



Volume 12, Issue 11

November, 2019 

### Feature Stories

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- BNSF Training
- Emergency Information
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### 2019 STATISTICS

Oct. 1 — Oct. 31

#### District Average Response Time:

9 min. 27 sec.

#### Responses by Type:

Fire: 12

EMS: 290

Other: 119

**Total: 421**

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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”*

## Attitude: The Driving Force in the Fire Service



*By Anthony Rowett Jr.*

There are many characteristics that are used to describe a good firefighter but attitude is the driving force behind all of them. The most important aspect about attitude is that it is 100% within your control. Everyone has 100% control over his/her attitude at all times. Not only is attitude 100% within your control, it is also contagious.

Your attitude whether positive or negative will affect the attitude of others around you especially if you are in a leadership role such as the company officer or the senior man. There will always be those with a negative attitude, those who simply view the fire service as a job. Do you want them to influence the rest of the fire service or do you want the rest of the fire service to be influenced by those who view the fire service as a lifestyle, as a calling?

One of the areas where a firefighter's true attitude will show is in training. In his 2009 keynote speech at the Fire Department

Instructor Conference, Lt. Ray McCormack (FDNY) stated “You know where you want to get to in training? Where your people are self-motivated and start their own training?”. Self-motivation is one aspect of attitude that sets the exceptional apart from the majority. Do you need to be motivated by others to want to improve or are you self-motivated to always work to improve your skills? While some will say because the fire service responds to less fires now than it did in the 1970's and 1980's, we don't need to spend as much time training on firefighting as we don't respond to as many fires. The self-motivated firefighter uses the fact that fires do not occur at the same rate as they did in the 1970's and 1980's as motivation to train even more as there are less opportunities to utilize the skills needed and therefore they must train even more to ensure they maintain mastery of their skills. The self-motivated firefighter understands that the reduction in the fire responses creates a greater need for training as there are less opportunities for the on the job training that occurs during fire responses. Firefighters who arrive at the fire station eager to train and to learn are some the biggest assets not only to that individual company but to the whole fire department. The self-

motivated firefighter understands that operational effectiveness is always the number 1 priority and that the difference between operational success and failure is determined in training. The goal of the self-motivated firefighter every time he/she enters the fire station is to improve operational effectiveness. There are many examples of this mentality in the fire service such as Fit to Fight Fire's motto “Would You Want You Rescuing You?”.

The self-motivated firefighter will become an inspiration to and provide motivation for other firefighters to become more like him/her. Attitude is contagious and firefighters will be drawn towards other firefighters with a positive attitude who are self-motivated. This is because surrounding yourself with others who are always improving means you will improve as well. The fire service is full of firefighters with type A personalities with a competitive nature. When these type A personality firefighters see other people training and improving their skills, it will motivate these firefighters to work and train even harder to improve themselves.

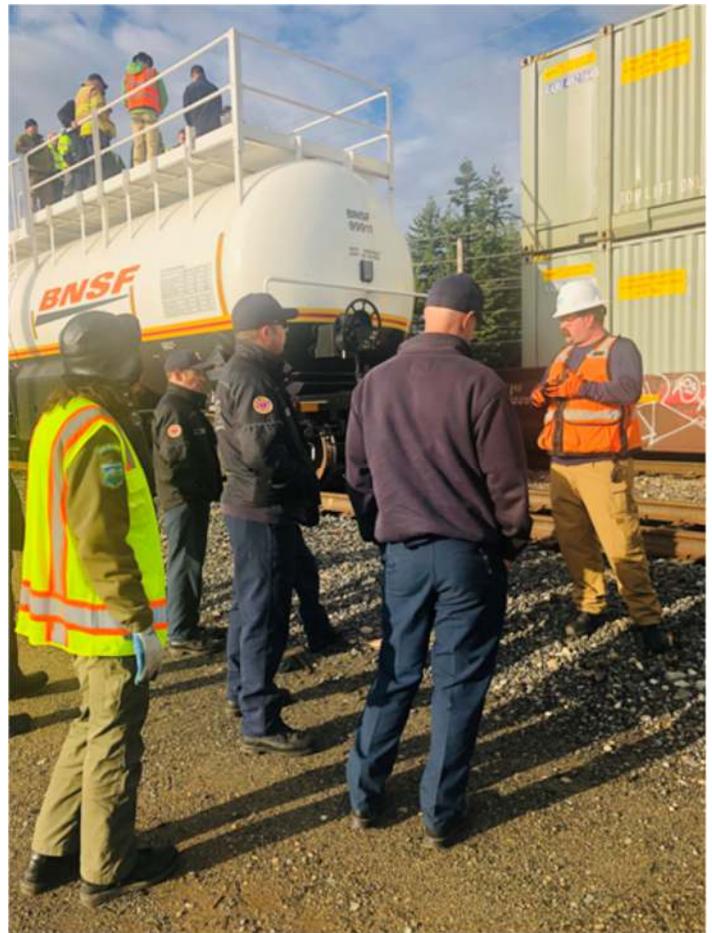
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# Training with BNSF Railway

