

2017 Santa Run!



CKFR WEEKLY

ISSUE: 12/15/2017

CENTRAL KITSAP FIRE & RESCUE





The Santa Runs continue!

December 17th: Chico Way, Johnson, Chico Beach, Merideth, Eldorado Boulevard, Highpoint, English Hills, El Camino, Terrace View, Cedar Terrace, Dorado Court, Braemar Drive, and Newport Court

December 18th: Chico Way, Erlands Point, Fairway lane, Shadden Lane, Dyes Inlet, Golf Club, Lakehurst, Kitty Hawk, Linden, Breeze Way, Paul Benjamin, Tanda, Country lane, Ridgeway Drive, Ridgeway Place, Ridgeway Circle, Greenhaven Place, and Lakeview Drive.

December 19th: Chico Way, Northlake Way, Rim View Court, Taylor Road, David Road, Kitsap lake Road, Harlow Drive, Broad Street, 1st Street, Ida Street, Skylark, Eden Road, Francis Street, Twin View, and Sunnyhill Road.





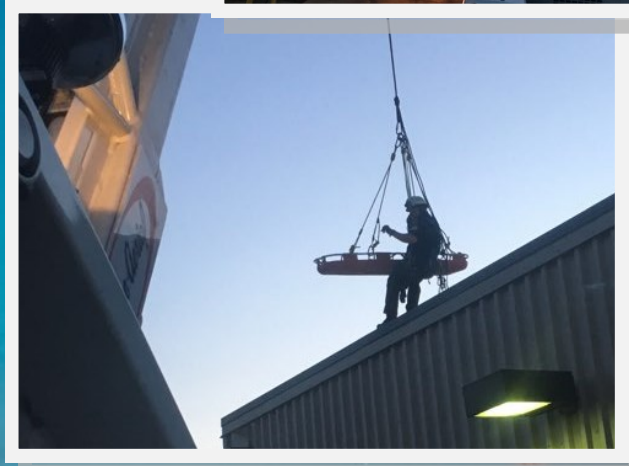
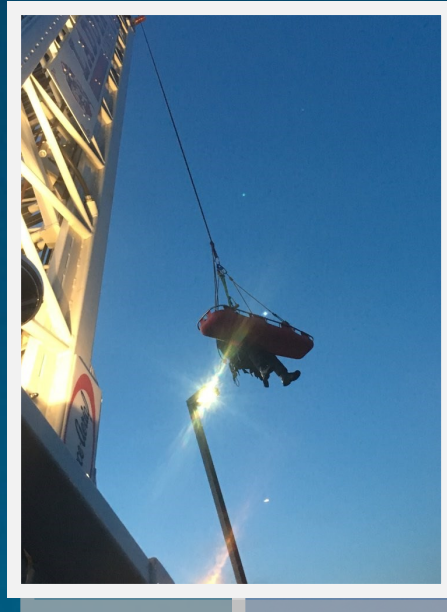
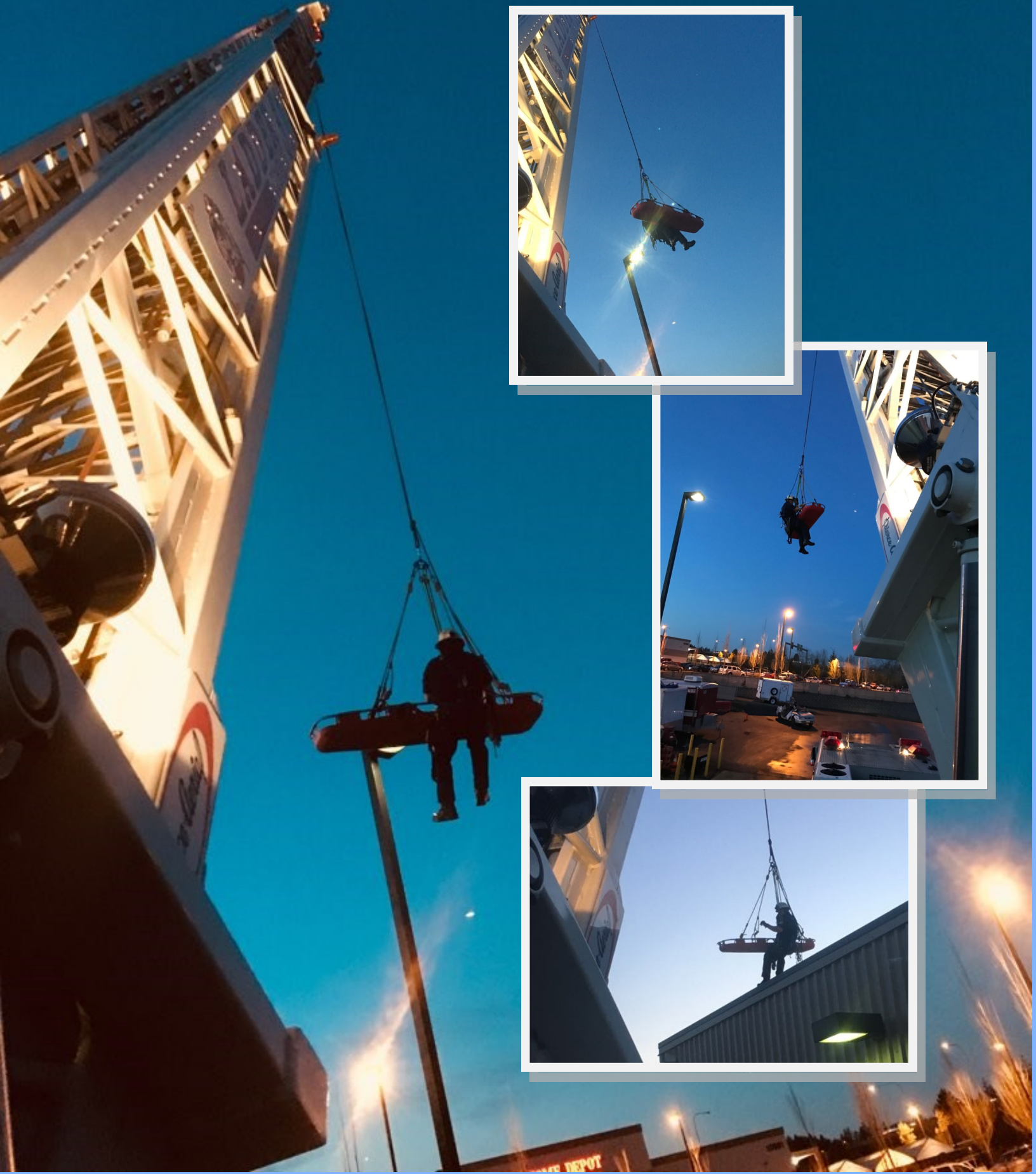
The Professional Fire Fighters of Kitsap County Local 2819 Honor Guard presented colors at the Olympic Duals Wrestling Tournament last weekend.



