Volume 10, Issue 3
March, 2017

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2017 STATISTICS
Feb. 1 — Feb. 28

District Average Response Time:
8 min. 31 sec.

Responses by Type:

Fire: 6
EMS: 205
Other: 89
Total: 300

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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

by Scott Wood

I was born in Bellingham in 1960 at the old St Joe's on State Street (*which is now an apartment building*), just south of the armory. I came home to join my parents, older sister and two brothers. Our family owned a dairy farm on Beard Road and that is where I grew up working hard and having fun. I was driving tractors (*with help*) from a very young age and at ten was out raking hay by myself. I was in 4-H and showed calves at the fair. Later, I was in FFA at Meridian High where I also played trumpet in band, was on the track team and played football. After graduation I remained on the farm intending to take it over with my brother. Five years later, with high interest rates, low milk prices and all the other things farmers still deal with, we sold out and Mom and Dad retired.

I married a wonderful lady in 1984. Paula had a ten year old daughter, Monica, so at the age of twenty-three, I had a ready-made family. In 1990 we had another daughter, Allison. I worked for Dick Bedlington Potato's after leaving the farm where I liked to say that I drove truck, tractor, forklift and wheelbarrow! In 1988 I got hired at Intalco and worked in several departments but spent most of my years in the casthouse playing with molten aluminum. I was there for fifteen years before getting laid off in 2003.

I grew up around the fire service as my Dad was a founding member of the Laurel Fire Dept. This was in the days before pagers so I learned at a young age that when I heard the siren, which was up on the hose tower at the station, to find Dad and let him know. My brother and I went to the station a few times when Dad had Sunday duty. The pay for our "help" was a dime each; just enough to get a bottle of pop out of the cooler. By the way, the original Laurel station is now a Mexican grocery just south of the present station.

If not for my wife I would probably still be *thinking* about being a firefighter. I had mentioned to her that joining the fire dept. might be something I'd like to do. She took it upon herself to call Chief Bob Kratzig to get some information. The next thing I know she tells me that she is going to the station tonight and I said, "*Guess I'm going too*", and that's how it began! We *continued on pg. 2*

NWFR Promotions

Two members of the district were recognized for their recent promotions during a NWFR Fire Commissioner meeting held on Thursday, March 8.

Kris Jorgensen (left) was promoted to Training Captain. He has been with District #4 since 2008.

Stefen Paige (right), who was promoted to Lieutenant, began his career as a volunteer firefighter with District #4 in 2003.

Both positions were effective on Tuesday, February 7.

CONGRATULATIONS !

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

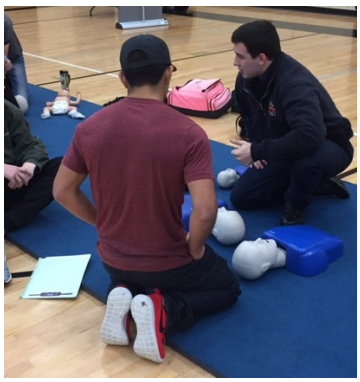
Address

Email

Banking

Family Additions

Name changes



Member Bio cont.

continued from pg. 2

went to training every Monday evening and about three months later, March 7, 1988, we both were voted in as members of the Delta Fire Department. This was in the days before recruit academies. We were given pagers and some gear and told what to do when the tone went off.

In the past twenty-nine years I've seen a lot, but a few things stand out like my very first call; a simple grass fire, and my first big fire; Voskuilen's Tractor Shop. There have also been some very hard calls such as working through tears while doing CPR on a retired Delta firefighter!

One of my favorite things was driving our old yellow tender. It had a big gasoline engine, a 13 speed transmission and hauled 3500 gallons of water. Having learned how to drive truck on the farm, double clutching a 1946 Studebaker, it was easy and fun doing the same with that 13 speed! Oh, and once the bias ply tires were replaced with radials, you could hit 60 mph without any trouble!

After sixteen years of marriage and twelve years of service at Delta, Paula died in 2000 of Lou Gehrig's disease. She was a wonderful wife and mother and a very dedicated Volunteer Firefighter/EMT. Our older daughter, Monica, was already out of the house by this time and I finished raising Allison by myself. For a single father, I could not have had it any easier after her mother gave her such a great foundation to grow on.

This brings us to the present; I work for Sanitary Service Company (SSC) and have a commercial front load garbage route. Last year I got a new truck, #502, which should carry me through to retirement. Monica lives in Lynden with her two children and Allison is married and living in Ballard. There is a lovely young lady, Gina, in my life who I'm happy to call my girlfriend. Last year we went zip lining up at Whistler and in November spent a few days at Rosario Resort. My brother owns one of our Dad's tractors which is kept in my shop. We have had it all apart for cleaning and painting and it's almost back together. I enjoy working in my shop and around my yard. Hopefully, one day soon I'll get a travel trailer and see this great country of ours!

Meridian High School Hosts Teen Heart Screening

On Wednesday, February 15, Meridian High School offered free teen heart screening to all Whatcom County students ages 14 to 24 years of age.

