

CK WEEKLY

ISSUE: 05/19/2017

CENTRAL KITSAP FIRE & RESCUE

Fire Drill at Harrison Medical Center—Silverdale

On Tuesday morning, CKFR Crews participated in a fire drill at Harrison Medical Center to ensure that both organizations are prepared in the event of a fire at the hospital. More in this issue!





*Central Kitsap Fire & Rescue
invites you to join us as we honor and thank*

Steve Hostetter

Battalion Chief

*for his 30 years of dedication to the
Central Kitsap Community*

Wednesday, May 31, 2017

4:00 PM at Fire Station 51

10955 Silverdale Way NW, Silverdale, WA 98383

Refreshments will be served after presentations

UPCOMING EVENTS

**We have many great events coming up!
Please read thoroughly!**

- Mon. May 22 BOC Study Session, Admin Building (4 PM)
- Wed. May 31 BC Hostetter's Retirement Celebration, Admin Building (4 PM)
- Sat. Jun 3 CKFR Kid's Day, Kitsap Fairgrounds (10 AM)
- Mon. Jun 12 BOC Regular Meeting, Admin Building (4 PM)
- At the Board meeting, we will recognize promotions for:*
- *Battalion Chief—Rick O'Rourke*
 - *Captain—Tom Sullivan*
 - *Lieutenants—Chris Bigelow and Chris Starkey*
 - *Apparatus Operator—Shawn Mahoney*
- Please make every effort to attend!*
- Tue. Jun 13 New Shift Roster will be in effect!
- Thu. Jun 22 CKFR's 75th Anniversary



LOOKING FOR KIDS DAY VOLUNTEERS!

For the past four years Local 2819 has sponsored a bounce house and also served hot dogs to the citizens of Kitsap County during Kids Day. For new members, Kids Day is held at the Kitsap County Fairgrounds and is a huge event with businesses, non-profits and safety demonstrations held throughout the day.

This has become a tradition throughout our communities, and one in which local citizens have an opportunity to interact with Local 2819 members. This interaction builds good will with our community members and also is a way for members to give back to our communities.

So, we are need of help this year from our members to make another successful year happen. Please text me at [509-591-2029](tel:509-591-2029) to sign up. We need members to staff the bounce house, and also set up the hot dog booth and serve hot dogs. In the past, with enough members, we have had an assembly line going at the hot dog booth which makes serving much easier.

Kids Day goes from 10AM - 2PM and we need members to arrive at 9 AM for set and then to serve hot dogs until they are all gone. Please text me to sign up.

FROM: Chad Gillespie



CKFR KIDS' DAY 2017

The 32nd Annual Event will be June 3, 2017 from 10:00 AM—2:30 PM at the Kitsap County Fairgrounds. It's FREE to attend and provides fire and life safety messages, entertainment, and demonstrations for the whole family! PIO LiMarzi is the Lead on this great event!



MEET KATY CRABTREE

Katy was born and raised in Lodi, CA and moved to Silverdale with her family about 11 years ago. She attended Central Kitsap High School and then went on to attend college and graduate school at California Lutheran University. She majored in political science and minored in business administration during her ungraduated career and earned her master's in Public Policy and Administration. She recently moved back to Silverdale after being in California for several years and is glad to be back in a community she cares so much about. She will be joining the KC EMS Council as the new Administrative Assistant. Outside of the office, you will find her at spin class, hanging out with her family, walking her dogs, playing golf with her dad, cooking and baking, or at a Mariner's game.

CUB SCOUTS AT 56

Cub Scout pack 4537 visited Station 56, A-shift on the evening of May 15th. Based on those smiles, it looks like they had a great time! Thanks for sharing, B/C Platz!



WEEKLY QUOTE

Ask yourself if what you're doing today is getting you closer to where you want to be tomorrow.

PEER SUPPORT CONTACTS

Call/Text/Email - 7 days a week

FIRST CHOICE EAP

(800) 777-4114

www.FirstChoiceEAP.com

SAFE CALL NOW

(206) 459-3020

www.safecallnow.org

EVERYONE GOES HOME

www.everyonegoeshome.com

Brown, Justin
Christian, Jay
Danskin, Brian
Eberle, Joe
Ebert, Sascha
King, Dan
Limarzi, Ileana
Oliver, John
Platz, Greg
Putnam, Kara
Quill, Val
Sargeant, Tammy
Shaffer, Brock
Sorenson, Jeff
Starkey, Chris
Sullivan, Tom
Twomey, Brett

