FIRE NORTH WHATCOM RESCUE

The Responder

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2015 STATISTICS
Sept. 1 — Sept. 30

District Average Response Time:
min. 8 sec. 08

Responses by Type:

Fire: 16
EMS: 210
Other: 105
Total: 331

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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

By Firefighter John Swobody

I was born in San Pedro, California and grew up in a military family. My Dad was a twenty year Navy veteran and served during WW II. I am blessed to have both of my parents still living and close by, as I enjoy helping and assisting them in their older age.

I am the youngest of four kids. We lived for a time on Custer School Road while I was in elementary and junior high school. Our family is very close. I have a brother and nephew that are both firefighters for Marysville Fire Department. I played football, basketball and baseball throughout high school, including a stint on the Bellingham Bells right after high school.

I started my fire service career in 1984. I volunteered with Fire District 13 from 1984 through 1999, before being hired as a career firefighter. I promoted to Training Captain in 2006, then to Training Chief in 2007. I also served as Operations Chief under Tom Fields. I currently work as a shift firefighter with the best darned crewman (*Danny*) and the best looking Captain (*Craig*) in the Department. I also served in the Blaine Police Reserve from 1991 to 2001. (*No, I never shot anybody*)

My wife Annette and I have been married for twenty years. We have three kids and six grandkids. I am pleased to say that Mike Schmidt *continued on pg. 2*

NWFR Hires William Pernett as Fire Chief

The North Whatcom Fire and Rescue Board of Fire Commissioners are pleased to announce that William Pernett has been selected as the new fire chief. Pernett, a twenty-five year veteran of the fire service has been serving as the Interim Fire Chief for the past three months.

Pernett, who joined the district as the Division Chief of Operations in 2014, will succeed Ron Anderson. William Pernett was chosen from an initial pool of fifteen applicants, four of whom were selected as finalists.

William Pernett relocated his family (wife Mary and two children Halle and Brandon) to the northwest from Tucson Arizona 2014. Chief Pernett came with an impressive background, holding multiple degrees in fire science, paramedic and general studies as well as a Bachelor of Science degree in public safety administration. He values integrity, accountability, transparency and respect for others.

As fire chief, Pernett will oversee a fire district of 49 career firefighters, 52 volunteers and 10 admin staff working out of four career stations that serve one hundred eighty-two square miles.

William Pernett was officially sworn in as fire chief during a regularly scheduled NWFR Fire Commissioner meeting held on Thursday, September 17 at Blaine Station 61.

Congratulations Chief!

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

NWFR Provide Support During Newhalem Wild Fires

Members of North Whatcom Fire and Rescue along with other fire departments in Whatcom County were deployed to the City of Newhalem during their recent wild fire disaster. Crews were assigned to protect the town of Newhalem, which includes a Seattle City Light electricity-generating station and the North Cascades National Park Visitor Center.

NWFR firefighters who traveled to Newhalem included Lieutenant D.J. Riehl and Joel Nielsen and firefighters Darren Bruya, David Comp, Jason Donnelly, John Geleynse, John Hollstein and Micah McConkey.

NWFR Member Profile cont.

continued from pg.1

introduced me to my wife. When the three of us (*Mike, Annette, and I*) were working at the Blaine Building Center, Mike prodded me to ask Annette out. As shy as I was I finally asked her out and we have been happily married since. She is the love of my life.

Being a firefighter has given me several different opportunities, including attending the National Fire Academy in Emmitsburg, Maryland. I'm on a national disaster team and was deployed to New Orleans for twenty-six days to recover bodies from hurricane Katrina.

I've also had a life changing experience going to Peru traveling into the Amazon jungle for a medical mission trip. The Peru trip is an experience I will never forget. Forging strong friendships, serving others, and experiencing teamwork to the highest caliber will stay with me throughout the rest of my life. Our Team traveled over three hundred miles up the Amazon River providing medical care and Christian Outreach to villages rarely seen by non-native people. Four days of living with a village of several hundred people that were so appreciative of our Team's effort gives me so much reward and honor to be a part of their lives.

My hobbies include fishing (*although I haven't caught a "keeper" in about three years when Henry Hollander and Tom Fields and I went on a fishing trip to Canada*), traveling (*our first trip to Mexico was last year and liked it so much we went back again this summer*), hiking, (*Annette and I love Heather Lake near Pilchuck*) and attending my grandkids sports (*split between Issaquah and Lakewood – lots of driving!!*).
I am a big sports fan and enjoy watching both the Seahawks and Mariners. Everybody around here knows not to call me on NFL Draft Days. These are like "holidays" for me.

My greatest joys are my family and my one hundred thirty pound German Shepherd "Chief". My favorite holiday is Thanksgiving because I have so much be thankful for.

I've battled cancer and won. I love my job, my career, and my crew, and all of my friends on the Department. I have an incredibly loving family. And I am blessed with a fantastic loving wife that continues to love me in spite of myself.

