



Volume 13 Issue 6

June, 2020



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2020 STATISTICS

May 1 — May 31

District Average Response Time:

8 min. 53 sec.

Responses by Type:

Fire: 13

EMS: 271

Other: 111

Total: 395



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

"Providing Quality Service for a Safe Community"
New Member Biography



by Alden Roberts

I was born and raised in Bellingham and feel lucky to call this beautiful place home! As a kid I grew up spending lots of time outdoors camping, mountain biking, hiking, and exploring with my parents, older brother, and friends. From a young age I've been drawn to adventure, being active, and challenging myself physically and mentally.



During my time at Bellingham High School I participated in sports year-round from football to wrestling, to track & field; but it was wrestling that became my passion. Those long practices were grueling but I loved the challenge and sense of accomplishment when all that effort payed off. The sport taught me many valuable

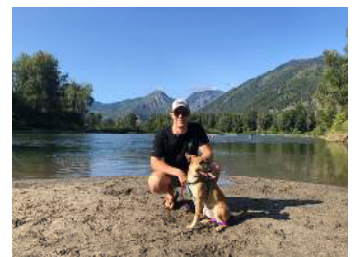
lessons about working hard and overcoming obstacles. I'm grateful since I often return to those lessons in the fire service.

It was also during high school that I decided that I wanted to pursue a career as a firefighter. I knew I wanted to have a job that kept me active, that I could feel good about doing, and that allowed me to make a positive impact in people's lives. I earned my Associates degree from Whatcom Community College through the Running Start program, and after graduating high school in 2015, I excitedly began the Fire Protection Technology program at Skagit Valley College. As part of the program, I worked at Skagit County Fire District 6 located just outside of Burlington, as well as Alger Fire and Rescue. Later I began working part-time at Anacortes Fire Department. After graduation, I continued to work at these departments. I had the opportunity to fight wildfires in Eastern Washington and California, as well as work at

Anacortes in a temporary full-time position.



These departments were my introduction to the fire service and I was fortunate to work with many amazing men and women. My feeling that this was the right career for me has only gotten stronger.



Outside of work, I enjoy climbing, mountain biking, and running. I am happiest when I'm outside exploring the many beautiful areas that the Pacific Northwest has to offer. I share those experiences with my girlfriend Mallory and our dog



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Member Bio cont.

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

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Nessy. In the winter, I also enjoy coaching the Bellingham High School wrestling team.

I am beyond excited to be starting my career with North Whatcom Fire and Rescue. It truly is a dream come true. I am looking forward to working with the members of this department to provide excellent service to the communities of north Whatcom County.



NWFR Donates Ambulance

On Saturday, May 17, 2020 Firefighters United aka Bomberos Unidos took possession of a donated ambulance and surplus MSA air packs from NWFR. Commissioner Crawford drove the ambulance to the rendezvous point at South King County Fire Department. *(his wife followed and brought him back)*

Union de Tula in Jalisco Mexico is the next stop for this ambulance.

Union de Tula Bomberos greatly appreciates their new ambulance and has offered to send pictures of the apparatus once in service.

Thanks to everyone involved in making this happen.



Pictured above are John Crawford and Moi Castellon, director of FF United.



Reputation Part II

by Ray Gayk



If you answered yes to the above questions, then you are headed in the right direction.

Making Changes

True change does not happen overnight it takes time. (Just ask my wife who's been trying to change me for 17 years.) But have you ever noticed how some people do an about-face and try to change their reputation the day they're added

to a promotional list? Remember: You can't sit around your entire career, then suddenly jump on every kiss-ass committee or project right before a promotion, and not stink up the joint.

I've done my fair share of changing throughout my career, and I've had to constantly analyze whether I'm doing the right thing for the right reasons. I've also watched some dear friends completely alter their reputations, going from partying rock-star-like lunatics to exceptional leaders. But none of it happened overnight. Here are some things you can do to begin changing some of those bad tattoos.

Make sound, solid decisions and maintain absolute integrity. If you have no integrity as a supervisor, you have nothing.

Be a leader in your current position. If you aren't a leader as a firefighter or an engineer, how can you be a leader as a captain? They don't hand you a box of leadership when you get promoted. If you can prove that you are a leader as a subordinate, your transition to

supervisor will be much easier.

Be a mentor. If you aspire to be a company officer, I'm sure you have some experience and knowledge under your belt. Share what you've learned unselfishly, and set a good example because someone probably did the same for you. Believe it or not, young firefighters are direct reflections of you as a role model.

