



# The Responder



Volume 8, Issue 5  
May, 2015



## Feature Stories

- Member Profile
- Preschool Visit
- Years of Service
- Lieutenant Promotion
- Dispatcher's Week
- Healthy Recipe

## 2015 STATISTICS

April 1 — April 30

### District Average Response Time:

min. 7 sec. 55

### Responses by Type:

Fire: 10

EMS: 207

Other: 59

Total: 276

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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 Jeff Haley grew up in Corvallis, Oregon playing soccer and alpine ski racing, before moving to Boulder Colorado for college. In college, he studied chemistry, political science, and journalism, receiving a Bachelor of Science degree from the University of Colorado at Boulder. On summer breaks from college Jeff worked at Camp Firwood on Lake Whatcom teaching sailing, and playing a lot of volleyball. While working at Camp Firwood he managed to

meet his wonderful wife, Erinn. She was finishing her RN program at Trinity Western and working as the camp nurse.

Jeff and Erinn moved to Colorado where they married. When an opportunity to move to Bellingham came up with both of their jobs, they made the move back to Whatcom County. Despite only residing here during the summer months Bellingham felt like home. After what felt like a very dark and damp first winter, Jeff and Erinn have made Bellingham their home where they enjoy time exploring and working hard in the mountains.

After a few years trying his hand at snowboarding, Jeff dusted off his old race skis and tried out for the ski

patrol at Mt. Baker. Over the past five years he has had the opportunity to serve alongside a number of Whatcom County firefighters. Looking for additional opportunities to serve in the emergency medical system, Jeff filled out an info card at Britton Loop Station 12 (*just down the road from his family's home*).



Throughout the NWFR Joint Recruit Academy of *continued on pg. 2*

## NWFR Firefighter Visits Preschool

On Friday, April 3, NWFR firefighter Andrew Martin visited two Lynden Christian Preschool classes to discuss fire safety. Andrew's son Tyler currently attends Lynden Christian Preschool.



## NWFR Member Profile cont.

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

continued from pg. 1

2014 and with encouragement from his firefighter brother-in-law, Jeff began pursuing a career in the fire service. He chose to commit fully to pursuing a fire service career after seeing firsthand the value placed on family, service, and the commitment to excellence that runs throughout our organization.

Jeff has a ten year career in business, working in sales, business management, and proposal/grant writing. He currently oversees Sales and Marketing for Softride Inc. in Bellingham, working before that for the McNett Corporation.

Jeff and Erinn have two children; Bennett (four) and Violet age two. They can be found terrorizing their neighborhood on their bicycles and climbing all over the local parks and play-



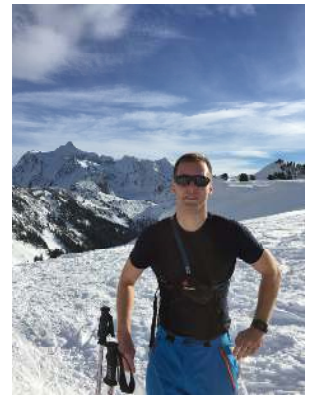
grounds.

During his eight years in Whatcom County, Jeff has completed six of the seven legs of the Ski to Sea race. The mountain bike leg is the last one on his list.

*“It’s Ironic, because I spend more time on a bike these days than any other leg in the race. But it turns out; it’s not difficult to find a capable mountain biker in this town. Anyone want to cross country ski on a team with me this year? Additional prefer-*

*ence points will be given to skiers adept at traveling across rock and mud.”*

A couple years ago Erinn and Jeff finished their second family tandem in the Bellingham Traverse. His next goal is to simply start and finish the Bellingham Traverse solo while Erinn has set her sights on qualifying for Boston. Stay tuned...



## Lieutenant Doug Clark Honored for Service

Former Lieutenant Doug Clark was honored for his eight years of service to the district on Thursday, April 16 during a regularly scheduled NWFR Fire Commissioner meeting held at Blaine Station 61. Wife Katie and daughter Lexie were also in attendance.

Doug resigned recently due to medical reasons. Doug addressed the group speaking of his years with the district and his sorrow to be leaving so early in his career. The crowd echoed his sentiment, giving Doug a standing ovation at the conclusion of the presentation.



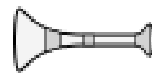
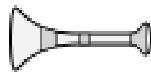
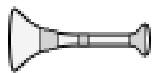
THANK YOU FOR YOUR YEARS OF SERVICE AND BEST OF LUCK IN THE FUTURE!

## Tony Esser Promoted to Lieutenant

On Thursday, April 16 during a regularly scheduled NWFR Fire Commissioner meeting held at Blaine Station 61, Tony Esser was formally promoted to the rank of lieutenant. Tony's wife Tawny and daughter Adi were in attendance and participated in the pinning ceremony.

Tony joined the department in April of 2007 and has worked diligently to educate and prepare himself for this opportunity. Since his hiring Tony has gone on to achieve his Associates Degree in Fire Science, participated in the NWFR Fire Officer Academy and become an Adjunct Instructor in the Skagit Valley College Fire Science Program.

Tony has earned the respect and trust of his peers by being a solid role model and someone you can count on when needed.