NWFR Volunteer Participates in B'ham Traverse

by Volunteer firefighter Jeff Haley

The Bellingham Traverse took place on a stormy, rainy weekend in mid-September. For people unfamiliar with the Traverse, it is a mini-ski to sea race where participants are able to compete in some or all of the events as individuals, pairs, or teams of four to five. The race loosely follows the life cycle of local salmon. It begins on Railroad at Boundary Bay with a 5 mile run to lake Padden, a mountain bike ride around the horse trails above Lake Padden, a road bike ride that loops around lake Samish and climbs back to Fairhaven where a 3 mile trail run takes racers through the 100 acre woods and down to Marine Park where a 4 mile paddle back into downtown wears them down just in time to run/hobble as a team to the finish-line ending at Boundary Bay on Railroad. The event is a really great time however, depending on how many legs a person does it can be a challenging event. It also maintains a very laid- back Bellingham vibe balancing competitiveness and camaraderie. This year as in years past there were a lot of family participants.

I had the opportunity to compete in the solo division which played out a lot like a triathlon that didn't require any open water swimming. Alhough one participant did swim the modified 2.5 mile paddle course with a SUP escort (he barely made the safety cutoff). The race was a lot of fun, and I was able to run and ride along-side my wife Erinn who was competing as one part of a two lady team tandem team. The weather was at times wet and windy, but we both made it to the finish line right around 4 hours without any crashes or mechanical issues. I did have to finish in a borrowed pair of running shoes when mine went missing between transitions. We were continually reminded of what a great community we live in for collective and competitive recreation. If you have considered participating in this event or are just looking for a fun event to train for in the late summer, I would encourage anyone to sign up next year. We can certainly put together some training rides/runs at Padden in the lead up to the race.

I was just happy to finish the event. When it was all done and dusted; I was pleased to be 6th in my age group, this first time competing solo. Erinn's team of two nurses placed 2nd in the tandem female division. Beyond the enjoyment of hard work completed, the best part was having my family there at the finish to celebrate our accomplishments together.

9-11 Memorial Ride and Peach Arch Ceremony

On Friday, September 11, 2015 motorcycle enthusiasts, first responders, Border, Custom and VIP guests joined in two unique processions and converged at the Peace Arch Park to honor those who lost their lives in the horrific attacks in 2001.

Two separate rides met; in Canada at the River Rock Casino in Richmond, B.C. and in the United States at the Swinomish Casino Resort in Anacortes for breakfast followed by a formal police-escorted procession to the Peace Arch Ceremony.

Both sides were invited to attend a barbeque directly following the ceremony.

Five guests of honor from New York and New Jersey attended the event to represent their fallen comrades and all those who perished on September 11, 2001. The group arrived a few days prior to the event and received extensive tours on both sides of the border

The ride was founded in 2002 to commemorate the nearly 3,000 people who died in the attacks, including more than 400 police officers and firefighters.

Events to Celebrate October Birthdays

5—Kris Parks
8—Shaun Ward

Newest Addition

Emersyn Lain Ahrenholz—Sat. Sept. 12

Community Meals of Blaine

Wed. October 7
Blaine Senior Center

Community Pumpkin Party

Mon. October 26 6 p.m.—8 p.m.
Britton Loop St 12

Meetings
Whatcom FF Association

Mon. November 16
Laurel St 69

NWF Board

Thurs. October 15
9408 Odell St 61 Blaine — 7:00 p.m.

District 4 Board

Wed. October 14
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 29
February 26
March 26
April 29
May 21
June 18
July 31
August 27
September 30
October 30
November 20
December 17

Zumba with a Firefighter Fundraiser

On Saturday, September 26, over 100 Zumba enthusiasts met at Britton Loop Station 12 met to participate in a 90 minute Zumba Fitness fundraiser to assist victims of the Okanogan County wildfires. One hundred percent of the proceeds will be donated.

More than 1,000 firefighters battled the 239,733 acre wildfire during late August and September, the largest in the Washington state's history.

SAVE THE DATE!

Pork Chops with Roasted Apples and Onions

Ingredients

2 1/2 teaspoons canola oil, divided
1 1/2 cups frozen pearl onions, thawed
2 cups Gala apple wedges
1 tablespoon butter, divided
2 teaspoons fresh thyme leaves
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
4 (6-ounce) bone-in center-cut pork loin chops (about 1/2 inch thick)
1/2 cup fat-free, lower-sodium chicken broth
1/2 teaspoon all-purpose flour
1 teaspoon cider vinegar

Nutritional Information

- Calories 240
- Fat 10 g
- Sat fat 3.3 g
- Monofat 4.1 g
- Polyfat 1.4 g
- Protein 24.9 g
- Carbohydrate 11 g
- Fiber 1.5 g
- Cholesterol 84 mg
- Iron 1 mg
- Sodium 379 mg
- Calcium 28 mg

Directions Preheat oven to 400°.

Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.

Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture.