



# the COUNCIL CONNECTION

March 2018

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WSCFF Executive Assistant Helen Kramer tells King 5 News of her unexpected first responder role.

## Humble in Confidence Courageous in Character

A love of pie brought together the members of the Olympia Pie Bakers Guild, who've spent countless hours organizing the annual fest, raising more than \$70,000 for the Thurston County Food Bank and Senior Services for South Sound's Senior Nutrition Program over the past decade.

The event is led by seven people. One of these big-hearted and philanthropic organizers is WSCFF Executive Assistant Helen Kramer. She was thrust into the role of first responder herself last weekend. It's a lesson in the importance of knowing CPR and how to operate an automatic external defibrillator (AED).

"You're panicked. You're shaking all over, and someone's life is on the line right there," said Helen to King 5 TV. Unassuming and truly humble, she has tried to brush off any credit she has received. (We can say that, we work with her!)

Kramer was just finishing volunteering at the Olympia Pie Fest on Saturday when a woman collapsed and stopped breathing. Kramer, who has done CPR and defibrillator training, rushed over. With the help of an ER nurse and others on-scene, gave the woman CPR. Then they used the AED to shock the patient to get her heart beating again.

"All of a sudden she (gasp), and a huge breath came in, and she started to move her hand," Kramer said. Paramedics arrived within minutes, and by then the woman was opening her eyes a bit.

"I just feel like I try to love people every day, no matter who they are, and that's what our members do, and that's what we can all do as citizens, is love people, and be willing to help somebody when they need it," she said.

Kramer says the experience helped her better understand the first responders she works with every day.

"I'm all the more grateful for them," she said.

*Excerpt from  
King 5 News*



In news across the state, **Spokane County** is the third of four sites in the United States selected for a pilot program to utilize 100 off-duty professional firefighters in response to cardiac arrest calls in public and private settings.

The PulsePoint Verified Responder Pilot Program is being launched in Spokane through a partnership of the PulsePoint Foundation, Local 29 Spokane, Local 876 Spokane Valley, Local 3701 Spokane Valley Battalion Chiefs, and AED manufacturer Philips.

More than 350,000 Americans each year have an out-of-hospital cardiac arrest (OHCA) where the heart stops beating, and only 12 percent survive, according to the American Heart Association. The chance of survival decreases by ten percent with every passing minute without CPR.

"We were proud to help introduce *PulsePoint* to the Spokane region three years ago," said Brian Schaeffer, Spokane Fire Department Chief, "and we are honored to be the third site in the country selected for the Verified Responder program. We know that nearly 74 percent of cardiac incidents in Spokane County occur in a private home or location. Our off-duty first responders are dedicated to improving survival rates in our community when sudden cardiac arrest strikes in a private or public location."

## WSCFF 1st District Report

Greetings from the 1<sup>st</sup> District....I hope this finds you well! We are very much looking forward to spring here in Spokane as winter still holds its icy grip on us. The temperature at my house was -13 degrees on my way to the firehouse in late February.....that's MINUS 13!!

The biggest news from Spokane is the SAFER Grant we received a year ago to hire 50 firefighters. This grant is for the implementation of Alternate Response Units that take low-acuity medical calls from the BRTs, and four shift Safety Officers who also act as Field Training Officers. Between filling openings from retirements of several of our members and the grant positions, we have now hired 70 firefighters in the past 11 months. Amazingly, some firefighters with just two years on-the-job have more than 100 firefighters below them.

This massive influx of new members brings with it a multitude of work and other issues for Local 29 as we help prepare them for their future involvement in this great union we call the IAFF. Our principal officers and executive board have been working double-time in order to facilitate their active membership.

I had the privilege of producing a cancer awareness class that our duty safety officers have been presenting. We are giving this class to every shift, at every station and in every department. It has been well received and greatly appreciated. The class is based on the Healthy In/Healthy Out manual. Many thanks to Beth Gallup for all of her work toward putting this together!

We are looking forward again this year to hosting the annual IAFF/WSCFF Spring Educational Seminar at the Davenport Hotel April 17-19. We hope you will attend to experience all the WSCFF has planned. We have a great assortment of classes that are both timely and educational for you to enjoy!

I look forward to seeing you in Spokane!

