

# CKFR WEEKLY

CENTRAL KITSAP FIRE & RESCUE

ISSUE: 12.13.2019



Oh what fun it is  
to ride... 



## Annual Santa Run

Santa will be riding a fire engine through various neighborhoods in Central Kitsap as he's transported by CKFR.

Visit <https://www.ckfr.org/santa-run-2/> for routes.



# UPCOMING EVENTS

**December 13**

*Santa Run in Lake Symington!*

**December 14**

*Santa Run in Ridgetop!*

**December 15**

*Santa Run in Chico!*

**NEW!!!**

You can follow Santa's location on Traccar using the links below:

[Lake Symington](#)

[Ridgetop](#)

[Chico](#)

**December 25**

*Admin Office Closed in observance of Christmas Day*

**January 1**

*Admin Office Closed in observance of New Year's Day*

**January 20**

*Admin Office Closed in observance of Martin Luther King Jr. Day*

## Heating Season Reminders

This heating season, there are specific actions you can take to reduce air pollution in your community and get the best efficiency from your wood stove:

Follow burn bans from the Clean Air Agency

Always burn responsibly, using only dry seasoned wood



Twins 😊 FF Connelly and FF Shearer share their 29th birthday at the firehouse!

# CKFR ANNUAL AWARDS ANNOUNCEMENT

**NOMINATIONS FOR CKFR'S ANNUAL AWARDS BANQUET ARE NOW ACCEPTED ALL YEAR ROUND!**

**TO SUBMIT NOMINATIONS**  
CK Share Homepage > Quick Links > Select this icon   
To view nominations you've submitted/drafts visit CK Share > Human Resources > Employee Portal and click on the same icon above

**REVISED SOP 2-05 RECOGNITION AND AWARDS**  
Update to awards committee(s) and submission and selection process. Available on CK Share and in Target Solutions for your review.

## Slam Dunk!

This month's Slam Dunk trophy was awarded to AC Mike Tague by BC Brett Twomey! Chief Twomey said, "Mike has served in many different roles in our Department. In each one he has brought a unique ability to solve problems and navigate the terrain with gazelle-like abilities. Chief Tague has brought these talents to his new position as an Assistant Chief, and I have appreciated his leadership style and perspective on many different issues."

*Go Mike!*



## Silverdale Rotary Food Donations

This week, CKFR folks assisted the Silverdale Rotary with bagging 250 bags of food to deliver to 17 different elementary, middle, and high schools! Additionally, the Kitsap Fire Fighters Benevolent Fund braved Wednesday night's storm to get the food donations to the Kitsap Mall—that's 171 cases! These bags of food will be sent home with children before they leave for the Holiday break.



*A huge thanks to all of the helpers!*

# Fire Ground Survival Training Update

In January, CKFR will be rolling out our Fire Ground Survival Program. In anticipation of the rollout, CKFR hosted Keynote speaker Lionel Crowther on December 4<sup>th</sup> at Hillcrest Church with 60 members of our fire community in attendance.

*The Presenter: Firefighter Lionel Crowther is a Master Instructor for the IAFF Fire Ground Survival Program, Master Instructor for the Petzl EXO Escape System, Trainer & Peer Supporter for Burn Survivor Fire Fighters & families, graduate of the West Point Sciences of Behavior Program LAFD Academy .*

On February 4, 2007, a tragic fire changed the life of Firefighter Lionel Crowther and his family. What was reported as a residential attached garage fire proved that *no incident is routine*. When the smoke cleared and the flames were extinguished, two fire captains had been killed and four firefighters, including Lionel, were severely burned.

## Key takeaways from the event:

- Department members received RIT training but were not trained on how or when to call a mayday, a missing component that would prove critical to the outcome of this incident.
- The importance of being a student of every fire.
- The need to acknowledge our own weaknesses and see where we have opportunities to improve.
- The value of learning from LODD reports and near-miss reports.
- How many little mistakes add up and lead to catastrophe.
- The impact of tragedy on family members.
- The value of the Fire Ground Survival program and the important tools that it will provide our firefighters in a time of need.

## I would like to give special thanks to:

- CKFR Administration for providing the support.
- Kitsap Firefighters Benevolent Fund and Local 2819 for providing a welcome present.
- Chaplain Brian Compton for providing the facility.
- CKFR FGS Trainers: AO Mahoney, AO Smith, FF Rye, AO Pennington, AO George, FF Semerenko, and AO R. Smith for the valuable upcoming training.
- CKFR Peer Support team for everything that they do.

This event was filmed and the link will be provided in the near future for people to view.

*Lieutenant Kevin Bernt*



## Sweater Weather

On Wednesday, the Admin Building was in festive form for their December potluck! So who wore it best? The jury is still out . . .





**LEFT:** On December 6<sup>th</sup>, we had the opportunity to network with CK Schools and practice on some commercial rollup doors before the old school is demolished. This training is invaluable as we can apply knowledge to hands on application in a realistic environment CKFR's crews are unfamiliar with.

*51-B Crew assists PFF Devion Hagen as he is working hard at the trade.*



Thanks for setting up the opportunity Lt Davison!

Hard work, good times, and numerous lessons learned by all.

**RIGHT:** On Thursday, CKFR A-shift worked on vertical ventilation training, focusing on chainsaw technique for PFF/PM Graham and proper radio communication with Command to ensure coordination with interior fire attack crews.





# Employee NEWSLETTER

Employee Assistance Program  
December 2019

## Tips for Beating the Holiday Blues

By Patrick Rice, MA, LMHC, CEAP

**If you're feeling a little conflicted about the upcoming holidays, you're not alone. Along with all the holly and the jolly comes a mixed bag of emotional issues for some – increased anxiety and stress, or a sense of loss and sadness, along with the feeling of isolation that occurs when everyone else seems to be having a great time.**

The good news is that this is a highly recognized problem, and there are several ways to make the holidays more bearable. Below are some tools to help you effectively work through this time of year, in case Santa brings you some holiday blues.

- **Keep your expectations balanced.** You won't get everything you want, things will go wrong, and everything won't be perfect. Keep this in perspective, and let go of what you can't control.
- **Don't try to do too much.** Fatigue, over scheduling, and taking on too many tasks can dampen your spirits. Learn to say no when necessary, even if it's to your uncle's famous potluck.
- **Don't overspend.** It's easy to feel like you have to buy everything for everyone, but those after season bills can really kill the holiday spirit.

- **Consider reaching out to help others.** Volunteering can help bring a purpose to a time that might otherwise feel purposeless.
- **Enjoy the sunshine!** Short days and bad weather can lead to increased feelings of depression, so do your best to counteract this effect by getting sunlight whenever possible.
- **Eat healthy and exercise when you can.** Taking care of your body and avoiding too many sweets can go a long way to helping your brain fight the blues.
- **Practice being okay with whatever it is you're feeling.** If you don't want to be happy, don't be happy; if you have lost loved ones at Christmas, give yourself space to mourn. Honoring what's inside can help you beat the expectations coming from the outside.
- **Don't be afraid to make your own traditions.** Give the season its own meaning, and give yourself something to look forward to next holiday season.
- **Consider the blessings you do have.** Taking stock of all of the positives in your life can go a long way toward ending a "bah humbug" mood. With a little bit of planning and forethought, the holidays can be wonderful—and not because they are supposed to be.