



Campbell County Fire Department Newsletter

Issue 32 May 2016

Editors: Admin Staff

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Saying Farewell to Andrew Rutigliano

As many of you know Andrew Rutigliano has resigned his position with the CCFD effective May 5th. Rudy as he is affectionately known started his career with the CCFD in 2006 as a fire cadet, 2007 as a volunteer and was hired as a career firefighter in 2009. He was hired as part of a group of firefighters to augment the CCFD so the transition could be made to 24 hour shifts. He spent the majority of career with the CCFD on C Shift, with the last 2 years as a member of B Shift. Rudy will be hard to replace, he has a thirst for knowledge, training and helping others. He was a consummate professional while on scene and a solid performer in the office as well, even if he did **not particularly care for the office work. He has always been a “go to guy” when something needed to be done.** He has been an integral part of the department during his short tenure, providing leadership on the wellness committee, public education program and a variety of other tasks



Rudy will be starting a new chapter in his life as he joins the United States Navy, with the enlistment age creeping up on Rudy he decided it was now or never. Joining the Navy and serving his country has been a lifelong dream for him. Rudy said that the thing that he will miss the most about the CCFD is the people. He will also miss helping people on calls and the variety of experiences he has had while with the CCFD. The one thing Rudy will not miss is being assigned to day shift, having to cook and hose testing (in that order).



I know that all the members of the CCFD join me in wishing Andrew the best of luck in his new endeavor and we look forward to hearing of his accomplishments and adventures. The Navy is getting a solid performer who will bring a great attitude and work ethic to whichever unit he is assigned too.

There will be an open house for Rudy at Station 1, May 5th at 1500 hours, please stop by to wish him luck and share a few stories.

Also if you see Wayce Waller wandering around the station (after May 5th) with a bewildered look in his eyes do not be alarmed, he is just looking for Rudy.

May 2016

Birthdays!

Ronald Ellis	5/5
Darrel Roush	5/6
Mike Merchen	5/7
Vincent Oedekoven	5/7
Jordan Hunt	5/11
Michael Holmes	5/15
Troy Swartz	5/16
Alyssa Thar	5/18
Ted Oextra	5/19
James Heald	5/20
Chris Chafee	5/21
Alvin Binkley	5/23
Eric Acton	5/25
Jason Hogan	5/27
John Cattles	5/28
Jerrica Johnson	5/31
Sterling Thrush	5/31

May 2016

Anniversaries!

Galen Lee	5/1	36 Years
Troy Sartz	5/1	36 Years
Charles Messenheimer	5/29	18 Years
Shane Coates	5/22	10 Years



May 2016

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

**May 25, 2016
@ 5:00p.m.
dcrippen@ccfire.us**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Hazmat</i>	3 <i>Wellness</i>	4	5 <i>County-wide</i>	6	7
8	9	10 <i>Chief's Meeting</i>	11 <i>Board Meeting</i>	12 <i>County-wide</i>	13	14
15	16 <i>Cadet Meeting</i>	17 <i>Captain's Meeting</i>	18	19 <i>Battalion</i>	20	21
22	23 <i>Cadre Meeting</i>	24	25	26 <i>Business Meeting</i>	27	28
29	30	31				

Financial Peace University

On March 7, 2016 several members of CCFD and their family members completed the 9-week Financial Peace University course that was sponsored by the Campbell County Fire Department Wellness Committee. The course focused on various areas of personal finance including budgeting, investments, insurance, debt solutions, income flow and retirement.

Keep watching the monthly newsletters for the next Financial Peace University class dates!



We would like to congratulate the following FPU graduates;

Richard and Chris Chafee	Alixandor Chafee
Isabella Chafee	Kory and Veronica Study
Aaron and Jennifer Marker	Peter and Sabrina Rossi
Pat Olson	Eric Acton
John Sullivan	JaNohn Thacker
Jerrica Johnson	Chris and Andreah Kramer
Dalton and Brooklyn Fenstermacher	Matt and Jade Dobrovoly
Dale and LouAnn Izatt	



LINE OF DUTY DEATHS:

2016 Year to date: 20

<u>Location</u>	<u>Name</u>	<u>Age</u>	<u>Cause of death</u>
Canton, OH	Indust. FF Kenny Ray	32	Nitrogen Exposure
Dallas, TX	Engineer Marco Davilla	45	Unknown
Houston, TX	Recruit Steven Whitfield	32	Unknown
Lynn, AL	FF Charles Tucker	56	POV Crash
Largo, MD	FF/Para John Ulmschneider	37	Shot By Resident
Memphis, TN	Lt Rodney Eddins	57	Unknown

QUOTE OF THE MONTH:



Training Calendar

Annual Wildland Refresher Training (RT-130)

Thursday, May 5th – 1900hrs

AMFTC

Responding to Incidents Involving Flammable Liquids by Rail

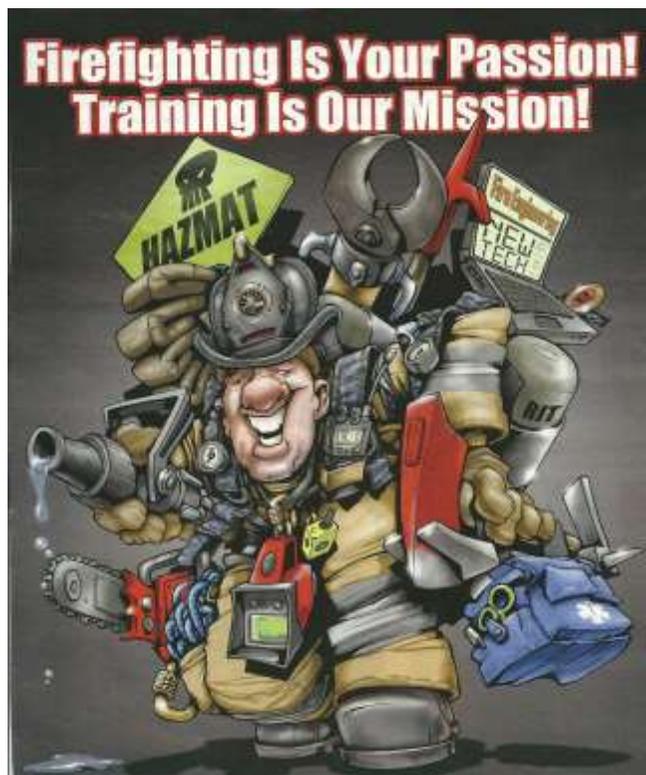
Saturday, June 25th – 0800hrs

AMFTC

You must register online, space is limited

<https://www.eventbrite.com/e/responding-to-incidents-involving-flammable-liquids-transported-by-rail-gillette-wy-registration-25004288500>

This class is being presented by personnel from the Security and Emergency Response Training Center (SERTC)



Station 12 New Fuel Tanks

We're getting a fence installed by the members of station 12 and the tanks set up and ready to use!



April 14 2016 Response

On April 14, 2016 at 0135 the Campbell County Fire Department was dispatched to the report of a possible structure fire in the area of Friday Street. Crews arrived on scene and found heavy fire in the garage and extending into the residence. Firefighters saved a dog from the structure and were able to save most of the residence. The fire is still under investigation.



April 20, 2016 Response

On April 20, 2016 the Campbell County Fire Department was dispatched to the Lewis Road for the report of a shed on fire. Firefighters arrived on scene and found a large shop with smoke showing. Firefighters controlled the fire quickly. There were no injuries and the fire is currently under investigation.



Propane Training April 19, 2016



Pictures by:
Danielle Brown

RECIPE OF THE MONTH: EASY THAI STEAK SALAD

This Easy Thai Steak Salad is super quick to prepare and loaded with veggies and a grilled marinated sirloin steak featuring Thai flavours. A must try salad for the summer, you won't regret it.