Find something you're good at, and become the department expert in that area. This will take some time and a considerable amount of hard work, but it is worth every minute. Before you know it, people will begin seeking you out based on your expertise. Note: Make sure your expertise is relevant to your job being an expert in fly-fishing will only take you so far in the fire service.

Take responsibility for your mistakes and actions. When you make a mistake, don't hide it or blame it on someone else. On the fireground, we encounter an ever-changing environment that forces us to improvise and make decisions. These decisions don't always result in a perfect ending, so we must learn from our mistakes and pass on the information with humility.

Have fun at work, and try to stay positive, even if times

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Events to Celebrate June Birthdays

- 2 — Mike Nelson
- 8 — Delanie Warne
- 8 — John Geleynse
- 10 — Joel Nielsen
- 11 — David Varivoda
- 15 — Jason Donnelly
- 16 — Stephen Bowerman
- 17 — D.J. Riehl
- 21 — Blake Scott
- 28 — Kelly Freeman

Food Bank Donation 25#



Board Meetings may be conducted via Zoom Meeting

NWFR

*Thurs. June 18
9408 Odell St 61
Blaine — 1:00 p.m.*





4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for
a safe community



CPR / AED Classes 2020

Class will be held at various fire stations around the district. Check out <https://www.nwfrs.net/resources/classes/> for more information and to reserve your spot.

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



FOR THE SAVEJY OF
EVERYONE IN OUR
COMMUNITY, ALL CPR
CLASSES HAVE BEEN
CANCELLED UNTIL
FURUTHER NOTICE.

WE APOLOGIZE FOR
ANY INCONVENIENCE

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are rough in your department. Anyone can stay positive during the good times, but a true leader stays positive and can motivate people in times of difficulty. (If you hate being a firefighter, I'm sure your old boss at McDonald's will hire you back.)

The Golden Circle

I can recall some really stupid things I did as a firefighter that have followed me as a captain. I wish I could take back a number of these things, but I can't, so I must deal with every one of them now. The bottom line: We all make mistakes that we must live with. In fact, if I don't screw something up at least once a day, I get uncomfortable because I think something bad must be coming my way. But I try not to make the same mistake twice.

Any good engineer will tell you to do a lap around the engine before leaving a call. This will ensure that you have picked up all the gear, and you're not going to run over anything. This lap is called the "Engineer's Golden Circle". My good friend Jim Kimbrough told me one day that I should perform a "golden circle" before I say anything. That was really good advice and I wish I listened, because I could have significantly reduced some of my tattoos. Think about it: We all say and do less-than-responsible things sometimes. How much trouble could we save ourselves if we thought about what we said before we said it?

In Conclusion

When you finally decide to promote, you must deal with the tattoos you have received. Ask yourself, "How am I going to supervise a crew with the

reputation I have earned?" If you don't know the answer, ask someone who will give you an honest answer and some sound advice for making some positive changes. And if you can't undo something negative, make up for it by doing something positive.

I will leave you with a quote from General Ron Fogleman, U.S. Air Force, that easily relates to the fire service: "We earn and sustain the respect and trust of the public and of our troops because of the integrity and self-discipline we demonstrate".

Officers should strive to develop forthright integrity, officers who do the right thing in their professional and private lives and have the courage to take responsibility for their choices."

Ginger Pork and Cucumber Salad



Courtesy of Good Housekeeping

Ingredients

1 c. long grain rice
1 TBSP canola oil
1 pd. ground pork
2 cloves garlic, finely chopped
1 small red chili (seeded if desired)
2 TBSP plus 1/2 TBSP grated fresh ginger

2 TBSP low sodium soy sauce
2 TBSP fresh lime juice
1 tsp. brown sugar
1 English cucumber, thinly sliced
2 scallions, thinly sliced
1 c. fresh cilantro 1/2 c. fresh mint

Instructions:

1. Brown ground pork in cast-iron skillet in canola oil, 7 minutes. Toss with garlic, red chile, and 2 tablespoons grated fresh ginger. Remove from heat and toss with 2 tablespoons lime juice and 1 tablespoon low-sodium soy sauce (adding 1/4 cup water if dry).

2. Whisk 2 tablespoons lime juice, 1 tablespoons low-sodium soy sauce, 1/2 tablespoon grated ginger and brown sugar. Toss with cucumber and scallions; fold with cilantro and mint. Serve with pork over rice.

Servings: 4

Calories per serving: 475

Prep time: 15 min.

Cook time: 15 min.

