



# Campbell County Fire Department Newsletter

Issue 36 September 2016

Editors: Admin Staff

## Table of Contents

From the Chief	Pg 2
Anniversaries	Pg 3
Birthdays	Pg 3
Calendar	Pg 3
LODD	Pg 4
History	Pg 4
Spotlight-Dickey	Pg 5
Earl Boardman	Pg 7
N Hepner Fire	Pg 8
North 14/16 Fire	Pg 9
<b>Structure Fire's</b>	Pg 10
Responses	Pg 14
Tailboard Talk	Pg 15
Recipe	Pg 16
Around Town	Pg 17



## From the Chief

So far in this series we have touched on Competency and a Defined Body of Specialized Knowledge, Honesty and Integrity, Trust, and Humility as they pertain to Professionalism. This month we will explore Accountability and Self-Regulation that individual's exhibit as professionals. We will also touch on the Image of a professional.

Holding oneself accountable at all times is closely tied to honesty and integrity, and is a vital element of professionalism. A professional is accountable for his/her thoughts, words, and actions at all times, on and off duty. Each member of this organization has an obligation to hold themselves accountable and accept responsibility for his/her actions. Members have the obligation to hold others within the department accountable as well. Our actions, words, and thoughts are a direct reflection of the organization as a whole. When actions are outside the norm of behavior, it reflects negatively on the individual and the organization. Negative impressions of our organization are not formed exclusively on the fire ground or other type of emergency response. Social media and web posts are additional ways to portray a negative image of individuals and the organization. Be very careful what you post, share, or comment on. All these forms of communication can be used by our customers to form less than **favorable impressions. Don't be that person. If there is any question as to whether it is the right thing to do, then it most likely is NOT the right thing to do.** It is easy to take responsibility when we are right. It is difficult to be accountable when we may be wrong. Maintaining accountability for our actions when we are wrong is the mark of a true professional. Remember, we are always in the public eye. Let the customer catch you doing something that casts a positive light on you and the organization.

Self-Regulation in emergency services has many faces. They range in how we interact with our external customers to how we interact with internal customers. The many situations we face on a daily basis create a wide variety of pressures that influence personal behavior. We experience things that individuals outside our circle have no ability to comprehend. The way we respond to these pressures is what separates a true professional from the rest. An example of this is the gallows humor we engage in with other members. There is a time and place for this type of release, and it is not in the public eye while on-scene or in the grocery store. Engaging in this type of humor can also be injurious to those members that may be new and not understand this type of behavior. Genuine professionals respect the feelings of others around them and always consider how their interactions affect these individuals. A professional never lets a bad situation impact how they interact with their customers or team members.

True professionals look the part and maintain a constant respect for their appearance. Professionals dress in clean and unwrinkled pants and shirts. Duty boots are polished and in good repair. Organizational grooming standards are adhered to at all times. Personal appearance is extremely important as we are judged on our appearance. Professionals are polished and dressed appropriately for the situation. Because of this, they exude an air of confidence from which they gain respect. Appearance is as important during times away from the department as it is while in an official capacity. During these times, only wear clothes that reflect positively on the fire service. Never wear vulgar or obscene t-shirts or other clothing that may cause the general public to look down on our profession.

How we dress, how well-groomed we are, and what we say and do are all direct reflections of us as individuals in addition to the entire organization. How we carry ourselves on a daily basis will have a **cause and effect relationship on our customer's perception of our organization as a whole. What image will you portray? Are you a professional or just along for the ride? The choice is yours. Choose wisely always!**

## September 2016

### Birthdays!

Tim Slattery	9/6
Terry Thomas	9/7
Shawna Mellott	9/9
David Cummings	9/10
William Valasek	9/11
Ryan Wells	9/14
Bill Shank	9/15
Chico Aguilar	9/16
Jeffrey Boardman	9/16
Mickey Sams	9/17
Nickolas Peterson	9/18
Michelle Zeigler	9/19
Jeromy Dickey	9/25
Dwight Dixon	9/26

## September 2016

### Anniversaries!

Ivan McCann	9/28	52	Years
Bill Sims	9/8	35	Years
Mike Thomas	9/7	28	Years
Terry Rassbach	9/22	21	Years
Vincent Oedekoven	9/16	20	Years
Rod Warne	9/30	20	Years
Dustin Gonzalez	9/28	7	Years
Nick Cheser	9/30	7	Years
Patrick Thomson	9/12	4	Years
William VaLasek	9/30	1	Year