jbro1234.jb@gmail.com / jbrown@ckfr.org
jchristian@ckfr.org
bdanskin@ckfr.org
jeberle@ckfr.org
lukea100@msn.com / sebert@ckfr.org
dking@ckfr.org
ilimarzi@iaff2819.org / ilimarzi@ckfr.org
joliver3418@gmail.com / joliver@ckfr.org
gregoryplatz@hotmail.com / gplatz@ckfr.org
kdput99@gmail.com / kputnam@ckfr.org
vquill@ckfr.org
tsargeant@ckfr.org
bshaffer@ckfr.org
jeffsor@me.com / jsorenson@ckfr.org
cstarkey@ckfr.org
tsullyjr@gmail.com / tsullivan@ckfr.org
btwomey@ckfr.org

RANSOMWARE AND VIRUSES

A HELPFUL MESSAGE FROM YOUR IT PROGRAM MANAGER, "THE BOB" MORLEY

Ransomware is a type of malware that prevents or limits users from accessing their system, either by locking the system's screen or by locking the users' files unless a ransom is paid. More modern ransomware families, collectively categorized as crypto-ransomware, encrypt certain file types on infected systems and forces users to pay the ransom through certain online payment methods to get a decrypt key (definition by Trend Micro). The latest round of ransomware called WannaCry just infected hundreds of thousands of computers around the world last weekend.

What can I do if I have been infected?

There are very few options for people that have been infected with ransomware. If you have backups of your data, you can restore your files. If not, then you have to ask yourself, how valuable is my data? Is it worth the extortion fee? Remember these are not good people you are dealing with, you may pay their fee, but that does not guarantee they will unlock your files.

What can I do to prevent getting infected?

There is no fool proof way of protecting yourself. These malicious attackers are constantly finding new techniques to induce the most damage. But there are some things you can do to reduce your chances.

Always keep up to date with your software. Microsoft, Apple, Adobe and Google push out updates to remedy vulnerabilities on a consistent schedule. The latest round of ransomware specifically targeted computers that were not kept up to date. The British National Health Service was the worst affected organization as a result of using Windows XP, an operating system that no longer gets updates.

- **Always use an antivirus program.** Free antivirus is a great start, however many free AV programs are limited and may not protect you from threats such as ransomware. It may make sense to invest in a good AV program like Bitdefender, Malwarebytes, or Webroot (just to name a few).
- **Make it a practice to back up your files.** There is a saying in the IT industry, "It's not if you lose data, it's when you lose data". Pro tip! If you are backing up to a thumbdrive or external drive, make sure those are disconnected after your backup. If you keep your backup drive connected to your computer and your computer is infected, guess what else will be!
- **Be wary of unsolicited emails!** This has been the preferred method as of late, so if it looks suspicious, it probably is. Have multiple personal email accounts (like gmail or outlook). Have one for close friends and family, another for junk, and maybe a third for purchasing and payments through trusted vendors. Stay away from your internet company emails like Comcast and Wave, spam and virus run rampant on those systems (based on my own opinion).
- **Use OpenDNS at home!** They have a remarkable free service that can be another line of defense that blocks you from going to malicious websites. You can even block categories such as pornography, drugs, etc. in your home for every device that connects. Just search for "OpenDNS Free" online.

Here at CKFR, we use all of the above tactics to keep you safe. That doesn't mean we are invulnerable. I rely heavily on you to be cautious when reading emails and browsing the web. If you feel there is something suspicious in your email or on your computer, let me know ASAP. If you believe that a computer here at CKFR has been infected, TURN IT OFF and UNPLUG IT FROM THE NETWORK! By being smart and vigilant you may be able to reduce or avoid the damage to other systems.

From: John Oliver
Sent: Thursday, May 18, 2017 9:08 AM
To: AllPersonnel
Subject: Fleet Maintenance Supervisor

NOTICE

The interim Manager for Fleet Services will be Division Chief Sorenson.

In this time of transition, DC Sorenson has been tasked to ensure the continuance of excellent fleet maintenance that we have all come to appreciate.



CKFR GOES NATIONAL! *ZOLL Summit (Boulder, CO)*

FROM: PM Kevin Bernt

This week, we had the opportunity to show the entire ZOLL Conference of 750 attendees the progressive dashboards that CKFR has in place. The dashboards were well-received and multiple agencies were interested in them. We also have many more ideas that we are bringing back that could enhance the way that we do business at CKFR.

