



PIERCE COUNTY FIRE COMMISSIONERS' ASSOCIATION

MINUTES February 25, 2021

Via Zoom

CALL TO ORDER – FLAG SALUTE

President Tom Sutich called the meeting to order at 7:00 p.m. no flag salute was held due to meeting virtually. He requested everyone mute their microphone so there's not a lot of background sound.

WELCOME and THANK YOU TO HOST

President Sutich thanked everyone for attending tonight's meeting.

ROLL CALL – SELF-INTRODUCTIONS

There were 26 people in attendance.

President Sutich asked if any opposition when taking votes will ask if any opposing votes. Have the pleasure tonight to introduce starting April 1, 2021 new Gig Harbor Fire & Medic One Fire Chief Dennis Doan who comes from Boise, Idaho. Going to adjust the Agenda to move Bob Skaggs up to right now. No objections to moving.

Bob Skaggs reported that he is still currently the Vice President of NAEFO and representative on the Pierce County Boundary Review Board. He appreciates being moved up in the agenda as he has to leave to pick up his son in law from the airport. Spanaway Incorporation failed due to lack of signatures. Waiting period of 1 to 2 years. Another issue is the north of levee road area to incorporate into the city. Haven't seen maps yet. Now in 45-day review period. Asking for approval to continue representing on the Boundary Review Board for a 4-year term. Commissioner Cathey moved to appoint Bob Skaggs as representative to the Boundary Review Board for the next four years. Commissioner Eckroth seconded the motion. MOTION CARRIED. Denise will get the letter finalized and sent to the PC Boundary Review Board notifying them.

PROGRAM – Erin McMichael, Suicide Prevention Coordination, WA Nat'l Guard

Vice President Moffett introduced the Guest Speaker. Erin McMichael had worked at Fire Comm, PC Emergency Management. Volunteer for Code 4 NW, 24/7 crisis line for first responders. Fire Service is family business – her husband, dad and brother are all in the Fire Service. Presentation given, copy attached. Every suicide is unique to the individual. Prevention starts with education. Mental Health practices and self-care, mindfulness, etc. First Responder Conferences are very impactful. Code 4 NW number 425.243.5092. Encourage to reach out before in crisis. Resources: Chaplains, Peer Support Group, Social Media Support Groups, etc. Contact information: Erin McMichael, 253.370.1709, erin.m.mcmicheal.ctr@mail.mil

The Association thanked Erin for her presentation. Vice President Moffett stated as a token of appreciation from this association, will be sending an Association Challenge Coin to you.

APPROVAL OF AGENDA and TREASURER'S REPORT

President Sutich asked if there were any changes to the Agenda. It was moved by Commissioner Eckroth and seconded by Commissioner Jensen to approve the agenda and Treasurer's Report (see copy on the backside of the Agenda) as presented. MOTION CARRIED. Passed unanimously.

MINUTES OF January 28, 2021 MEETING

President Sutich asked if there is any discussion or opposition. Commissioner McElligott moved and Commissioner Cathey seconded to approve the minutes. Any discussion? Hearing none, anyone opposed? Hearing none, the January 28, 2021 minutes as presented were passed unanimously. MOTION CARRIED.

SGT. AT ARMS – NAME BADGES

N/A

CORRESPONDENCE

Nothing at this time.

REGULAR REPORTS:

a) Regional Representative Report – Mike Cathey

Reported not much new to report. Education committee, still unsure about Chelan. Hoping to have a fall conference and maybe a banquet. Seems like COVID19 cases are going down. Change in administration for Thurston County so did not get the link and missed that meeting.

b) Legal - Joe and/or Eric Quinn

Eric reported in February 2019 a county prosecutor submitted question to attorney general – are city, county and town elected officials subject to paid medical leave act? Do premiums have to be paid? Took 2 years to issue an opinion that yes, they are subject to the paid family medical leave act. Joe Quinn, Federal FMLA is similar to the State FMLA, same subject. In Federal FMLA looks to definitions in FLSA and clearly states elected officials are excluded. Hard time seeing why this would be any different. Discussion followed.

c) SouthSound 911 – Debbie Grady

Not present. Commissioner McElligott reported new Chair Lillian Hunter and co-Chair is Julie Door elected yesterday. Everything is moving ahead with the building. Jim Duggan is going to try to retire again this summer after the building is done. On track for the May 27th completion date which is 3 months out from here. Consoles being installed now. Long project and wants to thank everyone for their support. Also, earlier this month JBLM went live with SS911 dispatch. Will help interoperability. Ready to deploy mobile responder app. President Sutich thanked Jim Duggan and Debbie Grady for their attendance of meetings.

