



Volume 13 Issue 10

October, 2020



Feature Stories

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2020 STATISTICS

Sept. 1 — Sept. 30

District Average Response Time:

9 min. 29 sec.

Responses by Type:

Fire: 17

EMS: 302

Other: 166

Total: 485

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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 Welcomes Interim Fire Commissioner



The North Whatcom Fire and Rescue Board of Fire Commissioners is pleased to welcome Kimberly Calman-McMurray as the newly appointed Commissioner position #5.

Kimberly McMurray grew up in Whatcom County. She attended K-12 and graduated from the Meridian School District. She went on to attend Northwest Nazarene University where she earned her Bachelors degree in Business Administration. After graduation she worked for the Seattle Pacific University Athletic Department.

She married then moved to Lewiston Idaho where she worked at Cargill Real Estate as a Property Manager. The family moved back to Lynden in August of 1999 where she has since worked for the family business J. Calman Industries. Kimberly has two grown children Mikayla and Hunter who also attended Meridian K-12

and reside in Whatcom County.

Kimberly was burned over sixty-five percent of her body when she was a senior in high school. She was hospitalized in the Harborview Burn Center for ninety-five days, she returned home just a few days before Christmas. She returned to school in January and was able to graduate with her class.

Kimberly has two younger sisters who were ages 13 and 11 at the time of "the fire". It irrevocably changed their lives. Through that experience, what they saw in the burn center and what they experienced as a family during Kimberly's long recovery, inspired their careers. Middle sister, Kristi, became a licensed family and marriage counselor, specializing in helping families in crisis and through trauma, she is also a life coach.

The youngest sister, Jamie, was intrigued by the physical therapy treatments. She is a university clinical professor, program director, certified athletic trainer, who teaches physical therapy, kinesiology, athletic training, exercise science and earned a PhD in nutrition.

Through her experience Kimberly has learned a lot about people. She has spent decades

servicing, speaking and volunteering for The American Burn Association, Phoenix Society for Burn Survivors, Harborview Medical Burn Center, burn camps, and burn treatment research projects. Locally she and her family have served and volunteered for Salt on the Street through Cornwall Church, Salvation Army and The Lighthouse Mission.

In her free time Kimberly and her husband, Dan, enjoy spending time with their children, extended family and friends, boating, kayaking, fishing and traveling. Between the two of them they have been to all 50 states and traveled to abroad to Italy, Ireland, Grand Cayman, Mexico, Australia, New Zealand and all ten Canadian provinces.

Kimberly is honored to be selected for this interim fire commissioner position and the opportunity to give back to the emergency service personnel who saved her life and her community.



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

Beyond Duty: Leadership Traits of a Great FF



Courtesy of 1-800 Board Up

Firefighters are already made for more. We are natural leaders, often putting our lives on the line for strangers. Here are some additional ways to be a good leader in our stations.

Leadership is important in any profession, and ours is no different. Just like in business, leaders don't stay in business for long if they aren't demonstrating leadership skills. Leadership is a demonstrated skill, day in and day out.

Being a leader in the fire service is earned and not just given with a promotion to a rank. And it's

hard work, a continual process, no matter how long you've been in the service. Sometimes, there is little reward, too. As they say, "If it were easy, everyone would do it."

So, what are some ways to improve your leadership skills? Here are seven ways to rise to the top, according to Chief Marc Bashoor in Fire Rescue, March 2019:

1. Be Professional. First and foremost, being professional does not equal receiving a paycheck. Professionalism is a state of mind, a statement of education and the demonstration of action. Not one leadership, mentorship or management class teaches you how to

lie. Those classes and experiences have taught us how to do the right thing, at the right time, for the right reasons.

2. Be responsive. We have a responsibility to serve. Make sure you have a routine method of getting back to those who call upon you, whether by email, phone, social media message or through any other means. Constituents, customers, residents, employees, volunteers, media, whomever it is, responsiveness is your responsibility. Call the media back – they can be your best friends or your worst enemies. Establishing a level of responsible responsiveness will be crucial to building relationships and managing issues when the stuff hits the fan.

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Fire Safety Prevention Month

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide life-saving public education in an

effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned

more than 2,000 acres of land.

2020 Campaign

This year's FPW campaign, "Serve Up Fire Safety in the Kitchen!™" works to educate everyone about the simple but important actions they can take to keep themselves, and those around them, safe in the kitchen.



Fire Safety Prevention Month

STAY

focused on the food



PUT

a lid on it

Unattended cooking is the leading cause of fires in the kitchen.

- Stay in the kitchen when you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen—even for a short period of time.
- If you are simmering, baking, or roasting food, check it regularly and stay in the home.
- Use a timer to remind you that you are cooking, or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, don't cook. Place a delivery order!

You can take simple steps to keep a small kitchen fire from getting out of control.

- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool.
- Never discharge a portable fire extinguisher into a grease fire because it will spread the fire.
- In case of an oven fire, turn off the heat and keep the door closed until the oven is cool. After the fire, have the oven serviced before using it again.
- If you have a microwave oven fire, turn the appliance off immediately and keep the oven door closed. Have the microwave oven serviced before using it again.

KEEP

cooking areas clear

Clear away clutter and give cooking appliances space to lessen the chance of a kitchen fire.

- Keep anything that can catch fire—oven mitts, wooden utensils, food wrappers, towels, curtains—away from the stovetop.
- Loose clothing can hang down onto stove burners and catch fire. Wear short, close-fitting, or tightly rolled sleeves when cooking.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Keep pets off cooking surfaces and nearby countertops.
- Clean up food and grease from burners and the stovetop.

PREVENT

scalds and burns



Hot liquids and steam from the stove or oven can cause devastating injuries.

- Turn pot handles away from the stove's edge.
- Keep hot foods and liquids away from table and counter edges.
- Keep your face away from the oven door when checking or removing food so that the heat or steam does not cause burns.
- Open microwaved food slowly, away from your face. Let food cool before eating.
- Keep appliance cords coiled and away from counter edges.



Events to Celebrate October Birthdays

- 6 — Shaun Ward
- 10 — David Hancock
- 13 — Chet Renskers
- 25 — Brandon Millsap
- 31 — Aaron Ebner



NWFR Board Meetings may be conducted via Zoom Meeting

- Thurs. October 15
9408 Odell St 61
Blaine — 1:00 p.m.



SParky.org



4142 Britton Loop Rd.
Bellingham, WA 98226

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a safe community



CPR / AED Classes 2020

Class will be held at various fire stations around the district. Check out <https://www.nwfrs.net/resources/classes/> for more information and to reserve your spot.

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



FOR THE SAFETY OF EVERYONE IN OUR COMMUNITY, ALL CPR CLASSES HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.

WE APOLOGIZE FOR ANY INCONVENIENCE

Leadership Traits cont.

continued from pg. 2

3. Be a source of outreach. Transparency doesn't just come from responding to inquiries. Sometimes, the right thing to do means you're out in front of the story before it becomes a story. This is the tricky part for officers – just because you decide to be transparent and get out in front of it, doesn't give you a pass to lie or twist the truth. Your PIO, mentors or trained communicators can help you navigate those waters.

4. Be a mentor. Helping others achieve a transparent leadership style is part of our responsibility. While there's no such thing as perfection, there are thousands of demonstrations of mentorship for you to pick from. And don't think of mentorship as a cliché term –

it can truly change and inspire someone.

5. Be inspirational. Your actions and demonstrations of leadership provide the inspiration for others to serve. It's easy to do the wrong thing, but when you can do the right thing and it shows, you knowingly or unknowingly become an inspiration for others who might be experiencing similar issues in their department.

6. Be safety-minded.

Sometimes, people do bad things. Our job as firefighters is to ensure we've not only demonstrated safe practices, but also provided every opportunity for others to learn and demonstrate work through safe practices and environments. When somebody does something bad or wrong – it's time for truth. Truth cannot be in

the eye of the beholder. Everybody sees through the lies, and whether you form the opinion for them with transparency, or they form their own opinion through your negativity and dishonesty – an opinion will be formed, one way or the other.

7. Be energetically enthusiastic. It's hard to be a firefighter. It's even harder to be a happy and enthusiastic firefighter; however, the public you serve and the people you lead depend on your energy and enthusiasm to do the right thing and to be able to accomplish their mission.



One Pan Chicken with Apples



courtesy of the Casual Cafetiere

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound chicken breast, diced boneless, skinless
- 1 teaspoon salt divided
- 1/2 teaspoon black pepper
- 8 slices thick-cut bacon chopped
- 3 cups broccoli florets
- 1 medium sweet potato peeled and diced into 1/2 inch pieces
- 1 medium white onion chopped
- 2 granny smith apples cored, and diced

- 2 cloves of garlic minced
- 1/2 teaspoon dried thyme
- 1 teaspoon ground cinnamon
- 1 cup chicken stock divided

INSTRUCTIONS

Heat the olive oil in a large, non-stick pan over medium high heat, until hot and shimmering. Add the diced chicken, 1/2 teaspoon salt, and pepper. Cook until lightly brown and cooked through. Transfer chicken to a plated lined with paper towels.

Reduce the pan heat to medium low. Add chopped bacon and cook until crisp and brown. Reserve 1 1/2 tablespoons of bacon fat. Transfer bacon to the plate that the chicken is on using a slotted spoon.

Increase the heat back to medium high. Add broccoli, sweet potato, onion and 1/2 teaspoon salt. Cook until the vegetables

are crisp-tender and the onion is translucent, stirring occasionally.

Stir in the apples, garlic, thyme, and cinnamon. Cook 1 minute, then pour in 1/2 cup of the chicken stock. Bring to a boil and cook until the stock has evaporated. Add the chicken and remaining 1/2 cup chicken stock. Cooked until heated through. Then add the bacon and serve warm.

