



CKFR WEEKLY

ISSUE: 06/08/2018

CENTRAL KITSAP FIRE & RESCUE



KIDS' DAY 2018!

UPCOMING EVENTS

June 9

Ladder 51 Push In Ceremony

Station 51 (12-2pm)

July 27-29

Whaling Days

Old Town Silverdale

August 22-26

Kitsap County Fair

KC Fairgrounds

AIRLIFT: NORTHWEST®

Airlift NW is hosting a special open house as they celebrate their new base in Bremerton!

**Saturday, June 16, 2018
from 12PM-3PM**

This will include lunch and a tour of the new space.

Space is limited—please
RSVP to

Christina.sargent@airliftnw.org

Or call 206.521.1599



Levy Fact Sheet Training

Fire Chief Scott Weninger and Deputy Chief John Oliver want every Employee and Volunteer in the District to read and understand the District produced levy fact sheet titled "[Restoration of CKFR's Regular Fire Levy](#)".

The intent is that anyone in the organization who is asked should be able to provide (to the public) at least the basic information that is contained in this fact sheet.

Remember that District Employees and Volunteers should not be expressing an opinion, either for or against the levy, but they can provide facts related to the levy.

For all Operations level personal (Career and Volunteer) this training is mandatory, and must be recorded in FireTrex. I have put it in the grid as a class titled "Levy Fact Sheet". There is a link to the Fact Sheet document in the grid to make it easy (by clicking on the class).

For all Admin Staff, Maintenance, and Facilities personnel, I will leave it up to the individual Division Supervisors to review the fact sheet with their personnel.

Here is a link to the [Levy Fact Sheet Document](#), you (or anyone with internet access) can also find it by going to [CKFR.org](#), and clicking on the "Information" tab.

Washington Fire Fighter Memorial

From: Trevor Stanley

On Sunday June 3, A/O Shawn Mahoney, A/O Adam Smith and I participated in the Washington State Fallen Fire Fighter Memorial. We were three of only five fire fighters from Kitsap County. Very few firefighters are aware of the Washington State Fallen Fire Fighter Memorial, which is annual event that takes place on the first Sunday of June each year. The memorial honors firefighters, volunteer and career, who die in the line of duty. As Coordinator of the Kitsap Fire Fighters Union Honor Guard, I would like to invite each and every member of this organization to the annual event. I promise you, it will be a moving and emotional tribute to those who died. We, the family Central Kitsap Fire and Rescue, have a humbling chance to honor those who have passed away. I've seen how great we are at supporting each other, now let's share that support with the rest of the state. This is something that each of us should attend at least once, even bring your spouse. Next year, please embrace this opportunity to support your greater fire service family by attending. I will be sure to send out information next year with the confirmed times and date!

Volunteer Drill

This week's drill was on how to safely remove the protective gear of a football player, and how to package them for transport.

The instructors are all football trainers that work with Central Kitsap High School and Olympic High School—Dr. Erin Moyer and Dr. Gregg Duff who specialize in orthopedics, Dr. Peter Lundblad whose specialty is sports medicine, Scott Peck (Athletic Trainer at OHS) and Ken Ahlstrom (Athletic Trainer at CKHS).

We were grateful to receive the instruction from these incredible instructors who are dedicated to youth sports in our community!



May Event Coverage

May 4: Station 53 Standby and Training

LuLu Conde
William Garrison
Valerie Quill
Ted Fry

May 5: Tender Drill @ Station 56

David Brisbon
Ted Fry
William Garrison
Daniel Fye

May 16-18: A/O Academy

Dave Brisbon
Ed Scholfield

May 18-20: Washington State FF Conference (Wenatchee)

Ted Fry
Valerie Quill

May 19: Vashon Academy Graduation for Hannah McGuire, Christina Bigelow, Kyle Davison

Carlos Suazo
Dave Brisbon

May 19: Destruction Derby Aid Crew

Tony Stewart
Aurelia Buhler -Flores
Matthew Harrison
Lydia Leenstra
LuLu Conde

May 30: CKHS Mock Crash

Matthew Harrison
Austin Wilt
Ed Scholfield
Reuben Farley
Daniel Fye
Kaelyn Follett



RETIREMENT OF LIEUTENANT JONATHAN THOMAS "JT"

SERVICE: February 10, 1992—June 7, 2018

On Thursday morning, JT finished up his last shift and celebrated his retirement with family, crews, and staff at Station 56. JT, we want thank you for your dedicated service to the citizens of Central Kitsap. We wish you a happy and healthy retirement!