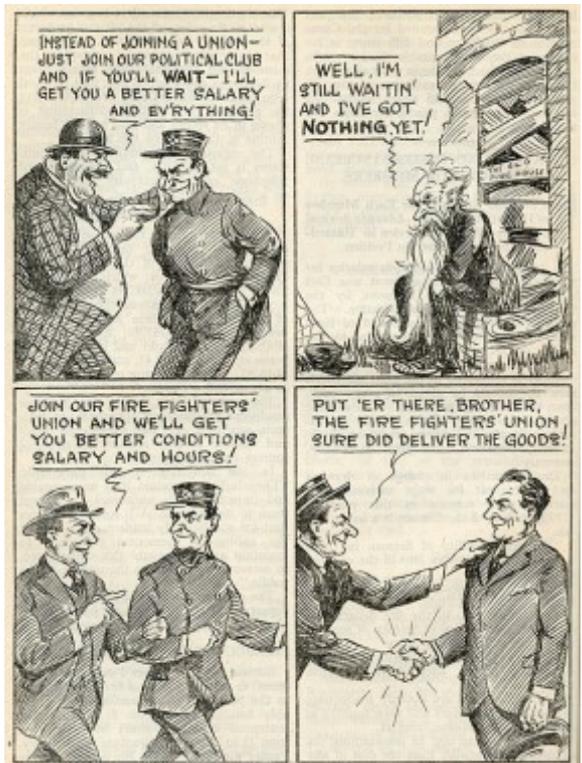
*Mike Bacon*



Currently the Station Captain of Station #1, downtown headquarters in Spokane, Mike Bacon has been a union firefighter for more than 37 years. He is also a Haz Mat specialist and a paramedic. Since the beginning of his firefighting career, Bacon has been involved with the union. He has held an elected position with Spokane Union Firefighters Local 29 for 28 years and currently represents District 1 on the WSCFF Board, covering more than 300 firefighters in the city of Spokane. He was elected to the WSCFF Board in 2004 and became Vice President in 2016. Mike can be reached at [mbacon99@yahoo.com](mailto:mbacon99@yahoo.com)



In commemoration of the 100 year anniversary, the IAFF has unveiled the first decade in the IAFF's history. The commemoration is part of an online timeline chronicling our union's past and the pioneers who blazed the trail that has led to the many improvements and benefits that today make the IAFF a leader in the fire service and labor movement. Check it out. <https://100years.iaff.org/>



## First Woman Firefighter In Washington Dies At Age 64



*Jeanette Woldseth speaks with a fellow firefighter before her retirement.  
Photo credit: Local 1604, Bellevue Fire*

“Captain Woldseth was truly a ground-breaker, not only in the Bellevue Fire Department, but within the larger firefighter community,” said Bellevue Interim Fire Chief Todd Dickerboom. “She paved the way for so many women who came after her. We’re all deeply saddened by this loss. Jeanette was a very talented, wonderful person.”

In a statement, the Bellevue Fire Department said, "Jeanette was loved by many. Her service to the city of Bellevue and its residents was remarkable and her legacy in the fire service will last for decades."

A celebration of her life is being planned for later this spring.

[Read more at KOMOnews.com](http://KOMOnews.com)

Excerpts from  
[www.fireengineering.com](http://www.fireengineering.com)



*Jeanette Woldseth with the Bellevue Fire Department joined the force as a volunteer firefighter in 1975. Photo courtesy of city of Bellevue.*

*Jeanette Woldseth is seen attacking a fire after becoming a professional firefighter in 1977.  
Photo credit: Local 1604 Bellevue*



**Armor Up! Anxiety, Depression & PTSD**  
*ARMOR UP WITH OKLAHOMA CITY  
FIREFIGHTER & RETIRED MAJOR  
CHRIS FIELDS*

I learned a lot of important things in 31 years in the Fire Service to keep myself, my guys and girls protected so we can all go home. It wasn't until about my 24<sup>th</sup> year did I learn what I feel was the most important thing, something that saved my life, my family, and my career. I learned that it was OK to ask for help!! People call us heroes; we say we are just doing our job. Whatever we choose to call it, we can't be heroes or do our job for everybody else until we first do our job (be Heroes) taking care of ourselves and our families. There has always been such a stigma among the Fire Service, really all first responders about mental health. Stigma is defined as a mark of disgrace associated with a particular circumstance, quality, or person. It happens all too often with 1<sup>st</sup> responders as it did in my situation that we wait until there is a crisis before we reach out for help, sometimes forced to get help. I know it was that feeling of disgrace that kept me from reaching out, like I couldn't handle my job, I couldn't be the protector if I admitted I needed help. To read entire article: [Click here](#)

