



Campbell County Fire Department Newsletter

Issue 33 June 2016

Editors: Admin Staff

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Happy Father's Day



From the Chief

Are You a Professional?

As I review the strategy map that the Mission Statement Committee developed a short time ago, a single word always catches my attention. That word is Professionalism. What does it mean to be a professional? Is it compensation? Is it education? Is it behavior? Is attitude? This single word conjures up a significant amount of emotion and debate among friends and co-workers each time it is discussed **so let's look at professionalism and what being a professional is all about.**

If we examine what professionalism means we find that the Merriam-Webster dictionary defines professionalism as **“the conduct, aims, or qualities that characterize or mark a profession or a professional person”**. It also defines a profession as **“a calling requiring specialized knowledge and often long and intensive academic preparation”**.

How can we compare the different attributes contained in these definitions and apply them here at Campbell County Fire Department?

The hallmark of a professional and professionalism is specialized knowledge. Doctors, attorneys, engineers, nurses and teachers all have an array of specialized knowledge and training associated within their fields. All individuals that are licensed to practice within these arenas have exhibited a tremendous amount of dedication and personal commitment to develop their skills and obtain degrees and certifications that serve as the foundations of these fields of practice.

As a Campbell County Firefighters we have a specialized knowledge that is required prior to successfully completing the recruit academy and passing the state firefighter certification exam. If you have a BEC or EMT certification you have an additional set of specialized knowledge. Those that have a hazardous materials certification have that expertise. Some of our members have obtained undergraduate and advanced degrees along with other designations that also require a specialized set of knowledge. All members have exhibited a level of mastery of this knowledge base in order to obtain basic certification. This required commitment and dedication to obtain these certifications.

What separates many of us in the profession is the continued commitment and dedication. A good place to begin is to look internally and take a long hard look at that commitment and dedication. What have you done since obtaining that last certification, degree or qualification? What if any outside trainings have you attended? What is your attitude toward out weekly training? When is the last time you picked up a fire service journal and studied an article? Have you ever browsed a professional journal to study leadership or project management and thought about how those concepts apply to your position as a CCFD Firefighter? If so how often? Daily? Weekly? Monthly or maybe not at all? Maybe you are satisfied and are riding the coattails of others.

At the beginning of this message it was stated that the hallmark of a true professional was the acquisition of a body of specialized knowledge associated with the profession. Members that take the initiative to train and obtain professional and technical education, above and beyond the minimums, on their own are exhibiting the dedication and commitment to be a professional. How committed and dedicated are you as an individual? How committed are you to your fellow members?

June 2016

Birthdays!

Phil Weibel	6/1
Patrick Homan	6/4
Dustin Gonzalez	6/8
Joe Case	6/11
Frank Thallas Jr	6/13
Patrick Tomson	6/13
Jarik Dudley	6/17
Kristine Johnston	6/21
Rori Coates	6/22
Michael McReynolds	6/24
Lindsay Wood	6/24
Galen Lee	6/25
Royce Biegler	6/27
Michael Peterson	6/29

June 2016

Anniversaries!

Larry Mills	6/1	49 Years
Robert Roush	6/1	49 Years
Clark Reynolds	6/1	48 Years
Orin Edwards	6/1	44 Years
Ted Edwards	6/1	44 Years
Robert Hauber	6/1	41 Years
Glen Terry	6/1	41 Years
Matt Avery	6/1	40 Years
Fred Oedekoven	6/1	36 Years
Frank Reynolds	6/1	36 Years
Bruce Amende	6/1	35 Years
Mark Renner	6/4	25 Years
Sam Shafer	6/1	22 Years
Kraig Johnston	6/18	18 Years
Kory Study	6/7	12 Years
LouAnn Izatt	6/18	12 Years
James Heald	6/22	7 Years
Bill Shank	6/3	3 Years
John Pafford	6/8	3 Years

THE DEADLINE FOR JULY'S NEWSLETTER ARTICLES IS:

June 27, 2016
@ 5:00p.m.
dcrippen@ccfire.us

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>County-wide</i>	3	4
5	6 <i>Hazmat</i>	7 <i>Wellness</i>	8 <i>Board Meeting</i>	9 <i>County-wide</i>	10	11 <i>Wildland Practical Day</i>
12	13	14 <i>Chief's Meeting</i>	15	16 <i>Battalion</i>	17	18
19 <i>Father's Day</i>	20 <i>Cadet Meeting</i>	21 <i>Captain's Meeting</i>	22	23 <i>Business Meeting</i>	24	25
26	27 <i>Cadre Meeting</i>	28	29	30 <i>CPR Training</i>		



