



CKFR WEEKLY

ISSUE: 07/12/2019

CENTRAL KITSAP FIRE & RESCUE

*You're invited to our Engine 41
Push In Ceremony tomorrow!*

This beautiful Engine will take its place at Station 41. CKFR will be holding a traditional ceremony including the Honor Guard, Engine 41's First Bath, and the ceremonial Push In.

**Saturday, July 13th at 11:00 AM
Station 41, Old Military Road NE**

UPCOMING EVENTS

July 13

**Ceremonial Push-In Ceremony
for Engine 41 (11AM)**
@ Station 41

July 17

**Fill the Brewery for MDA
Muscular Dystrophy Association**
Cash Brewing (6-10PM)
Hosted by Kitsap Fire Fighters
Union, IAFF Local 2819 and 437

July 19

**CKFR Retirement Event for
A/O Henry Henneman (5:30PM)**
@ Station 41

July 22

BOC Meeting
Admin Building (4PM)

July 26-28

Whaling Days Festival
@ Old Town Silverdale
Parade is on the 27th

August 12

BOC Meeting
Admin Building (4PM)

August 21-25

Kitsap County Fair & Stampede
@ the Fairgrounds



**There is currently a Phase I Burn
Ban in effect in Kitsap County.**

All outdoor burning is prohibited,
except for recreational fires in
approved devices and locations. For
more information, see the Kitsap
County Fire Marshal's website for
[Outdoor Burning Frequently Asked
Questions.](#)

CKFR NEWS

CKFR SHIFTS ROSTER Effective August 1st 2019			
STATION	Shift A	Shift B	Shift C
STATION 41
STATION 42
STATION 43
STATION 44
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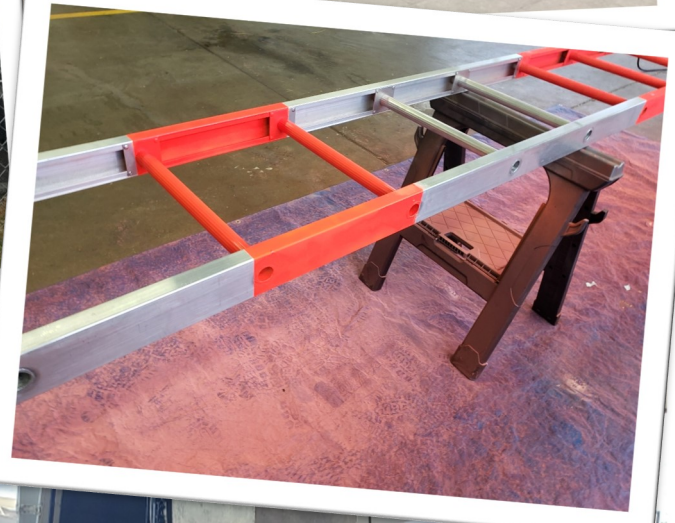
**A new Shift
Roster goes
into effect
August 1st**

BELOW: Crews from Station 41 C-Shift ensured the MPR was well prepared and very comfortable for Chief Oliver during his *Chief's Chat*.



RIGHT/BELOW: During *Martha & Mary's* weeklong summer camp program, A-Shift stopped by for a quick Pub-Ed presentation done by Captain Tom Sullivan with a Touch-a-Truck event done by FF Joey Werlech.

Around 29 kids received valuable fire safety messages and were able to spend some time checking out E51!



RIGHT: Recently, CKFR underwent ground ladder testing with Underwriters Laboratories at Station 51. The process lasted two days, testing 1,097 feet of ground ladders. Testing is regular part of our maintenance and inspection program and ensures that our ladders are safe and effective for both the crews using them and our customers. It also provides another layer of protection, should a ladder have an issue in the field, and keeps us compliant with the Nation Fire Protection Association 1932 standard. In a nutshell, our ladders are tested at 500 pounds for five minutes, and the rungs and locks are tested at 1,000 pounds for one minute. Thank you to on duty crews for your flexibility, the shop for making time for ladder welding repairs so that all the ladders could be tested, and to Pat Busby for assisting with delivering ladders to the testing site! Questions about the testing process should go to A/O Crosby.

Also, the ladders on the new E51 and E41 have been upgraded and are ready for service with:

- Bigger and better halyard for better traction/no slip when raising and lowering in wet conditions (CMC half inch ladder line)
- Rope blocks with swivel clips to make a knotless halyard that is maintenance free
- Balance points for ease of deployment; painted tips for better recognition in low visibility on a roof; and recognizing the three to five rung minimum above roof lines.





Employee NEWSLETTER

Employee Assistance Program
July 2019

Effects of Divorce on Children

By Susie Duffy, M.F.T

As divorcing parents of children, you have the most influence on how your divorce will affect your children. Divorce is a separating of family, tradition and familiarity and it impacts all family members. Sometimes divorce is what is required to help family members function in a healthier way and it is the beginning of new and better changes. However, in most cases, there is some casualty that happens as a direct result of divorce.