by Captain Kris Jorgensen

During the week of October 7, 2019 North Whatcom Fire & Rescue and other agencies attended a Burlington Northern Sante Fe (BNSF) Railway Training.

Agencies learned about how to mitigate hazards in regards to emergency response involving railway hazardous materials, railway emergency procedures, communications and general container information. This was an awareness level training which enhanced each firefighters' knowledge base with railway incidents and valuable resources with BNSF.



## Attitude cont.

*continued from pg. 1*

A company officer with a company of self-motivated firefighters must both encourage the self-motivation of the firefighters as well as ensure that the training needs of the firefighters are met. The company officer must ensure that the daily company schedule allows time for these firefighters to train, not just on the required daily company training but also to allow for these firefighters to train on the topics of their choice. In a company full of self-motivated firefighters, the company officer must be equally self-motivated. The company officer must continue to lead and set the example for the company.

Another area where attitude will be visible is in the mainte-

nance of apparatus, equipment, and the fire station. The attitude of the members of a company is obvious simply by looking at the apparatus and equipment assigned to them as well as their fire station. Simply by taking a quick glance at a company's apparatus will tell all about the attitude of the company members. For example, a quick glance at the hose bed on an engine will indicate the attitude of the company members. A hose bed where each hoseline is neatly and properly loaded indicates that the company members take great pride in their performance and are self-motivated to ensure that their apparatus and equipment is operationally ready at all times. Conversely, a quick glance at an engine with a poorly loaded hosebed indi-

cates a poor attitude of the company members.

The same can be said of any of the equipment assigned to the company such as the difference in the attitudes of the company members of company who upon opening an apparatus compartment door all tools are in place in the compartment in a clean and operational ready fashion and the compartment is clean compared to opening the apparatus compartment door to find dirty tools inside of a dirty compartment. The firefighters who regularly remove equipment from the apparatus to clean it and ensure it is operationally ready without being ordered to do so indicate to the company officer their *continued on pg. 3*

*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*



# Attitude cont.

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attitude and the level of pride that they take in the company and its equipment. Attitude is greatly demonstrated by the way that firefighters maintain their apparatus, equipment, and fire station.

The goal of every firefighter should be to improve every time they enter the fire station. This mentality leads to firefighters constantly seeking out opportunities to train and improve their skills. These firefighters will also seek out other

like-minded firefighters and try to surround themselves with other motivated firefighters who work to improve on a regular basis. It is these firefighters that all firefighters should seek to surround themselves with as well as model their attitude after. The attitude of these firefighters is contagious and over time will spread among other firefighters who do not initially show the same attitude and self-motivation. It is the self-motivated firefighters who are the backbone of

the fire service as they can always be depended upon. They will not allow any outside factor to affect their operational effectiveness and therefore will always put the department first. It is the job of the company officer and the fire department's leadership and administration to facilitate the needs of these firefighters by ensuring that opportunities are always provided for these firefighters to improve.



## Events to Celebrate November Birthdays

- 11 — John Lovatt
- 14 — Jennie Sand
- 18 — Russ Briskin
- 20 — Sabrina Ooms
- 22 — Wayne Sanders
- 22 — Adam Smit

## CPR Food Donations #50

### Fire Commissioner Meetings NWFR

Thurs. November 21  
9408 Odell St 61 Blaine —  
1:00 p.m.

### District 4

Wed. November 13  
4142 Britton Loop St 12  
Bellingham — 12:00 p.m.

