



**ISSUE: 03/16/2018**

**CENTRAL KITSAP FIRE & RESCUE**

# CKFR WEEKLY

## Station 51 Vertical Vent Prop

What started out as a wish list item, is now almost a reality. Last year, Station 51 A-Shift Apparatus Operator Steve Whitish had a dream to build a new vertical vent prop at Station 51 so more frequent training could take place without the need to travel out of the district. From this idea, through plan development, budget approval, purchasing of materials and now construction, AO Whitish has been steadily working on this project. [Continue to Page 4]



**CKFR**

**April 3, 5PM  
@ the Presidents' Hall!**

*Annual Awards Night*

*Cheers to 75 Years!*



**Central Kitsap  
Food Bank**

nourishing neighbors  
since 1989

# All Raffle Proceeds Benefit The Central Kitsap Food Bank!

This raffle is a great opportunity to support our local food bank! Please donate by bringing canned food to the event and/or buying raffle tickets at the event!  
**All proceeds go the CK Food Bank!**

**\$1.00 = 1 Ticket**  
**\$5.00 = 7 Tickets**  
**1 Can of Food = 2 Tickets**  
**10 Cans of Food = 25 Tickets**

**Thank you to our local businesses who have donated into our raffle! Stay tuned—more to come!!!**

\$50 Gift Certificate to [Monica's Waterfront Bakery](#)

[All Star Lanes & Casino](#): (1) 2-hour Rent-a-Lane for up to 6 people (shoes included)

[Silver City Brewery Raffle Pack](#):

(4) 22-oz Beers—*Ridgetop Red, Saint Florian IPA, Fat Scotch Ale, Whoop Pass Double IPA*, (1) 64-oz Growler, (1) T-Shirt, (2) Pint Glasses, (4) Coasters!

Four (4) Raineers Tickets (food/drink included)

Free Round of Golf for 4 at the [Kitsap Golf & Country Club](#)

CKFR Quilted Throw Blanket

Antique Fire Extinguishers

Gift Certificate to the [Yacht Club Broiler](#)

Four (4) Sounders Tickets (food/drink included)

# UPCOMING EVENTS

**March 17**

Saint Patrick's Day  
Kitsap FF Benevolent Fund  
Celebration at the Cloverleaf  
(from open to close)

**March 26**

BOC Regular Meeting  
Admin Office (4pm)

**April 3**

CKFR Annual Awards Night (5pm)  
President's Hall, KC Fairgrounds



## Meet our new Budget & Records Assistant, Tammy Kamphaus!

Tammy was born in Seattle, WA and moved to Spokane when she was 15 years old. She graduated from John R. Rogers High School in Spokane and was a member of their first women's singing quartet. She moved back to Seattle four years later and eventually moved to Belfair, WA in 2003. She grew up visiting her Grandparents in Belfair and spending time at her family's lake property on Mason Lake, so she was familiar with the area when she chose to move to Belfair and loves living there. She is married with three children, two adult sons and an 11 year old daughter. In her free time, she enjoys cooking, camping, reading, and listening to music.

## Subject: Hiring of new HR Director - INFO

**From:** Eileen McSherry

**Sent:** Monday, March 12, 2018 8:43 AM

We are pleased to announce the hiring of a new HR Director, effective April 9, 2018. Misty Dieffenbach comes to us directly from her current position as Executive Director of HR for South Kitsap School District. She holds a Bachelor of Science in HR Management as well as a Master of Business Administration from Western Governor's University, Washington. Her experience includes a broad swath of progressive achievements in the HR field. We are very excited to have a person of her talent join our team. Please welcome her when you can.

## FROM: IAFF LOCAL 2819 RE: CLOVERLEAF ST. PATTY'S DAY

This year once again the Cloverleaf Sports Bar & Grill is hosting a St. Patty's Celebration. Saturday from open to close, they will be serving traditional Irish food, great beer (Guinness included) and will have live music to enjoy. They will also have a local bagpiper playing multiple times throughout the day to help everyone get in the spirit. Your Benevolent Fund will also be taking part, selling our commemorative glasses and sponsoring a 50/50 Raffle.

Invite your friends and family and join us supporting this great local business that supports our Locals and your Benevolent Fund (and have a pint and some great corned beef!) If interested in assisting with selling glasses and raffle tickets contact Steve Whitish ([swhitish@iaff2819.org](mailto:swhitish@iaff2819.org)) or John Tollefson ([jtollefson@iaff2819.org](mailto:jtollefson@iaff2819.org).) We will need help and will start selling in the mid morning. Hope to see you all there!