## THE DEADLINE FOR OCTOBER'S NEWSLETTER ARTICLES IS:

**September 26, 2016**  
**@ 5:00p.m.**  
**[dcrippen@ccfire.us](mailto:dcrippen@ccfire.us)**

## September 2016

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



## LINE OF DUTY DEATHS:

2016 Year to date: 51

Location	Name	Age	Cause of death
Sacramento, CA	Dozer Operator Robert Reagan	35	Dozer Rollover
Audubon, NJ	Safety Officer Paul Price	63	Heart Attack
Missoula, MT	FF Justin Beebe	26	Struck By Falling Tree

## HISTORY:

1970

Headline: May say \$600 Salary too much for Inspector

Councilman James McManamen moved that Eldred Bay be retained as his present salary of \$600 per month until July 1. Councilman Toddy McCann seconded the motion. Mayor Davis agreed about the need but concerned about the salary of \$600. Robert Capps moved an amendment to the previous motion which reduced the salary to \$400. It was passed. Bay said he could not afford to accept the position at that salary.



## QUOTE OF THE MONTH:

“Every great work, every big accomplishment, has been brought into manifestation through holding to the vision, and often just before the big achievement, comes apparent failure and discouragement.”

– **Florence Scovel Shinn**



## Spotlight: Rob Dickey

**Where are you from?** I am from Gillette. I was born and raised here. The first year and a half, my family lived in an apartment right across the street from Twin Spruce Junior High while our house was being built. After that, we lived over by the Aquatic Center, for a few years that was the edge of the city limits.

**Which secondary (*high*) school did you attend?** I attended Campbell County High School and I enjoyed playing sports (football, basketball, baseball). I kept pretty busy year around.

**Do you have any post-secondary education?** I attended Sioux Falls College, for a year and a half, right after high school. I played football there both years. I was majoring in secondary education.

I am currently enrolled in the Fire Science program at Casper College and I will complete my Associates Degree this December. Finally!!

**What has kept you located in Gillette?** I stayed in Gillette for the jobs. I also thought Gillette would be a great place to raise a family (big enough town but a small enough community).

**Before becoming a firefighter, what were some of your other jobs?** I worked as a lube tech at Ten Minute Lube and then went to work as a contractor at the mines for a Laboratory company analyzing the coal samples.

I then went to work for Powder River Coal, at North Antelope Rochelle Mine, as a Lab Tech until they outsourced the lab. They then transferred me out to the pit to operate the heavy equipment.

**Why and when did you decide to become a career firefighter?** I was on the rescue team at North Antelope/ Rochelle Mine when I decided to join the Fire Department. They sent me to a few classes at the Cody Fire School and I was hooked after the vehicle fire class.



Travis Roy, who was the trainer at NARM and on the Department as a Volunteer in Wright, was one of the people who inspired me to join the Department. Scott Ellis, who was a Volunteer in Wright and on the rescue teams at NARM, also played a role in keeping me going on a path toward becoming a member of the Department. That story though, is filled with words that may not be suitable to print, so I would have to tell it in person.



## Spotlight: Rob Dickey

**How long have you worked for CCFD?** I have been with the department very close to 15 years. I attended my first meeting in October 2001. I had begun the process in May of 2001, but due to a mix-up involving my address, I was not contacted to join until September.

I do not have any experience with other departments. I do however have experience with the rescue teams at NARM, Caballo and Rawhide. I started with them just over a year before I joined the department.

**Is there a particular aspect of firefighting that you enjoy more than others?** I enjoy the structural aspect of firefighting and of course I love the Truck. A few years ago I spent so much time with the Truck that my wife called her “my mistress”.

**Do you have a significant other and/or children?** I have a very wonderful, patient and understanding wife of 22 years (Tina). She works for Campbell County Health, as a CNA, at the Hospice House. Every year Tina is involved with the Festival of Trees. She designs a tree or wreath to be auctioned off. She is the artist I am just the labor.

We have two boys, Justin and Jeromy:

Justin is in his second year with the Air Force and is now stationed Stateside.

Jeromy is attending Casper College and is in the Fire Science program also.

These boys provide Tina and I with a great excuse to travel to wherever they are. It gets us out of the house.

