

# CKFR NEWSLADDER

CENTRAL KITSAP FIRE AND RESCUE



## EMS Levy Update

**FIRE CHIEF JOHN OLIVER**

Thank you for taking the time to read our e-newsletter. We've changed the name, content and look to keep things fresh. As always, we welcome your ideas for articles anytime.

My message this month is just a brief reminder that our levy for emergency medical service (EMS) is up for renewal this year. Voters last approved a 6-year EMS levy in 2015, and it will expire at the end of 2021 if not renewed by voters.

EMS is the emergency service our community relies on the most. In 2020, CKFR responded to 8,827 calls – 64% of which were EMS-related. Since 2015, call volumes have increased 24% for EMS-related incidents alone.

The EMS levy is capped at \$0.50 per \$1,000 of assessed property value, and costs the owner of a \$400,000 home \$200 per year (\$16.67 per month) for a 24-hour Paramedic response. Funding from the levy is used for ambulances, emergency personnel, training and certifications, medical equipment and supplies.

Our EMS levy funds the highest level of emergency medical service available, called Advanced Life Support (ALS), using highly-trained Paramedics. That means you or a loved one are receiving the highest standard of emergency care from the time we arrive on scene and all the way to the hospital.

CKFR is proud to be able to offer this level of service to our community. We will share more information about our EMS program in the months ahead, and thank you for your support.

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### RESOURCES FOR SNOW:

- Video: [Cable Chain Installation](#)
- PDF Instructions: [ZT Install](#)

*Stay safe!*



# HR News & Insights

## Hiring

We'd like to send a huge THANK YOU to all those involved in the hiring process for our six new Firefighter/EMTs who will be joining CKFR on February 15! Please be sure to send them a warm welcome!

In addition, interviews are in progress for our open Lead Facilities position, which we expect to have filled in the near future.

## HRIS Committee

Over the past few months, the HR software committee met to discuss areas for improvement in our current systems and identify potential solutions in the form of an HRIS, Human Resource Information System. An HRIS system houses employee data and contains applicant tracking, onboarding, and performance management modules, as well as self-service features that allow staff to easily access and update their own personal information, enroll in benefits, etc. even through a mobile device. One of the main goals of the committee is to find a solution that will integrate with Telestaff, and will make accruals more accessible and easier to understand. The committee recently attended a demonstration of UKG's (formerly Kronos) Workforce Ready platform, which has the capability to integrate with Telestaff. While this platform may be a viable solution, additional follow up and research is in progress. The committee agrees that whatever decision is made, it will be in the best interest of CKFR.

## Benefits Corner

With Valentine's Day right around the corner, February is traditionally celebrated as the month of love and all things heart related. Beginning in 1964, nine years after having a heart attack, President Lyndon B. Johnson declared February as American Heart Month in order to bring attention to one of the leading causes of death in the United States.

While you might be aware of the positive impact living a healthy lifestyle has on your heart health, have you considered how mental health and the heart are interconnected? Are you familiar with the expressions "you nearly gave me a heart attack," "I was worried to death," or "it broke my heart"? Did you consider the actual mind/body connection to these phrases?

*(Continue to Page 3)*

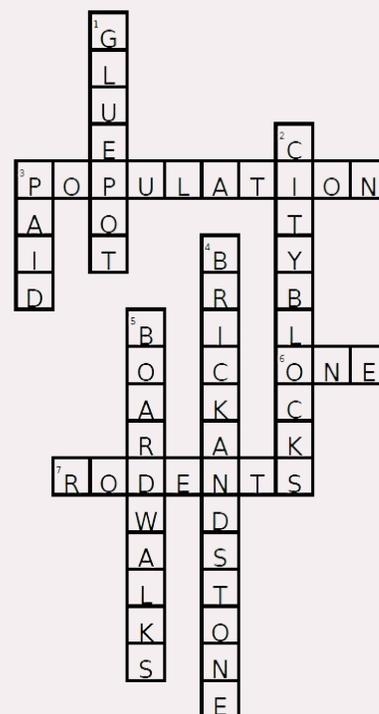
## Captain Promotion!



Lt. Kevin Bernt has just been promoted to Captain! Please join us in congratulating him on this significant achievement.

## Answer Key

From *The Great Seattle Fire Crossword* on Jan. 22!



It is important to be aware of the head-heart connection. Research shows that negative states of mind, including depression, anxiety, anger and chronic stress may influence your risk of heart disease over time, or worsen heart issues that already exist.

**Tips for Keeping a Healthy Mind and Heart** here: [EAP Flyer](#). In addition, we encourage you to attend the EAP's Calm Down: Meditation and Relaxation Guide webinar: [Webinar Flyer](#).

## Preventive Care Reminder

Since it's the beginning of a new year, we'd like to remind staff to take advantage of the preventive care services that the WFCM plan offers and covers at 100%.

Based on the Covered Person's age, gender and risk factors, these services include, but are not limited to:

**A. General Adult Preventive Care.** Well-adult physical exams; colorectal cancer screening for persons age 50 or above (or under age 50 and at high risk); depression screening; obesity screening/counseling; health diet; physical activity counseling; and tobacco cessation counseling;

**B. Children and Adolescent Preventive Care.** Well-child physical exams; developmental and behavioral assessment; hearing screening; depression screening; obesity screening/counseling; health diet; physical activity counseling; and skin cancer counseling;

**C. Women's Preventive Care.** Well-woman exams; contraceptive counseling and FDA-approved contraceptives, including devices and device removal; female sterilization; pap smears; routine pre-natal testing; routine mammography screening; and breastfeeding support and supplies;

**D. Immunizations.** Immunizations and vaccinations as recommended by the Center for Disease Control for adults, children, and adolescents; and

**E. Preventive Medications.** Covered preventive medications require a physician's written prescription.

To view a list of covered preventive care services, please click here: [PreventiveServices.pdf](#) (tpscbenefits.com)

## Address Change Reminder

Please submit all address changes to HR in a timely manner by sending an email to HR. If you've submitted your request through Sharepoint, please confirm with HR that the change was made.



