

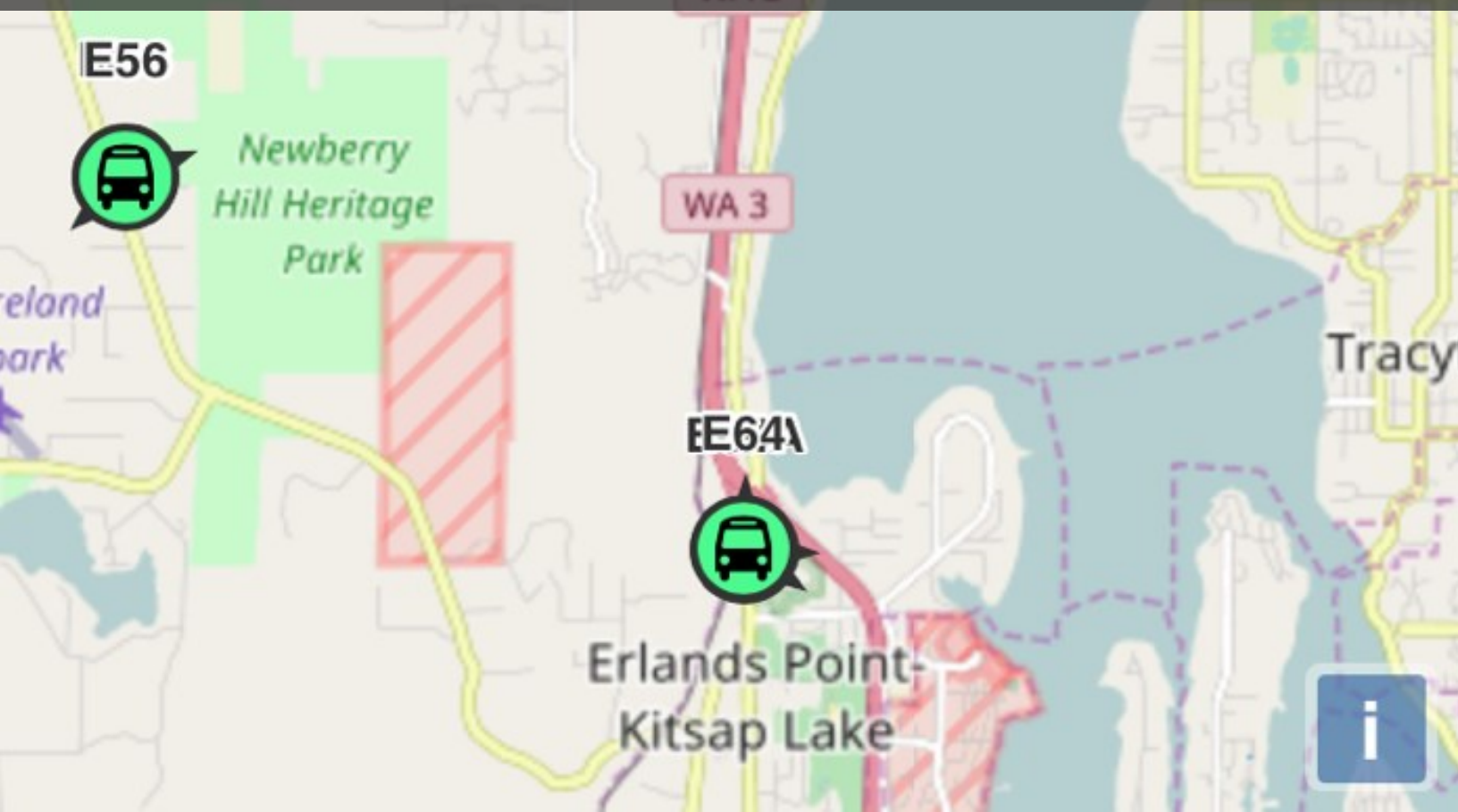
CK Weekly

ISSUE: 04/07/2017

CENTRAL KITSAP FIRE & RESCUE

CKFR's MCT Tracker Software

With the help of our IT Manager Bob Morley, CKFR has implemented the first iteration of MCT Tracking Software! This tool is able to track the location of our District apparatus in real time.



CENTRAL KITSAP FIRE & RESCUE

Annual Awards Night

APRIL 19, 2017 @ STATION 41 (5PM)

Keynote Speaker:

REAR ADMIRAL
JOHN. W. TAMMEN



Pulled Pork, Smoked Chicken, & Brisket!



