



# CKFR WEEKLY

ISSUE: 10/27/2017

CENTRAL KITSAP FIRE & RESCUE

ANNUAL FIRE SAFETY VISITS! *Chico Childcare and Silver Ridge Elementary*



# UPCOMING EVENTS

**Monday, October 23**

BOC Study Session  
Admin Building (4 PM)

**Tuesday, October 31**

Halloween

**Wednesday, November 1**

Open Enrollment Begins  
(goes through December 1st)

**Friday, November 10**

**Admin Office Closed** in  
observance of Veterans Day

**Saturday, November 11**

Veterans Day

**Monday, November 13**

BOC Regular Meeting  
Admin Building (4 PM)

**\*BADGE PINNING FOR**

**AO PROMOTION: SMITH\***

**Thursday, November 23**

Thanksgiving Day  
**Admin Office Closed**  
Silverdale Rotary Turkey Trot

**Friday, November 24**

Native American Heritage Day  
**Admin Office Closed**



Commissioners Earle and Andrews rocking their pink shirts for Cancer Awareness Month!



## BENEFITS OPEN ENROLLMENT

November 1 through December 1, 2017

Please contact HR with any questions!

## Directive: Overtime Reduction Measures

**From:** John Oliver

**Sent:** Wednesday, October 18, 2017 9:29 AM

**To:** AllPersonnel

Unfortunately due to several sentinel events, we have now expended our Overtime budget for 2017. This provides us with an opportunity to work together and become even more resilient for the future. Through a collaborative Labor and Management process we have agreed to implement several measures to lessen our overtime expenditures for the remainder of the year. We will monitor the operational and fiscal impacts for adverse effects and may rescind all or part of this directive prior to its expiration date.

Here is a link to [Department Directive 17-010](#), which will go into effect immediately.



## Silverdale Rotary's Annual Turkey Trot!

Check out their new advertisement here:

<https://youtu.be/3vzqEptnE5Q>

## ARTICLES

- Benefits at Every Level—*The benefits of an advanced degree at every state of your career*

*Author: Josh Waldo*

*Article Source: <http://www.firehouse.com/article/12291321/higher-education-benefits-at-every-level>*

- Firefighter Health & Fitness Programs:  
*Critical Considerations*

*From: NVFC FirefighterStrong (Page 8-9 of this edition)*

*Article Source: <https://www.nvfc.org/wp-content/uploads/2017/09/NVFC-Firefighter-Strong-2017.pdf>*

## **Meet Levi Cook, our new IT Tech!**

I was born in Charleston, SC on December 8, 1987. My father was in the Navy so I moved around a lot when I was younger. I lived in South Carolina, North Carolina, Hawaii, and Oregon before moving to Silverdale, WA at 8 years old. I spent the rest of my childhood in Kitsap County.

After high school I moved to San Diego and lived there for almost a year before joining the Army as a Combat Engineer. After completing Basic Training at Fort Leonardwood, Missouri I was stationed at Fort Bliss in El Paso, TX where I met my wife. We have a 10 year old son and a 5 year old daughter. I was deployed to Iraq for a little over a year. After 4 years on active duty I joined the Army Reserves for 2 years as a Cadet Instructor at Joint Base Lewis McChord in Washington and moved back to Silverdale.

I completed my associate's degree in organizational leadership and resource management at Olympic College and my bachelor's degree in information technology at Brandman University. I am a hobby mechanic and off road enthusiast. In my free time I enjoy camping, target shooting, hiking, and fishing.



### **Pictured Right:**

*Chief Weninger led Levi in his oath of office at Monday's Board Meeting.*



### **Remember when: Oct. 22, 2017**

Ann Horn, Special to the Kitsap Sun | Published 12:00 p.m. PT Oct. 21, 2017

#### **In 1992 (25 years ago)**

Television crews from "Rescue 911" will arrive in Kitsap County next week to transform a quick-thinking Tracyton Elementary student into a television star.

Eleven-year-old Aaron Rankin has been hailed by local medical personnel as a hero. His quick thinking saved his teacher's life, according to Fire District 15 paramedics.

Sixth-grade teacher Randy Corbett suddenly collapsed in his classroom last month. Most students thought he was clowning around, but Rankin realized he wasn't breathing and immediately began cardiopulmonary resuscitation. He continued the effort until other teachers arrived to take over.

Fire District 15 paramedics said Corbett would not have survived his heart attack without Rankin's quick response.

It took them five minutes to get to the school and brain damage occurs after four minutes, they said.

Rankin said never actually performed CPR before. He just listened to his mom and dad talk about it.

# Ladder Truck

Pierce wrapped up week 9 of production for the ladder truck. It continues to move through the assembly lines at the Neenah aerial assembly plant. Here are some photos of the progress that's been made!