## How You Can Help First Responders During an Emergency

*by Captain Kris Jorgensen*



Do you ever wonder what you're actually supposed to do when you hear and see the lights and sirens of First Responders quickly approaching from behind? If you are like the vast majority of the population, you probably have one of three reactions: stop exactly where you are, move over, or pull over to a shoulder.

The safest reaction is to drive to the safest shoulder (clear intersections) and stop and remain there until the emergency vehicle has passed. Also, watch for other fire apparatus, as several emergency vehicles may be responding.

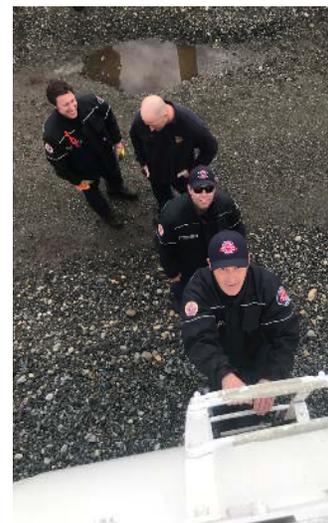
Drivers should stay alert and as traffic and other road conditions permit, quickly and calm-

ly pull over. Before re-entering the road, drivers should look in all directions and use proper signals to merge back into traffic, proceed with caution and due regard for safety and traffic conditions.

Stay at least 500 feet behind emergency vehicles and never race behind an emergency vehicle to get through a traffic light.

By following these simple steps, you not only help First Responders get to the scene faster and safely, you will en-

sure your own personal safety as well.





4142 Britton Loop Rd.  
Bellingham, WA 98226

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### Free Friends and Family CPR Classes 2019

Class will be held  
from 6:00 p.m.—9:30  
p.m. at various fire sta-  
tions around the district.  
Check out  
www.nwfrs.com for more  
information and to re-  
serve your spot.

- March 27
- April 24
- May 29
- June 15 CPR and First  
Aid
- June 26
- July 31
- August 21
- September 21
- September 25
- October 30
- November 20
- December 18



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

## Community Pumpkin Party

North Whatcom Fire and Res-  
cue hosted a Community  
Pumpkin Party on Monday,  
October 28 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 every-  
one up.

A giant thank-you to everyone  
who volunteered, donated  
pumpkins and to all of those  
who brought their families to  
participate in our carving ex-  
travaganza!



## Turkey and Brown Rice Chili



Courtesy of [eatingwell.com](http://eatingwell.com)

### Ingredients

- 1 TBS olive oil
- 1 pound uncooked ground  
turkey breast
- 2½ cups coarsely chopped  
red and/or green bell pep-  
pers (2 large)
- 1 cup chopped onion (1  
large)
- ½ cup chopped celery (1  
stalk)
- 2 cloves garlic, minced
- 2 (14.5 ounce) cans 50%-less-  
sodium beef broth
- 1 (15 ounce) can no-salt-  
added red kidney beans,  
rinsed and drained
- 3 TBS no-salt-added tomato

paste

- 2 TBS packed brown sugar
  - 1 TBS chili powder
  - 2 tsp finely chopped canned  
chipotle chile peppers in  
adobo sauce (see Tip)
  - 1 tsp ground cumin
  - 2 cups cooked brown rice
- Grated Cheddar cheese (optional)

Prep 35 min

Ready In 1 hr. 30 min

### Instructions

Heat oil in a large saucepan over  
medium-high heat. Add turkey,  
bell peppers, onion, celery and  
garlic; cook until meat is brown,  
using a wooden spoon to break  
up meat as it cooks. Drain, if  
needed.

Stir broth, kidney beans, toma-  
toes, tomato paste, brown sugar,  
chili powder, chile peppers and  
cumin into meat mixture in large  
saucepan. Bring to boiling; reduce  
heat. Simmer, covered, 45  
minutes. Stir in brown rice. Cook,  
uncovered, 10 to 15 minutes more

or until desired consistency. If  
desired, sprinkle individual  
servings with Cheddar cheese.

Tips: We do not recommend  
using sugar substitutes for this  
recipe.

Because chile peppers contain  
volatile oils that can burn your  
skin and eyes, avoid direct con-  
tact with them as much as pos-  
sible. When working with chile  
peppers, wear plastic or rubber



gloves. If your bare hands do  
touch the peppers, wash your  
hands and nails well with soap  
and warm water.