Wednesday evening, Volunteer Captain Val Quill was honored by the VFW for her service to the community. Nice Job, Val!



CKFR A-shift Station 51 crews took the opportunity on a beautiful winter afternoon to "Fly" Captain Elliott with a simulated patient in a Stokes basket. This evolution could be used to rescue an injured worker from the top of a building.



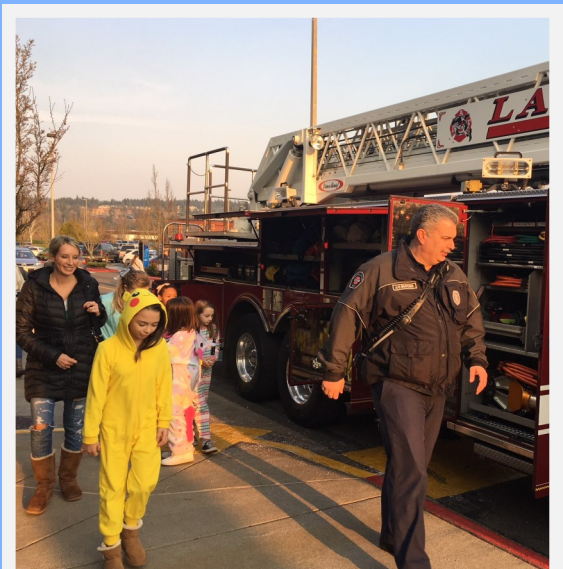
The call for help came in and CKFR crews knew it would be a tough one, but they were up to the challenge. They arrived at the mall Saturday morning and tackled the assignment with enthusiasm JUDGING CHRISTMAS COOKIES!

After much dedication and scientific testing, the group confirmed cookie #5, the chocolate ball, to be the winner.



The winning cookie!

While at the mall—the crew also got a chance to show off Ladder 51 to a onesie birthday party!