- St Patty's Day, March 17th, 2018
- Cloverleaf Sports Bar & Grill, [1240 Hollis St. Bremerton](#)
- Breakfast, Lunch, Dinner and Bands

A promotional poster for CKFR's 75th Annual Awards Night. It features a black background with yellow and white text and graphics. At the top is the CKFR logo, which includes a fire department emblem. Below it, a yellow banner reads "Annual Awards Night" and another banner says "Cheers to 75 Years!". The date "APRIL 3, 2018" is prominently displayed in white, followed by the location "Presidents' Hall at Kitsap County Fairgrounds" and the time "5:00 - 7:00 p.m.". At the bottom, it says "Bring your family!" and lists activities: "BBQ BUFFET • RAFFLE • PHOTO AREA" and "OLIE & GATOR'S OYSTER BAR • DESSERT".

**CKFR**  
Annual Awards Night  
Cheers to 75 Years!  
**APRIL 3, 2018**  
Presidents' Hall at Kitsap County Fairgrounds  
5:00 - 7:00 p.m.  
Bring your family!  
BBQ BUFFET • RAFFLE • PHOTO AREA  
OLIE & GATOR'S OYSTER BAR • DESSERT

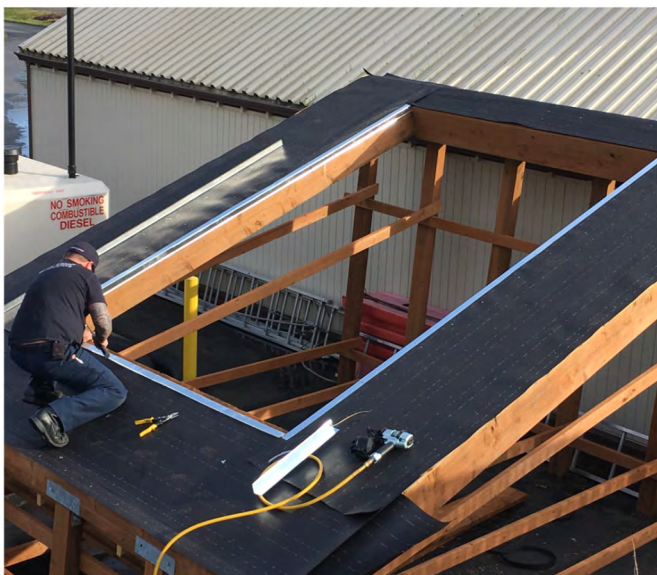


This year, CKFR will be collecting Safeway Monopoly game pieces. All proceeds will be going to the Central Kitsap Food Bank. Each Station will have a Monopoly bucket in the kitchen. The contest ends in May! The Food Bank provides food to CKFR's most disadvantaged citizens, and many of them are children. It's just a drop in the bucket for us to help!

# Vent Prop Cont.

The prop simulates a 6:12 pitch, residential roof that firefighters can practice using chainsaws and hand tools to make vertical ventilation openings. This fireground tactic is strategically employed to help release heat, smoke and fire gases from a building, and can help confine fires and make the interior environment more tenable for possible victims and the firefighters advancing hoselines.

Thanks to AO Whitish for his vision, dedication and follow-through on this project!



THANKS

I want to thank **Jeff Rye** and **Ryan Madison** for their participation in the Country Meadows Retirement Cottages event "Together in Uniform."

It was our intent to honor your representatives for their faithful service to our community, but that worked in reverse today as these two men engaged thoughtfully with our residents. They felt honored by your sincere interest in them and the time you spent in conversation with each of them.

Our experience today confirmed our belief that we in our community are served by America's finest. Thank you for your dedication!

Sincerely,

Peggy Reece

Activity Director, Country Meadows Retirement Cottages

# POST-TRAUMATIC STRESS

*It impacts us all.*

I had the opportunity to attend the WSCFF Legislative Conference two months ago in Olympia. As I walked through the impressive marble hallways, I couldn't help but feel humbled. Knowing that this building is where our elected officials create the laws that impact us personally and professionally made me stop and reflect. One of the items on our agenda was to discuss adding PTSD as a work-related injury. Currently our laws state that PTSD is based on a single event that must be reported within a year of the event. Although studies are showing that post-traumatic stress may be a singular event, it is clear that the cumulative effect is just as dangerous. Our current law fails to recognize this important revelation and many firefighters are left behind.

If you remain in this profession long enough, you may be affected by post-traumatic stress. When I first started firefighting, it was not okay to discuss your feelings or show your emotions (it just wasn't cool). You were supposed to just shut your mouth and shove those feelings down deep inside. When I look back now, I realize how destructive this culture was to me and my brothers and sisters in the fire service.

Recently, I experienced how these hidden feelings can rise to the surface when you least expect it. A month ago, we responded to a technical rescue in the most northern point in Kitsap County. The last time I was on that road was over 29 years ago when I was resident firefighter with North Kitsap. I was driving the medic unit and responded to a teenager with a self-inflicted GSW. When we arrived, the patient was still alive and the parents, who found their child, were on scene. I remember it was very chaotic and emotions were raw.