## Love Dogs? Consider Helping out this Nonprofit!

The search is underway for firefighters interested in participating in the 2019 Firefighter Rescue Dog Calendar. Those chosen will represent several animal rescue organizations at many public events. To apply, please email:

[ffrescuecalendar2019@yahoo.com](mailto:ffrescuecalendar2019@yahoo.com)

All proceeds will benefit animal rescues organizations, animal rehabilitation organizations and service animal training groups. Twelve organizations in the calendar will be featured and an additional twelve at the calendar unveiling in July in cooperation with the Humane Society's Dog-A-Thon campaign.

All entries must be submitted by: March 31, 2018. If you are considered, you will be contacted within the first week of April to set up an audition time. Thank you for your help!

"UNTIL THEY ALL HAVE A HOME"

## WSCFF SCHOLARSHIP PROGRAM

The Washington State Council of Fire Fighters Benevolent Fund offers a scholarship program for dependents of current and past members of the WSCFF. Applicants must be a senior in high school for the 2017-2018 school year and planning to attend an accredited university, community college, or trade school.

For more information or for an application, please visit the Benevolent Fund page on our website, [www.wscff.org](http://www.wscff.org), or contact the Council office at (360) 943-3030.

Please note: The application period opened December 15, 2017, and will close March 15, 2018. Applications must be postmarked no later than March 15, 2018, and be complete to be considered.  
Deadline: March 15, 2018

## IAFF 7th District Benevolent Fund Scholarship

Application Period:  
Opens February 12, 2018  
Closes March 14, 2018



The IAFF 7<sup>th</sup> District Benevolent Fund is pleased to announce a scholarship program offering scholarships based upon recommendation of the Scholarship Committee to the IAFF 7<sup>th</sup> District Benevolent Fund Executive Board.

<http://www.iaff7thdistrict.org/> for more information and to download the application

**For more than 60 years, our members have been working hard for MDA & its mission, filling the boot with an unwavering drive and relentless passion.**

*"We are seeing kids who were never supposed to walk, run, dance, and hug a loved one all because of support like yours."*



**MDA is on a mission to save and improve the lives of individuals with muscle-debilitating diseases by finding research breakthroughs across disorders, caring for kids and adults from day one and empowering families with resources and support to live unlimited.**

The spirited tradition of the Fill the Boot program is a collaboration between the Muscular Dystrophy Association (MDA) and the International Association of Firefighters (IAFF). In its first year in 1953, firefighters in Boston raised \$5,000 for MDA to support a local family and friend that had two boys with Duchenne Muscular Dystrophy. Last year, nearly \$24 million was raised by firefighters at more than 2,500 Fill the Boot events supporting local communities and families across the country.

Donations raised through our Fill the Boot program allow MDA to fund the best and brightest researchers discovering groundbreaking research across diseases aimed at uncovering treatments and cures.

Thanks to generous support from partners and donors, the MD Ahas invested more than \$1 billion in research during the last six decades. These investments have led directly to many

major medical and scientific advances, including the development of four new drugs that are now approved by the FDA and available treatment options: Keveyis, Exondys 51, Spinraza and Emflaza. These new drugs could provide significant benefits to individuals living with muscular dystrophy and related diseases that take away strength, independence, and life. We are seeing kids who were never supposed to walk, run, dance, and hug a loved one all because of support like yours.

Support of Fill the Boot events empowers MDA families with life-enhancing resources and support that open new possibilities. From providing trained information specialists who offer one-on-one support, educational seminars and giving kids with muscular dystrophy the best week of the year at MDA Summer Camp, MDA is here to help families maintain and improve their health while actively pursuing education, passions, careers, dating, marriage and other independent living goals. We take care of our families now while providing hope for a future.

