



ISSUE: 08/09/2019

CENTRAL KITSAP FIRE & RESCUE

# CKFR WEEKLY

## *“Off Duty CKFR Firefighter Rescues Trapped Driver”*

### **Press Release August 8, 2019**

*Media inquiries should be directed to Ileana LiMarzi,  
Public Information Officer at (360) 536-8678*

As off duty CKFR Apparatus Operator, Terry Fassett, was driving northbound on Ridgetop Boulevard Tuesday afternoon, he observed a single vehicle accident in the median.

Fassett got out of his truck and made contact with a bystander who had witnessed the accident and was on the phone with 911. He then approached the vehicle involved, a late model Jeep, which appeared to have been traveling southbound on Ridgetop before leaving the roadway and striking a tree. The windshield was broken and all front airbags and side curtains had deployed. Fassett made contact with the driver, a male in his 60's, and began assessing him for injuries. The driver had suffered a fracture to his right arm and had minor facial injuries. He was the sole occupant of the vehicle.

Fassett then noticed a small fire had ignited at the front passenger corner. He left the patient and retrieved an extinguisher from his own vehicle, but wasn't able to put out the fire.

The patient was unable to get out of the vehicle on his own so Fassett cut the seatbelt, removed him, and carried him a safe distance away.

While waiting for crews to arrive Fassett made sure onlookers stayed away from the vehicle as it became fully involved in fire.

After turning the patient over to the responding CKFR crew on Medic 51, and providing his information to the Kitsap County Sheriff's Office, Fassett left the scene. CKFR Engine 51 extinguished the fire.

We are extremely proud of A/O Terry Fassett's actions, but not at all surprised. Central Kitsap Fire and Rescue is fortunate to have him as a member, serving this community.



# UPCOMING EVENTS

**August 12**  
**BOC Meeting**

Admin Building (4PM)

**August 13-14**  
**Community Meetings  
for Wildfire Preparation**

August 13th @ Station 53 (6PM)

August 14th @ Station 56 (6PM)

See flyer on Page 5 for details

**August 16**

**A Night of Comedy with Cris  
Larsen (Admission \$25)**  
**benefits Kitsap Shop With A Cop**  
Silent Auction 6PM  
Show & Live Auction 7PM  
@ Clearwater Casino

**August 21-25**

**Kitsap County Fair & Stampede**  
@ the Fairgrounds

**August 26**  
**BOC Meeting**

Admin Building (4PM)

**September 2**  
**Labor Day**

Admin Office Closed

**September 9**  
**BOC Meeting**

Admin Building (4PM)

## AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

- If you have a child age 6 or younger, learn which shots your child needs.
- Find out which shots you need as an adult.
- Use this chart for adults to see if you are up to date on your shots.
- If you're pregnant, check out this recommended immunization schedule.

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, visit Centers for Disease Control and Prevention.

## REUSABLE BAG GIVEAWAYS

In light of the local reusable bag ordinances (plastic bag bans), you can pick up a free reusable bag at any of these locations:

- Visit a [Kitsap Regional Library Location](#) during their open hours to ask for a reusable bag. The library can also send bags through their [Home Delivery Service](#).
- [Givens Community and Senior Center](#) in Port Orchard and [North Kitsap Senior Citizens Center](#) in Poulsbo are distributing bags to visitors during their open hours.
- Kitsap County Solid Waste is also handing out bags at one-day "pop up" events throughout the county.



**August 7:** Walmart Poulsbo, 11 a.m. to 2 p.m.

**August 7:** WinCo Bremerton, 3 p.m. to 5 p.m.

**August 9:** Goodwill Silverdale, noon to 3 p.m.

**August 10:** Port Orchard Farmers Market, 9 a.m. to noon

**August 16:** St. Vincent de Paul Food Bank, 10 a.m. to 1 p.m.

**August 21-25:** [Kitsap County Fair & Stampede](#), Kitsap Pavilion

## [WWW.FIREFIGHTERRETIRE.COM](http://WWW.FIREFIGHTERRETIRE.COM)

An online resource to help firefighters and law enforcement officers plan for and execute a financially successful retirement through education and cooperation, developed by retired CKFR Battalion Chief Steve Hostetter!



# CKFR NEWS



**Left:**

Circa 1993 ~ a 12 year old Aaron Rankin stands beside Resident Firefighter Trevor Stanley.

**Right:**

Today, Firefighter Rankin and Paramedic Stanley work together on Medic 51!



