



4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for
a safe community



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.

February 27
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.



District Holiday Potluck

On Saturday, December 8, NWFR hosted a department lumber jack themed holiday party at Britton Loop Station 12. Members and their families were given the opportunity to visit while children participated in crafts, edible decorations, and games, not to mention a visit from Santa.

A special thanks to Jerilyn Klix, Leslee Smith and Jennie Sand for all their hard work.

Thanks to Halle Pernet, we have some wonderful photos to treasure.



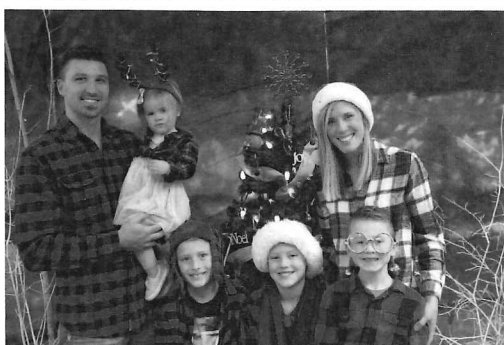
Quinoa Chili



Courtesy of Damndelicious.com

Ingredients

1 cup quinoa
1 TBS olive oil
3 cloves garlic, minced
1 onion, diced
2 (14.5-ounce) cans diced tomato
1 (15-ounce) can tomato sauce
1 (4.5-ounce) can diced chiles
1 1/2 TBS chili powder, or more, to taste
2 tsp ground cumin
1 1/2 tsp paprika



1/2 tsp cayenne pepper
Kosher salt and freshly ground pepper, to taste
1 (15 ounce) can kidney beans, drained and rinsed
1 (15-ounce) can black beans, drained and rinsed
1 1/2 cups corn kernels, frozen, canned or roasted
3 TBS chopped fresh cilantro leaves

Juice of 1 lime, optional 1 avoca-
do, halved, seeded, peeled and sliced.

Directions

In large saucepan of 2 cups wa-
ter, cook quinoa according to package instructions; set aside.

Heat olive oil in a Dutch oven or large pot over medium high

heat. Add garlic and onion, and cook, stirring frequently, until onions have become translu-
cent, about 2-3 minutes.

Stir in Quinoa, diced tomatoes, tomato sauce, green chiles, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingre-
dients; season with salt and pepper, to taste.

Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice, if using, until heated through, about 2 minutes.

Serve immediately with avoca-
do, if desired.

Serves: 6
Prep time: 10 minutes
Cook time: 35 minutes



Volume 12, Issue 1

January, 2019



Feature Stories

- Member Bio
- Santa Run
- Leadership
- Resolutions
- Holiday Potluck
- Recipe

2018 STATISTICS

Dec. 1 — Dec. 31

District Average Response Time:

9 min. 18sec.

Responses by Type:

Fire: 12
EMS: 244

Other: 140

Total: 396

Overlapping: 134

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facebook

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

"Providing Quality Service for a Safe Community"

Member Profile



by Seth Richmond

My name is Seth Richmond, I am 26 years old. I grew up in the East Renton High-
lands area where I at-

tended Liberty High School. Currently I live in Black Diamond where they host one of the Tough Mudders. I live on a piece of property that contains a coal mine. Black Diamond was a major exporter of coal in the late 1880s.

I have an amazing family and I enjoy spending time with them every chance I get despite my busy life. I



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2018 Santa Run

This year's Santa Run was a booming success! Thanks in HUGE part to our volunteers (shout out to our Delta guys who supported us) and the full time staff who donated their time to make the lives of some of our community's less fortunate kids a little brighter this holiday season. A GIANT thank you to our amazing Santa, Cody!

Our amazing community once again came together and boy were they generous this year! We raised \$500 for Project Santa, donated 247 pounds of food to the food bank and a hundred toys to Toys for Tots (including four new bicycles).

We are so fortunate to live in

such a loving, caring and giving community.

Thank you all for everything you do and for supporting our mission of giving back.



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.



continued from pg. 1

have two brothers and one sister. My younger brother lives in Sweden, so I make the most of our time together him when he comes to town. My older brother is a fire captain. He is my best friend; we talk to each other almost every day. I also have an older sister who lives in Sedro Wooley with her husband and daughter and a son on the way.

I couldn't have asked for better parents; my mom is an interior designer and

owns her own business, while dad is an estimator for WPI Construction.

I have an amazing girlfriend who has been a huge support system as I spent a lot of time away from home pursuing my dream of becoming a career firefighter.