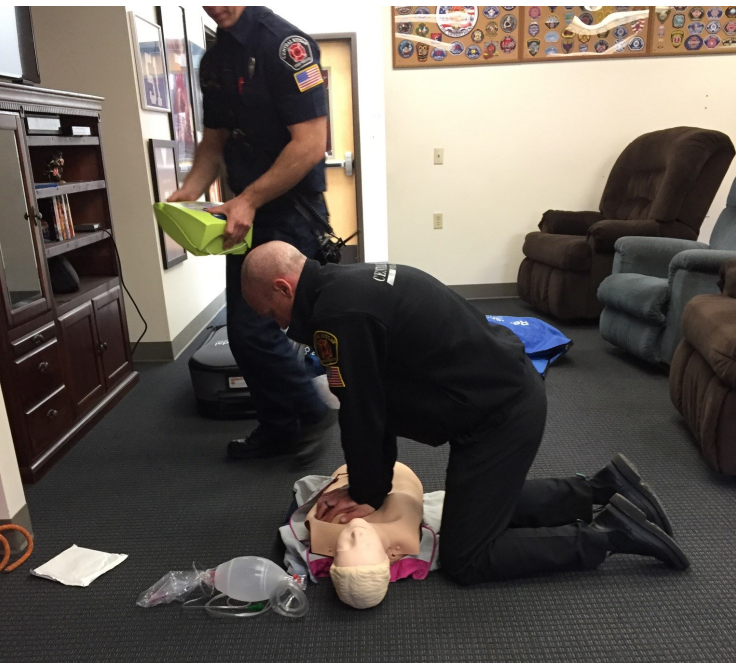
KUDOS

From: Mark Giannobile
Sent: Wednesday, May 17, 2017 7:55 PM
To: Mike Tague
Subject: Vent Prop Fix

Wanted to give you a heads up that Captain Shaffer and A/O Giove really went above and beyond today by volunteering to fix the vent prop. I had thought that it might take some work to get a crew up there to work on it but when I mentioned it to Shaffer this morning he jumped in and said let's get it done today!

Their effort and expertise was a huge help in finishing the project and I think it turned out great. Getting this prop back in service will be a huge benefit to not only our senior members honing their skills but also for teaching all of our new employees the skill of vertical ventilation.

Thank you also for facilitating the R51 crew to be out of service for the time it took us to finish.



CPR SATURDAY ON A-SHIFT!

PM Mark Johnson and PM Jeff Wildes travelled the District on Saturday to conduct Annual CPR Refresher Training. In one day, they were able to recertify 20 A-Shift personnel. That's a lot of compressions!



A FINGER LICKIN' GOOD RESCUE

This week, R51 responded to a report of a person trapped in a bathroom at KFC in Silverdale. Crews had to remove the door from the hinges to gain access to the person who was not injured.

Pictured Right:
A/O Charlie Bratcher



PROGRAMMING RADIOS

Pictured Left: Lt. Steve Davison spent a couple of hours recently at Poulsbo Fire Department's station 72 with Lt. Craig Becker. Craig is Steve's counterpart at Poulsbo where he is the administrator for the radio communications program. Poulsbo uses the same radios that CKFR recently purchased; Craig is providing instruction on how to create the programming "code plug" and how to then effectively program the 95 new portable and mobile Motorola radios. This collaboration saves money and time while reinforcing positive relationships between our respective organizations.

The programming should be able to be completed over the next week or so (each of the 95 radios is programmed individually and receives a unique digital ID code). Once programming is completed there will be training for everyone. This training will be fairly short as the operation and function of the radios are very similar to what we currently have. Then we should be able to put the radios in service.

WISCONSIN

Pictured Right: Last week, EVT Jeff Denton, along with D/C Danskin and D/C Sorenson travelled to Wisconsin for a pre-build meeting for the ladder truck. It looks like Jeff made some new friends in the TSA!





HARRISON HOSPITAL

FIRE DRILL

May 16, 2017

On Tuesday, May 16, 2017, Harrison Medical Center – Silverdale conducted a drill in conjunction with Central Kitsap Fire & Rescue to ensure both organizations are prepared in the event of a fire at the hospital.

The drill took place from approximately 8:30 am – 12:30 pm. Signs were placed outside Harrison Medical Center stating that a drill was in progress so the public wouldn't be concerned when they saw a response of emergency vehicles. Staff, patients, and families were also informed prior to the drill taking place.

The drill included a scenario involving hospital volunteers acting as patients with various conditions. A mock fire was reported on one of the floors of the hospital and first responders from Central Kitsap Fire and Rescue were called. The CHI Franciscan Health incident management team was on site to implement and practice emergency response command structure and protocol.

