The Responder

Volume 8, Issue 11
November , 2015

"Providing Quality Service for a Safe Community"

Feature Stories

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2015 STATISTICS
Oct. *1* — *Oct. 31*

District Average Response Time:
min. 8 sec. 41

Responses by Type:

Fire: 14
EMS: 211
Other: 76
Total: 301

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

NWFR Member Profile

Richard Walter grew up on a large cattle ranch in northern British Columbia, learning what a strong work ethic and the value of community service was from a young age. Richard enjoyed hanging out at the local Royal Canadian Mounted Police (RCMP) station, where his best friend's dad was the chief. Richard's dad volunteered as a guard and his mom cut the officers hair.

Growing up in the "*wilderness*" gave Richard a love for all things outdoors, including hiking, hunting, shooting, skiing, and back woods camping. Horseback riding, dirt biking, and snowmobiling added some variety to continually herding cattle.

After high school, Richard attended British Columbia Institute of Technology (BCIT) near Vancouver B.C. He paid for his schooling with the money he earned during summers operating skidders & log loaders in the bush back in Northern B.C.

Richard decided to attend a short term Bible school in Cannon Beach, Oregon, where he met his wife Carolyn. The summer before they were married, Richard worked as the wrangler at Camp Firwood on Lake Whatcom, taking care of the horses, teaching riding lessons and leading trail rides for the campers and staff. Richard and Carolyn soon realized that Whatcom County was the perfect place to raise a family and that's what they did!

Richard is dad to five grown children: two boys (Eric and Kyle) and three daughters (Melissa, Sarah and Esmeralda. All of Richard and Carolyn's kids live locally except Melissa, who was married this July and moved to Pennsylvania where her husband will attend Pen State for five years.

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Run Like a Girl

Firefighters were on hand to congratulate runners as they crossed the finish line during the Run Like a Girl half marathon (13.1 miles) on Saturday, October 3 at Fairhaven Park in Bellingham. Approximately 350 runners participated in the non-competitive entertaining affair. NWFR firefighter Gina Ball participated in this years' event.

The event supports Girls on The Run of Northwest Washington. Their mission is to educate and inspire girls for a lifetime of self-respect and healthy living.

Girls on the Run

run like a girl bellingham 2015 half marathon

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

Delta Station 68—Forty Years of Service

Volunteer Tender Operator Dale Rutgers was recognized during volunteer training on Monday, October 5 for his forty years of service to North Whatcom Fire and Rescue. Dale began volunteering for District 3 in 1975. Both retired and active members were present to celebrate with Dale and his wife Femmie.

NWFR Member Profile cont.

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Throughout the years Richard has lived in Whatcom County. He has worked almost exclusively in the glass/construction industry, including owning his own glass company for fifteen years. In the '90's Richard had an opportunity to do volunteer glass work in Albania for a month, cutting and installing glass in hospitals & orphanages. That experience not only led to the adoption of their daughter Esmeralda, it also reignited for Richard the spirit of service and community work which has always been important to him.

In addition to raising their own five kids, Richard and Carolyn have been foster parents to dozens of children in Whatcom County. They enjoy being involved in their church and help out in the toddlers' class on a regular basis.

When the opportunity came up to join the 2014 NWFRS/Lynden joint Fire Academy, it seemed to Richard to be an exciting new way to serve Whatcom County; blending career goals with community service!

Richard has thoroughly enjoyed this probationary year especially pulling shifts and learning from all the different crews who have all been more than eager to teach and mentor him! Richard says it has been a very positive and encouraging experience for him!

Keep an eye out! You may run into Richard, if not on shift, perhaps when you are picking up building supplies at Vander Griend Lumber. Or maybe along the boardwalk at Boulevard Park, where he and Carolyn enjoy walking and chatting with, or without, one or more of their kids. Perhaps you'll pull up behind him cycling on one of the county roads, or participating in the Tour de' Whatcom or spot a thin wisp of smoke from his camp fire up in the hills of Sumas Mountain, or anywhere in the bush. You may find that he was the one that caused that huge explosion of snow from wiping out on the moguls of Baker. Or, maybe you'll see Richard and Carolyn strolling out at Semiahmoo with their daughters' golden retriever, and two grunting, snorting Pugs... Who knows?