### **Favorite...**

**Tool?** The halligan. You can do all sorts of different damage with that thing.

**Sports team?** I don't have a favorite team, but I do enjoy watching college football or baseball.

**Food?** TACOS and QDOBA, as my crew and Chad Reid can attest too.

**Beverage?** Non-alcoholic PEPSI, alcoholic PEPSI

**Movie?** Patton

**Color?** Blue



## Saying goodbye to a Friend In Memory of Earl Boardman

Funeral Service for Earl L. Boardman was held at 10:00 a.m., Tuesday August 23, 2016 at New Life Wesleyan Church with Pastor Tom Herzog of Faith Bible Church in Broadus, MT officiating. Burial was followed in Mt. Pisgah Cemetery. Earl L. Boardman, age 77, of Gillette, Wyoming passed away August 18, 2016 at Close to Home Hospice.

Earl Louis Boardman was born on October 6, 1938 to Jesse and Pearl (Evans) Boardman in Gillette, Wyoming. At the time his family was living in a cabin with a dirt floor that lacked all modern amenities including running water. He spent his first winter rarely leaving the bed; because his mother had suffered severe frost bite from the cold floors. Later his family purchased the ranch on Horse Creek where he spent the majority of his childhood. Earl was active in FFA and many other activities in high school.

After graduating from Campbell County High School, Earl attended the University of Wyoming. While at Laramie Earl was: Ag Club President, Wool Judging Team member, Cowboy Joe Handler as well as being a member of the Farm House, Alpha Zeta and Alpha Tau Alpha Fraternities. In 1960 Earl received a degree in Agriculture Education and worked a short stint with the highway department as a surveyor. In 1960, Earl started teaching Vocational Agriculture in Hulett, Wyoming. While in Hulett, Earl taught adult education, directed school plays, and served as the president of the Hulett Education Association and Crook County Classroom Teachers Association. He also served as Fire Chief, Mayor and Dog Catcher.



In 1965 Earl and his family moved to Washington D.C. on a fellowship with the National FFA organization to pursue a Master's degree.

Upon Graduation the Boardman's moved to Tioga, North Dakota where he taught Agriculture Education for two years and then was promoted to High School Principal. As well, he was a member of several civic organizations.

In 1969 he returned to the family ranch near Weston. In 1986 he purchased a farm in Clearmont, WY where he later moved. In 1997 he bought a ranch on Powder River where he moved in 1999. After selling that ranch he later moved to the present Boardman Ranch north of Gillette. He was a member of the Campbell County Fire Department. Earl was a fan of trading real estate and he owned and leased several different ranches in Northeastern Wyoming. Earl often joked that his ranching operation should be called the "Badly Scattered Cattle Company"

Earl is survived by his wife Sue, and Children Raymond (Kathy), Russell (Leslie), Glenn (Mauricio), Jeff (Kimber), Lisa Welch (Clay) and Stuart Williams. Earl is also survived by sixteen grandchildren and fourteen great grandchildren.

He is preceded in death by his parents and one sister Betty Jo Herman.





# North Hepner Fire (8/17/16)



Engine 5 positions for structure protection.



The SEAT drops retardant to protect the ranch.



Smoke obscures this view.





# North 14-16 Fire (8-22-16)



Pictures by: Zachary Maroney

# Life Flight Training



Campbell County and BLM Firefighters trained with Life Flight 4 today on several items, including hot loads of patients into the aircraft. Life Flight 4 is staged in Gillette this week for the Sturgis Rally. We are more than happy to have them here!



# Structure Fire (8/19/16)

The Campbell County Fire Dept was dispatched to the area of Gold road for a structure fire. Firefighters arrived on scene to find a horse barn fully engulfed. The cause of the fire is currently under investigation.





# Structure Fire (8/2/16)

This evening Campbell County Firefighters responded to the area of 3300 Southern Drive for a working structure fire. Southern Drive was temporarily shut down for the public's safety, as well as for the safety of fire units on scene. Southern Drive has since been reopened and the cause of the fire is under investigation.





# Structure Fire (8/2/16) Continued



# Responses



Rawhide Mine Fire 8-22-16

Photo by Ron Smith

This is a pretty cool picture that was taken by our line crews at the fire I was on about a month ago. Devan Stricker (one of the seasonals) and myself was on Brush 1 . Peter Rossi



"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."

