



CRKFR WEEKLY



ISSUE: 05/04/2018

CENTRAL KITSAP FIRE & RESCUE

UPCOMING EVENTS

May 9

Red Knights Fire Academy
Graduation for our
(3) new FF/EMTs

McGavick Conference Center
(6pm)

May 14

BOC Meeting
Admin Office (4pm)
*SWEARING IN FOR OUR (3)

NEW FF/EMTs!*

FF/EMT Dalle Angelini
FF/EMT Werlech
FF/EMT Monroe

May 19

Vashon Island Volunteer
Recruit Academy Graduation

VFF Christina Bigelow
VFF Kyle Davison
VFF Hannah McGuire

Vashon Theatre (10am)

June 2

Kids' Day!

Kitsap County Fairgrounds

This is a **FREE** fire and life
safety event.

June 9

Ladder 51 Push In Ceremony

Station 51 (10am)



*This week, DC Sorenson, AO Whitish,
AO Putnam. And EVT Eberle were
back at Pierce Manufacturing ordering
2 new Arrow HD PUC pumps!*

Employment Opportunity!

FLEET MANAGER

Central Kitsap Fire & Rescue is currently accepting applications to fill the position of Fleet Manager. The Fleet Manager will plan, coordinate, and manage the District's Fleet Maintenance program for vehicles. This position may also be assigned to manage an external Fleet Maintenance Service Center including outside mobile or fixed facilities.

Applications will be accepted until 4:30 pm on May 14, 2018. For more information please visit the links below.

[Fleet Manager – Position Description](#)

[Fleet Manager – Recruitment Brochure](#)

Reminder: Any changes to payroll/benefits need to be turned in to Marci Ewing by May 8th for May's payroll.

DRS Webinars

The Department of Retirement Systems Education & Outreach team will provide the following webinars May 8–10:

May 8

- 11:30am - Purchasing an additional benefit (PSC/annuities for all plans)
- 2:00pm - Plan 3 (PERS, SERS, TRS)
- 4:00pm – Returning to work after retirement (PERS, SERS, TRS)

May 9

- 8:30am – Applying for retirement (online tutorial for all plans)
- 10:00am – Deferred Compensation Program (WA State DCP)
- 4:00 pm – Plan 3 distribution (PERS, SERS, TRS)

May 10

- 8:30am – DCP distribution (WA State DCP)
- 1:30pm - Plan 2 (PERS, SERS, TRS)
- 3:00pm – Getting ready for retirement (all plans)

Please see the [webinar schedule](#) for the link to join the webinar, and to review the full webinar schedule for additional webinars, dates and times. It is recommended that you log into the webinar 10-15 minutes in advance to test connection and sound. Please review [how to join a DRS Webinar](#) for tips on accessing the webinar, audio, and sending questions. Also, be aware the audio comes through your computer so you'll need speakers or a headset. The webinars are not recorded.

SOP/Form Updates

Please review the below policies when you have some time (especially those applicable to your position):

- Moderate changes have been made to: [Outdoor Burning Regulations.pdf](#)
- Mild changes have been made to: [Traffic Control.pdf](#)
- NEW ONE-PAGE FILLABLE FORM!! [Equipment Damage Report \(fillable\).pdf](#)
- NEW (Admin Group): [Vehicle Purchasing Licensing Title Transfer Procedure.pdf](#)
- Updated (Admin Group): [Cash Payment Receipting Procedure.pdf](#)
- Minor update to clarify exceptions (ALL PERSONNEL): [Personnel Evaluations.pdf](#)



South Sound Fire Academy

*Cordially invites you to attend the graduation ceremony of the
Class 18-01 Firefighter Recruit Academy*

Saturday, May 19, 2018 at 10:00 a.m.

The Vashon Theater

17723 Vashon Highway SW, Vashon, WA 98070

Volunteer Recruit Academy Graduation

From: Brett Twomey

Sent: Wednesday, April 25, 2018

To: All Personnel

Please add the date of May 19, at 10:00 AM to your appointment calendars for the Volunteer Recruit Academy Graduation on Vashon Island. There is a 9:20am ferry that leaves from Southworth.