**From:** Rick O'Rourke

**Sent:** Friday, October 27, 2017 7:07 AM

**To:** All Personnel

## ***Subject: New Aid and Medic Units***

Three new Medic units have been placed in service and all other Aid units have been swapped or replaced with newer apparatus. This swap over was completed 10-26-2017. All efforts were made to ensure a smooth transition to your new apparatus; however, the following procedures must be performed to ensure everything is working and in the correct place. If you are missing equipment, notify your BC and they will coordinate with PM Keim to get you the missing equipment.

1. Familiarize yourself with your new apparatus.
2. Do a thorough rig check to confirm all equipment is present and working. Some items may have been missed in the changeover.
3. Confirm the MCT is logged on and working properly. Bob Morley adjusted every rig modem to its new IP address or unit name, so it should be correct but you must confirm it is working.
4. Confirm your Tough book or tablet is connecting to the rig WiFi.
5. If you have a Zoll monitor, confirm it is connecting to the rig WiFi.

Do not wait until you are on a call to locate an issue.

# Get your flu shot for a chance to win!

Everyone is encouraged to get a flu shot. It's one more way that we can protect ourselves, families, coworkers, and patients. In order to inspire us to achieve the coveted state of "maximum herd immunity", we are pleased to offer a \$50 gift card to the Yacht Club Broiler, sponsored by Commissioner Guy Earle. Provide proof of your flu immunization to Division Chief Jeff Sorenson by November 15, and your name will be submitted to a drawing!



- **VOLUNTEERS:** Return your receipt to the Volunteer Coordinator, Captain Kevin Goodwin and you will be reimbursed by the District. If you happen to have medical insurance that provides for flu shots, then we encourage you to utilize that option.
- **CAREER STAFF:** Most flu shot locations will honor our WFCA Health Insurance and provide the flu shot **at no cost to the employee.**

## Seasonal Flu Shot Questions & Answers

Centers for Disease Control and Prevention

<https://www.cdc.gov/flu/about/qa/flushot.htm>



"SIGNS"- Short Film - A First Responders Battle

1,708 views

Like 15 Dislike 0 Share

**From:** Justin Brown

**Sent:** Thursday, October 26, 2017 2:34 PM

**Subject:** "SIGNS" video- good watch

<https://www.youtube.com/watch?v=tcISX0yetto&sns=em>

"SIGNS" is a short film made to bring awareness to the importance of mental health in the first responder community. Originally made for internal usage, it was decided to share to spread awareness. Made in collaboration with Marysville Fire Peer Support Group and Seattle Fire Peer Support Group.

If you have 8 minutes, this is an excellent video made by Marysville FD with assistance from Seattle FD.

The oxymoron we live with is that suicide is alive and well in the American fire service. While statistics are hard to nail down due to no mandatory component of reporting, it is evident that firefighter mental health and suicide awareness/ prevention deserve as much or more attention than some of the traditional things we associate as problems to be solved (see line of duty death statistics).

The signs of an individual contemplating suicide are fairly broad, but can be best summarized as an individual acting the OPPOSITE of the way they normally act. Being cranky, angry, disinterested, drinking too much or often, being late to work, seclusion, loss of sense of humor, sleeplessness, nightmares, restlessness, anxiety, reckless behavior, etc.

There is usually a big gap between feeling bad and becoming suicidal, and signs vary from person to person. If you or someone you know is experiencing, or in the future, experiences any or multiple of the above signs and symptoms, please don't hesitate to reach out to your CKFR peer team.



# BECOME A CKFR FIREFIGHTER/EMT

## ABOUT CENTRAL KITSAP FIRE & RESCUE

CKFR is one of the largest fire service providers in Kitsap County, providing Fire and Emergency Medical Services (EMS) response to approximately 115 square miles of residential and commercial land, serving a population of more than 72,000 citizens.

**FOR APPLICATION MATERIALS AND THE POSITION DESCRIPTION**

**VISIT WWW.CKFR.ORG/JOIN-CKFR/**

*The National Testing Network (NTN) conducts the initial testing of our candidates to establish an Entry Level Firefighter/EMT Eligibility List.*

*Please visit their website: [www.NationalTestingNetwork.com](http://www.NationalTestingNetwork.com)*

*NTN Testing must be completed by **11/11/17**.*

*Application materials must be received by **4:30 PM on 11/13/17**  
at the CKFR District Headquarters.*

**5300 NW Newberry Hill Road, Suite 101, Silverdale, Washington**

*Contact Lindsay Anderson, HR Asst. Manager ([landerson@ckfr.org](mailto:landerson@ckfr.org)) for questions.*

**INTEGRITY • RESPECT • DUTY • LOYALTY**