Before I was hired at North Whatcom Fire and Rescue, I worked as a truck driver for a construction company out of Kirkland. Although I loved working in the construction world and waking up early every day, I knew that it was only temporary and I remained focused on getting into the fire service full time.

I became a volunteer firefighter shortly after I graduated in late 2011. I was hired by the district in 2018.

Outside of work I am definitely a homebody and perfectly content just doing things around the house. That being said, the ma-



jority of my time is spent outdoors hunting, fishing, or going for hikes with my girlfriend.

During the spring and summer months I utilize every opportunity to go bass fishing. My favorite time of year is fall because that means hunting season. I go hunting every year with my dad and usually we will spend the entire week of deer season out in the woods.

I am so thankful for the opportunity to travel north and serve the citizens of Whatcom County.



Real World Leadership



by Michael "Mick" Mayers

<http://www.firehouseszen.com/about>

A Zen saying goes roughly like this: "The use of the wheel is where all the spokes form to

make the hole." Another: "The most useful part of a bowl is the empty space within." As a leader, my role hasn't been to necessarily build things, but to facilitate the best in the people I led, to remove obstacles, and to encourage them. Nothing I did was very special. What I did was reflect your greatness back to you.

By way of several layers of reading this morning (EMS Safety Culture and Lean Blog) I reflected on W. Edwards Deming's statements on the sources of a leader's power.

Deming stated that while leaders tend to possess the authority required to do their jobs, it is more their power of persuasion and their knowledge that influences others and is an impetus for change. I would suggest that "authority" is even less important than we realize; we probably all know at least one or two individuals who exert change even without authority, simply by virtue of their ability and their personality.

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Real World Leadership cont.

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Leading from a peer or subordinate position isn't desirable, but it is possible. Your role is defined by the example you set of "followership". A good "follower" takes the time to learn their job and do it well, to the point where they don't require continued remediation. It requires doing your job with passion. And most of all, it requires putting your effort into eliminating obstacles for your leaders. What is that, you ask? Well, good followers come to their supervisors with workable solutions. They anticipate needs, they seek improvement. They defend any change necessary by showing where it affects the customer positively,

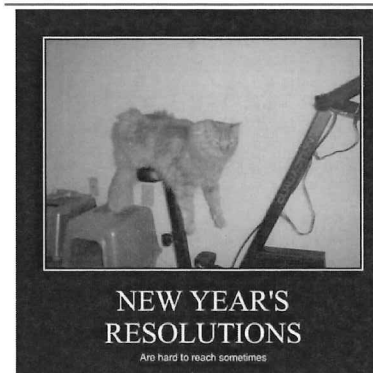
and how they can improve the organizational situation by improving their position to serve the customer best.

Apparently there are some Canadians who feel this quote by Wayne Gretzky is overused, but he once said: "Skate to where the puck is going, not to where it has been." They'll have to get over it, because I like it. But the reason I share it with you is that as followers and as leaders, we have to work together as a team to develop the best outcome for the customer. Be it a fire, a medical emergency, or just managing our budget, the effort isn't just on the leader or the follower. In the real world,

we have to look out for one another, be able to "pass the puck" to a person in a better position to score if necessary, or be in position for someone to pass it to us, or to intercept it and come up with a new solution. Standing around and waiting for orders isn't followership. Giving orders and not influencing or teaching, without allowing the followers to develop their abilities isn't leading.

There is a middle way we have to find, and each of you, if you are seeking excellence, need to find that spot and ride it.

New Year's Resolutions



by Kelly Freeman

Break the mold and don't be a statistic! Studies show that only 8% of people actually follow through with their New Year's resolutions and most have dropped trying to accomplish their goals by February!

If you plan to set goals for yourself don't be that guy or gal ~ be the one who accomplishes you're their goals.

What is the best way to actually do this? Set realistic goals!

Even if you set big goals for yourself...break them down into attainable smaller goals.

It really is that simple.



Top 5 Most Common Resolutions:

Health ~ Exercise More

Time Management

Save More Money

Manage Stress Better

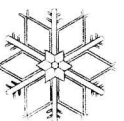
Do Something New ~

Learn A New Language



Events to Celebrate January Birthdays

- 4 — Keith Zylstra
- 5 — John Hollstein
- 13 — Steve Latham
- 15 — T.J. Holert



Blaine Food Bank Donation — 95 pounds

Fire Commissioner Meetings

NWFR

Thurs. January 17
9408 Odell St 61 Blaine —
1:00 p.m.

District 4

Tues. January 15
4142 Britton Loop St 12
Bellingham — 12:00 p.m.

