



Volume 13 Issue 3

March, 2020



### Feature Stories

- New Member Bio
- Medic Program
- Women in the Fire Service
- Fire Safety
- Book of the Month
- Recipe

### 2020 STATISTICS

Feb. 1 — Feb. 29

#### District Average Response Time:

9 min. 09 sec.

#### Responses by Type:

Fire: 10

EMS: 253

Other: 119

**Total: 382**

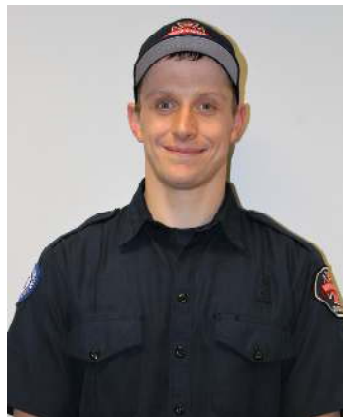
Like Us On  facebook

*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

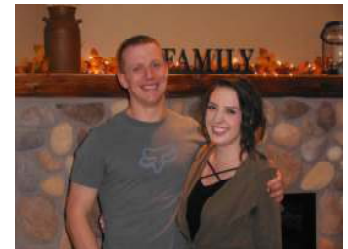
by Gary DeJager



Many people might wonder who this blonde haired blue eyed Dutch boy with the funny last name is and where he came from. Hopefully this little snap shot of my life can help provide you with a small idea. I was born in Bellingham, on December 30, 1992. I have 2

younger sisters (Janis, and Jill), and one older brother (Rodney) and my parents (Pete and Shelli). I also recently got engaged to my now fiancé (Brittany Connolly) at Christmas last year. We are planning on getting married later in 2020.

I was raised on my family’s dairy farm in Everson, Washington, where we milk 160 cows, and grow feed on 130 acres. Growing up on a farm and knowing that my work makes a difference, taught me many valuable life lessons from a very young age. Having to be up at the crack of dawn to feed calves or help clean the parlor, to learning how to be able to manage the dairy in my parents



absence, helped to instill many values in me such as hard work, responsibility, teamwork, and integrity. This provided me with an awesome stepping stone to guide me into high school and my young adult life.

My parents kept me very active while growing up, by keeping me involved in a wide variety of activities including, playing community league soccer and showing cows and chickens in 4-H. I also partook in mission trips to the Black Feet Indian Reservation where I worked with the youth of that community, and in Guatemala where I helped distribute wheel chairs and constructed a home for an improvised family.

I graduated from Nooksack Valley High School in 2011. While in high school I was very involved in FFA and wrestling. After high school *continued on pg. 2*



*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*

*continued from pg. 1*

I attended Bellingham Technical College, where I studied Diesel Technology and earned my certification and



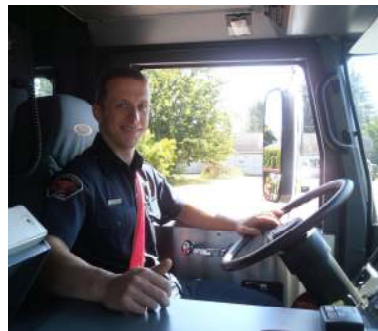
A.A. Degree in 2013. After completing tech school, I accepted a contract to work for PAE who sub contracted for Lockheed Martin at McMurdo Station in Antarctica. I spent 6 months on "the ice" working as a Diesel Mechanic Assistant. It was one of the coldest and craziest places I have ever experienced. Upon my return, I started working as a mechanic and as a farm hand for several different community businesses and dairy farms.

During my free time I have several hobbies that I enjoy doing. I have hunted water fowl for the last 11 years. I

also enjoy motorsports. I have an 87' Toyota 4x4 pickup that I use for camping excursions and exploring, as well as a Honda 400 quad, I ride with a group of my friends.

I started volunteering for Whatcom County Fire District #1 in January of 2016. After volunteering for 2 years I entered their resident program and stayed involved with that program until October of 2019. In addition to this, I began working for the Marysville Fire District part-time in September of 2018. From the fast pace and high call volume in Marysville, to the dynamic and challenging calls at WCFD#1, both departments helped me to have a broader view of the many facets of the fire service.

To be able to work doing the job I love in Whatcom County is a dream come true for me. I am excited to have this opportunity to use my skills, abilities, and experiences to serve the citizens of



North Whatcom Fire and Rescue.

## Two NWFR FF's Participate in Medic Program

Sean Roberts and Zach Scott are the first NWFR members to participate in the Whatcom County Paramedic Program.

Congratulations on to both of you on your progress

They are currently completing their first quarter of classes and will be riding on medic units with their medic partners.

It will take approximately one year to complete the entire program.



# History of Women in the Fire Service

By Haley Urling-Ehinger



When did women join the fire service? The first paid fire company was the Boston Fire Company, formed in 1678. In 1735, the Union Volunteer Fire Company was established as the first volunteer fire company. However, both paid and volunteer firefighters were all men until the early 19th century. In 1818, Molly Williams became a volunteer firefighter with the Oceanus Engine Company #11. It is well thought that she was the first female firefighter in American history. During World War II, it became slightly more com-

monplace for women to become volunteer firefighters. Many men who were volunteer firefighters fought in the war, leaving those positions empty. Women filled these vacancies by stepping up into the traditionally-male role.

