Volume 10, Issue 11
November, 2017

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2017 STATISTICS

Oct.1 — Oct. 31

District Average Response Time:

9 min. 39 sec.

Responses by Type:

Fire: 12
EMS: 228

Other: 151

Total: 391

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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"

Member Profile

by Admin Assistant Jennie Sand

I was born in Toronto, Canada. My mom, a single parent, traveled to British Columbia from Ontario, with four children under the age of nine. We camped across Canada pulling a small U-Haul. Upon arriving in B.C., we lived on a farm with our relatives and attended a two room school house. I began the third grade in the same classroom as my older sister.

Once my mother got her bearings, we moved to Burnaby for a short while, finally settling in New Westminster. My mom eventually remarried and they spent the next few years buying homes, renovating and then moving on. They were flipping houses way before it became the trend that it is today. As a result, I attended every single elementary school (K-7) in New Westminster. By the time I entered high school, I already knew quite a few classmates. Shortly after I began junior high, my mom, who had immigrated to Canada from the Netherlands as an adolescent, decided to relocate yet again, this time to the United States. We settled in Birch Bay, close to Point Whitehorn. Imagine my surprise (horror) to find out that eighth grade was in fact not high school but middle school!

Having moved around so frequently, I must admit I had a hard time adjusting to all the changes in my life.

In my senior year of high school, I made the decision to enroll in the Bellingham Technical Institute, where I took retail business and operated the school store during lunch time. I also worked at Fountain Drug Store on Meridian. I took evening classes to ensure I would have enough credits to graduate. I wouldn't appreciate how exciting learning could be until much later.

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firefighters

OPERATION warm more than a coat

Providing a gift of warmth to children in each community they protect, firefighters have become the heroes on the front lines of Operation Warm's mission: "*to provide brand-new winter coats to children in need, helping*

improve self-confidence, peer acceptance, school attendance and overall wellness—because we believe a new winter coat can provide more than just warmth."

A school is chosen based on free and reduced lunch data and then all children in a particular class or grade range receive a coat regardless of their social economic status.

This is the fifth year the union has spearheaded this event.

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 Profile cont.

continued from pg. 1

I married a local commercial fisherman (Eric) and we spent our first summer together salmon fishing in southeast Alaska on a thirty three foot gillnetter. It was quite an adventure especially since my fishing knowledge was nonexistent and my experience on boats nil; did I mention that I do not swim?

Since my husband had chosen a career and lifestyle that required him to be gone for months at a time, my dream was to stay at home with our two children, Jennifer and Rob. I helped out in both of preschool and kindergarten classes. It seemed I was at school just as often as my children. I finally made the decision to sub for various positions in the elementary school before landing a job on the playground. I enjoyed seeing the students every day and discovering what was special about each one. It gave me great satisfaction to know I was helping in some small way. I wasn't expecting that; it took me by surprise.

Once I began to feel comfortable with my peers, I began attending conferences and classes wherever and whenever I could. Who knew learning could be so fun once I identified where and how to apply my new found knowledge. I am proud to say that I initiated the first conflict management and alternative recess program at the school. Ultimately I finally found my niche in the Blaine Elementary School library. This is where I learned computer skills, video editing and web page development alongside the students. As my children got older and pursued their own interests, I began working summers as the school painter. It was much different than what I did during the school year but I enjoyed the quiet solitude of the physical labor.

As my children grew up and moved out of the house, my husband got the itch to move to Alaska permanently. We sold our house, said goodbye to friends and family, with the exception of our son who accompanied us and moved to Wrangell Alaska, just as the crabbing season was about to begin. Not long into our adventure my husband became ill and was unable to work. He spent the next month in hospitals in Petersburg, Ketchikan and was finally flown to the University of Washington. Eventually we ended up back in Blaine where I was welcomed back into the familiar Blaine School system, ending up as the secretary in the curriculum office.

Desiring a change in my life, I happened to hear about a job opening at the local fire station. Although there was so much knowledge I needed to acquire in this new arena, it was just the jolt I needed. I am so fortunate that I am in an environment where I am encouraged to continue learning every day in a close knit family atmosphere.

I am very content living and working in the community I have grown to love. As an added bonus I continue to live in close proximity to both children and my seven grandchildren. While I must admit that I do miss working with the kiddos, especially when I see school busses full of children, at this point in my life, I could not see myself working anywhere else!

