



Campbell County Fire Department Newsletter

Issue 29 February 2016

Editors: Admin Staff

Table of Contents

Birthdays	Pg 2
Anniversaries	Pg 2
Calendar	Pg 2
LODD	Pg 3
History	Pg 3
Spotlight: Hahn	Pg 4
Spotlight: Waaraniemi	Pg 5
Recipe	Pg 6
Tailboard Talk	Pg 7
Fund Raising	Pg 9
Around Town	Pg 10



Inspection of New Engine One



February 2016

Anniversaries!

Phil Weibel	2/26	35	Years
David King	2/24	21	Years
John Cattles	2/23	20	Years
Ronald Ellis	2/23	20	Years
Dan Grace	2/12	15	Years
Sandy Johnson	2/12	15	Years
Ron Smith	2/14	11	Years
Tanner Lynde	2/6	9	Years
Shane Kirsch	2/16	7	Years
Jasen Scalzo	2/21	5	Years
Nikki Nelleremoe	2/3	2	Years
Kelly Abelmann	2/12	2	Years

February 2016

Birthdays!

John Gunnels	2/3
Gene Plessner	2/3
Bill Macy	2/6
Shane Coates	2/7
Louann Izatt	2/10
Clyde Ellertson	2/13
Toddy McCann	2/19
Wayne Sell	2/19
Kory Study	2/19
Robert Hauber	2/20
Glen Terry	2/22
Kevin Wilson	2/24
Richard Hauber	2/25
Richard Stainbrook	2/25
Andrew Rutigliano	2/28

**THE DEADLINE
FOR
MARCH'S
NEWSLETTER
ARTICLES IS:**

February 23, 2016

@ 5:00p.m.

dcrippen@ccfire.us

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Hazmat</i>	2 <i>Wellness</i>	3	4 <i>County-wide</i>	5	6
7	8	9 <i>Chief's Meeting</i>	10	11 <i>County-wide</i>	12	13
14	15 <i>Presidents Day Cadet Training</i>	16 <i>Captain's Meeting</i>	17 <i>Board Meeting</i>	18 <i>Business Meeting</i>	19	20
21	22 <i>Cadre Meeting</i>	23	24	25	26	27
28	29					



LINE OF DUTY DEATHS:

2015 Year to date: 87

2016 Year to date: 6

<u>Location</u>	<u>Name</u>	<u>Age</u>	<u>Cause of death</u>
REMAINDER OF DECEMBER 2015			
New Bern, NC	FF Sidney Winer	72	Dept Vehicle Crash
Dowell, TX	FF Stacy Crawford	47	Unknown
Saugerties, NY	Capt Jack Rose	19	Unknown
Clarksdale, MS	Capt Willie Ratliff	66	Heart Attack
Jamison, PA	Fire/Police Louis Patti	67	Cardiovascular Accident
Hamilton, OH	FF Patrick Wolterman	28	Fall in Structure Fire
Houston, TX	FF Richard Cano	35	Cerebrovascular Accident
YEAR END TOTAL: 87			
JANUARY 2016			
Spring Arbor, MI	FF Charles Adams	47	Heart Attack
Oak Park, IL	FF/Param Kenneth Harris	56	Heart Attack
Siler City, SC	FF Joshua Woods	24	POV Crash
Riverton, WY	Dep Chf Clarence Hartbank	79	Wildland Fall & Burns
Middletown, OH	FF Scott Bruggeman	45	Heart Attack
North Little Rock, AR	Lt Ronald Adams	29	Shot By Patient
YEAR TO DATE: 6			

HISTORY:

1962

From the November 8, 1962 "The News Record": The City of Gillette has obtained and placed in operation a new police car and new fire siren. The new police car, a Chevrolet, replaces the former squad car. It is equipped with a two-way radio, yellow caution lights, blinking parking, and tail lights which may be used in emergencies. The new fire siren was obtained so that it sounds might be heard in the growing outer edges of the city.

Congratulations Jason Hahn on getting your Black Helmet!

Where are you from? I was born in San Diego, CA However, my family moved to Casper, WY when I was a year old. I spent the next 28 years of my life in Casper before I moved to Gillette WY in 2006.

Which secondary (high) school did you attend? I went to Kelly Walsh High School in Casper, WY. My sport of choice in high school was swimming. As a part-time job in high school I lifeguarded and taught swimming lessons.

Do you have any post-secondary education? I have an A.A.S. in Industrial Electricity from Gillette College.

When and why did you move to Gillette? My wife and I moved to Gillette in 2006 because I accepted a position with BNSF.

What company do you work for and what is your primary Job? I currently work for Arch Coal at the Black Thunder Mine as an electrician.

Why and when did you decide to become a firefighter? Because I'm not originally from Gillette, I didn't realize how extensive the volunteer program was with CCFD. I always had a fascination with the fire service and when I received a flyer in the mail from our HOA, I knew that I had to sign up.

How long have you Volunteered with CCFD? I don't have any prior firefighting experience.