Anatole France

## Health and Wellness Tailboard Talk

CCFD Wellness Committee

### Muscle confusion

This month I would like to talk to everyone about switching up so we don't get complacent. The idea is simple: if you perform the same exercises in the same way and order every week, your body will eventually adapt to the routine and fail to progress any further in terms of size and strength. We all know that each call we go on is different from the last and that its challenges are bodies differently each time as well. So this is one way to stay a step ahead. Muscle confusion is the idea that by constantly changing your workouts you "confuse" your muscles and thereby increase the stimulation and resulting adaptation. If you take the same exercises and work them for a period 8-12 weeks the body now has become efficient in the movement and will "remember" the exercise/movement with a high degree of efficiency. Changing those parameters you are in effect creating the muscle confusion for greater stimulation. Then once these exercises/movements become ingrained in the body you can start to change your workouts with greater frequency without compromising adaptation. New exercises create muscle confusion through changes in sets, reps and loads. This is one of the ways I like to keep my body guessing. I mix muscle confusion with supersets. Super sets are compound-sets work two opposing muscle groups, like chest and back, with no rest between moves. "This allows for a stretch of the chest while pumping blood into your upper back. Perform the exercises one after another without a break. I normally do 3 sets of 10 with each exercise. Thank you for your time and effort and if you have any questions feel free to contact me at anytime.

John Pafford

### STRENGTH ENDURANCE WORKOUT

SUPERSET 1		SUPERSET 2		SUPERSET 3		SUPERSET 4	
Dumbbell Front Squat	8 reps	Barbell Bench Press	8 reps	Wide Grip Lat Pulldown	8 reps	Overhead Shoulder Press	8 reps
Deadlift on Bosu Ball	12 reps	Standing Cable Chest Fly	12 reps	Pullover on Stability Ball	12 reps	Cable Lateral Shoulder Raise	12 reps

## RECIPE OF THE MONTH:

### INGREDIENTS:

3 cloves garlic, minced  
3 tablespoons chili powder  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1 teaspoon granulated sugar  
1 teaspoon salt  
1¼ pounds boneless chuck steaks, trimmed of fat  
1 tablespoon vegetable oil  
2 yellow onions, finely chopped  
1 (15-ounce) can tomato sauce  
½ cup water  
4 ounces Monterey Jack cheese, shredded, divided  
4 ounces sharp cheddar cheese, shredded, divided  
⅓ cup chopped fresh cilantro  
¼ cup chopped canned pickled jalapeños  
12 (6-inch) corn tortillas



### DIRECTIONS:

1. In a small bowl, stir together the garlic, chili powder, cumin, coriander, sugar and salt.
2. Heat the oil in a Dutch oven over medium-high heat until shimmering. Sprinkle the meat with salt and cook until browned on both sides, about 6 to 8 minutes. Remove the meat to a plate.
3. Reduce the heat to medium, add the onions to the pot and cook until golden brown, about 5 minutes. Stir in the garlic mixture and cook until fragrant, about 1 minute. Add the tomato sauce and water and bring to a boil. Return the meat and any accumulated juices to the pot, cover, reduce the heat to low, and simmer until the meat is tender and can be broken apart easily, about 1½ hours.
4. Preheat oven to 350 degrees F.
5. Strain the beef mixture over a medium bowl. Transfer the meat and any other solids to a separate medium bowl and break the beef into small pieces. Mix together with half of the shredded cheeses, the cilantro and the jalapeños.
6. Spread ¾ cup of the sauce in the bottom of a 9x13-inch baking dish. Microwave the tortillas according to package directions to soften. Spread about ⅓ cup of the beef mixture down the center of each tortilla, roll up tightly, and place in the baking dish seam-side down. Pour the remaining sauce evenly over the enchiladas and spread to ensure that all of the ends are covered in sauce.
7. Sprinkle the remaining cheese over top of the enchiladas, cover the baking dish with foil and bake for 25 minutes. Remove the foil and continue to bake until the cheese browns slightly, 5 to 10 minutes. Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Make-Ahead: The beef filling and sauce can be prepared through step #5 and refrigerated in separate containers for up to 2 days. Prepare the rest of the recipe as directed, increasing the covered baking time by 5 minutes.



## Around Town



Mindy Curry, the boys, her mother and cousin came by the station on Monday August 1st, so the boys could see the trucks and to say farewell. Mindy left early Tuesday morning to move back to her home in Wisconsin. That is where her mother and family live.

