

Issue: 11.8.2019

# CKFR WEEKLY

Central Kitsap Fire & Rescue

*Thank You*

VETERANS

## UPCOMING EVENTS



**November 11**

Admin Office — Closed



**November 12**

**BOC Meeting on a Tuesday!**  
Admin Building (4pm)

**November 13**

**2019 Kitsap County  
Resuscitation Academy @**  
Harrison Silverdale

**November 21**

**Community CPR Program**  
Station 41

**November 25**

**BOC Meeting**  
Admin Building (4pm)

**November 28-29**

Admin Office — Closed



# 2019 Kitsap County Resuscitation Academy

## Class Details:

**November 13, 2019**

**8:30 AM to 4:30 PM**

**Harrison Medical Center,  
Silverdale Campus**

**1800 NW Myhre Rd  
Silverdale, WA 98383**

**This is a FREE training  
opportunity for EMTs,  
Paramedics, and Hospital  
Personnel.**

**Please register at:**  
[www.ckfr.org/resusacademy](http://www.ckfr.org/resusacademy)  
*Spots are limited to the first 100.*

*Thanks to a generous donation  
by CKFR Medic One Foundation,  
breakfast and lunch will be provided  
with registration.*

*All raffle proceeds will be donated to  
the CKFR Medic One Foundation.*

## Quality CPR, Optimal Resuscitation

Cardiovascular disease is the single greatest cause of death in the United States. Each year, upwards of a quarter of a million persons receive attempted resuscitation from cardiac arrest by Emergency Medical Services (EMS). The prognosis for the majority of these arrests remains poor.

Quality CPR is a means to improving survival from cardiac arrest. Scientific studies demonstrate when CPR is performed according to guidelines, the chances of successful resuscitation increase substantially. Minimal breaks in compressions, full chest recoil, adequate compression depth, and adequate compression rate are all components of CPR that can increase survival from cardiac arrest.

In order to have effective HP CPR ALL involved must work as a team, not as separate entities.

The Kitsap Resuscitation is about one unified team with one unified goal – Optimal Resuscitation!



**CENTRAL KITSAP  
FIRE & RESCUE**



Community  
Connect



**Engage with Community Connect! Easy for residents, intuitive for responders. "Community Connect" bridges the information gap before 9-1-1 is called. Learn how you can help with pre-planning so that we can better serve you during an emergency.** <https://www.ckfr.org/>

# 45 Years!



## U.S. Fire Administration

Working for a fire-safe America

45 YEARS 1974-2019

### USFA celebrates 45th anniversary

The U.S. Fire Administration (USFA) celebrated a milestone anniversary this week, marking 45 years working for a fire-safe America.

On October 29, 1974, President Ford signed into law the Federal Fire Prevention and Control Act of 1974. This act created the National Fire Prevention and Control Administration. The name was changed to the U.S. Fire Administration in 1978.

This act followed over a decade of research on the effects of fire in the United States. Until 1974, fire protection was treated as a responsibility at the local level. However, research found fire to be a significant enough threat to life and property that federal fire legislation was necessary.

In 1979, President Carter placed USFA within the Federal Emergency Management Agency (FEMA). 1979 was also the year the National Fire Academy was created in Emmitsburg, Maryland, on the original site of Saint Joseph College, a Catholic girls school that operated from 1809-1973.

### **Capital Facilities Plan Available for Central Kitsap Fire & Rescue**

CKFR released a draft Capital Facilities Plan for public review. The agency has spent two years conducting a comprehensive assessment of its fire stations. The 635-page plan identifies needed facility improvements for community safety and firefighter health. Community members can find a copy of the Plan, including a full list of station projects, on the CKFR website at [www.ckfr.org](http://www.ckfr.org).

## FREE Heartsaver

## CPR Classes

Due to a generous donation by the Medic One Foundation, Central Kitsap Fire and Rescue

is offering FREE Heartsaver CPR classes every 3rd Thursday of the month!



To reserve your spot, you can call our main line (360) 447-3550.

Also – please visit the Medic One Foundation page of our website.

*Architect's rendering of Station 57 that will serve the areas Lake Tahuyeh, Lake Symington, Wildcat Lake, Hintzville, Crosby and Holly.*



**Station 57 Prototype**



## Message from Lt. Dan King...

### KNOW YOUR NUMBER

It is that time of year when we turn our focus to cancer awareness. We don a shirt or a ribbon as we remember those we lost or those who were affected by cancer. But why do we only talk about awareness once a year? Why are we not talking about awareness and screening every day and every month?

Cancer has touched many of our lives, including several members of CKFR. As you may know, I lost my brother David this year to cancer. My brother had both Leukemia and prostate cancer but it was the unchecked prostate cancer that ultimately caused his death. The painful truth is that if David simply received an annual PSA screening, he most likely would be here today. I want to share with you something my sister Debi read at his service.