Olie & Gator's
OYSTER BAR

Oysters donated by Erlands Point Oysters

Meet our Keynote Speaker

REAR ADMIRAL JOHN W. TAMMEN, JR. COMMANDER, SUBMARINE GROUP 9



Biography was retrieved from this [link](#).



Meet Rear Admiral Tamm
at the CKFR Annual Awards
Night on April 19 (Station 41)!
Dinner—5 PM
Presentations—6 PM

Rear Adm. John Tamm is a native of Washington Township, New Jersey. He graduated from Rensselaer Polytechnic Institute in 1984 with a Bachelor of Science in Mechanical Engineering and earned his master's degree in engineering management from Old Dominion University.

His career as a nuclear submarine warfare officer includes assignments aboard USS Plunger (SSN 595) as a division officer, USS Nevada (SSBN 733) as the engineer officer and then USS Providence (SSN 719) as the executive officer. Subsequent command assignments include commanding officer of USS Georgia (SSBN/SSGN 729), from March 2002 until December 2004, and commodore of Submarine Squadron (SUBRON) 19 from July 2008 until July 2010.

Ashore, he has served as officer in charge of Combat Systems Training Team on the staff of Commander, Submarine Group 5; squadron engineer on the staff of Commander, SUBRON-17; Force Nuclear Power officer for the Atlantic Submarine Force; executive assistant to the director Submarine Warfare Division, Office of the Chief of Naval Operations (OPNAV N77); deputy division chief for Joint Capabilities Division (Joint Staff J8); section head for Platforms, Payloads and Budget in Undersea Warfare (OPNAV N97); military assistant and chief of staff for the Assistant Secretary of Defense for Operational Energy Plans and Programs (OEPP), the Honorable Sharon Burke; and deputy director for Undersea Warfare (OPNAV N97).

As a flag officer, he served as the deputy director, Plans and Policy (J5) at U.S. Strategic Command.

Tamm is currently the commander, Submarine Group 9, Naval Base Kitsap, Washington.

His personal decorations include Defense Superior Service Medal (two awards), Legion of Merit (four awards), Defense Meritorious Service Medal, Meritorious Service Medal (two awards), Navy Commendation Medal (five awards), Navy Achievement Medal (two awards) and various unit awards.

Updated: 19 July 2016

WEEKLY QUOTE

“Try not to become a person of success, but rather try to become a person of value.”

Albert Einstein

FIRE TRAINING ACADEMY

Graduation



YOU ARE CORDIALLY INVITED TO ATTEND
THE GRADUATION CEREMONY
OF OUR PROBATIONARY FIREFIGHTERS

Will Clewellyn

Michael Smith

Mackinley Holt

Jeff Wright

Snoqualmie Ridge Golf Course

36005 SE RIDGE ST., SNOQUALMIE, WA 98065

APRIL 21, 2017 AT 10:00 AM

HEALTH & WELLNESS

DIVISION CHIEF SORENSON

Energy Drinks

The following information is based on review of several Medical Journal articles on the subject:

- ⇒ Red Bull was first introduced in 1997
- ⇒ In 2005 US residents consumed an estimated 2.3 billion "energy drinks"
 - In 2010, 9 billion consumed
- ⇒ In 2012 the "energy drink " market was more than \$12 billion
 - This is 60% higher than 2008
- ⇒ The contents found in "energy drinks" are largely unregulated and under reported
- ⇒ Data suggests the safe upper limit for caffeine consumption per day is approximately 400 mg
 - Caffeine content, per can, be as high as 350mg in "energy drinks"
- ⇒ The safety and efficacy of other added ingredients is yet to be determined, according to the FDA
 - Vitamin B in excess of 2000% of daily values is common
- ⇒ "Energy drinks" mixed with alcohol promote a higher appetite for alcohol, which frequently leads to alcohol poisoning.
- ⇒ Excessive "energy drink" consumption has been a contributing factor in:
 - Hypertension
 - Cardiac arrhythmia (atrial fibrillation)
 - Cardiac death, especially with athletes
- ⇒ High sugar content found in "energy drinks" leads to:
 - Obesity and Type II Diabetes

UPCOMING EVENTS

- Mon. Apr 10 BOC Regular Meeting, Admin Building (4 PM)
- Wed. Apr 19 CKFR Annual Awards Night, Station 41 (5 PM)
- Fri. Apr 21 Fire Training Academy Graduation for PFFs, Snoqualmie Ridge Golf Course (10 AM)
- Mon. Apr 24 BOC Study Session, Admin Building (4 PM)
includes presentations for our 2 new FF/EMTs!



