

ISSUE: 07/13/2018

CENTRAL KITSAP FIRE & RESCUE

# CKFR WEEKLY



# UPCOMING EVENTS

**July 23**

**BOC Meeting**  
Admin Office (4PM)

**July 27-29**

**Whaling Days**  
Old Town Silverdale

**August 13**

**BOC Meeting**  
Admin Office (4PM)

**\*BADGE PINNING FOR CAREER  
LIEUTENANT: KARA PUTNAM\***

**August 27**

**BOC Meeting**  
Admin Office (4PM)

**August 22-26**  
**Kitsap County Fair**  
KC Fairgrounds

**September 3**

**Labor Day**  
Admin Office Closed



## DUCK RACE TICKETS

Chief Weninger and Chief Oliver have Silverdale Rotary Duck Race tickets for sale! The going rate is **\$5/1 ticket** or **\$20/5 tickets**.

# Annual Leave Cash Out Requests

HR is now accepting Annual Leave Cash-Out Requests through August 1. Please forward your request to Marci Ewing, HR Generalist ([mewing@ckfr.org](mailto:mewing@ckfr.org)). The form is on the new CK Share under Form 1035.

## NEW SHIFT ROSTER

*A new shift roster will be effective August 1, 2018.*

CKFR SHIFT ROSTER (DRAFT) (Effective August 1, 2018)			
Shift	Personnel	Start Time	End Time
DAY	...	06:00	14:00
NIGHT	...	18:00	06:00
...	...	...	...

## Phase I Burn Ban Effective Thursday July 12

(Port Orchard, WA) - The Kitsap County Fire Marshal's Office announced today that a Phase I burn ban will be put into effect July 12 at 8 a.m. throughout Kitsap County.

A phase I burn ban limits outdoor burning to recreational fires in campgrounds and other areas in approved locations and devices. General back yard burning as well as land clearing is prohibited and all burning permits will be suspended for the immediate future until the ban is lifted.

Recreational fires must be 3 feet or less in size, in a designated fire pit using only charcoal or dry firewood (no milled lumber). Fires must be constantly attended until fully extinguished and at least one on-site fire-extinguishing equipment available for immediate use while burning.

"The ban is due to drying trends and higher temperatures in the weather forecast as well as an increased number of brush fires in recent weeks, particularly from escaped burn piles," says David Lyman, Kitsap County's Fire Marshal.

For more information on the ban, visit <https://www.kitsapgov.com/dcd/Pages/Fire-Marshal.aspx>.



# DRS Webinars Coming Up

The Department of Retirement Systems' Education & Outreach team will provide the following live webinars July 17 – 19:

## **July 17**

8:30am - Plan 2 (PERS, SERS, TRS)

11:00am - Getting ready for retirement (within two years for all plans)

12:30pm - Plan 2 (LEOFF, WSPRS, PSERS)

2:00pm - Online resources (retirement planning tools and resources for all plans)

3:30pm - Applying for retirement (online application tutorial for all plans)

## **July 18**

8:30am - Returning to work after retirement (PERS, SERS, TRS)

11:30am - Plan 3 (PERS, SERS, TRS)

2:00pm - DCP distributions (WA State Deferred Compensation Program)

3:30pm - Plan choice (PERS, SERS, TRS)

## **July 19**

8:30am - Benefit payment options (all plans)

11:30am - Purchasing an additional benefit (all plans)

1:30pm - Plan 3 distributions (PERS, SERS, TRS)

3:00pm - Deferred Compensation Program (WA State DCP)

## **Special webinars**

July 24 at 8am or 2pm - Plan 3/DCP website enhancements

July 31 at 11:30am - Social Security basics

August 9 at 3:00pm - Medicare basics

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. Please note that the audio comes through your computer so you'll need speakers or a headset. The webinars are not recorded.

If you are a member of PERS 1, we encourage you to watch the [Retiring from PERS Plan 1 video](#) available on the DRS website.

Stacy Rundle

Education & Outreach Representative

Washington State Department of Retirement Systems

360.664.7018 | [stacyr@drs.wa.gov](mailto:stacyr@drs.wa.gov) | [www.drs.wa.gov](http://www.drs.wa.gov)

## **WANTED:**

### **TEMPORARY LAWN MAINTENANCE & GROUNDSKEEPER**

CKFR is looking to hire a temporary lawn maintenance & grounds keeping position. Please contact Chief Danskin ([bdanskin@ckfr.org](mailto:bdanskin@ckfr.org)) for more information.

## **FLEET MANAGER**

On Monday, Tony Schroeder, our new Fleet Manager was sworn in at the BOC meeting. Welcome, Tony!