LINE OF DUTY DEATHS:

2016 Year to date: 24

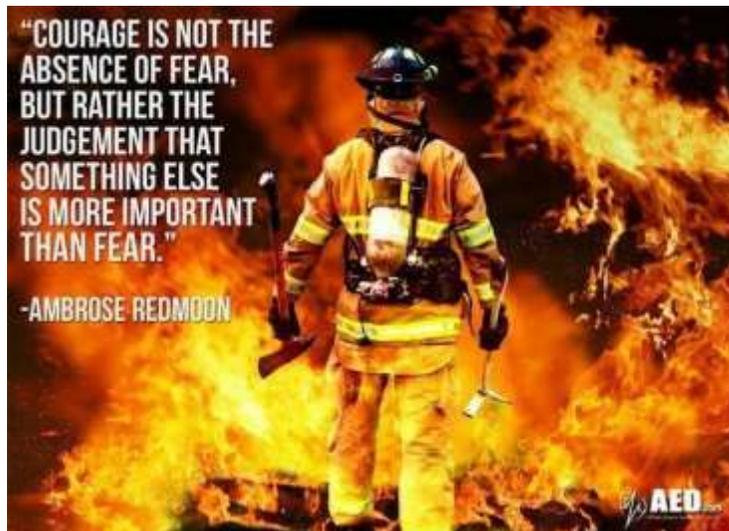
Location	Name	Age	Cause of death
Pineville, NC	FF Richard Sheltra	20	Structure Fire
Sag Harbor, NY	FF Theodore Stafford	73	Unknown
St. Albans, NY	FF Steven Lapierre	58	Heart Attack
Kenly, NC	FF John Davis	45	Heart Attack

HISTORY:

1971

Friday, November 5, 1971, a house burned down in the Valley view Subdivision southwest of Gillette's City limits. Only the County fire truck could respond to the fire. It is equipped to fight grass and timber fires-not houses on fire. It was out of water in four minutes and had to run for more water. These were the facts that cased a group of people to meet Friday night to find out what could be done. "It is the biggest group I've seen at one time interested in learning about a fire district and Gillette, and the Volunteer fire department has been trying to start one for 15 or 20 years." one fireman said at the meeting.

QUOTE OF THE MONTH:



Andrew Rutigliano's Last Day



The crews had to get Rudy a Betty Boop Sailor Cake!



Both Captain JR Fox and Chief Shank wanted to thank Andrew for all his years of service and to wish him luck on his future endeavors.



Andrew's official going away cake

Lewis Road Structure Fire



Primrose Dumpster Fire



Brunsen Road Structure Fire



On May 21st at approximately 8:36 the Campbell County Fire Department was dispatched to Brunsen Road for the report of a mobile home with heavy smoke and fire showing. Firefighters were able to contain the fire to the residence. There were no injuries and the fire is under investigation.

Chain-Saw Certification Class S-212



May 1st CCFD firefighters finished a 3-day chain-saw certification class (S-212). We are grateful for the professional instruction from several of our favorite Wyoming BLM firefighters. Many dead and diseased trees were thinned through this project.



Countywide Training



Pictures by: Chris Chafee and Chief Smith

RECIPE OF THE MONTH:

Father's Day Recipes

BBQ Ribs

1/2 Pan water (large stock pot)
Soy sauce
Worcester Sauce
Lawry's Seasoned Salt
Pepper
Regular Salt
Vinegar
Oil
1 onion, cut in half
Chili powder
Baby-back ribs, cut into 2-4 rib sections



No quantities. Just pour some of each into the water. Boil ribs in mixture about 1 hour. Turn heat down and simmer with lid on another 1-2 hours until fork tender. Finish on grill or under broiler with sauce on. Freeze separately on a cookie sheet, then freeze them in gallon zip lock bags until you need them.