Annual Fire Extinguisher Inspections have been scheduled for May 8-12.

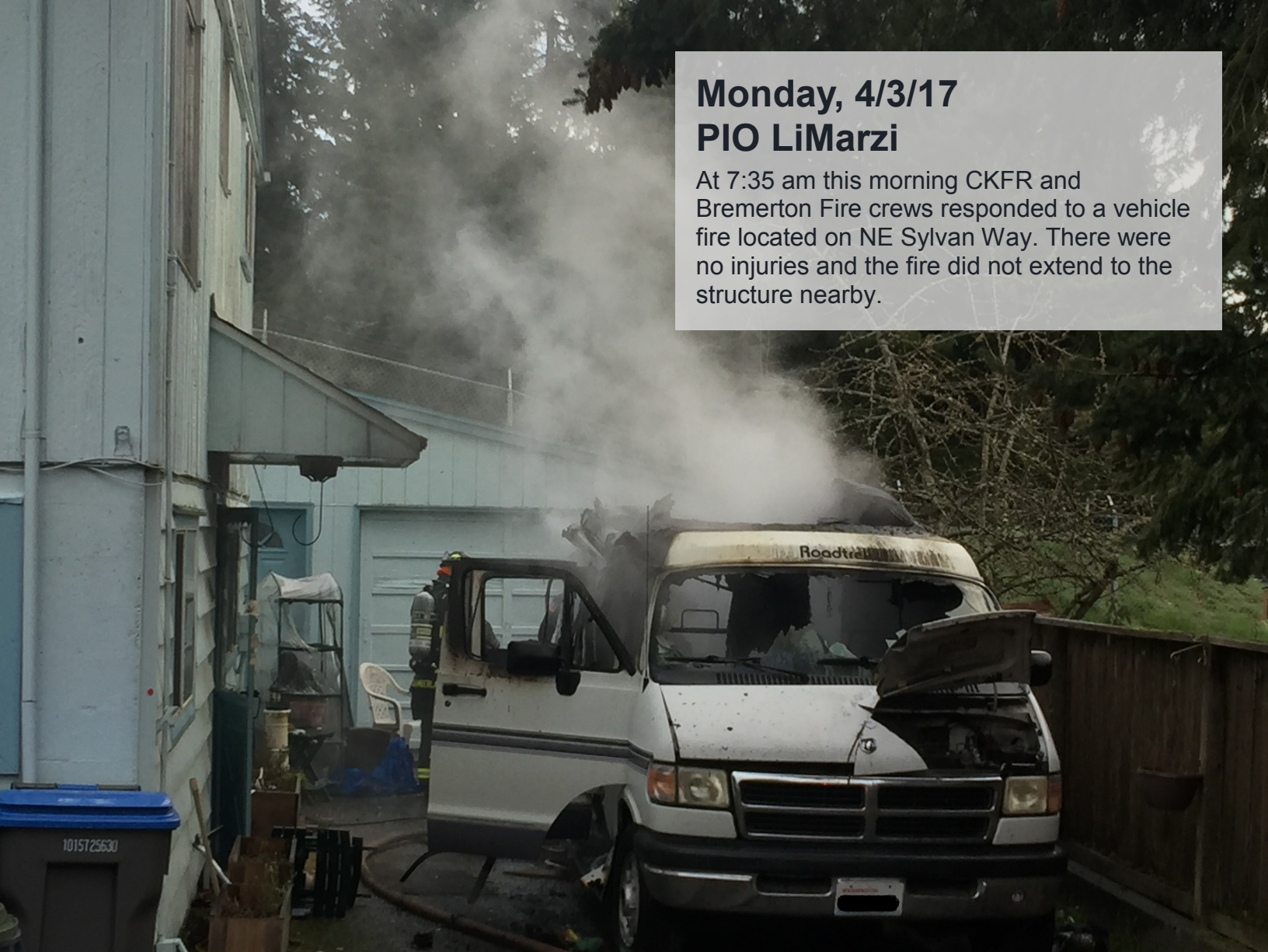
PulsePoint

Agency Statistics for CKFR—March 2017

As of March, CKFR has 3691 followers!

