CKFR WEEKLY

Update on Battle of the Badges Round 3

Last Friday during the Battle of the Badges Blood Drive at the Trails in Silverdale, there was an extraordinary turnout resulting in 55 donations of blood! Of those 55 donations, 24 were first-time donors! This opens the door for the likelihood of future blood donations. At times, the wait was longer than expected and some of the donors opted to drive to the blood bank to get their donations in. This showed an extreme amount of persistence and patience with the process. We'd like to extend a huge thanks to A/O Amanda Rohr for organizing another successful blood drive! Although Fire/EMS lost to Police/Sheriffs in donations this time around, judging by those smiles up there... we all won!

FEBRUARY EVENT COVERAGE

Feb. 1: Station Standby 55
David Brisbon
Valerie Quill

Feb. 2: Station Standby 42
Tony Stewart
Valerie Quill
Rowdy Wilkinson
Seth Sullivan

Feb. 8: Station Standby 42
Ted Fry
Seth Sullivan

Feb. 8: Station Standby 53
Tony Stewart
Valerie Quill
Rowdy Wilkinson
Tara Burger
Billy Garrison

Feb. 9: Station Standby 42
Tony Stewart
Valerie Quill
Tara Burger
Billy Garrison

Feb. 15: Station Standby 53
Valerie Quill
Rowdy Wilkinson

Feb. 22: Station Standby 53
Tony Stewart
Valerie Quill
Billy Garrison
Seth Sullivan

Results for 3rd Annual Battle of the Badges Blood Drive!

Police/Sheriff – 28 dedicated badges *(this year's winners!)*

Fire/EMS – 27 dedicated badges

A Message from our friends at Bloodworks Northwest:

Total Registered donors 55, 24 of which were first time donors! Thank you to all our wonderful donors for donating on Friday. The time and energy you put into saving lives is generous and heartfelt. Thank you for coming together as one to help support our local community.

Special thanks to **Amanda Rohr** and **Sara Plumb** for all your help in organizing the blood drive and for all your support and willingness to help. And a recognition to all first responders and their families for all they do on a daily basis to keep our community safe!

You are eligible to donate every 56 days (8 weeks). Go to www.bloodworksnw.org to find donation locations near you and to download the app. In order to ensure that our local hospitals have the inventory of life-saving blood products they need about 800 donations need to be collected across Western Washington every day, 7 days per week, 365 days per year. *Together* we succeed in this mission.

Final call for nominations!

Please cast your award nominations on the SurveyMonkey link:
https://www.surveymonkey.com/r/XMGZH3X

We are accepting nominations for the 2018 year in the following categories:

Career Firefighter of the Year	*Volunteer of the Year*
Staff Employee of the Year	*Award of Valor*
Life-Saving Award	*Unit Citation*
Award of Distinguished Service	

Deadline extended to March 11 at 10:00 AM.

Congratulations to FF/PM Rob Pierson, the CK Fitness Throwdown Champion!

FROM: FF/PM Kyle Good

The first annual CK Fitness Throwdown is over and Rob won! There were hardcore competitors who put in elite level effort, but Rob's mental and physical fortitude along with his smart strategy led him to victory. I gained a ton of respect for this man, along with everyone else who competed. Congrats Rob on an incredible achievement!

What is the CK Fitness Throwdown? It's a 31-day challenge to see who can gain the most points (MyZone Effort Points) using a MyZone heart rate monitor. Everything is done through an app that allows you to monitor the point totals from everyone involved, which encouraged the competitive spirit!

As an example, if I saw Rob logged a 200-point run for the day, I was extra motivated to log at least 200 points on the elliptical or what ever my choice of workout was. You can do any type of exercise you choose, wear the monitor belt, gain points over the 31 days, and win!

Next year it will start on January 1 and end January 31. It's a great way to kick off a healthy year, and build a little camaraderie in the organization. It is open to everyone at CK, so spread the word!

2019 competitors were Rob Pierson, Kyle Good, Gian Dalle, Kara Putnam, Mike Smith, and Chad Gillespie.

Our goal is to DOUBLE the number of competitors next year. If you think this isn't for you, you're wrong. You wont believe what you're capable of once you start to see your point totals increase.

LEFT: *(From L-R)* BC O'Rourke, BC Platz, BC Christian, DC Sorenson and AC Tague enjoying their time at the Northwest Leadership Seminar in Portland, OR this week!

RIGHT: *(From LT JD Tollefson)* Chase, Elliott and Amber enjoying the sun after a tour of Ladder 51!

SAFETY COMMITTEE BRIEFING

Click the image for access to the video

This week, the Safety Committee published a video where the highlights of the most recent Safety Committee meeting were discussed. Going forward, we intend to publish one of these videos after each of our meetings. Part of the Safety Committee's obligation is to disseminate the meeting information. We have decided to partner with the Training Division to make this process as far reaching and robust as possible. The Safety Committee also wants to improve the receipt of information. We have an email address where any member can send us your safety concerns. Sending an email to safetycommittee@ckfr.org will reach each member of the committee so that we can take appropriate action on the concern brought to us. The current members of your safety committee are Assistant Chief Mike Tague (Safety Officer), Steve Davison, Jeff Denton, Val Quill, Steve Atkinson, and Amanda Rohr. The committee chairperson is elected each year with the current chair being Steve Davison.

We look forward to hearing from you!

Your CKFR Safety Committee