For more information, contact:  
Erica Le Suer [elesuer@mdausa.org](mailto:elesuer@mdausa.org)

<b>Locals for the MDA Fill the Boot Campaign 2017</b>	<b># of Mbrs</b>	<b>2017 Gross</b>
L0027 - Seattle Wa	925	\$70,523
L0726 - Pierce County Professional Firefighters - Wa	325	\$55,246
L0031 - Tacoma Wa	371	\$35,798
L0452 - Vancouver Wa	177	\$37,088
L2694 - Snohomish #4 WA	25	\$23,046
L0029 - Spokane Wa	314	\$28,451
L2878 - Eastside WA	162	\$25,416
L0106 - Bellingham Wa	204	\$19,661
L2781 - Snohomish #7 WA	132	\$16,310
L3931 - Enumclaw Firefighters Union - Wa	13	\$11,423
L1488 - Lakewood Professional Firefighters - Wa	160	\$8,221
L3520 - East Pierce Professional Firefighters - Wa	111	\$8,625
L1052 - Richland Wa	74	\$8,640
2017 Benton County #4 FTB		\$1,030
L3828- Cowlitz 2 Fire & Rescue	35	\$7,569
L2819 - Kitsap County - Wa	168	\$8,652
L3390 - Gig Harbor Peninsula - Wa	82	\$7,693
L2545 - Kirkland WA	95	\$4,636
I0024 - Hanford - Wa	110	\$5,767
Spokane 2017 Hanford Golf		\$3,768
L3235 - Snohomish #8 WA	43	\$6,942
L3062 - Maple Valley Professional Firefighters - Wa	45	\$8,136
L0046 - Everett Wa	167	\$5,184
L1604 - Bellevue WA	218	\$4,694
L0864 - Renton Wa	142	\$4,126
L0876 - Spokane Valley - Wa	155	\$7,241
L3219 - Marysville Wa	92	\$8,535
L2903 - Lacey Wa	98	\$5,978
L1296 - Kennewick Wa	77	\$3,892
L3728 - Arlington Wa	28	\$7,110
L3711 - Spokane County Fire District 8 - Wa	29	\$7,725
L0437 - Bremerton Wa	55	\$6,818
L1352 - Valley Regional Fire Authority - Wa	111	\$4,847
L1762 - Mercer Island WA	30	\$7,398
L4034 - Bainbridge Island Wa	37	\$4,628
L2299 - Clarkston Wa	12	\$2,357
L4197 - Douglas County Firefighters - Wa	10	\$6,232
L3482 - Mukilteo Wa	22	\$2,556
L4333 - Stevens County - Wa	7	\$4,576
L1828 - Snohomish County #1	191	\$1,356
L1433 - Pasco Wa	58	\$5,706
L2088 - Tukwila - Wa	63	\$3,069
F0282 - Puget Sound Federal Firefighters - Wa	120	\$2,811
L0469 - Yakima Wa	128	\$6,548
L1805 - Clark County Fire District 6 - Wa	55	\$3,938
L3542 - Sunnyside Professional Firefighters - Wa	15	\$3,695
L4447 - Cowlitz 5 Professional Firefighters	6	\$1,675
L1892 - Pullman Wa	32	\$1,972
L3835 - Chelan County - Wa	9	\$3,329
L2109 - Ocean Shores Wa	12	\$2,211
L3186 - King County Fire District 44 - Wa	21	\$3,752
L4086 - Stanwood WA	6	\$3,124
L4362 - Benton 1 Firefighters Association - Wa	9	\$2,291
L1760 - Shoreline - Wa	102	\$6,892
L3876 - North Mason Firefighters Association - Wa	20	\$3,451
L0451 - Centralia Wa	25	\$3,844
<b>Grand Total</b>	<b>8239</b>	<b>\$556,202</b>

# JOIN US

IN SUPPORT OF THE  
PORT OF SEATTLE FIREFIGHTERS  
LOCAL 1257

3<sup>RD</sup> ALARM  
AUCTION  
SUNDAY, APRIL 22<sup>ND</sup>

A BENEFIT FOR THE WSCFF  
**BURN FOUNDATION**

SENDING BURN-INJURED CHILDREN FROM COMMUNITIES  
IN FIVE STATES TO SUMMER CAMP FOR OVER 30 YEARS

— **EARLYBIRD TICKETS \$45** —  
(AFTER APRIL 10<sup>TH</sup>, TICKETS \$50)

**THE COVE AT NORMANDY PARK**  
3:00 PM — SILENT AUCTION, DRINKS & FOOD TRUCKS  
5:30 PM — **LIVE AUCTION & DESSERT**

RSVP/QUESTIONS? CALL STEPHANIE AT (206) 427-5316  
OR E-MAIL [MCINNIS.S@PORTSEATTLE.ORG](mailto:MCINNIS.S@PORTSEATTLE.ORG)

## WSCFF Burn Foundation



### "TO RISE ABOVE ANYTHING."

Camp Eyabsut's mission is to support, enhance and positively impact the quality of life for young burn survivors through teambuilding, challenging activities and friendships in a fun and safe camp environment.