All Totals for the Month of March	#
Total number of followers	3691
Total number of followers with CPR alerts enabled	2238
SCA incidents	12
SCA incidents in public location	1
CPR Alerts sent	1
Number of devices alerted to CPR needed events	2
Total number of incident notifications	70
Total number of incidents appearing in PulsePoint	608

Followers by notification type (EOM March 2017)	#
Structure Fire notifications enabled	1062
Working Structure Fire notifications enabled	1087
Vegetation Fire notifications enabled	739
Working Vegetation Fire notifications enabled	790
Traffic Collision notifications enabled	994
Traffic Collision Expanded notifications enabled	1055
Technical Rescue notifications enabled	851
Hazmat Response notifications enabled	748
Water Rescue notifications enabled	945
NEWS notifications enabled	710
CERT notifications enabled	586
DISASTER notifications enabled	1072



Monday, 4/3/17

PIO LiMarzi

At 7:35 am this morning CKFR and Bremerton Fire crews responded to a vehicle fire located on NE Sylvan Way. There were no injuries and the fire did not extend to the structure nearby.



Shout Out to Joel Stack!

Thank you Joel for helping spread the word about fire safety! You rock!



Radical Candor

Posted: 05 Apr 2017 10:37 PM PDT

RADICAL CANDOR is a culture of **guidance** based on caring personally and challenging directly everyone you work with. The goal is to achieve collaboratively what you could never achieve individually, and to do that, you need to care about the people you're working with.

The very heart of being a good boss is a good relationship, writes Kim Scott in *Radical Candor*. We need Radically Candid relationships with those we work with and because this is often scary and can be emotionally taxing, we resort to be *ruinously empathetic* or *obnoxiously aggressive* or *manipulatively insincere*.

Of course, establishing trust with each person that reports to you is fundamental to radical candor. Radical Candor happens when you put **Care Personally** and **Challenge Directly** together. *Care Personally* refers to the fact that to have a good relationship “you have to your whole self and care about each of the people who work for you as a human being. *Challenge Directly* “involves telling people when their work isn't good enough—and when it is. Challenging people might seem the opposite of Care Personally, but “challenging people is often the best way to show them that you care when you're the boss.”

Scott explains that she chose the word *Radical* “because so many of us are conditioned to avoid saying what we really think. This is partially adaptive social behavior; it helps us avoid conflict or embarrassment. But in a boss, that kind of avoidance is disastrous. She chose *Candor* because it is “necessary to communicate clearly enough so that there's no room for interpretation, but also *humbly*.”

Caring Personally is about acknowledging that we are all people with lives and aspirations that extend beyond those related to our shared work. It's about finding time for real conversations; about getting to know each other at a human level; about learning what's important to people; about sharing with one another what makes us want to get out of bed in the morning and go to work—and what has the opposite effect.

Challenging others and encouraging them to challenge you helps build trusting relationships because it shows 1) you care enough to point out both the things that aren't going well and those that are and that 2) you are willing to admit when you're wrong and that you are committed to fixing mistakes that you or others have made.

Radical candor is not an invitation to be a jerk, or to nitpick, or to simply schmooze. (“A good rule of thumb for any relationship is to leave three unimportant things unsaid each day.”) What you say gets “measured at the listener's ear, not at the speaker's mouth.” Everything must be delivered in good faith.

Scott has **created a framework** to help you be more conscious of the kind of guidance you are getting, giving, and encouraging. There are two dimensions to good guidance: Care Personally and Challenge Directly. It is a way to gauge praise and criticism.

When you criticize someone without taking the time to show care, your guidance feels like *Obnoxious Aggression*. It's what happens when you challenge but don't care. It's praise that doesn't feel sincere or criticism that isn't delivered kindly. "When bosses belittle employees, embarrass them publically, or freeze them out, their behavior falls into this quadrant." And keep this in mind: "Almost nothing will erode trust more quickly than using one's insights into what make another person tick to hurt them."

Manipulative Insincerity is what happens when you neither care nor challenge. It's an attempt to push the other person's emotional buttons in return for some personal gain. It's praise that is non-specific and insincere or criticism that is neither clear nor kind.

Ruinous Empathy is what happens when you care but don't challenge. "When bosses are too invested in everyone getting along, they also fail to encourage the people on their team to criticize one another for fear of sowing discord. They create the kind of work environment where 'being nice' is prioritized at the expense of critiquing, and therefore, improving actual performance." It is praise that isn't specific enough to help the person understand what was good or criticism that is sugarcoated and unclear.