Honey Ginger Salmon

1/2 cup orange juice
1/2 cup soy sauce
1/4 cup honey
1 green onion, chopped
1 tsp ground ginger
1 tsp garlic powder
1 salmon fillet, 1 1/2 pound, 3/4 inch thick



Combine all ingredients and marinate salmon overnight or for several hours in refrigerator. (You can **reserve a little unused marinade to baste with but not after it's been on the salmon.**) **Spray grill with non-stick cooking spray before starting the grill (or cook on aluminum foil).** Place salmon skin side down on grill. Grill covered over medium-hot heat for 5 minutes. Base with reserve marinade. Grill 10-15 minutes longer or until fish flakes easily with a fork, basting frequently. Top with Mango Salsa

Father's Day Recipes Continued

Mango Salsa

- 1 cup diced tomatoes
- 1/2 cup diced red onion
- 1/4 cup diced jalapeno or green chillies
- 2 T. chopped fresh cilantro
- Salt and pepper to taste
- 1 tsp salad oil
- 1 tsp vinegar
- 1/2 tsp minced garlic
- 1/2 cup (or more) chopped mango
- Optional: Chopped peaches



Mix everything together

Mandarin Orange Cream (Tang dessert)

- 8 oz, cream cheese
- 1/4 cup sugar
- 1/4 Tang powder
- 2 eggs
- 12 oz. cool Whip
- Sm Can Mandarin oranges, drained



Mix (beat) cream cheese, sugar and Tang well. Add 2 eggs and beat well again. Add whipped cream and mandarin oranges and stir by hand until blended. Can freeze and set out 1 hour before serving or refrigerate until ready to serve. Stays fluffier is not frozen.

Can substitute other flavors of drink mix for the Tang as long as the drink mix is pre-sweetened. If change the drink flavor, change the fruit to match.

Health and Wellness Tailboard Talk

CCFD Wellness Committee

Stress is a large part of our lives, whether we want it to be or not. Even the beginning of summer can cause a large amount of stress due to things like; weather change, school ending, family vacations, economic hardships, work deadlines, and much more. Stress is a normal part of life, but if left unmanaged, stress can lead to emotional, psychological, and even physical problems. Including heart disease, high blood pressure, chest pains, or irregular heartbeats. With all that in mind, let's talk about managing your stress, or more specifically, what some people do to relieve stress. I asked the questions "What do you do to relieve stress?" Here is a list of what people have answered with:

- ◇ Play with your kids or family (Unless they are the cause of your stress)
 If so, try get some alone time
- ◇ Go for a hike by yourself or with your significant other
- ◇ Go camping for a weekend and enjoy Nature
- ◇ Try kayaking or canoeing (with the all of the lakes and rivers near Gillette, should be easy)
- ◇ Talk/Vent to your significant other, family, or friends
- ◇ Try to laugh, smile, or tell more jokes
- ◇ Listen to or play music you enjoy
- ◇ Clean
- ◇ Read books, articles, or the news
- ◇ Work in the Garden
- ◇ Yoga, Meditation, or deep breathing
- ◇ Work out
- ◇ Rollerblade or Skateboard
- ◇ Walk through the park

Tailboard Talk Continued

- ◇ Shoot your Guns or Bows
- ◇ Play with your pets
- ◇ Volunteer your time
- ◇ Write it out, get it off your brain
- ◇ Do some wood working
- ◇ Surf the internet
- ◇ Take care of live stock
- ◇ Chop some fire wood
- ◇ Pray
- ◇ Go Fishing or Hunting
- ◇ Go for a Motorcycle ride
- ◇ Sharpen tools
- ◇ Play Video games
- ◇ Watch a Movie
- ◇ Scream

This list is to help you think of new ideas, or ways to manage your stress. With the pool of knowledge and different types of stressors people deal with, I hope one of these things can help you when you are in need. Please feel free to share what you do if it was not included in this list. We are all part of CCFD family and need to look out for each other.

Around Town

New baby



Doug and Kara Rigsby
Welcomed a baby boy on
May 5th.
Evan Henry Rigsby.
8 lbs 10 oz
21.5 Inches tall



Recruit Academy

Forced Entry

IT'S STAYING!!!!

We have reached our fundraising goal to keep the "Forced Entry" statue in Gillette and at CCFD Fire Station 1.

All of the members of the Campbell County Fire Department would like to graciously thank everyone who donated. While the bulk of the donations came from local individuals and businesses, we also received donations from visitors passing through town and other firefighters and fire departments from around the country.

We would also like to thank the tireless efforts of the fundraising committee who worked to secure the donations and also applied for and received a grant from the Wyoming Cultural Trust Fund and the City of Gillette Mayors Art Council.