Held every July in the Cascade Mountains east of Seattle, Camp Eyabsut is a week-long summer program for young burn survivors, ages 5-17 years old. In 2017, Camp Eyabsut celebrated its 30th consecutive year. Sixty one campers from six states attended. Firefighters from thirteen different IAFF locals volunteered for a wide range of tasks necessary to keep the camp running.

**2018 CAMP EYABSUT CHILI COOK-OFF COMING SOON**



## WSFF EMS COMMITTEE



Members of the WSCFF EMS committee met in Olympia in late February to discuss important issues in Emergency Medical Service delivery. Thank you to committee members pictured from left: Ryan Reece, Local 1805 Clark County #6; Rich Llewellyn, Local 3701 Spokane Valley Battalion Chiefs; EMS Committee Chair Mike Westland, Local 3520 East Pierce and WSCFF 4th District Representative; Doug Baier, Local 437 Bremerton; and Tim Hoover, Local 1828 Snohomish, WSCFF 3rd District Representative, and IAFF 7th District EMS Committee Representative. The EMS Committee was created to support, evaluate and analyze EMS delivery within the fire service and affiliated locals in Washington State.

The committee also works with the IAFF to promote public sector EMS delivery systems in Washington State and to assist them in meeting or exceeding the standards set forth by the IAFF and other national and international standard setting bodies. You may email the entire committee using [ems@wscff.org](mailto:ems@wscff.org).

### Washington Could Be the First State To Ban Toxic Firefighting Foams

Washington lawmakers have agreed to ban firefighting foam that contains harmful chemicals.

Perfluorinated chemicals are used in firefighting foam to help contain petroleum fires. Firefighters have sprayed the foam around Washington's military airstrips and fire-training facilities.

State lawmakers want Washington to be the first in the nation to ban perfluorinated chemicals in firefighting foam. "When these firefighting foams are sprayed out into the environment, they contaminate drinking water and the soils around the drinking water," said Ivy Sager-Rosenthal, with Toxic-Free Future.

In animals, the chemicals have been linked to poor liver function and changes in reproductive hormones. Scientists are less certain about how the chemicals affect people, but it might cause certain cancers, thyroid problems and pregnancy-induced hypertension.

State Senator **Kevin Van De Wege** and our **WSCFF member from Local 2933 Clallam County in Sequim**, is one of the bill's sponsors. He educates the lawmakers that the number one cause of death for firefighters is cancer. "By phasing out this foam, we can protect groundwater and the health of firefighters who regularly use this foam to suppress fires," he said. "There's a lot of this foam around, and my goal is to get it out of the state. The plan would be to replace this type of foam with alternatives that don't contain the toxic chemicals," Van De Wege said.

### Educational Seminar

2018 IAFF/WSCFF EDUCATIONAL SEMINAR

APRIL 17-19, 2018 ~ The Davenport Hotel – Spokane, WA

The 2018 IAFF/WSCFF Jointly Sponsored Educational Seminar is April 17-19 at The Davenport Hotel in Spokane, Washington. Rooms are available on a first-come, first-served basis (Checklist & Accommodations Sheet were mailed. Please see [wscff.org](http://wscff.org)). Your local may send as many participants as you deem necessary.

The registration fee is \$75 per person until April 2. ***After that date, the fee is \$100.*** The fee is fully transferable within your local and is refundable until April 9, 2018.

Per resolution, classes will be offered at three levels: Basic, Intermediate and Advanced and a separate PR track will be presented.

Please indicate the class-level of each participant on the registration form so that we can plan meeting space accordingly. Spokane Firefighters Local 29 is our host for this year's seminar. They are holding a golf tournament on Monday, April 16, to benefit the Spokane Firefighters Benevolent Fund. Details for the tournament are still being finalized and will be mailed shortly.

**We hope to see you in Spokane.**