*"My brother had a 10-year journey living with cancer... to be honest, God allowed us to hold on to him so much longer than we ever imagined and we are grateful. They were able to treat his leukemia that was discovered in 2004 with an oral medication and after several months off of work he was able to return. In 2008 he began making a lot of doctor appointments and his shoulder was hurting. The results of a biopsy came back that he had metastasized prostate cancer that was at Stage 4 and his PSA was at 300. David kept working through all of the oral chemotherapy, bone radiation treatments, infused radiation, infused chemotherapy, loads of pills and side effects and yet he did not complain or quit. He was gracious to everyone who helped him and up to the end of his life always said thank you for everything that was done to help him. We feel that we would be remiss to not share an important mission that David had about prostate cancer. The protocol for initial screening for this type of cancer is at age 50. David was diagnosed at the age of 46 and the younger you are when you develop this kind of cancer the more aggressive it is. Prostate cancer is very treatable if it is diagnosed early. You don't have to wait to ask for a screening until you are 50. The test is relatively inexpensive and doctors will do it if asked. Don't wait...do it for your family, your wife, and your children. As David would have said, "Know your number" and please continue to keep checking after your initial screening."*

In closing, remembering the loved ones we have lost is more than a colored t-shirt or ribbon. Truly honoring their memory means getting annual cancer screenings. We owe it to ourselves and our families. Don't let your pride take you away from your family.



## October Volunteer Event Coverage

4: Olympic High School Football Aid  
Billy Garrison, Valerie Quill, Connor Shelton

5: Home Depot's Fire safety Day Touch-a-Truck  
Seth Sullivan, Valerie Quill, Connor Shelton, Joe Nededog, Steve Atkinson

5: Chili Feed Station 51  
David Brisbon, Seth Sullivan, Valerie Quill, Connor Shelton, Joe Nededog, Judy Henneman, Henry Henneman, Tara Burger & Daughter, Steve Atkinson, Ed Scholfield, DeVonte Short

11: Klahowya Football Aid  
Aurelia Buhler-Flores, Joe Nededog

11: CKHS (Kitsap Credit Union) Football Aid  
Connor Shelton, Rowdy Wilkinson

18: Olympic High School Football Aid  
Billy Garrison, Valerie Quill, Connor Shelton, Tara Burger, Joe Nededog

25: Klahowya Football Aid  
Rowdy Wilkinson, Joe Nededog, David Brisbon

25: CKHS (Kitsap Credit Union) Football Aid  
Valerie Quill, Connor Shelton, Tara Burger

31: Seabeck Conference Center Trunk-or-Treat  
Judy Henneman, Henry Henneman, Scott Mueller, Joe Nededog

31: Station 55 Trick-or-Treat  
Valerie Quill, Connor Shelton, David Brisbon

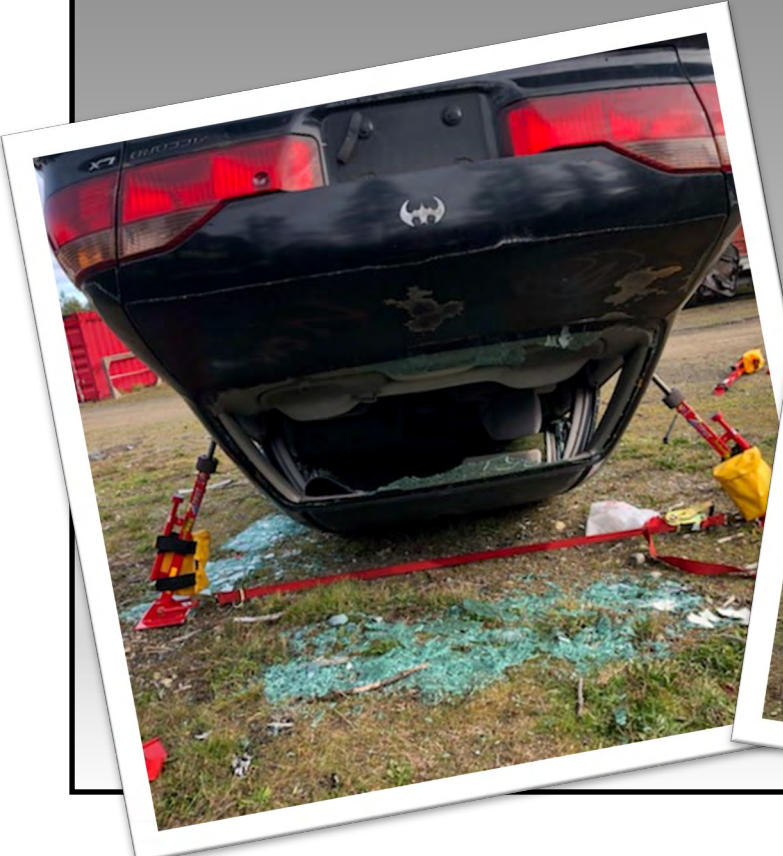
# CKFR NEWS...



