



The Responder

Volume 8, Issue 9
September, 2015



Feature Stories

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- Goal Planning
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- Drayton Harbor Days
- Healthy Recipe

2015 STATISTICS

August 1 – August 31

District Average Response Time:

min. 8 sec. 31

Responses by Type:

Fire: 44

EMS: 235

Other: 151

Total: 430

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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 Rehab Vol Steph Hollstein



I was born and raised in Kirkland, WA. I now live in Lynden with my fabulous husband John. I never thought I'd say this but I absolutely love living in a small town where I no longer think about traffic.

After graduating from Washington State University

in 2003 with a bachelor degree in Interior Design, I worked as an Interior Designer for twelve years in the Bellevue/Seattle area, building high-end and custom homes. However, throughout my design career I often thought about how I could provide a much more meaningful service to the people in my community.

When I moved from Seattle to Lynden in 2011, I decided to return to school to become a registered nurse. I'm happy to say that I am starting my final year of nursing school at Whatcom Community College this fall.

When I heard that North Whatcom Fire & Rescue was looking for personnel to respond with the new rehab unit, I felt that volunteering my time would be a great way to give back to the community and the firefighters that serve us. I'm really excited to become a part of North Whatcom Fire & Rescue.



NWFR Firefighter Ties the Knot



On Saturday, July 18, career firefighter Jeff Schwab and Rebecca Roeter were married

in a romantic ceremony at Bellewood Acres in Bellingham.



The couple met through mutual friends four years ago and discovered they shared similar interests. Both have chosen professions in an effort to give back to their community; Jeff has been a career firefighter since 2009, Becca works at a nursing home in Bellingham as a

Director of Social Work. Both enjoy exercising, Crossfit, hiking, camping, traveling and cooking.

After a week long honeymoon in Maui, the couple has settled back into life in Bellingham. We are excited to see what the future has in store for this amazing couple.

Congratulations!



Goal Setting and Personal Organization

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



by Chief Pernett

We lead very busy lives. We all have things in our lives that we are responsible for be it related to the job, family, educational, caretaker, spiritual, or other responsibilities. Personal organization techniques can assist us with achieving our personal and professional goals.

So what is personal organization? Personal organization is the planning and coordination of one's life, especially one's limited economic mans of skills, money, and time. An important aspect of personal organization is to be able to use these economic

means effectively.

Two important elements of personal organization that I would like to discuss are goal setting and time management. Goal setting is a formal process for personal planning. By setting goals on a routine basis you decide what you want to achieve, and then move step-by-step towards the achievement of these goals. The process of setting goals and targets allows you to choose where you want to go in life. By knowing precisely what you want to achieve, you know what you have to concentrate on to do it. You also know what merely a distraction is.

Goal setting is a standard technique use by top-level athletes, successful business-people and achievers in all fields. It gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge and helps you to organize your



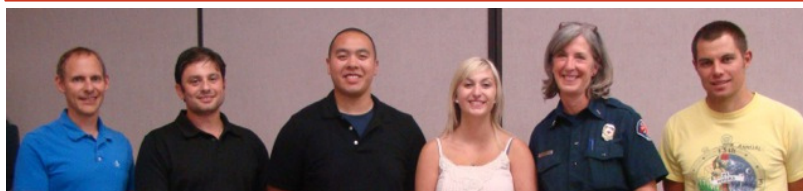
resources.

Once a year I attempt to define some short and long term goals. Short term goals are generally less than 12 months and are things you want to accomplish soon. Some examples of short term goals are taking a class, planning a weekend getaway, or preparing for a work promotion. A long term goal is something you want to achieve that is generally going to take longer than 12 months. Examples of long term goals could be saving for retirement, graduating from college, or running your own business. Seek.org offers several tips for setting up long term goals:

- Work backwards. Think about what you want to



Jason Karwhite Scholarship Recipients Named



by Lt. Leslee Smith

Scholarship Committee with 2015 recipients: L > R Rich Kittinger (BFD) Robert Glorioso (BFD) Nick Malloy (recipient) Taylor Good (recipient) Leslee Smith (NWFR) Chris Ellis (SWFA) not pictured Kenny White (BFD)

These two amazing young students were awarded scholarships in honor of Jason Karwhite. Jason worked for Bellingham Fire and was with Tukwila Fire Department when he died tragically in motorcycle

accident last fall. He leaves behind his loving wife Sandy and two children Gage and Georgia.

Our scholarship program, Bellingham-Whatcom County Professional Firefighters IAFF Local-106 Jason Karwhite Memorial Scholarship was renamed in his honor and these are the first recipients to receive the memorial scholarship.

Taylor is a graduate of Nooksack Valley High School and will attend Whatcom Community College. She is pursuing a career in Ultrasound Technology and will continue her education at Bellevue Community College. She received \$1000.

Nicholas Malloy, a graduate of Marysville Pilchuk High School, will be attending Everett Community College in the Fire Science program. He has already earned 10 college credits in the fire service program. He is pursuing a career as a firefighter. He also received \$1000.

Goal Setting and Personal Organization con't.

achieve then plan steps going back to what you can do right now.

- Create a picture of where you want to be in life 10 years from now.
- Think about what you need to do in five years, in one year, and in six months to get to your long term goal.
- Write down what you need to do each month to achieve your goals.

After each monthly goal is achieved, look at your goals and adjust them as needed.

In setting personal goals you need to consider what you want to achieve in your lifetime, as setting lifetime goals give you the overall perspective that shapes all other aspects of your decision making. To give broad, balanced coverage of all important areas of your life, try to set goals in some or all of the following categories:

Artistic: Do you want to achieve any artistic goals? If so, what?

