Unfortunately, EMT's and Paramedics do not have access to this information when we get to your home. Maintaining a medical information sheet is one of the best ways to ensure we can deliver the best possible care. At a minimum, include the following:

- Full Name
- Birthdate
- Allergies: Medication and life-threatening food allergies
- Prescription medications (include doses and schedules)
- Chronic conditions (diabetes, high blood pressure, heart disease, etc.)
- Any reasons for hospitalizations (heart attacks, strokes, major surgeries, etc.)
- Doctor's name
- Emergency Contact Person

Note: Many medical providers can print a wallet-sized card with your information already completed.

While Waiting for the Ambulance

If you are calling on behalf of someone else, you can help emergency crews by preparing for the ambulances arrival:

- Lock up dogs or other pets
- Turn on the porch light
- Ensure the patient's personal medical information is available
- Move furniture out of the way to allow access for our gurney

NWFR's Tender Group

A water tender, also known as a tanker in some regions, is a specialized firefighting apparatus designed for transporting water from a water source to a fire scene. Water tenders are capable of drafting water from a stream, lake or hydrant.

NWFR has a dedicated volunteer tender group who transport and operate tenders as needed throughout the district in non-hydranted areas and in some cases, are requested by other departments.

Although tenders are stationed at all stations, the group trains regularly at Delta Station 68.

Safe Kids Safety Fair

The 9th annual Safe Kids Northwest safety fair will be chock full of emergency vehicles, information booths, and activities for all ages!

Ride the awesome bicycle skills course, tour the fire safety house, practice riding the bus, climb in a fire engine and police car, and much more.

The event will take place on Saturday, June 2 from 10 a.m. until 1:00 p.m. at the Barkley Regal Cinemas parking lot.

Come learn about safety from the experts!

NWFR Announces Promotions

After completing a recent promotional process and following two retirements, NWFR is pleased to announce that Jon Ahrenholz *(right)* has been promoted to Shift Captain and Jeff Hofstad *(below)* to Lieutenant. Firefighter

Please join us in congratulating both members on their recent and continued successes here at NWFR!

Events to Celebrate June Birthdays

2 — Mike Nelson
8— John Geleynse
10— Joel Nielsen
15— Jason Donnelly
17— D.J. Riehl
21— Blake Scott
28— Kelly Freeman

Flag Day—14

Father's Day—17

Food Bank Donations
125 #

Fire Commissioner Meetings
NWFR
Thurs. June 21
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Tues. June 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.

Roar and Soar 5K Run/Walk

On Saturday, May 5, North Whatcom Fire and Rescue and Local 106 provided a staffed aid car for the Roar and Soar 5K Run/Walk held in Lynden.

The event was an all community and family fun-filled event with proceeds going to volunteer teams at Fisher, Isom and Vossebeck Elementary Schools to benefit the children.

From left to right
Michael Richardson (LFD), Chuck Shipp (NWFR), Patrick Williams (LFD), not pictured, Mark Wohlrab (NWFR).

Bellingham Pipes and Drums Fundraiser

On Saturday, June 9, from 5:00 p.m. until 11:00 p.m., Bellingham Pipes and Drums will be co-hosting a fundraiser with Boundary Bay Brewery to raise funds to send members to the IAFF Fallen Firefighter Memorial in Colorado Springs, CO.

This is a family event that will include live entertainment, face painting, glitter tattoos, bouncy house and ice cream truck. Children are welcome until 10:00 p.m.

For more information please visit their Facebook page at https://www.facebook.com/events/251280565417115/

Healthy Turmeric Chicken Stew

Courtesy of Stephanie

Prep: 15 min. Cook: 28 min.

2 TBS olive oil
2 skinless, boneless chicken breast, cubed
2 sweet potatoes, cubed
1/2 red onion, chopped
1 small eggplant, cubed
2 cloves garlic, minced
1 TBS minced fresh ginger root
2 tsp ground turmeric
1/2 cup low-sodium chicken broth

Directions

Heat olive oil in a large skillet over medium-high heat.

Add chicken; cook until browned and no longer pink in the center, about 5 minutes.

Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes.

Add eggplant, garlic, ginger and turmeric; cook until fragrant, about 1 minute more.

Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

"This is a favorite 30-minute weeknight recipes. Turmeric (curcuma) is a bright yellow spice primarily found in India and Indonesia and is one of the main ingredients in curry. It adds an exotic color and flavor to any dish. "