



NORTH KING COUNTY TRAINING CONSORTIUM TRAINING BULLETIN

2021 Recap

2021 Noteworthy Accomplishments

- 2021 NKCTC Recruit Academy
 - 24 Students
- Revised most of the Firefighter Fundamentals Skill Sheets
 - This is an on-going project
- 2021 IFSAC Pump Academy
 - 12 Students
 - IFSAC certified 4 Instructors
- Facilitated Promotional Tactical Exam
- Facilitated Driver's Promotional Exam
- Certified 33 Incident Safety Officers
- Facilitated and Proctored 21 written/practical Probation Midterms and Finals
- Finished the Probationary Task Book
- Improvements to FireTrex
- Truck Operation Workgroup focused on the following:
 - Utilized the FF Fundamentals as the foundation to:
 - Ventilation Techniques
 - Search
 - Forcible Entry
 - Acquired Structure – 1306 N 175th (March 27, 28, 30 and 31) Capt. Rice
 - See attached summary document - Completed
 - Acquired Structure – 2308 N 179th St (April 14, 21, 25 and 28) Lt. Jamerson
 - Acquired Structure – 17233 15th Ave NE (May 18, 19, 20, 21) Capt. Orams
 - Center hallway positive pressure attack and ventilation using built-in building ventilation systems in modern 5-over-1.
 - Gold Bar Live Fire – Sky Valley Training Center (June 10, 11) TO's? Shoreline Rehab with Paramedic. Use of fans - Cancelled
 - Shoreline Pool – Address 19030 1st Ave NE (August) 83 students participated. Instructors - NKCTC Staff.
 - UW Village – Address 18612 Beardslee Blvd (October) Instructor
 - Acquired Structure – 14550 Westminster Way N (December)
- Lecture Series
 - Communications Workshop – Dr. Gerry Philipson. 1st Quarter
 - HR and Management – Addressed Company Officers. 2nd Quarter
 - Developing Leaders – Chief Cowan. 3rd Quarter (cancelled)
- Three MCOs
- One MCI
- Six NEDs
- Four quarters of Tactical Training
- Social Media Platform Presence <https://www.facebook.com/NorthKingCountyTraining>

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Bothell Fire | Northshore Fire | Shoreline Fire | Eastside Fire & Rescue

Enhance regional training by improving operational consistency and interoperability

1Q 2022

ODDS & ENDS

Reminder: CBTs (online and practical skill sheets) are to be completed within the quarter they are assigned!



NKCTC 2021 Recruit Academy



Week 5
Recruit Winter



Week 6
Recruit Wyatt



Week 7
Recruit Paul



Week 8
Recruit Noel

BULLDOG



AWARDS



Week 9
Recruit Mosman



Week 10
Recruit Bandel



Week 11
Recruit Weiss



Week 12
Recruit Harris



Week 13
Recruit Feis



Dedication
Determination
Desire

10 Steps to Better Communication



Truly hearing what someone is saying is a challenge. Our minds wander to our own experiences and are so eager to share them that we aren't listening effectively. Then there are those difficult conversations that nobody really WANTS to have but are often necessary. Conflict...yuck! Who wants that. It is what led me to a book called "Fierce Conversations" by Susan Scott. And with that, to her [website](#) where I found this article on ways to have better communication. I am sure we can all use a little help in this age of email and text messages.

1. Take a Step Back

Or in laymen's terms, chill for a second. Put yourself in a self-imposed mental timeout for a few moments to calm down and reflect on what is really happening in the conversation. The benefits will be far outweighing any discomfort having to pause will cause you. Have you ever been in a heated argument with someone only to realize at the conclusion you were both saying the same thing? (By the way, this is a regular thing in marriage) Well, taking a step back allows you to get to that place without having exerted all that unnecessary energy.

2. Be Present

Actually pay attention to what the other person is saying. It's easy to daydream and or think ahead. Don't cheat yourself or them. RIGHT NOW is a gift that's why they call it the present. If you don't know how to connect to the present, try going zen for a moment or think about yoga. A quick exercise is to take a few deep breaths...in and out; and your breath will refocus you on the here and now.

3. Look the Other Person in the Eyes

Many ancient cultures say the eyes are the window to the soul for a reason. You can see more and understand more from looking into people's eyes and watching their facial expressions than from their words sometimes. What's really cool is there is actual science behind it as well.

4. Put Away Your Devices

Have you ever been out to lunch or dinner with a friend, colleague, or significant other and they are constantly checking their phone? How infuriating is that?! Put your technology away (not face down on the table- actually away in a pocket or bag) and pretend it's 1990 and have a face to face conversation with no other distractions.

5. Don't Listen to Respond, Listen to Hear

This is called Active Listening and it is crucial to [having a great conversation](#). If you are having issues because you think more about what you are going to respond with instead of what the person is trying to say, you are NOT an active listener. One great way to participate in active listening is to repeat back what was just said. Try it and see how much a) the person appreciates feeling heard and b) how much better your exchange will be. A fun little FYI – the same letters that make up the word LISTEN also spell SILENT. Deep, right?!

6. Ask Questions

Enhance the conversation and get more out of the dialogue with some good questions. Don't ask a question that will be met with a one-word answer, turn the questions into a conversation about the topic at hand.

7. Remember what it feels like to be Ignored

Whether it happened to you as a child, in a group of friends, or at a brainstorming meeting last week. It doesn't feel good. So, remember to give the courtesy of giving your time and attention to the person who is speaking to you. That's really more manners than anything else.