Is there a particular aspect of firefighting that you enjoy more than others? At this point in my fire service career, I can't say there is any one aspect of firefighting that I enjoy over any other. I enjoy all of it!

Do you have a significant other and/or children? My wife and I have been married for 11 years and have 3 children. Laina is 5 years old and the other two are twins Caitlyn and Trenton both 3 years old.

Favorite...

Tool? Irons

Sports team? Whoever is winning

Food? Ribeye (medium rare)

Beverage? Whatever is cold

Movie? Tombstone

Color? Blue



Congratulations to John Waaraniemi on getting your black Helmet

Where are you from? Menahga, MN

Which secondary (*high*) school did you attend? Menahga High School

When and why did you move to Gillette? I moved to Gillette in April 2008 for a job in the coal mines

What has kept you located in Gillette? My job, I like the mild winters.

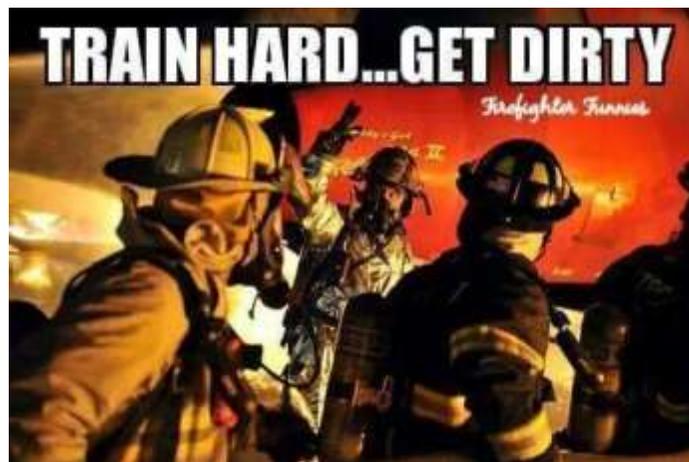
What company do you work for and what is your primary Job? Peabody Energy, Equipment Operator

Why and when did you decide to become a firefighter? I have wanted to be a Campbell County firefighter since I moved to Gillette. Just wasn't sure I would be staying in the area. Then in 2014 I bought a house so I knew I would be here for a while so I decided join up.

How long have you Volunteered with CCFD? I started the academy in January 2015. I was on the Menahga Fire Department for 6 years.

Is there a particular aspect of firefighting that you enjoy more than others? Not really I enjoy it all.

Do you have a significant other and/or children? Single, no kids



RECIPE OF THE MONTH:

This dish is perfect for low carb, pair this with a salad and you have a great low carb meal!

Ingredients:

1 lb boneless, skinless chicken breasts
4 oz pepper jack cheese, shredded (you can use up to 6 oz)
1 c frozen spinach, thawed and drained (you can also use fresh cooked spinach)
2 tbsp olive oil
1 tbsp breadcrumbs (I use Italian style)
Sea salt, to taste
2 tsp cajun rub
Freshly ground black pepper, to taste



Lots of toothpicks (soaked in water for 5 minutes before using)

Directions

Preheat oven to 350F
Flatten the chicken to 1/4-inch thickness.

In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper. Combine the Cajun seasoning and breadcrumbs together in a small bowl.

Spoon about 1/4 c of the spinach mixture onto each chicken breast. Roll each chicken breast tightly and fasten the seams with several toothpicks.

This part requires a tiny bit of skill and I typically use about 8 toothpicks in each roll to ensure none of the filling seeps out. Be sure to count how many total toothpicks were used!

Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all. Sprinkle any remaining spinach and cheese on top of chicken (optional). Place the chicken seam-side up onto a tin foil-lined baking sheet (for easy cleanup). Bake for 35 to 40 minutes, or until chicken is cooked through. Remove the toothpicks before serving. Count to make sure you have removed every last toothpick. Serve whole or slice into thick slices.

Tailboard Talk

Health and Wellness Tailboard Talk

CCFD Wellness Committee

With the hectic year of 2015 under our belt and an already busy 2016, the Wellness Committee would like to this opportunity to inform every one of the changes that are being made. Just a reminder that if any member participates in a public wellness event that they can receive a CCFD Wellness t shirt.

STEP INCENTIVE PROGRAM

At the end of 2015, November specifically, we implemented a new/revamped step counting system. The program is simple, count your steps, log them, and earn prizes. The wellness committee has purchased roughly 90 pedometers for department members. These pedometers are first come first serve and **FREE**. All you have to do is come on down to Station 1 and ask for step counter. If you have a fit bit or your own pedometer, those will work too. All we ask is that you record your step amount for the month (1st to the end of the month). With that total, visit station one (or email a picture of your log, and which prize you would like to a committee member), and then the next time you're at Station 1, collect your prize. This is an honor program. So we are trusting you for an accurate step count. If there are any questions at all, please call or email any wellness member. Prizes that can be earned and the steps needed are as follows:

**If you go above and beyond the 225,000 step mark, you get your choice of any 1 prize.*

**As the prizes listed to the right are depleted, The Wellness Committee will be purchasing new prizes.*

Keychain Mag-Light	175,000 Steps/Month
Small Pelican Case	195,000 Steps/Month
Beach Towels	210,000 Steps/Month
CamelBak Water Bottle	215,000 Steps/Month
Gym Bag	220,000 Steps/Month
Camper Chair	225,000+ Steps/Month

The Iron Man challenge

The Iron Man Challenge is 3 different events and the wellness committee will be announcing the dates near the beginning of February, so keep an eye out for that email. The first of the 3 events is the Health Fit Assessment. It consists of a 1.5 Mile run, push-ups, sit ups, and sit and reach. If this event is completed you are eligible for a \$25 gift card to Cabela's.