Author: Jo Cooks

Serves: 2

INGREDIENTS

Marinade

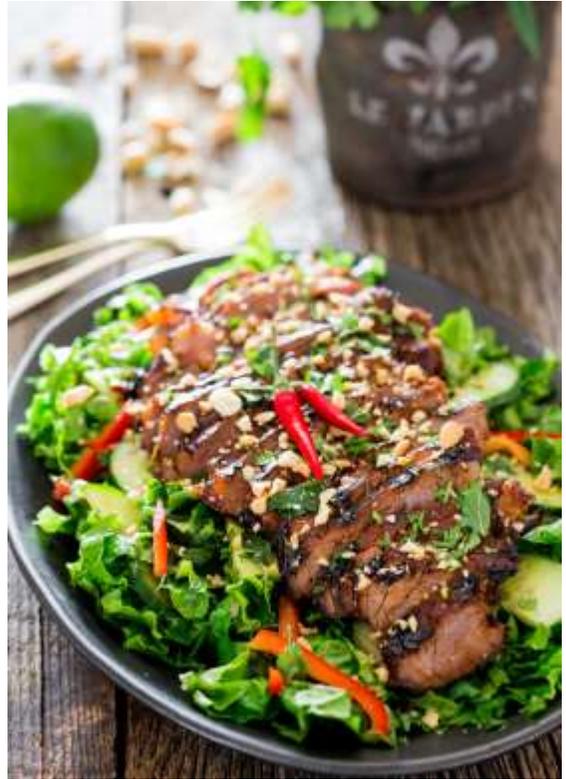
¼ cup low sodium soy sauce
2 tbsp molasses
1 tbsp ginger, minced
3 cloves garlic, minced
1 Thai red chili pepper, chopped
juice from 1 lime
1 sirloin steak (about 8 or 10 oz)

Salad Dressing

2 tbsp coconut oil
3 tbsp low sodium soy sauce
1 tsp fish sauce
1 tbsp brown sugar
1 Thai red chili pepper, chopped
zest from 1 lime
juice from 1 lime

Salad

4 cups lettuce, chopped
1 red bell pepper, sliced in long strips
½ English cucumber, sliced
½ cup cilantro, chopped
¼ cup mint, chopped
2 tbsp peanuts, chopped (optional)



INSTRUCTIONS

In a small bowl add all the marinade ingredients (minus steak) and whisk well. Pour the marinade in a ziploc bag, add steak and close the bag and toss around a bit. Place in the fridge and let the steak marinate for 4 hours or overnight. The longer it marinates the better it will taste.

Prepare the dressing, by mixing all dressing ingredients in a small bowl and whisking well.

Grill  the steak to your preferred doneness, I prefer mine medium, so for medium I usually leave it 7 minutes per side. Let the steak rest for 10 minutes after you grilled, then slice the steak across the grain.

In a large bowl toss the lettuce, pepper, cucumber, mint and cilantro together then pour the dressing over and toss well. Arrange the salad on a platter and place the sliced steak over the salad, then top with chopped peanuts.

Health and Wellness Tailboard Talk

CCFD Wellness Committee

Decide To Be Better

I will be very brief and direct in this month's communication. This is to ALL of us. As we all hopefully understand, success does not come to those who wait. Success comes to those who work for it. Peak performance comes to those who don't become stagnant after experiencing a moment of success. Other's may feel they have the magic measuring stick to use when measuring your success. Only you can choose your goals, your strategy, your timeline for personal success; you get to decide. Yes, there may be tools, standard, and check lists we use to measure progress or success; there will be adversity in your chosen path to success, but when you reach your previously established goal, you will evaluate your achievement. You be the judge, the jury, the executioner. There's a tendency to feel inclined to use our own measuring stick to measure the successes, failures, strengths, and weaknesses of others. I believe that will never change in this world, but as long as you are honest with measuring your own setbacks and accomplishments your travel's to success will remain fluid.

Accountability is your responsibility; Accountability begins with you. This relates to your health, your own well-being, your training, your success as a member of this department. Don't fail yourself, your crew, your department, your community, your loved ones. Don't remain stagnant in your skills, your health, your academia. Be accountable.

Be accountable.

Identify your weak areas, your needs.

(Is it fitness, is it skills, training, attendance?) *Be honest.* Remember, you can only put your head in the sand for so long, you will only be fooling yourself and not others.

Set goals now.

Strategize. Make your plan. (This will be the hardest step).

Decide on your strategy and set a timeline for each goal. Use those around you as resources for your plan.

Now do the work.

So decide to be better than you are today. Make the choice, do the work, ask for help.... No one else can do that for you.

-Kate Eischeid, Captain CCFD Wellness Committee

Around Town

New baby



Bub Lara Grandson and
Louis Martell son.

Knox James

Fund Raising Update

As you may have heard, we are on the final stretch with our fundraising efforts to keep the Forced Entry statue here at Station 1 and are doing a beef raffle to help raise the remaining funds. We have 100 tickets left **to sell and we've limited the** number of tickets sold, so that the chances of winning are even greater! There will be 4 winners, each ending up with $\frac{1}{4}$ beef. Tickets are \$20.00 each or 6 for \$100.00 and are available at Station 1. The drawing will be held on Monday, May 9th.