8. Check Your Watch and Environment

Make sure you have time for a conversation, this is more than a tweet or post; it's live and in-person so you need at least 5-10 minutes. If you don't have the time, reschedule for when you do. Also, look around at your environment, is this an ideal place to speak? Steer clear of the loud places where you can barely hear or be heard. Source out a conducive place to converse. Think coffee shop off the beaten path or even an outdoor space is ideal, maybe sign up for a conference room just to ensure that quality time is quality. It will be worth it in the long run and the conversation will go over much smoother with a few extra minutes being in the right place.

9. Find a Common Ground

If you should find yourself in a conflict or with seriously contrasting views, what is it that you can both/all agree on? Connect with your shared values and touch on those for a bit.

10. Smile

This may sound so silly and simple, but it works. Smiles are inviting. When done sincerely and genuinely a smile will immediately put people on the receiving end of at ease. Smiling also sends subliminal messages to your own brain that "You've GOT this!". It's truly one of the easiest things to do to get people to open up and share.

Truck Ops – Husky Village



In October, Capstone Properties generously donated two multifamily structures at the Husky Village Student Housing Development adjacent to Station 42. Crews were able to practice VES and forcible entry in furnished apartment units and vertical ventilation techniques for large pitched roofs. Thank you to Lt. Joel Secan and Capt. Bruce Rice for facilitating the training! Crews also got to discuss building construction, review attic fire tactics, practice spotting with the aerial and bringing occupants down a ladder. Key takeaways for the crews included:

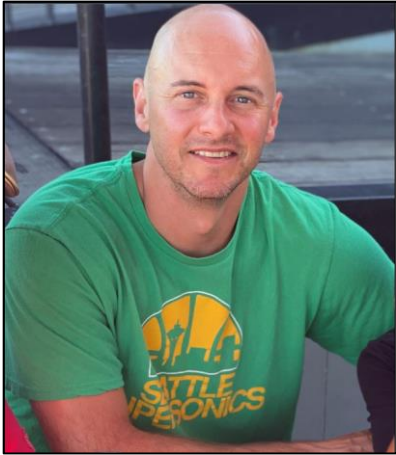
1. VES with ground ladders can be an efficient and safe way to search for and rescue trapped occupants when traditional access paths are blocked by smoke or fire. In this style of apartment building, there is only one egress stairwell. Fires on lower floors will block egress for occupants on upper floors. Crews should consider VES for occupants on upper floors.
2. When vertically ventilating large pitched roofs, make sure you have long enough hooks to punch the ceiling below. Otherwise, the attack crew will have to pull ceiling to effect ventilation. The result is delayed relief for interior occupants and crews and additional effort for attack crews.
3. Understanding building construction and unit layout is key for fast and efficient ventilation and searches



Updates

TRT – In 2022 we have a new method for tracking JPRs. In Annual Training, all Techs have been assigned the JPRs for the disciplines you are certified. You will still need to enter your attendance for the TRT MCO but you will also need to mark the JPR that you completed either in the MCO or in other training.

New Faces to NKCTC



JOEL Secan

Hi my name is Joel Secan and I am the newest training officer in the NKCTC. I've been with Bothell Fire for 13 years, most recently as a truck Lieutenant at Station 42. Before Bothell I worked for the Tucson, AZ fire department for 4 years. Over the past few years I had the awesome opportunity to be involved in helping teach TRT and truck ops, which are my two big passions in the fire service. I love the idea of being able to collaborate with people from different agencies to provide common training for our region. The NKCTC has some great things planned and I'm grateful to be a part of it. In my spare time I enjoy mountain biking, playing basketball and spending time with my wife, ten year old son Elliott and our dog Alki. Looking forward to seeing everyone and if you ever need anything just give me a shout!

Favorite Work Quote - "I've always believed that if you put in the work, the results will come." Michael Jordan



MARK PETERSON

After bouncing around in life as a crabber and a framing contractor I landed at Shoreline Fire in 2002 and went to Paramedic Training in 2006. I have been involved in training and teaching ever since.

I am now the MSO in Training and QI/QA guy. My job is split between NKCTC and Shoreline Fire is keeping me very busy. I strive to have a common sense approach to everything. That being said, I will make myself available to assist in any way I can to provide feedback, training and help where it is needed.

Favorite Work Quote - "Nothing will ever be what is used to be."



MICHAEL MAJEED

I've been in the fire service for 24 years, with 20 of them at Shoreline Fire. I am married with 3 children. We are global travelers and rarely in the NW during the winters. I ran a non-profit for 12 years focused on housing and community development. I enjoy every martial arts known and love the feeling of helping people reach their goals.



MSO Communication Board

From the All Important EMS Perspective

We introduced the LUCAS Device and implemented it in December. We have had four patients re-arrest in route to the hospital. The LUCAS was used and worked great! One opportunity was missed due to the MSO being on another Cardiac Arrest at the same time. The LUCAS is proving to be a useful tool for transporting ROSC patients.

CBT Workshop is Not Forgotten

KC EMS is currently working on getting CBT Instructor classes set up and posted to EMS Online. May go live week of January 10.

The dates the classes will be offered are:

Week One: March 7th-12th at the Zone 3 SKCFTC in Kent. 07:30-16:30

Week Two: April 18th-23rd at Woodinville Fire Station 31 in Zone 1. 07:30-16:30

Week Three: May 9th-14th at Woodinville Fire Station 31 in Zone 1. 07:30-16:30

Class size is limited to 36 per day, no walk ins allowed. You must pre-register on EMS Online. Daily temp checks, rapid testing, and masks are required each day. Please ensure that priority is given to new Evaluators. If you attended our in person workshops in 2020 you are certified until 2023. Current Evaluators in need of recertification are encouraged to use the WA DOH Online Renewal option.

Run Review

Welcome Eastside! Battalion 3 will have Run Review from Craig Overfield and Eric Adman. We will do our best to deliver a relevant class with some valuable feedback.

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