You may think Radical Candor would never work on your organization's or team's culture. And it probably won't unless you first invest in the people you work with and show them that you care personally. But here's **the big hurdle**: Start by explaining the idea and then asking people to be Radically Candid with **you**. Why you first?

First, it's the best way to show that you are aware that you are often wrong, and that you want to hear about it when you are; you want to be challenged. Second, you'll learn a lot—few people scrutinize you as closely as do those who report to you. Third, the more firsthand experience you have with how it feels to receive criticism, the better idea you'll have of how your own guidance lands for others. Fourth, asking for criticism is a great way to build trust and strengthen your relationships. (*Important: "If a person is bold enough to criticize you, do not critique their criticism."*)

Scott carefully details ways to create a climate in which Radically Candid relationships can flourish. She provides many (most first-hand) examples of what worked and what didn't work.

From her experiences at Apple and Google, she observed that "a boss's ability to achieve results had a lot more to do with listening and seeking to understand than it did with telling people what to do; more to do with debating than directing; more to do with pushing people to decide than with being the decider; more to do with persuading than with giving orders; more to do with learning than with knowing."

And there's an *app*: **Candor Coach**. This app will show you how quick, frequent, face-to-face conversations can help you build a culture of Radical Candor. It will start by teaching you to ask for and give feedback. It will help you track the conversations you're having with each person on your team so that you can see where you need to improve.

Read more at: http://www.leadershipnow.com/leadingblog/2017/04/radical_candor.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+LeadingBlog+%28Leading+Blog%29



Welcome to the world, Ethan Michael Skovald!

Brandin's baby was born on Wednesday,
4/5/17 at 1:00 PM. Ethan is 8 pounds and
20.5 inches long. Congratulations, Brandin!

MARCH EVENT COVERAGE

March 3, Station 53 Standby

Valerie Quill

Brian Fuchs

March 10, Station 53 Standby

Linda Jenkins

Travis Edwards

Valerie Quill

March 24, Station 53 Standby

Travis Edwards

Valerie Quill

Linda Jenkins

March 24, Station 42 Standby

Tony Stewart

Kyle Fields

March 25, Peninsula Dog Fanciers Club, Dog Show, Aid Crew, Pavilion

Kyle Fields

Reuben Farley

Aurelia Buhler-Flores

Kyle Davison

March 26, Peninsula Dog Fanciers Club, Dog Show, Aid Crew, Pavilion

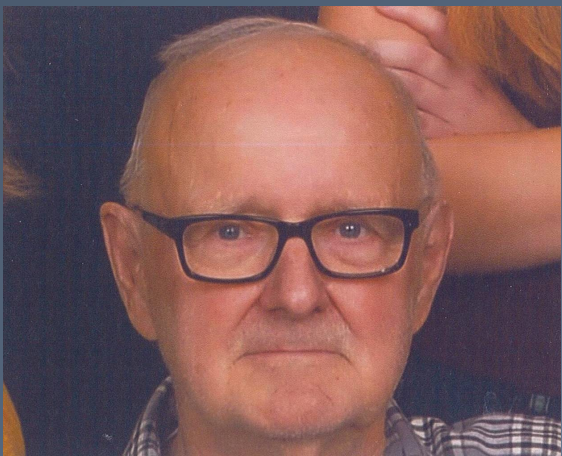
Kyle Fields

David Brisbon

Christina Bigelow

Brianna Lopez

In Loving Memory



Richard "Dick" Roossien

Richard "Dick" Roossien, 77, of Seabeck, passed away on March 28, 2017. Dick was a very active former volunteer in our District. We are grateful for his contributions to our Department and our thoughts are with his family.

[Kitsap Sun Obituary](#)

[Lewis Chapel Obituary](#)

A Remembrance of Life is being planned by the family without a date at this time.

To: All Personnel

From: Eric Keim

Dated: 4/3/17

US FDA has recalled specific lots of EpiPen and EpiPen Jr's auto injectors, as this is a life safety medication that a lot of patients you will see are on, please print this and keep a copy in your rig for dissemination to any patient you note as being prescribed an epi pen. Please look for this in patient medication lists and provide them with a copy of the notice. Advise patients to speak with their physician or pharmacist to determine if they have one of the lots effected. Please do this through the month of April.