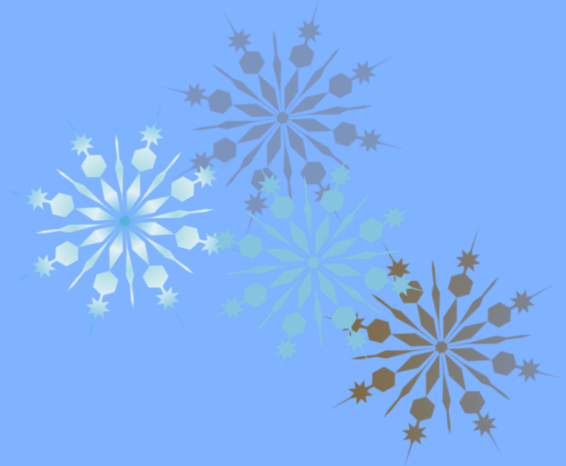


CKFR Promotions and Oaths of Office



(L-R) Deputy Chief John Oliver, newly promoted Lieutenant Kevin Bernt, newly promoted Apparatus Operator Marcus Oliver, newly promoted Captain Matt Porter, and Fire Chief Scott Wening

Marci Ewing was sworn in as the new Part-Time HR Generalist.



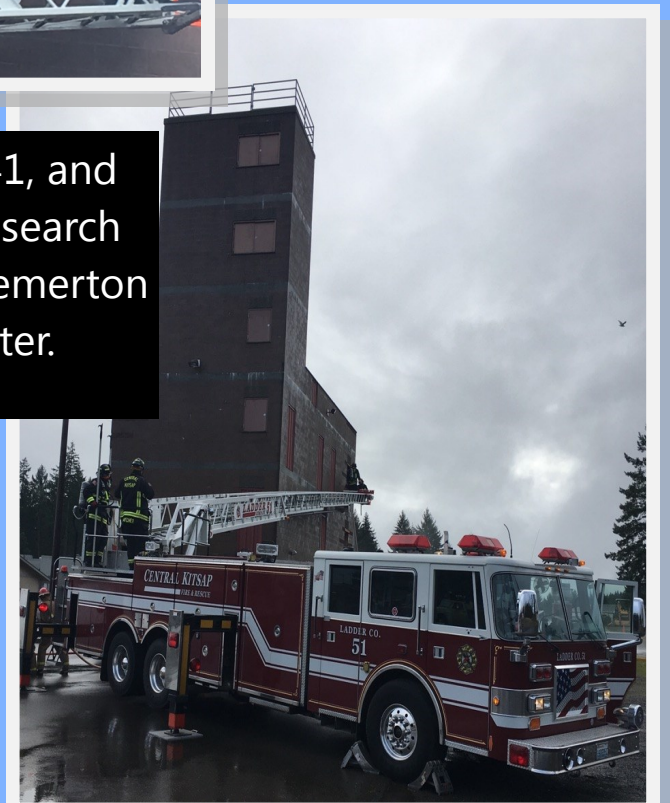
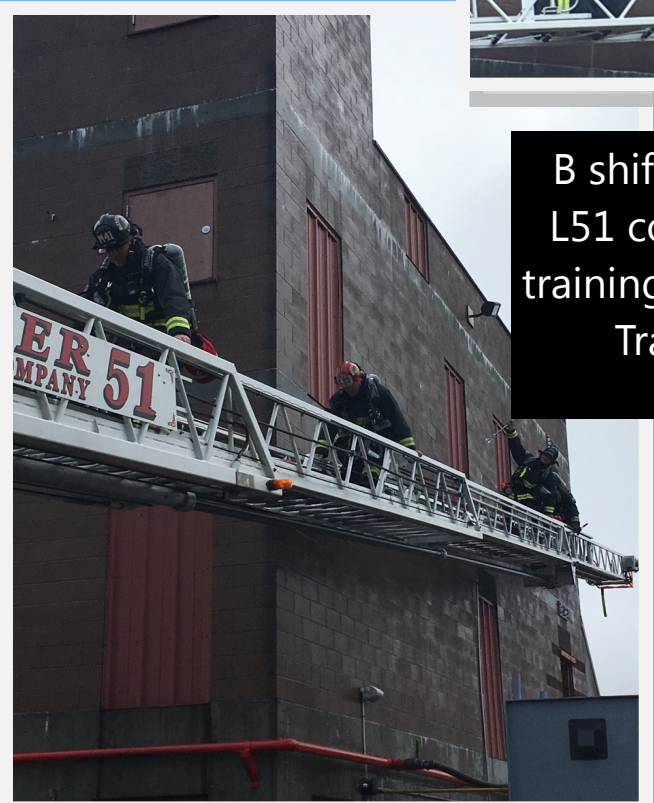
Attorney Ken Bagwell swears in Elected Fire Commissioners Bob Muhleman and Guy Earl.