**RIGHT:** A sunny Saturday brought the opportunity for crews to perform an elevated master stream drill with L51.



**LEFT:** 56B got a visitor from a person on a scavenger hunt. Her task was to visit a fire station dressed as a Dalmatian. Cake and cookies were included!



**LEFT:** On July 14<sup>th</sup>, Station 41 A-shift took advantage of a sunny Sunday to get in some drill ground time with PFF/PM Jesse Graham. The firefighters are very happy with the BRAND NEW Engine 41 that just went into service yesterday. FF Jeff Stanley shown giving two thumbs up at the pump panel with the headset!





## Alternative Fuel Source Vehicle Training with Kitsap Transit

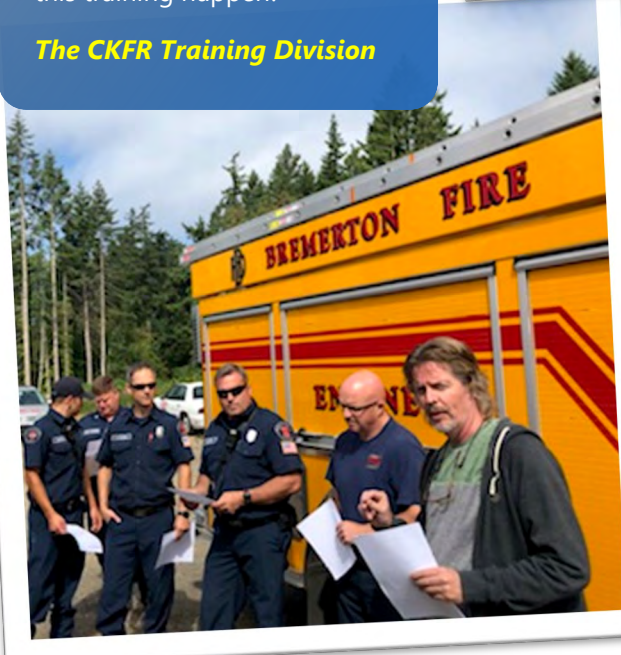
This past week, crews from Central Kitsap Fire and Rescue received training from Kitsap Transit on specific hazards related to motor vehicle incidents involving their electric and propane-powered busses. We were joined by our counterparts from Bremerton Fire Department, South Kitsap Fire and Rescue and also the training chief from North Kitsap Fire and Rescue. Crews learned the location and operation of the electrical disconnects associated with an electric bus's high voltage systems, special safety considerations of the propane fuel system, engineered lifting points, manual overrides, specific places where we *shouldn't* use the "jaws of life" and other tools we use in vehicle extrication.



Working together with the Kitsap Transit personnel, we identified several areas where some minor labeling and equipment additions will improve the ability to quickly and safely mitigate emergencies involving these busses. This was truly a team effort which will benefit each agency and the public!

A big thanks to Dennis, Bill, and Arnaldo from Kitsap Transit for their work in making this training happen!

**The CKFR Training Division**







# ***Is Your Home Firewise?***

***REDUCE WILDFIRE RISKS***

***GET READY ... AND GET PREPARED ...***

*ATTEND ONE OF OUR UPCOMING*

*COMMUNITY MEETINGS:*

**AUGUST 13TH, 6:00 PM, AT STATION 53  
15543 SEABECK HWY NW, SEABECK**

**AUGUST 14TH, 6:00 PM, AT STATION 56  
6470 SEABECK HWY NW, BREMERTON**

*FOR MORE INFO CONTACT PIO ILEANA LIMARZI  
AT 360-447-3603 OR ILIMARZI@CKFR.ORG*





# Goldendale

More photos of the South Puget Sound Strike team in Goldendale, WA assisting the DNR crews.







# Employee NEWSLETTER

Employee Assistance Program  
August 2019

## Secrets for Finding Happiness at Work

**The type of work you do, your title or your salary has very little to do with whether you are happy at work. Self-esteem and believing you deserve to be happy do.**

"Self-esteem is the first key to finding happiness on the job," says Denis Waitley, Ph.D., speaker and coauthor of several books on personal and career success, including *The Joy of Working*. "Self-esteem is a deep-down feeling in your soul of your own self-worth. Individuals who enjoy their work develop strong beliefs of self-worth and self-confidence regarding everything they do."

Setting and achieving goals that are important to you are a necessary part of developing self-worth. "I advise people to chase their passions, not their pensions," Dr. Waitley says. "People who are working for their salaries alone become slaves to their work. People who are involved in what they're doing, who put their signature on everything they do, find satisfaction and happiness on the job."