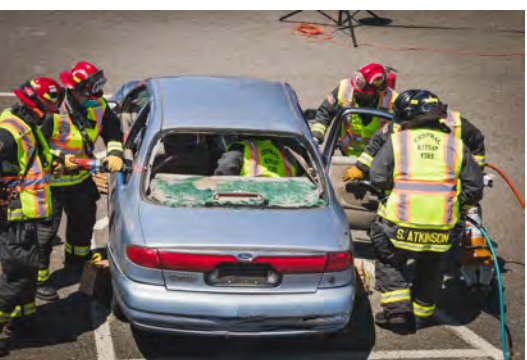






Another success! Thank you to all CKFR members who helped our 33rd Annual Kids' Day run smoothly. The weather was awesome and we had approximately 3,500 visitors! Every area of the event was busy and I received many kind words from families that day. I've also received numerous Facebook messages this week, complimenting our department for such a wonderful event. Thank you all again. ~ **PIO LiMarzi**







The Workplace Opioid Addiction Crisis

By Jaime Carter-Seibert, MA LMHC

When we think of opioid addiction, emaciated addicts shooting heroin in alleys may come to mind. But according to the American Society of Addiction Medicine (ASAM), surprisingly it's working adults who make up the majority in the surging opiate epidemic, addicted by way of a doctor's prescription.

Pain medications such as hydrocodone, oxycodone, vicodin, dilaudid, and morphine, are having a devastating impact on people who fall under its addictive spell, and one in three opioid prescriptions are being abused.

In fact, in 2012 alone there were 259 million opioid prescriptions written. With today's population, that's enough for 80% of Americans to each have their own bottle! What may have started as an honest attempt at pain management has escalated for many into a health crisis.

Opioid addiction's damage is extensive, impacting individuals and their families and friends, and costing employers billions through an addicted person's absenteeism, poor productivity, mistakes, and workplace accidents. Drug-influenced workers are not only hazardous to themselves, but their actions can significantly endanger their co-workers, especially if they hold safety-sensitive positions.

Do you think you know someone who is addicted to opioids? If so, here's how you can help:

Recognize the Signs of Opioid Addiction

Use Symptoms	Withdrawal Symptoms
PHYSICAL: Marked drowsiness, confused or disoriented, constricted pupils, dramatic mood shifts, social withdrawal	FLU-LIKE SYMPTOMS: Nausea, muscle aches, runny nose, abdominal cramping, and excessive sweating
ON THE JOB: Declining productivity and performance, frequent absences, prolonged lunch hours and breaks, work accidents, carelessness with safety, poor memory	OTHER SYMPTOMS: Sleeplessness, anxiety, high blood pressure, dilated pupils, blurry vision

Refer to the EAP for Help

If you, a co-worker, or someone else you know is struggling with opioid addiction, please know that there is help. Don't wait until something disastrous happens--accidents, injuries, job termination, or a relationship break-up--reach out to your EAP for support and treatment resources.

The EAP is a confidential and free service staffed by licensed professional counselors who are available 24/7 to offer guidance, telephonic support, and resources. For many people, calling the EAP is a first step towards hope and help.

So, while it may be difficult to talk about your own addiction or your concerns about someone else, you might actually be saving a life.

<http://www.seattlemag.com/article/pain-point-taking-opioid-addiction-problem-seriously>

<http://www.castlighthealth.com/typ/the-opioid-crisis/>

<https://www.nytimes.com/2014/02/11/health/prescription-painkillers-seen-as-a-gateway-to-heroin.html>

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Monthly WEBINAR

Employee Assistance Program
June 2018

1hr
WEBINAR

*Minimizing
Worry to
Maximize
Your Life*

**EAP Webinars are
now available anytime
on-demand via the
EAP website—no need
to register!**



Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day.

We all worry at times. But, if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder, and depression. In this webinar, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

Go to www.FirstChoiceEAP.com and enter your company's Username (if you don't know it, call or e-mail us). Click on the **Webinars** tab in the middle of the page to view 2018's Webinars and archived Webinars.

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