Thoughts During a Recent Half Marathon

by FF David Comp

The rain held off on a brisk Saturday morning in early October as 73 runners gathered together at the starting line of the 2017 Lake Padden Trails Half Marathon. Lake Padden holds a maze of trails that are well known among trail runners for slippery roots, large rocky sections, steep hills and lots of mud. All these variables combined to provide a truly challenging 13.1 mile trail running race. Similar to your average day while on shift at station 12.

The race had begun; as I tried to settle into a pace that I could maintain for a couple hours, endorphins began to flow and profound thoughts were happening. The value of consistency became a solidified thought and its relation to our career within the fire service.

The importance of consistency actually cannot be overstated; however, the very nature of our business opposes consistency. Look at our schedules, the type of work we do, our broken sleep patterns and stress levels; none of these things exemplifies a consistent pattern. This fact is not easy to run around and can become a true obstacle in remaining committed to our training of fundamental skills.

While we all have moments of inspiration and excitement, as we develop new skills, find a fresh perspective on an old skill, or try out a new trick to doing something better, there is no denying that at times we find ourselves uninspired and lacking motivation to continue shaping our craft. Like running a marathon many of us may have sprinted out from the starting line of our careers with ample amounts of motivation and excitement, only to realize what truly counts is a consistent pace of improvement all the way thru to the end.

So what is going to help keep us inspired and working towards mastering our craft? Running a marathon isn't easy and our training shouldn't be easy either; it should be challenging and intense. Trainings should show us our weaknesses and serve a reminder as to how real our job can get. While every training opportunity won't be intensely complex, having a consistent daily training plan will make all the difference in actual emergency scene performance and keeping your crew moving forward in their abilities.

As we began to settle into groups of runners with similar abilities I found myself on the

heels of a few runners, driven to meet or exceed the pace they were setting. After pulling ahead of a few I could hear runners right behind me, constantly reminding me to dig deeper. Races and competition tend to foster an almost pack like mentality. I believe this same human factor can also serve our department as we continue to motivate each other in consistent training and positive career development.

Together we can continue to shape our craft of providing consistent and professional all hazard emergency services. As a department lets continue putting one foot in front of the other, moving forward in our training and performance for ourselves, our crews, and ultimately the citizens that we took an oath to protect.

Events to Celebrate

November Birthdays

1—Chuck Shipp
7—Scott Wood
8—Robert Yaple
9—Jon Ahrenholz
10—Gary Quintrall
11—John Lovatt
14—Jennie Sand
18—Russ Briskin
21—Lane Renskers
22—Wayne Sanders
22—Adam Smith
27—R.J. King
29—Henry Hollander

Daylight Saving Ends —
Sun. Nov. 5 (fall back)

Food Bank Donations
225 pounds

Fire Commissioner Meetings

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

District 4
Wed. November 8
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

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

NWFR Hosts Community Pumpkin Party

North Whatcom Fire and Rescue hosted a Community Pumpkin Party on Monday, October 30 at Britton Loop Station 12.

We had some pumpkins for those children who did not 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!

Quinoa Stuffing

Courtesy of gimmesomeoven.com

- 1 butternut squash, peeled, seeded, and cubed
- 1 red onion, peeled and diced
- 3-5 cloves garlic, with peel still on
- 1 Tbsp. vegetable or canola oil (or any high-heat oil)
- salt and pepper
- 1 1/2 cups quinoa, rinsed
- 3 cups chicken broth, vegetable broth, or water
- zest of one orange
- 2 cups roughly-chopped fresh spinach
- 2/3 cup dried cranberries
- 1/2 cup shelled pistachios

Prep time: 15 min Cook time: 30 min.

Directions

Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil.

In a large mixing bowl, toss butternut squash, onion, and garlic cloves (with peel still on) until they are evenly coated with oil. Spread then out in an even layer on the prepared baking sheet. Season generously with salt and pepper. Roast for 30 minutes, or until soft and cooked and the edges begin to slightly brown. Remove and set aside. Discard the garlic peels.

Meanwhile, stir together quinoa, broth (*or water*), and orange zest, and cook according to package instructions. (*Or you can follow my tutorial for how to cook quinoa* http://www.gimmesomeoven.com/how-to-cook-quinoa-recipe/). When cooked, set aside.

Add the cooked veggies, quinoa, spinach, cranberries and pistachios to a large mixing bowl, and gently toss to combine. Season with additional salt and pepper if need be. Serve warm.