"Sudden cardiac arrest in teens can happen with no warning and can result in death. For people under 35, it is often due to hidden heart defects or abnormalities. If a defect or abnormality can be identified early, it can be monitored through a person's lifetime. Whatcom County Fire District chiefs and high school athletic directors, along with Peace Health St. Joseph Medical Center, have built a Teen Heart Screening program for Whatcom County teens. The hope is that awareness of a heart defect or abnormality can help save a life. Doctors along with other professionals provided non-invasive cardiac tests and kids with significant findings were referred for a screening echocardiogram or follow up with their primary care provider. These cardiac tests would typically cost $125 to $1,500 but with the generous support of PeaceHealth St. Joseph Cardiovascular Center, Boston Scientific, Whatcom County Fire District #7, Whatcom County Fire District #14, Whatcom County Fire District #1 and local businesses in the community, this important screening was free.

North Whatcom Fire and Rescue's Laurel Station 69 crew, assisted with the event by providing an informational teaching session of lay person CPR and AED application and by recording students' height and weight.

Change Your Clocks, Change Your Batteries

North Whatcom Fire and Rescue recommends that you change your clocks, you change the battery in you smoke alarms and carbon monoxide detectors as well.

At 2:00 AM on Sunday, March 12, 2017 you will be changing your clocks foreword one hour, which means that Daylight Savings Time begins.

Please take this time to make changing your batteries a family project. Something as simple as having a fresh battery may safe your life!

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- A closed door may slow the spread of smoke, heat, and fire.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.

Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016

Events to Celebrate

March Birthdays

5—James Brown
5—Tom Kettman
13—Gina Ball
13—Tom Morrell
13– Joe Noonchester
17—Commissioner Berkeley
17—Elliot Courage
19—Haley Urling-Ehinger
25—Commissioner Crawford
28—Sabrina Ooms
29—Ray Davidson

Daylight Savings Begins

March 12

Food Bank Donations

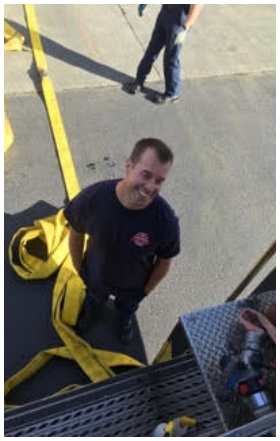
Fire Commissioner Meetings

NWFR

Thurs. March 16
9408 Odell St 61 Blaine — 7:00 p.m.

District 4

Fri. March 10
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 17
February 27
March 28
April 18
May 23
June 17
June 27
July 26
August 22
September 25
October 23
November 15
December 20

All-in-All-the-Time

by Captain Mark VonAppen

Mark has been a member of the Palo Alto (CA) Fire Department since 1998 and is assigned to the suppression division where he holds the rank of captain. He is a committee member for California State Fire Training and has contributed to the development of Firefighter Survival and Rapid Intervention curriculums. Mark has been published in Fire Engineering Magazine, Fire Service Warrior, and is the creator of the fire service leadership blog Fully Involved. He is an instructor for the Santa Clara County Joint Fire Academy, a recruit Instructor for Palo Alto Fire, an academy instructor at Evergreen Community College, and a member of the "Nobody Gets Left Behind" training group.

Everyone has to be all-in-all-the-time because it all counts. The time to prepare for your opportunity is in the days, weeks, months, and years before it happens. You have to prepare your people with a sense of urgency, not a sense of crisis. When we are called upon to act, we must be able to do so with conviction, and at full speed. Mentoring, whether formal or informal, is critical to developing the future of the fire service. Every one of us at some point in our career will have a chance to make a difference. It might occur during a search, on the nozzle, or on a medical call. We cannot determine when that time will come, only that it will. We must prepare for that moment with the attitude that it is a certainty, not just a possibility.

We never know when we will be the next man up.

Cabbage Rolls II

Recipe courtesy of allrecipies.com

Prep: 30 min. **Cook time:** 9 hrs.

"Cabbage leaves stuffed with ground beef, onion and rice, covered in a sweet and tangy tomato sauce and cooked in a slow cooker."

Ingredients

12 leaves cabbage
1 cup cooked white rice
1 egg, beaten
1/4 cup milk
1/4 cup minced onion
1 pound extra lean ground beef
1 1/4 tsp. salt
1 1/4 tsp. ground black pepper
1 (8 ounces) can tomato sauce
1 TBS brown sugar
1 TBS lemon juice
1 tsp. Worcester sauce

Preparation

Bring a large pot of water to a boil. Boil cabbage leaves 2 minutes; drain.

In a large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt and pepper. Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in slow cooker.

In a small bowl, mix together tomato sauce, brown sugar, lemon juice and Worcester sauce. Pour over cabbage rolls.

Cover and cook on low 8 to 9 hours.

Calories	246
Fat:	10.8 g
Carbs	18.3
Protein	19 g
Cholesterol	83 mg
Sodium	748 mg