MedWatch - The FDA Safety Information and Adverse Event Reporting Program

EpiPen and and EpiPen Jr Auto-Injector: Recall - Failure to Activate Device

AUDIENCE: Consumer, Pharmacy

ISSUE: Mylan N.V. announced that Meridian Medical Technologies, a Pfizer company and Mylan's manufacturing partner for EpiPen Auto-Injector, has expanded a voluntary recall of select lots of EpiPen (epinephrine injection, USP) and EpiPen Jr (epinephrine injection, USP) Auto-Injectors to now include additional lots distributed in the U.S. and other markets.

This recall is being conducted as a result of the receipt of two previously disclosed reports outside of the U.S. of failure to activate the device due to a potential defect in a supplier component. The potential defect could make the device difficult to activate in an emergency (failure to activate or increased force needed to activate) and have significant health consequences for a patient experiencing a life-threatening allergic reaction (anaphylaxis). Both reports are related to the single lot that was previously recalled.

The recall impacts the 0.3 mg and 0.15 mg strengths of EpiPen Auto-Injector. The recalled product was manufactured by Meridian Medical Technologies and distributed by Mylan Specialty between December 2015 and July 2016. None of the recalled lots include the authorized generic for EpiPen Auto-Injector, which is also manufactured by Meridian Medical Technologies. See the [news release](#) for a list of affected product lot numbers.

BACKGROUND: The expanded voluntary recall is being initiated in the U.S. and also will extend to additional markets in Europe, Asia, North and South America.

RECOMMENDATION: Patients, customers and distributors are being notified and should refer to Mylan.com/EpiPenRecall for updates on product return and replacement instructions. We are asking patients to keep their existing product until their replacement product can be secured.

Patients may receive either EpiPen Auto-Injector or the authorized generic for EpiPen Auto-Injector at the pharmacy as a replacement based on availability. The authorized generic has the exact same drug formulation, has the exact same operating instructions and is therapeutically equivalent to EpiPen Auto Injector, and may be substituted for EpiPen Auto Injector.

It is important that patients continue to carry their current EpiPen Auto-Injector until they receive a replacement device. Healthcare professionals and patients are encouraged to report adverse events or side effects related to the use of these products to the FDA's MedWatch Safety Information and Adverse Event Reporting Program:

Complete and submit the report Online: www.fda.gov/MedWatch/report

[Download form](#) or call 1-800-332-1088 to request a reporting form, then complete and return to the address on the pre-addressed form, or submit by fax to 1-800-FDA-0178

Meatball John



It was round two up at Admin for Meatball John!
We had a custom apron made for John to show appreciation for all that he has done!




John is making headlines all over the place!

He will be up at Admin again on Wednesday, 4/12 to feed the rest of the Staff.

Thank you for everything, John!





Ryan Crosby shared some pictures of his recent graduation from the LAFD Leadership Academy in Los Angeles. The academy is an intensive graduate-level course that provides practical leadership tools for leaders in today's Fire Service, born from the Military Academy in West Point and adapted for the LAFD.



The academy is one week per month for four months, involving reading and writing assignments with weekly final exams and a final 20-page paper. This was a big undertaking but was also extremely rewarding. I would recommend that anyone wishing to better themselves go experience this academy!

~ Ryan Crosby

Federal Resources
235-G Log Canoe Circle
Stevensville, MD 21666

1.800.892.1099

Fax: 410.643.7701

www.federalresources.com



HAZMATIQ TACTICS: AIR MONITORING FOR FLAMMABLE LIQUIDS

This 8 hour technician level course will provide responders the knowledge and skills required to conduct air monitoring at incidents involving bulk flammable liquid spills and fires; including crude oil, ethanol, methanol, and other common flammable liquids. Air monitoring techniques for hazmat entry operations and downwind public protective actions will be covered. Responders will gain hands on experience monitoring actual products.

Morning Session:

The morning session includes interactive lecture supported by videos, incident case studies, and demonstration of product behavior.

Training topics include:

- Chemical / physical properties and hazards of flammable liquids
- Air monitoring tactics for safe entry operations
- Air monitoring considerations for train derailments
- Air monitoring tactics for downwind public protection

Afternoon Session:

The afternoon session includes hands on with air monitoring equipment and skill stations. A full suite of air monitoring equipment will be provided for use during the class by all students.

Training topics include:

- All hazard air monitoring using meters, detection paper, and colorimetric tubes
- Use and operation of Benzene detectors
- Thermal imaging for hazmat
- Hands on skill stations air monitoring live products including crude oil

Training for Real World Responses



For more information on HazMatIQ by Federal Resources, visit
www.hazmatiq.com