I hope you can join us to celebrate this major milestone for:

- ◇ Christina Bigelow (Daughter of Lieutenant Chris Bigelow)
- ◇ Kyle Davison (Son of Lieutenant Steve Davison)
- ◇ Hannah McGuire (I don't know Hannah's parents, but I'm sure they are fine people)

Alcohol Consumption and Exercise: "The Ability to Lose Gains"

From: Alex Johansen

Date: April 28, 2018

Drinking alcohol either moderately or binging after exercise may be the biggest hindrance between you and reaching your fitness or weight loss goal. Here are some of the top reasons why:

1. Protein Synthesis Inhibition: Alcohol restricts the liver's ability to absorb proteins ingested into muscle fiber (synthesize) for up to 48 hours post consumption. So if your muscles (SKELETAL AND CARDIAC MUSCLE) require as much protein as possible for the next 0-48 hours after a workout, alcohol will stop synthesizing proteins at the source and will cause muscle to degenerate instead of regenerate which will cost you size, strength, and muscular endurance.

TIP: if you have started a new workout or nutrition plan, skip the drink the night of and day after a workout day. Or, skip altogether and increase water intake for optimal results of your new workout/nutrition plan.

2. Increased Cortisol/Decrease of testosterone in both males and females: Cortisol - the stress hormone will spike when the body is under stress, including acutely from a workout. Cortisol is elevated chronically from alcohol and will also directly drive testosterone levels down. Side effects from Chronic Cortisol Elevation list from increased belly fat, lower libido, decreased immunity, loss of muscle mass, memory loss, inability to concentrate, anxiety, depression, and fatigue and sleep deprivation.

<http://www.ncbi.nlm.nih.gov/pubmed/10422097>

<http://www.ncbi.nlm.nih.gov/pubmed/18369928>

Anniversary: Mr. and Mrs. Muhleman, 50 years

CKFR Fire Commissioner Bob Muhleman and his wife, Deli Muhleman are celebrating their 50th wedding anniversary! Read the full publication on the Kitsap Sun:

<https://www.kitsapsun.com/story/life/announcements/anniversaries/2018/05/03/anniversary-mr-and-mrs-muhleman-50-years/578446002/>



CKFR's duck rescue story is the highest performing Facebook post we've ever had!

Read the story on our website: <https://www.ckfr.org/ckfrs-ducktales/>



STEM Showcase

From: Ileana LiMarzi

Sent: Thursday, May 03, 2018 9:57 AM

Even CKFR needs a little help once in a while so who do we call....? SPIDERMAN!

The superhero joined us at the STEM Showcase last weekend at the mall.

Mentor visit to Woodlands Elementary

From: Christopher Starkey

Sent: Thursday, May 03, 2018



E45 visited Woodlands Elementary School today to facilitate FF Shearer as he mentored one of the students. FF Shearer has been a mentor for 3 years and visits weekly as part of his ongoing outreach to be a positive role model to the youth in our community.

I SCREAM FOR ICE CREAM

From: PIO Ileana LiMarzi
Sent: Thursday, May 03, 2018

The 1st/2nd grade class at Silver Ridge Elementary won an ice cream party for their class by having 100% return of their home escape plans. Afterwards they checked out E50 and took time for a silly picture with Ao Crosby and Lt. Madison. The party was sponsored by the Professional Fire Fighters of Kitsap County Local 2819 - *thank you!*



Cancer Prevention - New Prevention Items

From: Chad Gillespie

Date: May 1, 2018

To: 2819 FF

As we know, cancer is a big topic in the fire service right now. A lot of time and research nationwide is being put into how we can prevent cancer in our personnel and have a healthy career spanning 20-30 years. Research shows that cancer develops in many experienced personnel who have service levels ranging in the 20-30 year mark. This is due primarily because these personnel have been exposed to numerous IDLH environments over their career and have absorbed toxins readily into their body. These toxins can build up over time and can cause various forms of cancer. Our goal at CKFR is to put some stop gaps in place to reduce exposure for our personnel and reduce the potential for our personnel to develop cancer.