The 2nd part of the Iron Man challenge is the Pack Test. This will take place in the spring, so sometime late May, to early June. The pack test has not changed and is still a 3 mile walk with a 45lbs pack. This must be completed in 45 mins.

The last portion of the Challenge is the Physical Agility test. These dates will be set for the fall and will be released at a later time. With the completion of the Physical Agility Test, you can earn another \$25 Cabela's gift card. If you would like to know what this portion consists of, please ask any wellness member.

If you complete all 3 portions of the challenge, the reward will be an Iron Man helmet sticker. For more information on the challenges and what they entail, please email or visit any wellness member.

Tailboard Talk Continued

THE RECREATION CENTER

Lastly, the Wellness Committee has been in contact with the Gillette Recreation Center. The Recreation Center will allow the use of the facility with some stipulation. Entrance will be free to department members as long as: The group is 4 or more, a wellness member is present, we give them a date of use roughly 2 weeks in advanced, and we clean up after ourselves. This will be on your personal time, and if your spouse or children will be joining the group, they will have to pay the normal fees. Things like the rock wall can be used, but we will have to pay to use the equipment. There are probably a few unanswered questions. If you have questions or want to set something up, please contact Chris Prager either by calling station 1, his cell phone 307-680-2739, or email listed below. Chris will be able to answer the questions, and if he cannot, he will find and answer as soon as possible

If there are any questions about anything wellness related at all, please feel free to contact any of the listed members. We will do our best to get an answer to you in a timely manner.

Wellness Members:

Kate Eischeid – KEischeid@ccfire.us (Station 1)

Andrew Rutigliano – ARutigliano@ccfire.us (Station 1)

Chris Prager – cprager@ccfire.us (Station 1)

Logan Tomer – LTomer@ccfire.us (Station 1)

Shane Kirsch – SKirsch@ccfire.us (Station 1)

Dalton Fenstermacher – magerfen1@gmail.com

Peter Rossi – peter.john.rossi@gmail.com

Sandy Johnson – wyl03fire@yahoo.com

Levi Mellott – lgm_01@yahoo.com

Mike Buchanan – mikebsmet@hotmail.com

John Pafford – JPafford@ccfire.us



Fund Raising Update



We've raised a total of \$57,395.01

Mayors Art Council \$14,625
Pancake Feed \$3396.55
Large (16) Sponsors \$26,545
Wyoming Cultural Trust Fund Grant \$7,500
Donations \$720.02
T-Shirt Sales \$2,733.98 (223 sold)
Sweatshirt Sales \$489.60 (51 sold)
Hat Sales \$119.00 (17 sold)
Cookbook Sales \$1,265.86 (167 sold)

Need to raise an estimated additional **\$12,000-\$13,000**

\$2,104.99 towards balance of statue
\$9,170.61 in actual expenses
\$1,000-\$2,000 estimated remaining expenses (sponsorship plaques, plaque mounting, lighting, etc.)

If you have any suggestions on how we can finish our goal to raise the final funding, please let the admin staff know. Any suggestions or help would be a great. Thank you!

Around Town

Guns-N-Hoses Blood Drive

thank
you!

We exceeded the United Blood Service's goal all 3 days!

The 8th Annual Gillette Guns n' Hoses Blood Drive was a huge success. An amazing 390 donors volunteered to give blood over the 3 days of the event of which 329 successfully donated resulting in 395 total blood products collected.

Team Law recruited 190 donors

Team Fire recruited 200 donors

Team Fire won by 10 donors! They will keep the trophy until next year.

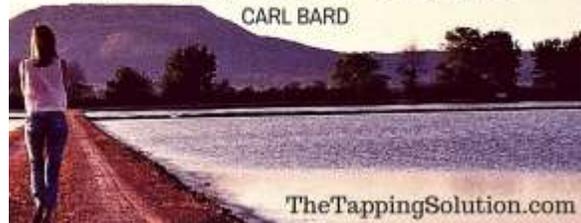
Congratulations, and thank you to all of those who donated and were involved in this blood drive that is held every year during a critical needs week for patients.

Thank you,
A Crew

QUOTE OF THE MONTH:

THOUGH NO ONE CAN
GO BACK AND MAKE A
BRAND NEW START,
ANYONE CAN START
FROM NOW AND MAKE
A BRAND NEW ENDING.

CARL BARD



TheTappingSolution.com