# BRUSH 56 IN VANTAGE, WA

*On Tuesday, Brush 56 traveled to Vantage, WA for a wildland fire. The fire initially was estimated to be 300 acres, but due to 40 mph gusts grew to over 1,600 acres before being fully contained. I-90 was closed for several hours as the fire jumped from one side of the road to the other. Paramedics Alex McCracken and Elliott Bresnan responded at 0430 towards the fire, meeting with other wildland crews from North Kitsap, South Kitsap, VRFA, and Vashon Island. The three days in Vantage consisted of putting out spot fires that were continually popping, finding and extinguishing hot spots, and digging handlines to prevent fire from spreading into unburned areas.*



You can follow PM McCracken and PM Bresnan's journey on the CKFR Facebook Page:

<https://www.facebook.com/Central-Kitsap-Fire-Rescue-Official-Site-108750562493649/>







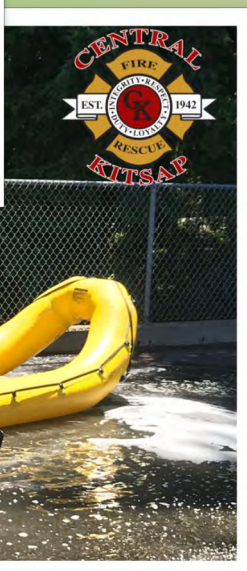
KOMO NEWS: Posted Tuesday, July 10, 2018

**Wildfire chars more than 1,600 acres near Vantage; 50 percent contained**

<http://komonews.com/news/local/wildfire-forces-evacuation-of-city-of-vantage-and-full-closure-of-i-90>



What do you do when your training objectives are tender operations, drafting with the trash pump, and activating your rapid deployment craft? You block the drain at Station 41 of course! Probationary Firefighter Dalle and FUTURE Probationary Firefighter Finn Cooper know the importance of wearing a lifejacket while on the water.



Training ✓

Safety ✓

Sun and Fun ✓✓☀



## The New Ladder 51 Moves In!

Here are the in service pictures from L51's official move in day on Wednesday this week. Pictured right: A/O Charlie Bratcher gives the camera a thumbs up.



Because of your commitment to outstanding Stem Cell Patient Care, Harrison Medical Center set the Washington State Door to Balloon Standard for 2017.

Our Door to Balloon time was 47.8 minutes!

We couldn't have done this without you! It all begins with you.

Thank You,  
Harrison's Cardiovascular Team

Thank you to our partners at Harrison Medical Center!



## Waaga Way Brush Fire

**From:** BC Rick O'Rourke

**Sent:** Thursday, July 12, 2018 6:16 PM

CKFR crews responded to report of brush fire on north side of Hwy 303 @ Ridgetop Blvd. C-Shift crews from Station 51, 41 and E50 extinguished the 150' x 50' fast moving grass fire that had begun to extend into the trees.



# Employee NEWSLETTER

Employee Assistance Program  
July 2018

## Suicide Prevention

By Quinita Ellis, MA, LMHC

**With the recent suicides of designer Kate Spade and TV personality Anthony Bourdain, many of us may be experiencing strong feelings of worry, confusion, fear, and other reactions. These tragedies make it clear that suicide awareness, prevention, and treatment need to be at the forefront of our conversations if we are to dramatically decrease this rising trend.**

Currently, suicide is the tenth leading cause of death in the U.S. with the highest rates among adults between 45-54 years of age. For young adults, age 15 to 24, it was the third leading cause of death in 2010.

The causes of suicidal behaviors are so complex that a conversation about it can leave us feeling overwhelmed and helpless. And although suicide is determined by many factors, it is important to know that it can be prevented.

The first step is to realize that a suicidal person is not seeking attention, but is in genuine distress. And learning to recognize these warning signs associated with suicidal behavior can also help you know when someone may be in danger.

### Warning Signs of Suicide

- An increase in substance (alcohol or drug) use, misuse, or abuse
- Feelings of guilt, hurt, shame, and despair
- Feelings of not wanting to live
- Thoughts of dying or threatening to kill oneself

- Feelings of hopelessness
- Withdrawal from friends and increased social isolation
- Dramatic changes in mood
- Giving away prized possessions, pets, family heirlooms, cars, etc.

### How to Help Someone Else

People with suicidal behaviors often reach out for help indirectly. Giving someone the space to talk gives him or her the opportunity to express and process the thoughts and feelings that are causing the distress.