CKFR Fire Commissioner Bob Muhleman was also sworn in to the Executive Board of Kitsap County Fire Commissioners Association.



B shift. E41, M41, and L51 conducting search training at the Bremerton Training Center.





Last week we introduced Danielle, but failed to mention her title (Sorry, Danielle!)

She's is the new staff assistant for County EMS and her office is in our Administration Building.

Danielle was born in Aberdeen and lived in Chehalis for 13 years before moving to Silverdale four years ago.

She has a Bachelor's Degree in Biology from Central Washington University. Her life revolves around her two boys Michael, 20, and Nick, 19, who both attend the University of Idaho (Go Vandals!),

and her husband Mike of 24 years. Outside of the office, Danielle loves mountain biking, camping, shopping, and hanging out with her wiener dogs.

Central Kitsap Fire & Rescue is currently accepting applications to fill a new position of Budget and Records Assistant. This is an outstanding opportunity to work closely with the Finance Director to provide support for a variety of finance functions across the District.

Applications are due no later than 4:30 PM on Tuesday, January 16, 2018

Additional information can be found on our website at ww.ckfr.org

**WE'RE
HIRING!**

Pulse Point Kitsap County End of Year Stats

AgencyName	DeviceCount	CPR	CPRAlerts	CPRAlertDeviceCount
Central Kitsap Fire and Rescue	6082	3185	25	165
Bainbridge Island Fire Department	2160	1227	14	86
South Kitsap Fire & Rescue	4802	2369	31	92
North Kitsap Fire and Rescue	3368	1742	8	23
Bremerton Fire Department	5195	2666	58	401
Poulsbo Fire Department	3195	1676	6	22
TOTAL	24802	12865	142	789



KNEE-JERK REACTIONS

Good for escaping a shark attack but ineffective in negotiating with a colleague or managing an emergency

By Division Chief Jeff Sorenson

What is a knee-jerk reaction and where does it come from?

"Knee-jerk reaction" is an idiom describing an automatic or reflex reaction made without examining the cause or facts. I use the phrase in jest. In the autonomic nervous system these reactions are often characterized as fight, flight, or freeze. They are originated in the primitive part of the brain known as the limbic system. The limbic system controls unconscious response and emotion. When confronted with a threat we subconsciously react by fighting, fleeing, or freezing. This response from the limbic system may save your life. Conversely, the frontal cortex of the brain controls logical thought. Unless confronted with a true threat it is almost always better to make decisions and communicate with a colleague using this logical part of your brain. People who do so regularly are said to have a higher level of emotional intelligence (EI).

What is a limbic storm and who is affected?

The term limbic storm describes a situation where the limbic system takes over and the person reacts based solely on emotion. Everyone is susceptible to a limbic storm. During a limbic storm the affected person is unable to think clearly, if at all. Watch the evening news and you will see many videos of people affected by limbic storms. A family member standing over a deceased love one yelling "BREATHE!" is an example of a limbic storm. If they were using their frontal cortex, or "rational brain," they would respond by trying to correct the problem or provide CPR. This is not a conscious choice. First responders continuing to run into a burning building trying to rescue a fallen colleague or fire victim, in spite of a no-win situation, are all suffering from a limbic storm. The internet is full of vivid examples. When learning from the videos, it is important to realize you're evaluating them using your frontal cortex and are not confronted with the same "threat." As such, your limbic system has not been activated.

How to avoid limbic storms:

We can learn to make rational decisions and keep our emotions in check through training and experience. You can draw on previous experiences to guide you in future situations. You can train to create muscle memory that will prove valuable in avoiding limbic storms. Recognition Primed Decision Making is a model that describes using "slides" created in the brain that one can pull up to associate a current experience with a previous experience. These "slides" are created by actual and simulated experiences alike. The less experience you have the more you will need to rely on training. This is where the expression, "failing to prepare is preparing to fail" comes from.

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Always have a plan B. We are all susceptible to limbic storms. If you realize you're heading toward a limbic storm, remove yourself from the situation, wait to hit send on the email or have a colleague read the message before you send it. We have all responded to a situation only to later regret not waiting to think it through. If you notice a colleague who is not using their rational brain, step in and give them a chance to reset, cool down or get ahold of their emotions. A code phrase or word can help reset the situation and allow the affected teammate to remove themselves and begin using their "rational brain". Everything we do requires a plan B; this is no different.

