

# CKFR WEEKLY

CENTRAL KITSAP FIRE AND RESCUE

## Long Haul

Station 51B-Shift took advantage of clear weather last Friday and worked into the evening practicing a Long Haul evolution. This evolution could be used for technical rescues over an embankment.



## SANTA RUNS BEGIN TONIGHT!

Tonight is the first night of the CKFR Santa Runs! We'll be in the Meadowdale area starting at 6 pm.

At that time you can follow Santa LIVE as he travels the neighborhoods by using the link below:

**TRACK SANTA HERE**

[TRACCAR LINK](#)

Please remember we're not able to stop, pass out candy, or collect food this year. We encourage you to PLEASE drop off food donations at the CK Food Bank! (Visit: [www.ckfoodbank.org](http://www.ckfoodbank.org))

## UPCOMING EVENTS

**Dec. 11-13** - Santa Runs!  
Click here: [Maps/Schedule](#)

**Dec. 14** - Board of Commissioners Electronic Meeting ([www.ckfr.org](http://www.ckfr.org))

**Dec. 18-20** - Santa Runs!  
Click here: [Maps/Schedule](#)

**Dec. 25** - Admin office closed in observance of Christmas Day

**Jan. 1** - Admin office closed in observance of New Year's Day





## Bond Projects - Update

To: Members of Central Kitsap Fire & Rescue

From: Chief John Oliver

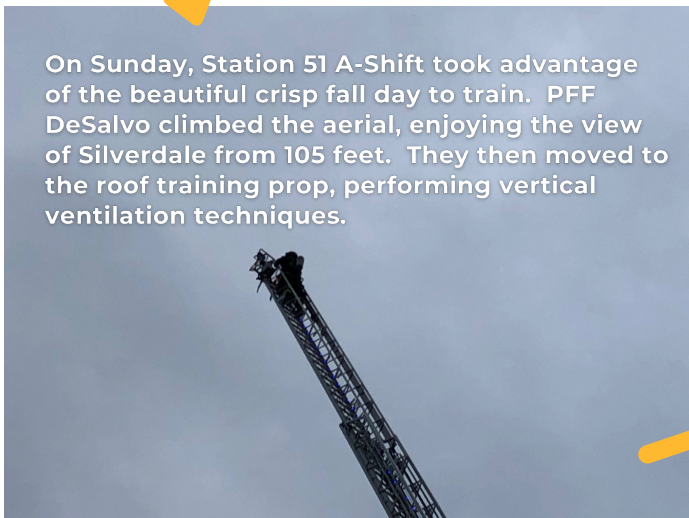
As you all know, we are at the beginning of a long journey that will undoubtedly improve our services and the health and safety of our communities. A district-wide upgrade of facilities for an agency of our size is very rare. As we move forward, your input, support and patience will be invaluable to the success of these projects.

We will begin a phased approach of garnering input from not only our employees and volunteers, but the local communities that will be served by each facility.

These phases are intended to provide guidance on interior layout, mechanical/electrical, interior and exterior coverings, appliances/furnishing and landscaping/exterior hard surfaces. We will soon identify representatives from each user group and provide them with working documents to collect input from each of you. If you are interested in being a shift or volunteer contingent representative, please reach out.

I also want everyone to understand that we have very strict rules and benchmarks that must be met in regards to allocating bond funds. For example, we must encumber 5% of the acquired funds within 6 months. In the first 30 million dollar bond sale, that will equate to 1.2 million dollars that will need to be spent prior to next June. These spending requirements will make all of the decisions going forward very time sensitive. As your Fire Chief, I pledge that you will have an opportunity to provide input during this process. With that said, please keep in mind that the progress of these projects is predicated on many factors beyond design and layout.

Beginning in January, Chief Mike Tague will become the AC of Capital Projects. His sole responsibility will be to manage all of the bond projects going forward. Some of the pieces will also be handled by other staff members, however, if you have questions, Chief Tague is the point person.





# 2021 CK FITNESS THROW DOWN (COVID EDITION!)

from A/O Kyle Good

What is the CK Fitness Throw Down? 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 see real time point totals from everyone involved, which encouraged the competitive spirit. AND you get your name on the awesome belt in the picture if you win!

It will start on January 1st and end January 31st at midnight. It's a great way to kick off a healthy year, and build a little camaraderie in the organization. Not to mention, we could use a little distraction right about now. It is open to everyone at CK, so spread the word!

2020's winner was Rob Pierson and the other competitors were: Mark Giannoble, Kara Putnam, Kyle Good, Mac Holt, Gian Dalle, and Eric Chamberlain. Our goal is to DOUBLE the number of competitors this year. If you think this isn't for you, it is. You won't believe what you're capable of once you start to see your point totals increase.

Shoot me an email/text to sign up or for questions.



Here is a discount code for the monitor:

<https://buy.myzone.org/ship/?lang=enUS&voucher=LWUS001>

Let's have some fun!

Silverdale Water and CKFR are partnering again this year with CHI Franciscan Pediatric Rehabilitation, Silverdale, with cash donations for them to purchase gift cards for their patients. It's easy to donate using [this link](#).

Be sure to select **Designation: Pediatric Rehabilitation**

Also, toggle: "Make this gift on behalf of an organization" and enter in either "Central Kitsap Fire and Rescue" or "Silverdale Water District".

*Happy Holidays!*



**SWD & CKFR'S  
CHRISTMAS ELF**

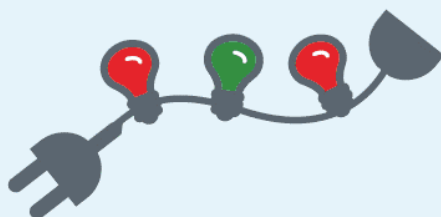
## Put a **FREEZE** on Winter Holiday Fires

### Did you know?



A heat source too close to the Christmas tree causes **1 in every 4** winter fires.

### As you deck the halls this season, be fire smart.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators and space heaters.