Divorce is a time of crisis, transitions and rollercoaster emotions. When people experience this potent combination of experience, good judgment and decision making are the first things to go. You may experience nine emotions all at the same time, one day you are sure you feel angry and the next day it is shock, your whole world has been turned upside down, you may not know what you are feeling. It is not uncommon to lose sight of the kind of person you thought you were and the kind of person you thought your ex-spouse was. How does this effect children? In a major way.

You have the power and opportunity to minimize the negative effect your divorce will have on your children. It is important to keep in mind some things that will help you to accomplish this and keep the focus on your children. Below are some valuable tips to reduce the negative effects of divorce on children.

- Treat your child as an important human being, with unique feelings, ideas and desires and as someone who is also adjusting to major family changes.
- Your child needs to feel a sense of security and belonging in a loving environment in your home and the other parent's home.
- A child needs a relationship with both parents and the freedom to openly express these emotions without feeling they are being disloyal to one parent or the other.
- You have strong emotional needs during your divorce. Make sure you have the appropriate support and avenues to be able to express your emotions in a healthy setting. Do not use your children as your therapist or confidant.
- The decision to divorce was between you and your spouse. Your child needs to know that the divorce is not their responsibility.
- Reinforce to your children that as parents you both will continue taking care of their needs.
- Each parent is unique and has different ways and styles of being a parent. Your child needs guidance from both parents where s/he can be supported and loved.
- Living in separate households requires organization and transition. Allow your child the opportunity to continue relationships with both sides of his/her family, grandparents, cousins, etc.
- Keep lines of communication open. Be willing to discuss age appropriate topics about family situations.
- Do not degrade, gossip or make negative comments about the other parent in front of your child.

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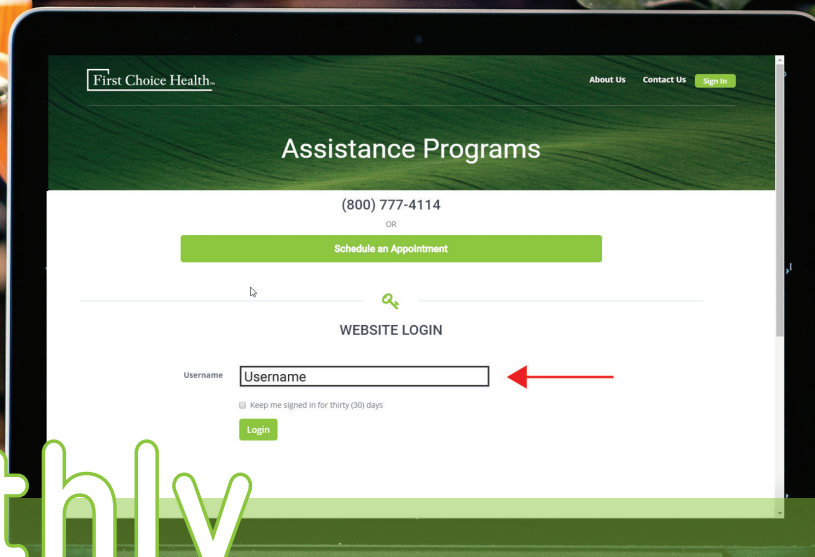
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- Children need to have a secure relationship with both parents without being placed in a position to manipulate one parent against the other.
- Children can be easily swayed by fun or having “no rules” at one parent's house. Do not undermine time with the other parent by suggesting tempting alternatives to get them to spend more time with you.
- Reassure, reassure and reassure your children that the divorce is not their fault.
- Create a special place for your child's own belongings at each parents' residences.
- Allow your children to express anger and sadness in their own way. Don't try and talk them out of their feelings.
- Children should not be messengers between parents. They should not carry notes, legal papers, money or requests between parents. Work with each other to keep children out of the middle.
- Children should not be put in a place to make adult decisions, including where they will live, where and when they will be picked up or dropped off, or who is to blame.
- Make sure you allow your kids to continue to be kids. Don't allow them to take on adult responsibilities or become a parent's special confidant, companion or comforter.

Your EAP is here to support you and your children through the challenging recovery of divorce. You can reach us by phone 24/7 at (800) 777-4114 to speak with a counselor or arrange for in-person sessions, or request services via our online portal: www.firstchoicееap.com.

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Monthly WEBINAR

Employee Assistance Program
July 2019

1hr
WEBINAR

Uncovering Unconscious Beliefs

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



We all have unconscious beliefs or preconceived ideas.

While this is normal, it's important to recognize that they can negatively impact our behavior and relationships, on both a personal and professional level. During this webinar session, we'll show you how to tune in and bring these unconscious beliefs to the surface so that they don't get in your way. Awareness is key to setting yourself up for success.

Go to www.FirstChoiceEAP.com and enter your company's Username (if you don't know it, call or email us). Click on the **Webinars** link to view 2019's Webinars and all archived Webinars.

Contact Us by Phone: **(800) 777-4114**



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