Hospitals have unique emergency needs and different challenges than typical multi-floor structures, like hotels or office buildings. For example, many individuals will need to remain connected to life saving devices, some may need to evacuate, and others may need to shelter in place. This drill allowed first responders and hospital staff to train in a real-time scenario.





PRESS RELEASE

“Kitchen Fire Forces Evacuation”

This afternoon, at 2:31 pm, Central Kitsap Fire & Rescue received a call in reference to a residential structure fire in the 6100 block of NW Apex Airport Road, Silverdale.

The called reported to 911 that the fire started while he was cooking with oil. He attempted to extinguish it with baking soda, but the fire spread to the wall. The caller and another occupant were out of the house when CKFR crews arrived.

Firefighters observed light smoke coming from the residence and upon entry, flames in the kitchen. The fire was put out with a fire extinguisher and the walls were checked for any possible extension.

There is some smoked and fire damage to the kitchen. The County Fire Marshal was called to the scene as well as Red Cross, to assist the occupants.

We ask that everyone remember these safety tips:

- NEVER attempt to move pan with an oil/grease fire.
- Always make sure you have an oven mitt and lid nearby so that you can smother the flames by carefully sliding the lid over the pan.
- Do NOT use water to extinguish. Pouring water can cause the oil to splash and spread the fire.
- Turn off the stove and leave the lid in place until the fire has extinguished and the pan is cool.

When in doubt – get out and call 9-1-1.

FROM: PIO LiMarzi, 5/18/17

THE OTHER SIDE OF PATIENT CARE

We respond to save lives. When we can't, we render a different kind of care to our patient's survivors. In my experience, the following components make a successful firefighter wellness program:

A Strong Foundation

- Focus on taking care of the customer (developing and applying compassion)
- Focus on taking care of self and others (training in stress resistance, resilience, and recovery)

Behavioral-Health Program Development

- Peer team and outside resource development
- Operational guidelines Continuing

Behavioral-Health Education Classes

- How to have difficult conversations
- Maintaining successful relationships
- Dealing with change

Let's focus at the beginning—taking care of the customer. For the purposes of this article, our customers are not only our patients but also the loved ones of those we are treating/helping. When looking at firefighter behavioral health questionnaires that I distribute to area fire departments, dealing with family members at the scene consistently ranks among the Top 10 most stressful situations in the field.

Consider the following scenario: A crew is working in the firehouse one day when a young mother rushes in and hands a crewmember a limp child. She begs the crew to save the child's life, but the child clearly is dead. How do responders tell her this? We are not taught how to have these types of conversations during firefighter training, nor do we learn it in paramedic school. Yet how we handle these situations can have a tremendous impact on the young mother and on a first responder's mental health as well.

Handling distraught family members with compassion and tact is important for everyone involved. Typically, if something happens that a person couldn't have predicted when they woke up that day (e.g. witnessing a tragedy, someone telling them their loved one is dead, etc.), their brain goes into a crisis response, and what we do as responders during this critical time can not only set the stage for this person's eventual recovery from the event, but it can also set the stage for healthier first responders.

If you are unsure how to treat someone during a crisis, remember the Golden Rule: Do Unto Others. Ask yourself how you would want yourself or one of your loved ones to be treated in the same situation, and keep the following tenets in mind.

- ~ Be truthful - Dose out the bad news.
- ~ Allow significant others to spend time with their loved one
- ~ Convey caring
- ~ Allow grief
- ~ Offer continued support
- ~ Respect the body

[Continue Reading](#)

SOURCE: WFC News

<http://www.washingtonfirechiefs.com/News/TabId/2286/ArtMID/7666/ArticleID/19804/The-Other-Side-of-Patient-Care.aspx>

ABOUT THE AUTHOR

Tim W. Dietz, MA, LPC served for 30 years in the fire service and is the founder/CEO of Behavioral Wellness Resources, a consulting/counseling firm catering to the behavioral wellness needs of emergency-response organizations and individuals. He is an internationally known speaker on human emotional crisis, grief, and staying happy and healthy in the emergency services professions. Tim wrote the book, "Scenes of Compassion: A Responder's Guide for Dealing with Emergency Scene Emotional Crisis." He was a clinical advisor to the U.S. Coast Guard's mental-health response following Hurricanes Katrina and Rita and was the clinical advisor to the stress management team at the Oso, Wash., mudslide. He sits on the board of directors for the Oregon West Coast Post-Trauma Retreat. He lives and has a small private practice in Oregon's beautiful Willamette Valley