Stress injuries and the limbic system

People suffering from stress response or from PTSD can more easily experience a limbic storm. What would normally be perceived as a relatively minor situation can trigger the brain's limbic system in a person suffering from a stress response. Their brain, because of the injury, is in a hyper aware state and may cause a fight, flight or freeze response to a relatively minor stimuli. Be aware of this response in your colleagues and if you notice it, provide support or refer them to a PEER counselor. Catching this symptom early may help them avoid more serious PTSD. A healthy, happy life outside of work makes a stress response much less likely, a fact overlooked by most PEER programs.

Wrapping up

All humans are susceptible to limbic storms. In non-emergent situations, make every effort to use your frontal cortex and communicate using your "rational brain." Try to avoid knee-jerk reactions. Allow some time to pass and have a conversation where the context of your message can be better expressed. Always strive to improve your emotional intelligence. Recognize when emergent decisions are being made based on emotion. If you're the one making them remove yourself from the decision making process, if possible. If you witness this from a member of your team, temporarily assume their role and allow them to reset. Finally, watch out for each other. If you observe a colleague possibly suffering from a stress response, refer them to a PEER counselor or recommend they talk to someone. It is very important we all understand that regardless of your rank or position, you may not be the person your colleague wishes to speak with regarding their stress response. Respect that wish. Finally, none of us are above being affected by the various experiences in our daily lives.

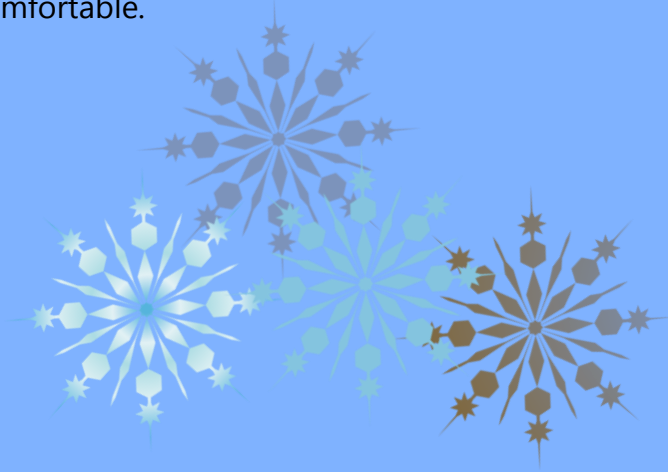


How to Control Your Emotions During a Difficult Conversation

By Amy Gallo

It's hard not to get worked up emotionally when you're in a tense conversation. After all, a disagreement can feel like a threat. You're afraid you're going to have to give up something — your point of view, the way you're used to doing something, the notion that you're right, or maybe even power — and your body therefore ramps up for a fight by triggering the sympathetic nervous system. This is a natural response, but the problem is that our bodies and minds aren't particularly good at discerning between the threats presented by not getting your way on the project plan and, say, being chased down by a bear. Your heart rate and breathing rate spike, your muscles tighten, the blood in your body moves away from your organs, and you're likely to feel uncomfortable.

[Continue reading...](#)



A Thank You from Bloodworks Northwest

On **Wednesday, December 6**, your community blood drive registered a total of **26 donors!** We were able to collect **24 donations of whole blood, and welcomed 12 first time donors!** Since each unit of whole blood is separated into the different components (red cells, platelets, and plasma,) your efforts will benefit up to **72 patients throughout the Pacific Northwest.** The blood donations collected at the blood drive are critical to maintain a stable blood supply for surgeries, medical emergencies, and for supporting patients battling life-threatening illnesses like leukemia and other cancers.

With great appreciation to each and every donor who took the time out of their busy day to come donate—thank you. With your donations Bloodworks NW will continue to send emergency shipments outside the local area, as we are able to do so without impacting upcoming local patient needs.

Thank you to **Central Kitsap Fire & Rescue** for providing the location for the drive, and special thanks to our internal coordinators who help ensure that these drives are possible and successful! We couldn't have done it without you.

Each day, 800 people must donate blood to meet the needs of patients in hospitals. Your blood drive played an important role in helping meet that goal!

Thank you from all of us at Bloodworks NW for your support in this life-saving mission. **Happy Holidays!**