### Wake up happy

"Optimism is a learned attitude," Dr. Waitley says. "If you start thinking positively early in the day, you're more likely to maintain a positive stance as your day progresses." To have a happier morning: Wake up to music instead of an alarm. Begin your day by saying something positive to your spouse, your children or the first person you see.

### Positive self-talk

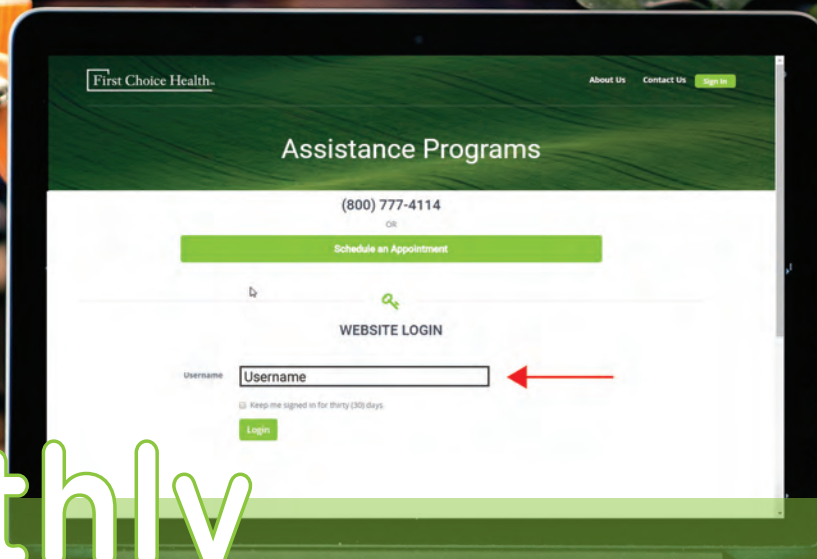
"The role of positive self-dialogue in maintaining a positive attitude has been well-documented," Dr. Waitley says. "And it's been found to be most effective if you put it in the present tense."

Dr. Waitley begins his day with these affirmations: "This will be a good day." "I'm going to take steps today that will move me closer to my goals." Here are other ideas from Dr. Waitley:

- Always greet your co-workers and your boss with a smile. "As simple as it sounds, a smile establishes your own self-worth and shares it with others," Dr. Waitley says.
- Turn dilemmas into opportunities. To do so, examine your most pressing problems on the job. Then, to gain a better perspective, come up with solutions as if you were advising one of your best friends.
- Stay away from pity parties or gripe sessions. Joining in may feel like worker solidarity, but it's actually climbing aboard a sinking ship. Instead, find happy and successful role models to pattern yourself after. Surround yourself with people who enjoy their work.
- View change as normal. Constantly monitor and evaluate your capacity to be flexible, open to new ideas and adaptable to change.
- Be persistent in visualizing your ultimate goals and dreams of achievement. Constantly practice positive self-talk and keep a positive attitude when times are tough and your perseverance needs bolstering.
- Don't let trifles bother you. "If the effort it takes to change something far exceeds its worth, forget it and learn to live with it," Dr. Waitley says. "Keep your mind free to concentrate on larger issues and problems."
- Don't make too much of your mistakes. They are part of being human. Concentrate on the lessons to be learned from even the most trying confrontations.
- Set your own standards rather than comparing yourself to others. Successful people run their own races.
- Appreciate each moment of your working day. If the work gets boring, use your powers of visualization to see yourself succeeding in your goals.
- Discover a sense of purpose. Knowing why you want what you want makes the difference between success and failure, happiness and unhappiness, joy and frustration.
- Expect the best from others: that includes your boss, co-workers and subordinates. "Be a leader in spreading encouragement and praise," Dr. Waitley says. "You'll be surprised how people will live up to what you expect when you share your positive expectations."

©2019 The StayWell Company, LLC





# Monthly WEBINAR

Employee Assistance Program  
August 2019

1hr  
WEBINAR

## Mastering the Business of Workplace Etiquette

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



From basic manners to cultural differences and more, it's very difficult to succeed without a certain awareness of etiquette in the workplace.

What you don't know about proper workplace etiquette could hurt you. During this lively session, we will identify common pitfalls and show you how to avoid them. We will also review strategies to help you shine and leave a lasting impression.

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



Visit Us Online: [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)



**First Choice Health**™

Healthy Employees. Healthy Companies.™

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