For 2018, your cancer prevention committee came up with various budget items that we felt could benefit us at CKFR, and help us all to achieve a healthy career. Those items were:

- Professionally clean bunker gear annually
- Station Shoes – 1 set issued by the department or a set amount of money per employee to purchase their own
- Air Quality/Cleanliness of stations by Serv Pro or another company
- Bunker gear rack covers
- Saunas
- Steam cleaners for SCBA's (this is what Europeans use)
- Go Bags
- Hoods – have ample hoods available to exchange out during rehab – Purchase 40 new for rehab/BN51
- Training \$ towards seminars and Washington State Firefighter Cancer Support Network Train the Trainer courses

Out of these items, we were approved and budgeted for bunker gear rack covers, new hoods, go bags, and training money. The first few items that you will see arrive at your stations are bunker gear rack covers and go bags.

Bunker Gear Rack Covers – these have been custom fitted and measured to fit each career stations bunker racks. Soon, you will see these delivered to your station and each box will be labeled with the station number. The purpose of the gear rack covers is to prevent UV light from penetrating our gear which can degrade it over time and prevent contaminants (diesel exhaust) from readily absorbing into our gear. Station Officers: please coordinate the installation of these with your crews. The top rack, where we keep our helmets traditionally, will need to be lowered to allow the cover to go over this area. Joe Calkins spent a good deal of time working with our vendor to get these custom fit and ordered. Once you start to install them, if there are any issues contact me or Joe Calkins.

Go Bags – we have ordered 150 red "Go Bags". So, you are probably wondering what the heck a "Go Bag" is? This is a small red bag that will be carried with you on your apparatus daily. The purpose of this bag is to carry a clean set of clothing (t-shirt, pants, underwear, socks etc.) in the event you get exposed to an IDLH environment, or are on an extended event where you need a fresh set of clothes. Many of you are already doing this with some variation of a bag. Please convert your current "go bag" into the supplied red "go bags" so we have consistency. The main purpose of this go bag is to get clothing off your body that has been exposed to toxic particulates/substance from a fire or other IDLH event. The sooner we can clear ourselves of these toxins, the less absorption occurs within our bodies, and we therefore lessen our risk of developing cancer. The "Go Bags" will be delivered to your station shifts soon. Please put them into service immediately, and label them with your name using a black sharpie. Name tags have not been supplied due to the fact that they doubled the cost of these bags.

Flash Hoods – the area surrounding our necks poses one of the greatest particulate absorption areas on our body. Once we are exposed and work in an IDLH environment, particularly a working structure fire, our hoods become saturated with particulates and readily absorb into our bodies. The goal is to change out our hoods, once we are sent to rehab. So, coming soon our rehab unit will have a hood stash available and additionally more hoods will be added to BN51. Currently, BN51 has a small supply of fresh hoods for us to use. Many of us carry an extra hood on our bunker gear, or stuffed up inside the top of our helmet. This will work as an emergency back up in case our primary hood got misplaced prior to entering an IDLH environment. However, this is not a hood we would want to change into as a spare once we are sent to rehab, due to the fact that it has also been exposed to an IDLH environment and carries particulates in it. This is why we will have fresh hoods available for our use at rehab and BN51.

Thanks for your time, and please forward me any questions you may have.

FIREHOUSE Article: Dallas FF Records Warning Before Dying of Cancer

Posted April 24, 2018

https://www.firehouse.com/safety-health/video/21002102/dallas-tx-firefighter-makes-recording-warning-cancer?utm_source=FH+Week+in+Review&utm_medium=email&utm_campaign=CPS180428003&oeid=399313421078G9B&rdx.ident%5Bpull%5D=omeda%7C399313421078G9B

Admin Staff take over Station 51!

From: Mike Tague

Last week, Admin Staff Heidi Robnett (Accounting Specialist) and Misty Dieffenbach (HR Director) had the opportunity to climb the new Ladder 51 and practice auto extrication with Station 51 crews!



