FIRE NORTH WHATCOM RESCUE

The Responder

Volume 11, Issue 10

October, 2018

"Providing Quality Service for a Safe Community"

Feature Stories

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2018 STATISTICS

Sept. 1 — Sept. 30

District Average Response Time:
8 min. 38 sec.

Responses by Type:

Fire: 15
EMS: 221
Other: 126
Total: 362

Overlapping**: 113**

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

Member Profile

by Cody Bowen

Let's start at the beginning. I was born, raised, and continue to live here in Whatcom County. My family has deep roots within the county and have been here for generations. I grew up with my parents (Mike and Tammie) and my younger brother (Jake) in the eastern part of the county near Deming, WA. I have to give them the credit for where I am today. They instilled a traditional set of values in me and taught me that hard work always pays off.

I played sports all through school. In baseball I played third base and even spent some time as a designated hitter. On the football field I played offensive and defensive tackle. I grew up in the Mount Baker School District and graduated from Mount Baker Senior High School in 2008. That's where I met my wife Alisa. Alisa and I have been together for ten years and married for four years this October. We don't have and children yet, but we do have a Miniature Australian Shepherd that keeps us busy. We purchased a home in Sumas, WA about four years ago.
I have a lot of hobbies that fill up my spare time. The one that takes up most of my spare time is playing guitar. A fun fact about me is that in the winter time I play Santa Claus for various events from food drives to holiday parties.

Before I started pursuing a career in the fire service I worked for a netting company in shipping receiving, as well as a landscaper. None of those jobs were ever going to produce a career that I would be satisfied with. So naturally, I started to look elsewhere.

My family has a history of public service, so it seemed like a great place to start. I started to volunteer in 2010 as a firefighter with Whatcom County Fire District #1 and immediately I was hooked. For me it was all of it. The comradery, hard work, the team mentality, and the ability to make a

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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

Profile cont.

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person's day better. I knew this was what I wanted for the rest of my life. I enrolled at Skagit Valley College in 2010 and earned my Associates in Fire Protection Technology in 2012.

While attending Skagit Valley College, I moved in as a resident Firefighter/EMT with Whatcom County Fire District #1. After College I became a FF/EMT at South Whatcom Fire Authority and I was there for six years.

My wife and I are honored and humbled that I have been chosen to serve with North Whatcom Fire and Rescue. We look forward to what the future has in store.

Ghosts

by James Cook

Any amount of time put into this career will most certainly riddle the corners of your brain with calls that shake you, give you chills and/or wake you up with cold sweats, some months or even years after the run. We all have them or something like them. I call them my "ghosts". Everybody handles them different, some are good at separating themselves from the incident and never think twice about it. Some wear every bad run on their sleeves, and you know, that's ok too.

Without too many details, one of my "ghosts" that visits me regularly is from a Christmas eve fatality wreck. Kids in an unfortunate circumstance put my crew and myself on a scene that would later prove difficult to separate myself from, because of a decision I made in a split second that could have not only cut my career short but could have potentially made a patient unable to walk ever again.

That's just one of a few I have, I handled it my way and went on about life. Some don't handle these calls easily and others never even show a sign that they cared. But what resources do you have if you need to talk about your "ghosts". At that time all I really had was my brothers, which I think should be our number one crutch for situations like these. Some departments have a full blown PTSD resource, which is great and had I asked, my department might have had one as soon as possible but I don't actually know.

The point I'm trying to make is to use your resources, make an effort to rid yourself of your "ghosts" when they begin to interrupt your daily life. Discuss with your brothers, your officers or chief officers whenever you need to. Get it off your chest, get help. Professional and volunteer civil servant suicide rates are way too abundant. Firefighters are notoriously tough,

BUT IT DOES NOT MAKE YOU LESSER OF A MAN TO REACH OUT TO YOUR BROTHERS OR ANYBODY ELSE FOR SOME HELP.

9-11 Peace Arch Memorial Ceremony

On Tuesday, September 11, 2018, motorcycle enthusiasts, first responders, Border, Custom and VIP guests converged at the Peace Arch Park to honor those who lost their lives in the horrific attacks in 2001. This is the seventeenth anniversary of the 9-11 attacks. The ceremony at the border began at 10:00 am followed by a special BBQ luncheon, with donation proceeds benefiting Behind the Badge Foundation and the Honour House Society.

Five guests of honor from New York 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 and ended with a trip to Las Vegas.

- Sgt. Greg Harper NYPD
- Marna Rann NYPD
- Lt. Pete Borriello FDNY
- Paramedic Konstantinos Skamalos FDNY
- Vice Pres. Michael Greco FDNY Local 2507

Others in attendance included US Consul General Katherine Dhanani, and Member of the Legislative Assembly (MLA) of British Columbia, Rich Coleman.

Over two-hundred fifty heroes from both sides of the border participated in the memorial and reception.
(pictures courtesy of Mike Hilley)

Events to Celebrate October Birthdays

5 — Kris Parks
8 — Shaun Ward
10 — David Hancock
13 — Chet Renskers
24 — Dalton King
25 — Brandon Millsap
31— Aaron Ebner

Fire Commissioner Meetings

NWFR
Thurs. October 18
9408 Odell St 61 Blaine — 1:00 p.m.

District 4
Tues. October 16
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 in the evening at various fire stations around the district. Check out www.nwfrs.com for more information and to reserve your spot.

2018
October 24
November 28
December 19

2019 Dates
January 30
February 27
March 27
April 24
May 29
June 15
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

Monday, October 29, 2018 6-8pm

Where: Fire District 4, Station 12 (4142 Britton Loop, Bellingham)
Cost: FREE

Bring the whole family to carve pumpkins, decorate cookies and have fun! Carving equipment will be provided. Limited pumpkins available on a first come, first serve basis.

E-mail: jsand@nwfrs.com

Chicken & White Bean Salad

Courtesy of Eating Well

Vinaigrette
1 medium clove garlic
1/4 tsp salt
4 TBS extra-virgin olive oil
6 TBS fresh orange juice, plus more to taste
1/4 cup white-wine vinegar or red-wine vinegar
1 TBS Dijon mustard

Salad
1 15 oz. can cannellini or other white beans, rinsed and drained
2 1/2 cups diced cooked chicken breast
2 cups diced zucchini and/or other summer squash (about 2 small)
1 1/2 cups diced celery
1/4 cup finely diced ricotta salata, halloumi or feta cheese
1/3 cup chopped well-drained, oil-packed sun-dried tomatoes
1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
Salt & freshly ground pepper to taste
2 cups torn escarole or romaine lettuce
2 cups torn radicchio leaves

Directions
To prepare vinaigrette: Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

To prepare salad: Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Make Ahead Tip: Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

To poach chicken breasts, place about 1 pound boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Ricotta salata and halloumi are both firm, salted cheeses that can be found at large supermarkets and cheese shops.