Attitude: Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you: if so, set a goal to improve behavior or find a solution to the problem.

Career: What level do you want to reach in your career?

Education: Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve other goals?

Family: Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of

your extended family?

Financial: How much do you want to earn by what stage?

Physical: Are there any athletic goals you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?

Pleasure: How do you want to enjoy yourself? You should ensure that some of your life is for you!

Public Service: Do you want to make the world a better place by your existence? If so, how?

Once you have decided your goals in these categories, assign a priority to them. Then review the goals and re-prioritize until you are satisfied that they reflect the shape of the life that you want to lead. Also ensure that the goals that you have set are the goals that you want to achieve, not what your parents, spouse, family, or employers want them to be.

To set effective goals state each goal as a positive statement. Set a precise goal, putting in dates, times and amounts so that you can measure achievement. Identify your priorities and write your goals down. Remember to keep your goals achievable.

Set realistic goals that focus on performance, not outcome. You should take care to set goals over which you have as much control as possible. There is nothing more dispiriting than failing to achieve a personal goal for reasons beyond your control. Don't set goals too low or unrealistically high. People tend to do this where they are afraid of failure or where they are being lazy.

Time Management can be chal-



lenging in our fast paced society. To-do lists are essential when you need to carry out a number of different tasks or different sorts of tasks, or when you have made a number of commitments. If you find that you are often caught out because you have forgotten to do something, then you need to keep a to-do list. Whilst to-do lists are very simple, they are also extremely powerful, both as a method of organizing yourself and as a way of reducing stress. Often problems may seem overwhelming or you may have a seemingly huge number of demands on your time. This may leave you feeling out of control, and overburdened with work.

The solution is often simple: Write down the tasks that face you, and if they are huge, break them down into their component elements. If these still seem large, break them down again. Do this until you have listed everything that you have to-do. Once you have done this, run through these jobs locating priorities from very important to unimportant. If too many tasks have a high priority, run through the list again and demote the less important ones. Once you have done this, rewrite the list in priority order. I hope these tips can help you to better achieve the goals in your personal and professional lives.



Events to Celebrate

September Birthdays

21—Stefen Paige

25—Rob Mulrooney

27—Mike Ross

Holiday

7—Labor Day

Community Meals of

Blaine—Blaine Senior

Center—Wed. October 7

Whatcom FF

Association Meetings

Laurel St 68—Monday

November 16—St 72

Fire Commissioner Meetings

NWFR

Thurs. September 17

9408 Odell St 61 Blaine—

7:00 p.m.

District 4

Wed. September 15

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



NWFR Participates in Community Event

by Firefighter Tom Kettman

The first weekend of August, marks the annual Drayton Harbor Days Festival, which celebrates both the past and present of Blaine’s maritime heritage. Events included a 5k run, pancake feed, “junk” rafting contest, craft vendors, steam powered boats and of course a whole host of pirate themed activities.

North Whatcom members also took part in the event by operating the fire safety house. Arriving around 9:30 on Saturday August 1st, the fire safety house was positioned at the entrance to the vendor area. During the course of the day, approximately 150 kids were taken through fire safety classes and demonstrations.

In discussing fire safety, our primary goal is to ensure that we provide information in a way

that is age appropriate. This can be challenging at community events because the groups do not arrive at specific times and ages vary widely.

For younger kids, there was an introduction to basic fire safety around the home, what to do if they hear a smoke alarm and encouragement to talk with their parents about establishing a meeting place outside their home.

For older kids, additional hands-on-skills were taught. These included, ensuring doors are closed to prevent smoke from entering a room, how to operate window locks and the importance of “getting out and staying out” during a fire.

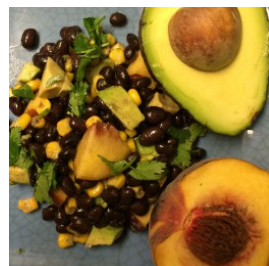
While some of the crew took kids through the demonstration, the remaining members (when not on emergency calls) were

able to discuss fire safety with parents and community members. We heard from many parents that this was the first time they had discussed fire safety with their kids and a great reminder to test smoke detectors and establish a meeting place outside of their home.

Events like these serve to reinforce, not just the importance of public education, but our on-going efforts to serve and be involved in our communities.



Southwestern Fiesta Salad with Peaches



Courtesy of the Organic Center

Ingredients

- 2 peaches
- 1 can black beans, rinsed and drained
- 1 avocado, peeled, pitted and dices
- 1 c frozen or fresh corn
- 1/2 bunch or cilantro, chopped
- 1 jalapeno, seeded and minced
- 2 TBS fresh lime juice
- 2 TBS olive oil
- 1 tsp cumin

“This delicious salad is the perfect mix of sweet and savory with just a little kick! It’s hearty, healthy and can be served as a main course, as a side to any meal, or as a party snack with tortilla chips.”

Servings: 4

Directions

Peeling peaches

Bring 1 quart of water to a boil and fill another large bowl with ice water. Make two small slits in the shape of an X in the skin at the base of each peach. Drop the peaches into the boiling water for about 30 seconds. Using a slotted spoon, remove peaches from hot water and immediately transfer them to the bowl of ice water. After about 30 seconds, the peaches should be cool and their skins can easily be peeled off by hand.

Making the salad

Gently combine peaches, avocado, cilantro, jalapeño and lime juice in a large salad bowl and set aside. Warm olive oil in a frying pan over medium heat. Add black beans, corn, and cumin. Cook mixture for about eight minutes or until heated. Gently combine the warm bean mixture with the peach mixture. Salt to taste, and serve immediately.