**Have something newsworthy to
share in the CKFR Weekly?**

Email CKFR Exec. Assistant Serena Prince (sprince@ckfr.org)

If you're sending in photos, please caption them.



Employee NEWSLETTER

Employee Assistance Program
May 2018

Introducing the New Normal: Helping Children Adjust to Blended Families

It all looked so simple on *The Brady Bunch*: two families come together and the transition is seamless. Everyone is happy; no one fights. Unfortunately, as many parents who have remarried find out, bringing two sets of families under one roof often presents many unexpected difficulties.

If this has been your experience, it's good to know that you're not alone. Most merged families experience a resistance from its younger family members, especially as the children deal with fear, grief, acceptance, and even excitement. If you're contemplating blending your family with your partner's, or even if you're still dealing with the effects of a recent family merger, consider some of the following thoughts and tips for helping your partner and your children cope with this enormous change:

Clearly Define the Roles of Each New Stepparent

It's wise to first agree on these roles with your partner, and then to introduce these roles to the children. Knowing roles and structure actually provides comfort to children, since the certainty offers a kind of safety.

Take Your Time With New Children

Take your time when building relationships. While you may be confident in your abilities as a parent, you are still an unknown factor to your partner's children. Pay attention to what their body language is telling you, and be open to asking questions about what they'd like. Children are generally good at letting you know when they're ready to be closer.

Don't Ignore Biological Families

It's very likely that some in your new blended family will have two parents now. Try to clarify that you are not a replacement for their parents, but now they have an addition to their family. If you can, make it clear that there are just more people to love them in their life now!

Look For the Root Cause of Acting Out

It's a well-known fact that children will act out when upset or going through change, and as their caregiver you are in the right position to get them to talk about what they're feeling beneath the tantrums or the withdrawals. Do your best to foster open communication – ask questions, and offer up your own thoughts and experiences. Taking the time to show compassion and understanding will give you a chance to grow closer with them.

Educate Yourself

It should come as no surprise that your library or bookstore will have many books on the topic of divorce and blended families. Seek out information on the topic, and share what you learn with your children when you think it would be useful. It may also help to find some books for them to read as well.

Call Your EAP

If you have ongoing problems with your new family, consider calling your Employee Assistance Program for a counseling appointment. The EAP can help arrange counseling for your children individually or a family session with a professional who can provide coping strategies, support, and reassurance.

It's hard to overstate the importance of the family unit to a child. Given that the merging of families is one of the most major events your children may experience, be sure to give some extra thought to how you can best support them in this time. The extra attention may not turn your family into the *Brady Bunch*, but it may help spread a little bit more peace and love.

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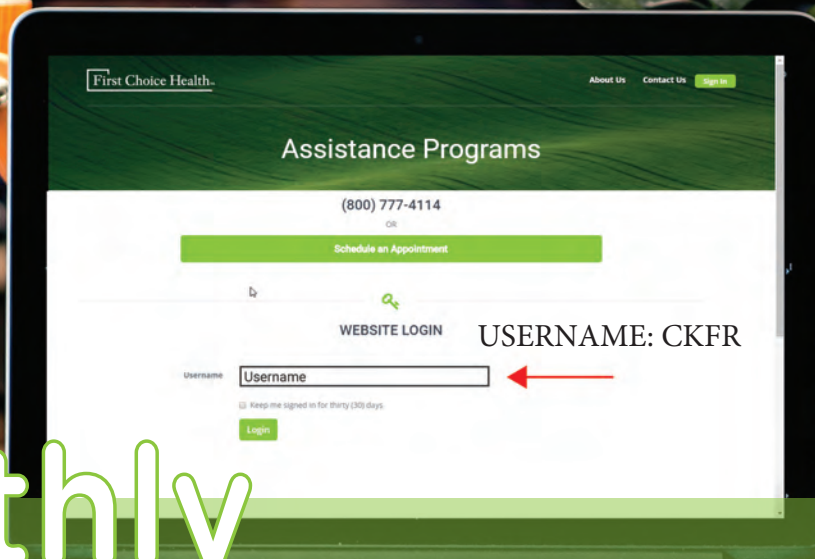
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