## Upcoming Events

### February 15

Presidents Day  
Admin office closed

### February 22

Board of Commissioners  
Study Session  
[ckfr.org](#) for meeting access

### March 8

Board of Commissioners  
Regular Meeting

### March 17

Saint Patrick's Day

### March 22

Board of Commissioners  
Study Session

# Presentations



## HELMET SHIELD PRESENTATIONS: PARAMEDIC ZACH SMITH & FIREFIGHTER JEN SARGEANT

Earlier this week, two of our member received their new helmet shields! This symbolic CKFR tradition, represents a successful completed probation. The helmet shields signify their new role and their transition as mentors for others. The helmet shield was first used for identification purposes and originally called a badge. PM Zach Smith and FF Jennifer Sargeant now wear these badges with honor.

PM Zach Smith also prepares some delicious massive steaks as a thank you for the crew's effort contributing to his success.

Congratulations to Jen and Zach!



## OATH OF OFFICE & BADGE PINNING: ASSISTANT CHIEF RICK O'ROURKE

On Feb. 2nd, Chief Oliver led Assistant Chief O'Rourke in the oath of office for his recent promotion. Chief O'Rourke had his badge pinned by friend and fellow Assistant Chief, Jay Christian.

Congratulations, Rick!





## AWARD PRESENTATIONS:

Due to the pandemic, we were unable to recognize our 2019 Award Recipients at the annual awards banquet. Chief Oliver continues to present awards individually to our members:

### MALTESE CROSS: A/O TERRY FASSETT

Last week, Chief Oliver presented the Maltese Cross (the second highest award in our organization) to A/O Terry Fasset for his heroic actions and dedication to duty in August 2019. Terry rescued a civilian from their burning vehicle after it had left the road and struck a tree on Ridgetop Blvd. Congratulations Terry!

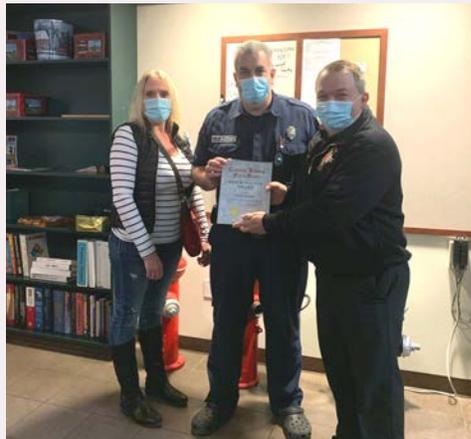


### FIRE CHIEF'S EXCELLENCE AWARD: BC BRETT TWOMEY

On Jan. 27th, Battalion Chief Brett Twomey received his Fire Chief's Excellence Award, recognizing his years of work as the CKFR Training Chief. Under his leadership, we created a new training request process and platform, we revamped the probationary and promotional processes, and created in-house Chief Officer and A/O Academies. Thank you, Chief Twomey!

### RESUSCITATION AWARDS: A/O CHARLIE BRATCHER AND FF IVAN SEMERENKO

In January, Chief Oliver presented resuscitation awards to 51 B-Shift members A/O Bratcher and FF Semerenko for their crew's cardiac arrest save in March of 2019. Congratulations to all! More to come.



### INDIVIDUAL CITATION: CARLOS SUAZO (FORMER LIEUTENANT WITH CKFR)

It was a pleasure to see Carlos and his family last week. Chief Oliver presented Carlos with an individual citation for his actions and leadership displayed in June of 2019 while working at Bangor. A patient was experiencing respiratory distress and the quick actions of Carlos and his co-workers led to a successful outcome. Congratulations!



## MARINE 51 TRAINING

(Above) A-shift completed extensive training on Marine 51 last weekend. Even Probationary Firefighter Patterson (pictured) got some time at the helm!

Special thanks to PM Jeff Wildes for his dedication to the Surface Water Rescue Program and his positive energy given to training our members.



## EXTRICATION TRAINING

(Right) Attached are some auto extrication training pictures as the crews worked into the evening to accomplish the drill.

R64 facilitating vehicle extrication for 41 C-shift and their probationary FF Trumbull. The vehicle was flipped over to its roof for practice on multiple access maneuvers as well as advanced stabilization.

Following the drill the vehicle was flipped back to its wheels and into its original parking spot. Present were PFF Trumbull, FF Llewellyn, FF Connolly, FF M. Smith, FF/PM Muscolo, A/O Rye, and Lt. Brown.





## TO THE ROOF!

(Above/Right) Visitors to Kitsap Mall might have seen A-shift's Ladder 51, Engine 51 and Battalion 51 on Feb. 9th conducting some training on accessing commercial roofs. Lt. Dan King, PFF Patterson and AO Whitish are pictured climbing to the roof of JCPenny.



## SAO Data Breach Communication

Please reference the [linked memo](#) regarding the recent data breach at the State Auditor's Office .



## Have something newsworthy to share?

Email your content to Serena Prince (sprince@ckfr.org) for inclusion in our next Newsladder!



## Anchors aweigh, FF/PM Wildes!

FF/PM Jeff Wildes (a.k.a. United States Coast Guard Reserve Master Chief Wildes) worked his final shift this past week before heading out for an extended Coast Guard deployment with his Reserve Unit. His A-shift crew and CKFR wish him "fair winds and following seas" on this journey and we look forward to his return.