Almost 300 years after the first paid fire company was formed, Sandra Forcier became the first paid female firefighter in American history. She was hired in 1973 by the Winston-Salem Fire Department as a Public Safety Officer, and in 1974, Judith Livers became the first paid firefighter to work solely as a firefighter. These ladies proved that women could do the job while opening doors for other women to see firefighting as an attainable career. It has since been more



and more frequent for women to be hired as firefighters.

The NFPA (National Fire Protection Association) reports that in 2014, 3.5% of paid firefighters in the United States were women, which increased to 4% in 2017.

Currently, North Whatcom Fire and Rescue has two paid female firefighters and one Lieutenant. These women make up 6.5% of the department.



## Events to Celebrate March Birthdays

- 2 — Chris Lubenow
- 17 — Elliot Courage
- 19 — Haley Urling-Ehinger
- 24 — Tye Thompson
- 25 — John Cranford
- 25 — Shane Madsen
- 28 — Sabrina Ooms
- 29 — Ray Davidson (60)

**Food Bank Donation**  
#130



**Fire Commissioner Meetings**

**NWFR**  
Thurs. March 19  
9408 Odell St 61  
Blaine — 1:00 p.m.

**Board Retreat**  
March 27  
4142 Britton Loop St 12  
Bellingham—9:00 a.m.

**District 4**  
Wed. March 18  
4142 Britton Loop St 12  
Bellingham — 12:00 p.m.

## Basic Fire Safety Tips for Kids and Families

Help your family stay safe in the event of a fire. Do not let children play with matches, lighters or candles. Keep these items up and away from young children. In addition, teach your kids these basic fire safety tips to help ensure they know what to do during a fire emergency.

Teach children that if a door-knob is hot, you should NOT open the door.

Teach children how to “Stop,

Drop, and Roll.” Teach your kids to crawl on their hands and knees if they see smoke.

[Take your child to the fire house to meet a firefighter.](#)

This way, they learn what a firefighter looks like in their fire gear.

Teach your child to never hide under the bed or in the closet.

There’s no 100 percent guarantee that a fire will never hap-

pen in your home. That’s why it pays to be prepared and take steps to reduce the risk of a home fire.

Follow the three “P’s” – prevent, plan, and practice. Make sure your home has working smoke alarms, your family has a fire escape plan, and you have practiced it.





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 dis-  
trict. Check out

<https://www.nwfrs.net/resources/classes/> for more in-  
formation and to reserve  
your spot.

*Donations of nonperishable food  
items are encouraged but not man-  
datory. All food donations will be  
forwarded to local area food  
banks.*



## NWFR Launches Book of the Month

North Whatcom Fire and Res-  
cue is adding a new addition to  
the newsletter. Every month,  
NWFR will provide a book sug-  
gestion along with a review  
from one of our members. The  
hope is to peak your interest  
enough to give the book a try  
and ultimately and hopefully  
begin some unexpected con-  
versations at work or home.

Suggested book topics include  
the fire service, growth, profes-  
sional development, enhance-  
ment, mentorship and leader-  
ship to name a few.

Any book suggestions accom-  
panied by your review, can be  
submitted to the administra-  
tion office (Jennie Sand) for  
consideration.

We look forward to seeing  
your recommendations.



## Salad Bar in a Jar



*Courtesy of Men's Health (Liv  
Langdon)*

Mason jar salads are amazingly  
easy to make, carry and store  
and can be also be incredibly  
nutrition-packed and adverse,  
conducted with the flavors of  
Mexico, Italy, Asia and more.

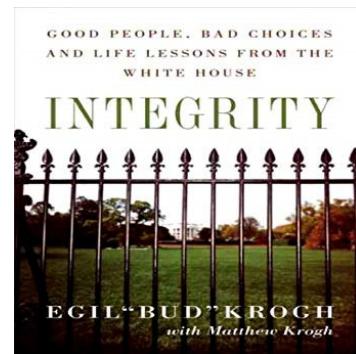
The formula: Basically, the idea  
is “wet foods first, dry foods

*by Ray Davidson*

My recommendation for the  
first Book of the Month is In-  
tegrity by Egil “Bud” Krogh.  
Bud Krogh worked for Presi-  
dent Nixon and was instru-  
mental in both the Daniel Ells-  
berg break-in and Watergate.  
Bud just recently passed away  
at the age of 80, but not before  
leaving a legacy of lessons  
learned in the White House  
and what it means to have In-  
tegrity at every level. He ul-  
timately served time in Federal  
Prison for his role in the deci-  
sions he made, thinking the  
ends justify the means. But as  
we learn in his book, he real-  
ized just the opposite.

I knew Bud for more than 20  
years and visited him in DC  
several times. He gave our  
family tours of areas in DC  
that most folks never knew  
much about or maybe didn't  
care. He was a true man of  
Integrity. The lessons he  
learned from that time served  
to make him a great man and I  
was proud to be part of his  
extended family.

I think this book clearly  
points out what it means to  
have integrity and seems a  
fitting book for the work we  
do.



last,” so the salad's not soggy  
when you eat it.

Start with two wide-mouth,  
quart-size mason jars and pour  
in some (preferably fresh)  
dressing, then layer on the salad  
ingredients. Then close it and  
pop it into the fridge (it'll stay  
fresh for up to a week), or take  
it with you to work. When you  
turn it over into a bowl, it's  
ready to go.

You're about to open up a  
world of possibilities.

- Pad Thai Shrimp
- Chicken Caprese Salad
- Tuna Tropical Paradise
- Latin Burrito Bowl
- Greek God Salad

[Click here for recipes](#)

*“Make a salad in a mason  
jar for a fast, healthy, easy-to-  
carry meal that will last up to  
a week.”*