National Fire Academy

by Captain Joe Noonchester

It is my honor and privilege to represent North Whatcom Fire and Rescue in a four year program at The National Fire Academy titled Executive Fire Officer.

I initiated the application process during Chief Tom Fields time with us. He endorsed me as a student for this program knowing that it would be beneficial to further my education and accomplish some of my career goals in the fire service. I appreciated his support as I began a 1 ½ year application and acceptance procedure. Without his direction and encouragement I would not have been able to proceed.

Since then, I have completed my third two week class there. The entire curriculum has been very interesting and I enjoy the fellowship and comradery in the group dynamics. I have met and made friends with several other fire officers from all over the United States and Canada.

Each year, a different class topic is studied. They are as follows; Executive Development, Community Risk Reduction, Emergency Management and year four is Executive Leadership. After each class concludes, I am required to write an extensive research paper on a topic that will enhance our organization and can be applied to our jurisdiction. It has been a lot of work but very rewarding.

I will officially be done and graduate in the fall of 2016. I truly appreciate the support I have received from our agency. Our National Fire Academy and National Emergency Training Center is fully funded by FEMA and The Department of Homeland Security. They encourage us all to enroll and be part of an ever changing industry.

Sunrise Preschool Visits Birch Bay Station 63

Forty students from Mrs. Mulligans Sunrise preschool classes recently visited Birch Bay Station 63. On duty to assist were Captain Ward, Lieutenant Leslee Smith, firefighters John Hollstein, Russ Briskin, Darren Bruya, Kenneth Cunningham, and volunteer firefighter Tyler Hanon. Students along with parents and grandparents were split up into three smaller groups and rotated through various stations.

A classroom station taught the youngsters about fire safety, 911, matches and lighters, stop drop roll and smoke detectors. A firefighter gear donning demonstration emphasized to the preschoolers to not conceal themselves from firefighters during an emergency. The groups had the opportunity to tour a fire engine and an aid unit. All students were given the opportunity to spray water on a target fire house and have their photo taken with wearing a firefighter helmet.

Before leaving, their visit was immortalized with a group picture taken from the station rooftop.

Events to Celebrate

November Birthdays

1—Chuck Shipp
9— Jon Ahrenholz
11—John Lovatt
14—Jennie Sand
18—Russ Brisk in
22—Wayne Sanders
22—Adam Smith
29—Chief Hollander

Thanksgiving—

Thurs. November 26

Whatcom FF Association Meetings

Mon. November 16
Laurel St 69

Fire Commissioner Meetings

NWF

Thurs. November 19
9408 Odell St 61 Blaine — 7:00 p.m.

District 4

Tues. November 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.net for more information and to reserve your spot.

January 27
February 25
March 25
April 29
May 27
June 17
July 31
August 27
September 23
October 28
November 18
December 30

Community Pumpkin Party

North Whatcom Fire and Rescue hosted a Community Pumpkin Party on Monday, October 26 at Britton Loop Station 12.

We had a large patch of pumpkins for those children who did bring one, carving kits, coloring activities, photo venues, hot cocoa to warm little bellies and plenty of sugar to wind everyone up.

A giant thank-you to everyone who came to help and to all of those who brought their families to participate in our carving extravaganza!

Apple Cinnamon Coconut Flour

Recipe courtesy of Wellness Mama

Ingredients

5 eggs
1 cup homemade applesauce (store bought should work too)
1/2 cup coconut flour
2-3 TBS cinnamon
1 tsp baking soda
1 tsp vanilla (optional)
2 TBS honey (optional)

Prep time: 5 minutes

Cook time: 15 minutes

Directions

1. Preheat oven to 400°
2. Grease a muffin pan with coconut oil.
3. Put all ingredients into a medium sized bowl and mix with immersion blender or whisk until well mixed.
4. Let sit 5 minutes.
5. Use 1/3 cup measure to spoon into muffin tins.
6. Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top.
7. Let cool 2 minutes, drizzle with honey (if desired) and serve.

This recipe is actually very versatile! To mix it up, try these flavor combinations:

- Reduce the applesauce by 1/4 cup and add an overripe banana before blending.
- Mix in 1/2 cup toasted nuts (like walnuts) by hand.
- Add 1/4 cup blueberries or raspberries
- Add 1/2 cup chopped apples for a little crunch.
- Add 3 TBS cocoa powder to make almost cupcake like