To be honest, I thought those memories were way behind me and I had moved on. That was until we were dispatched to the technical rescue. As we were responding I was surprised when memories from over 29 years ago started to come back to me. I started to remember images from that day and the feelings became more intense the closer we got. I didn't feel particularly overwhelmed or disabled by those memories but I was surprised how I was still being affected. We completed the call and returned back to our station but the episode was not lost on me. I shared this with some of my coworkers and with the one person that has always been there for me, my wife. Talking about this experience seemed to help me realign but made me ask the following question. If I felt this way, how many other of my fellow firefighters are experiencing the same episodes? Although I may never know the answer to this question, I just want you to know that you're not alone and there is help.

If you ever have any of these feelings, I plead with you to talk to someone as soon as possible. This can be a counselor, clergy member, EAP or one of your PEER support team members. The point is simply this, WE all need help at some point in our professional and personal lives. Seeking help does not make us weak or less of a man or woman. In fact, it makes us stronger and better prepared to handle the pressures and demands of our profession. Be safe and take of yourself and each other.

Lieutenant Dan King  
E51-B



## UL Presentation

On the advice of Chief Weninger, Central Kitsap Fire and Rescue's Training Division reached out to UL Fire Engineers Keith Stakes and Joseph Willi to see if they would be willing to present information on one of the latest, and most anticipated UL Studies (The Fire Attack Study). They agreed, and after a couple of months of planning and coordinating, they delivered their presentation at the Jack Murdock Auditorium in Keyport. The flyer to advertise the class was distributed throughout Washington State, and resulted in 240 registrations for the class. Many of the attendees advised that the information was very valuable, and enlightening.

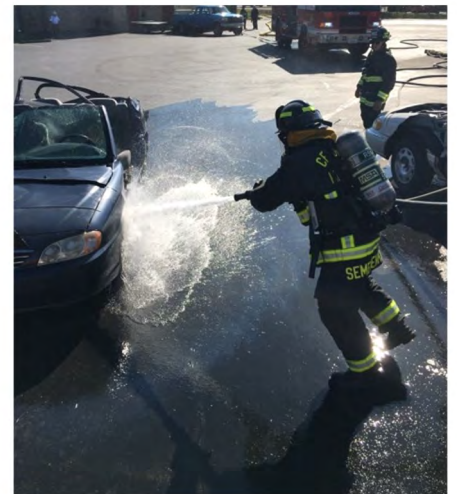
## Fire Officer I

Central Kitsap Fire and Rescue's Training Division put on an NFPA 1021 Fire Officer 1 Class that drew in students from Bainbridge, Bremerton, Clallam, North Kitsap, Poulsbo, Central Kitsap, and South Kitsap Fire Departments. The Instructors came from Central Kitsap, Bremerton, Bainbridge Island, in addition to one outside instructor from Clackamas. IFSAC Fire Officer 1 testing was scheduled for 14 of the 20 students. One of the comments on an evaluation form stated "This is some of the best training I've ever had in the Fire Service". Central Kitsap Fire and Rescue Instructors included: DC Oliver, DC Sorenson, DC Danskin, BC Platz, FF/PM Muscolo, and Capt. Shaffer.



## PFF Semerenko

Below are some photos of PFF Ivan Semerenko practicing drills at Station 51.



# PXT Extrication Academy

AO Ronny Smith is attending the PXT Extrication Academy in Renton, WA. Below are some photos from the training offered through the King County Training Officers Association.



## Firefighters get extra help for car wreck training

*A group of firefighters is getting some extra help as they train for how to respond to bad car wrecks.*

Read the full article on [King 5 News!](#)

## Kitsap 911 posted their 2017 Performance Measurements:

[http://www.kitsap911.org/wp-content/uploads/2018/03/2017\\_Performance\\_Measurement.pdf](http://www.kitsap911.org/wp-content/uploads/2018/03/2017_Performance_Measurement.pdf)

AVERAGE RESPONSE TIME: DISPATCH TO ON SCENE			
COUNTY OVERALL AVERAGE			
NOV 2017	DEC 2017	JAN 2018	FEB 2018
07:09	06:59	07:03	06:51

ARTICLES

**Want to Be a Great Leader? Be More of Who You Really Are, Not Less**

*By Jeff Haden*

**Article Source:** <https://www.inc.com/jeff-haden/want-to-be-a-great-leader-be-more-of-who-you-really-are-not-less.html>

**Seven Leadership Secrets You Should Already Know**

*By Cindy Wahler*

**Article Source:** <https://www.forbes.com/sites/forbescoachescouncil/2018/03/05/seven-leadership-secrets-you-should-already-know/#3932751b6529>