- **Be direct**—Ask the person, “Are you okay”, “Are you thinking about killing yourself”, “How long have you been thinking about suicide?”
- **Ask if the person has a plan**—If so, get specific information about the plan, including if he/she has the means to carry it out. Help remove the means. This is an important safety measure for a person during a short term crisis who may act impulsively.
- **Actively listen**—Listen carefully to find out what the person is thinking and feeling. Acknowledge and empathize as you hear the person’s painful experiences.
- **Encourage him/her to seek help as soon as possible**—If the person is seeing a mental health professional, recommend that he/she contact this professional immediately. If not, provide the 24/7 phone number for the National Suicide Prevention Line: 800-273-TALK (8255); or the National Crisis Text Line: 741741. For those with First Choice Health EAP, you can call the EAP 24/7 for support and resources at 800-777-4114. It will be imperative that the person get connected with ongoing counseling to deal with the underlying issues causing the crisis.

*Continued on the next page.*

**First Choice Health™**

Healthy Employees. Healthy Companies.™

(800) 777-4114



[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)



Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.



*Continued from the previous page.*

## How to Help Yourself

The truth is, many people have experienced difficult and challenging times in their lives, and for people with depression, suicidal thinking is not uncommon. If you find yourself in this situation:

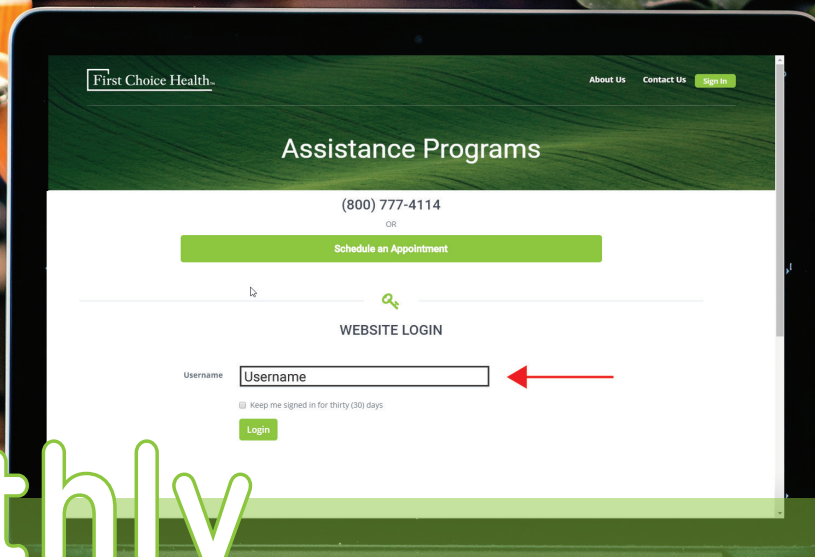
- **Get professional help**—For in the moment support, call the National Suicide Prevention Line at 800-273-TALK (8255), or the National Crisis Text Line: 741741. For those with First Choice Health EAP, you can call the EAP 24/7 for telephonic support and a counseling referral and other resources at 800-777-4114. You can also speak with your primary care professional if you are feeling triggered by emotions or situations and need help. Speaking with a professional will help you to learn to deal with stress, thoughts, and emotions in a healthy way, and provide ongoing support in the process.
- **Connect with other people**—Avoid being alone. Solitude can increase feelings of isolation and make suicidal thoughts worse. Reach out to a professional, a family member, or friend you trust. Talk to someone. Let that person know what is going on with you.
- **Get rid of lethal means**—If you have thoughts about suicide and have access to firearms, medications, or razor blades, get rid of them, or ask someone to lock them away for you, where you can't access them.
- **Avoid alcohol and drugs**—They can increase feelings of depression and anxiety and can make you impulsive.
- **Create a safety plan**—It's helpful to have an accessible plan with written steps for how to keep yourself safe. Remind yourself of activities to calm/comfort yourself, include contact numbers for your doctor/therapist, family and friends. Then share it with a family member or friend.

Remember that suicidal behavior is not a sign of weakness. People who consider suicide are in distress and feel overwhelmed with feelings of hopelessness, despair, and helplessness regarding their current life circumstances. Many different factors contribute to people feeling like suicide will stop their suffering. By empathetically listening to someone in distress, and learning about the warning signs for suicidal behaviors, you can be an advocate of change for someone who needs your help.

For more information on suicidal behaviors, interventions, and preventions you can visit the EAP website at [www.firstchoicееap.com](http://www.firstchoicееap.com) or give us a call at 800-777-4114. We are available 24 hours a day, seven days a week.







# Monthly WEBINAR

Employee Assistance Program  
July 2018

1hr  
WEBINAR

*Harnessing  
the Power of  
Social Media*

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



Facebook, Instagram, LinkedIn, Twitter: are they good or bad? Utilized correctly, these can be wonderful business tools. Utilized incorrectly, they can kill a career. We will discuss effective utilization of these powerful tools, as well as cautions for inappropriate use.

Go to [www.FirstChoiceEAP.com](http://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.

Contact Us by Phone: (800) 777-4114



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