### May Birthdays

4—Micah McConkey  
29—Commissioner Neal  
31—Commissioner Ness

### Holidays

10—Mothers Day  
25—Memorial Day

### Food Bank Count

370 pounds

### Firefighter Association

Meetings—Laurel St. 69—  
7:00 pm—Mondays May 18,  
Aug. 17, Nov. 16

### Fire Commissioner

#### Meetings

#### NWFR

Thurs. May 21  
9408 Odell St 61 Blaine —  
7:00 p.m.

#### District 4

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

## NWFR Recognizes Area Dispatchers

Each year, the second full week of April is dedicated to the men and women who serve as public safety Telecommunicators. Telecommunicators are all those people who utilize telephones, radios, computers and technical skills to provide support to Law Enforcement, Fire Services, Emergency Medical Services and other governmental field personnel.

Dispatchers do so much more than just answer your 911 call; they offer support

and compassion for those in distress.

NWFR members recently surprised “on duty” dispatchers with “goodies” from the staff.

NWFR would like to recognize and celebrate all dispatchers for the role they play in supporting Emergency Medical and Fire Services.





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](http://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, June 17  
Friday, July 31  
Wednesday, Aug. 27  
Wednesday, Sept. 23  
Wednesday, Oct. 28  
Wednesday, Nov. 18  
Wednesday, Dec. 30



## Health Instant Oatmeal Packets—Hot or Cold

Courtesy of Monica Mathenmy



theyummylife.com

### Basic Recipe

1/3 cup rolled oats (instant, quick or old fashioned)  
1 tsp chia seeds  
2 tsp oat bran  
2 tsp powdered milk  
1 to 3 tsp brown sugar, sucanat, pure maple syrup, coconut sugar, or other preferred sweetener  
1/8 tsp cinnamon  
pinch of salt

### Substitutions

Chia seeds—ground flax or hemp seeds  
oat bran—wheat bran or wheat germ (can use gluten free)  
powdered milk—protein powder dairy-free or vegan option—omit powdered milk  
Freeze-dried fruit—dehydrated fruit—more dense so use less

### So many uses!

A busy family in the morning  
A workplace meeting or break room  
A dorm room  
A brunch buffet table  
A trip  
Camping and backpacking



### Directions

Combine basic recipe ingredients in individual zip top bags. Add additional flavor ingredients, if desired—see suggestions below.

*These bags may be made, tightly sealed and stored for several months, depending on the shelf life of the ingredients used. May be stored in freezer to extend their life further.*

### To prepare 1 serving of hot oatmeal:

**BOILING WATER METHOD** (not recommended for old fashioned oats): Add 1 oatmeal packet to mug or bowl. Pour in 2/3 cups boiling water and stir. Let instant oats stand for 3-4 min. to soften and thicken; stir, and they are ready to eat. Quick oats may need to soften an additional min. or two.

**MICROWAVE METHOD:** Add 1 oatmeal packet and 3/4 cup cold water to microwave safe mug or bowl. For instant oats, cook uncovered on high for 1 min; stir and it's ready to eat. For quick oats, cook on high for 2 min. let stand 2 min. stir and ready to eat.

### To prepare 1 serving of refrigerator oatmeal:

Add 1 oatmeal packet to a pint or half pint jar (or other covered container). Pour in 1/2 c cold water, add 1/4 c yogurt, cover tightly, and shake vigorously until well mixed. Refrigerate at least 4 hrs., overnight, or up to 3 days.

### 12 FLAVOR VARIATIONS (use basic recipe, plus these additions):

1. Plain—Use basic recipe ingredients.
2. Apple Cinnamon Maple—2 TBS dried or 1/4 c freeze-dried chopped apple; additional 1/4 tsp cinnamon; use maple sugar for sweetener.
3. Blueberry—2 TBS dried or 1/4 c freeze-dried blueberries.
4. Cherry Almond—2 TBS dried or 1/4 c freeze-dried cherries; 1 TBS sliced or slivered almonds.
5. Apricot Ginger—2 TBS chopped dried apricots; 1 tsp minced crystallized ginger.
6. Cranberry Orange Pecan—2 TBS dried cranberries; 1 tsp dried orange peel bits; 1 TBS chopped pecans.
7. Pineapple Coconut—2 TBS dried or 1/4 c freeze-dried pineapple; 1 TBS freeze-dried coconut.
8. Raspberry Vanilla Bean—2 TBS dried or 1/4 c freeze-dried raspberries; 1/4 tsp vanilla powder.
9. Peach (or Mango) Macadamia Nut—2 TBS chopped dried peaches (or mangos); 1 TBS chopped macadamia nuts
10. Cocoa Banana—1/4 c chopped freeze-dried bananas (dried banana chips not recommended); 2 tsp cocoa powder.
11. Peanut Butter Banana—1/4 c chipped freeze-dried bananas; (dried banana chips not recommended) 1 TBS PB2 peanut butter powder.
12. Mocha—1 tsp cocoa powder; 1/2 tsp instant espresso powder.

Nutritional data for the basic oatmeal packets (without fruit or nuts). There is 1-1/2 teaspoons of brown sugar for the sweetener in these calculations. For one plain oatmeal packet: 160 calories, 2.8g fat, 53mg sodium, 28.6g carbs, 3.9g fiber, 7.6g sugars, 6.5g protein.