CKFR A-shift E41, A45, L51, BN51 and E41A responded to a chimney this past week in East Bremerton. Thankfully, the fire was confined to the chimney and the crews were able to extinguish quickly. As the temperatures drop, fireplace use increases. Be sure to have your chimney swept and inspected regularly to prevent a damaging fire.



C-Shift conducts Heavy Duty Rescue training.



*This week, we honor all of our own who have served and are currently serving in our nation's armed forces . . .*



**A/O ADAM SMITH**  
**SGT—USMC**  
**1999-2005**



**A/O AMANDA ROHR**  
**SFC—ARMY RESERVE**  
**1996-PRESENT**



**A/O BILLY GEORGE**  
**SENIOR AIRMAN, AIR FORCE**  
**2000-2004**



**Capt. JAY CHRISTIAN**  
**DC2—COAST GUARD**  
**1993-1998**



**FF/EMT CRAIG WELLBROCK**  
**SPC—ARMY**  
**1986-1988**



**B/C BRETT TWOMEY**  
**SP4—ARMY**  
**1985-1987**



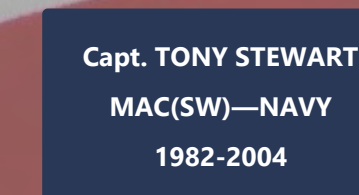
**FF/EMT MARCUS OLIVER**  
**SPC—ARMY**  
**1988-1991**



**TIM MAULE**  
**FINANCE DIRECTOR**  
**STS3(SS)—NAVY**  
**1996-2000**



**FF/PM JOE SCHWEIGER**  
**SSGT—AIR FORCE**  
**1978-1982**



**Capt. TONY STEWART**  
**MAC(SW)—NAVY**  
**1982-2004**



**FF/EMT CONNOR BITTERMAN**  
**SRA—AIR FORCE**  
**2014-PRESENT**



**FF/EMT JEFF RYE**  
**CPL—ARMY, ARMY**  
**NATIONAL GUARD**  
**2000-2003, 2006-2007**



**FF/PM MARK JOHNSON**  
**SPC—ARMY RESERVE**  
**1988-1995**



**COMMISSIONER**  
**BOB MUHLEMAN**  
**SGT—AIR FORCE**  
**1966-1969**



**A/O KYLE GOOD**  
**SGT—ARMY**  
**2002-2008**



**LT STEVE DAVISON**  
**FT1(SS)—NAVY**  
**1987-1995**



**LT CARLOS SUAZO**  
**FC1(SW)—NAVY**  
**1999-2008**



**A/O SHAWN MAHONEY**  
**ASM2—NAVY**  
**1997-2001**



**FF/PM JEFF WILDES**  
**CPL, BMCS—USMC,**  
**COAST GUARD**  
**1997-2002,**  
**2002-PRESENT**



**Capt. TED FRY**  
**HMC—NAVY**  
**1971-1995**



**IT TECH LEVI COOK**  
**SPC—ARMY, ARMY RESERVE**  
**2007-2011, 2011-2013**



**A/O TERRY FASSETT**  
NCCS(SW)—NAVY  
1985-2007



**Capt. DAVE BRISBON**  
DT1—NAVY  
1982-2002



**EVT BRANDIN SKOVALD**  
LCPL—USMC  
1999-2002

**NOT PICTURED:**

**EMT CONNOR SHELTON**  
MT2  
2011-Present

**REHAB BLAKE WISEBAKER**  
DC3  
Active Duty



**FF SETH SULLIVAN**  
SN—COAST GUARD  
1998-2002



**TSgt DAN FYE**  
TSgt—USAF  
2002-2014



**HECTOR MALDONADO**  
US Navy  
2011 - Present  
E6, Petty Officer First Class



**BRIAN VOSS**  
US Navy  
E-8 Sonar Tech Sr. Chief  
1996 - 2016



**ROWDY WILKINSON**  
Master at Arms  
Petty Officer 3rd Class  
2019—Current



**WILLIAM GARRISON**  
MA2 US Navy  
2016—Current



**PHIL BARRY**  
MM1 US Navy  
2006—2016







## CENTRAL KITSAP FIRE AND RESCUE

2020 Benefits

# OPEN ENROLLMENT

**NOVEMBER 10 - DECEMBER 10, 2019**

Enrollment/change forms are due to Human Resources by **December 10, 2019**. All benefit changes are effective January 1, 2020.

### How to Enroll

View CKFR Benefits Options by clicking here: [Benefits Overview](#)  
\*Medical Premiums remain the same for 2020

If you previously elected not to participate in CKFR's benefit plans OR are adding/removing dependent(s), complete the forms by clicking below:

- Medical Enrollment/Change Form
- Dental Enrollment/Change Form
- Voluntary Life Insurance Enrollment Form
- Voluntary AD&D Enrollment Form

Changes made will be effective January 1, 2020 and will remain through December 31, 2020 unless you have a qualifying life event (change in marital status, loss of coverage, birth/adoption of child, etc.)

**Questions/Concerns?**

**Contact Sam Luisi, HR Assistant Manager**