STANDING COMMITTEES:

a) Fire Chiefs Association - Dan Rankin / Tom Sutich

Commissioner Rankin stated nothing to report.

b) Legislative -

No report.

c) Bates Technical College - Dan Rankin

Reported several changes going on, advisor meeting today, had been over a year and a half. Tiffany Williams and a whole reorganization. Some things that had to be fixed to do the job they have to do. Another meeting to be held next month.

d) Fund Raising Activities - Ed Egan

N/A

e) Annual Picnic/Potluck – DORMANT - Bill Eckroth and Arlene Dannat

President Sutich asked if a potluck is going to be considered this year? Commissioner Eckroth stated it depends on what the governor does as to whether or not we can meet in person. If possible to have it, Central Pierce Fire & Rescue can host it.

f) Annual Banquet – DORMANT - Mike Cathey

Commissioner Cathey stated will plan for it in case we are able to have it. Too hard to say at this point in time.

g) Scholarship & Education - Tom Sutich / Stan Moffett

Commissioner Moffett stated no report at this time. If anyone has any suggestions on how to put fund to good use, please reach out to him.

h) Awards Committee – DORMANT – Margaret O’Harra-Buttz

Reported it is dormant for right now.

Commissioner Egan announced that last week Dale Mitchell resigned because he is moving to South Hill out of the District. Station 118 has been renamed in his honor of his 33 years of service. President Sutich stated we have 2 awards that are annual awards - 1 is the Bill Jarmon Award and 1 is a Lifetime award. Agreed upon the Lifetime Achievement Award change prerequisites to it and would like to suggest renaming it to the Dale Mitchell Lifetime Achievement Award. Not asking for a decision tonight, something to think about and consider. Not sure if everyone realizes how involved he was at the State level and all of his work for the Fire Service.

i) Membership – Kevin Gorder

Not present.

j) Programs – Stan Moffett

Reported Dan Hays with Hugh’s Fire will be the guest speaker. Please let him know if there’s anyone you’d like to hear, etc.

k) Sunshine - Arlene Dannat

Not present. Commissioner O’Harra Buttz reported that a card was mailed to the Spiller family as well as to Dale Mitchell.

l) NAEFO – Gerry Gustafson

Reported a couple of webinars have been held.

m) Nominating – DORMANT - Dan Rankin / Sheila Niven

n) Audit – DORMANT - Dan Rankin / Margaret O’Harra Buttz

o) SS911 Committee – Pat McElligott

Reported he gave his report earlier in the meeting.

OLD BUSINESS:

Nothing at this time.

NEW BUSINESS:

Bob Skaggs Appointment to Boundary Review Board

President Sutich stated this was discussed earlier in the meeting.

GOOD OF THE ORDER:

Commissioner Rankin reminded everyone of the Snure seminar tomorrow on bid laws, procurement and public works.

President Sutich thanked Chief Dennis Doan for attending tonight.

ADJOURN

There being no further business, the meeting adjourned at 8:02 pm.

Submitted by:

Denise Menge,
Secretary/Treasurer

Website: <http://www.pcfirecommissioners.org/SitePages/Home.aspx>

2021 Meeting Schedule:

January 28, 2021 – Remotely via Zoom

February 25, 2021 – Remotely via Zoom

March 25, 2021 – Remotely via Zoom

April 22, 2021 – Remotely via Zoom

May 27, 2021

June 24, 2021

July 22, 2021 – BBQ/Potluck –

August 26, 2021

September 23, 2021

October 28, 2021 – No Meeting – Annual Conference

November 18, 2021

December 2, 2021 – No Meeting – Annual Awards

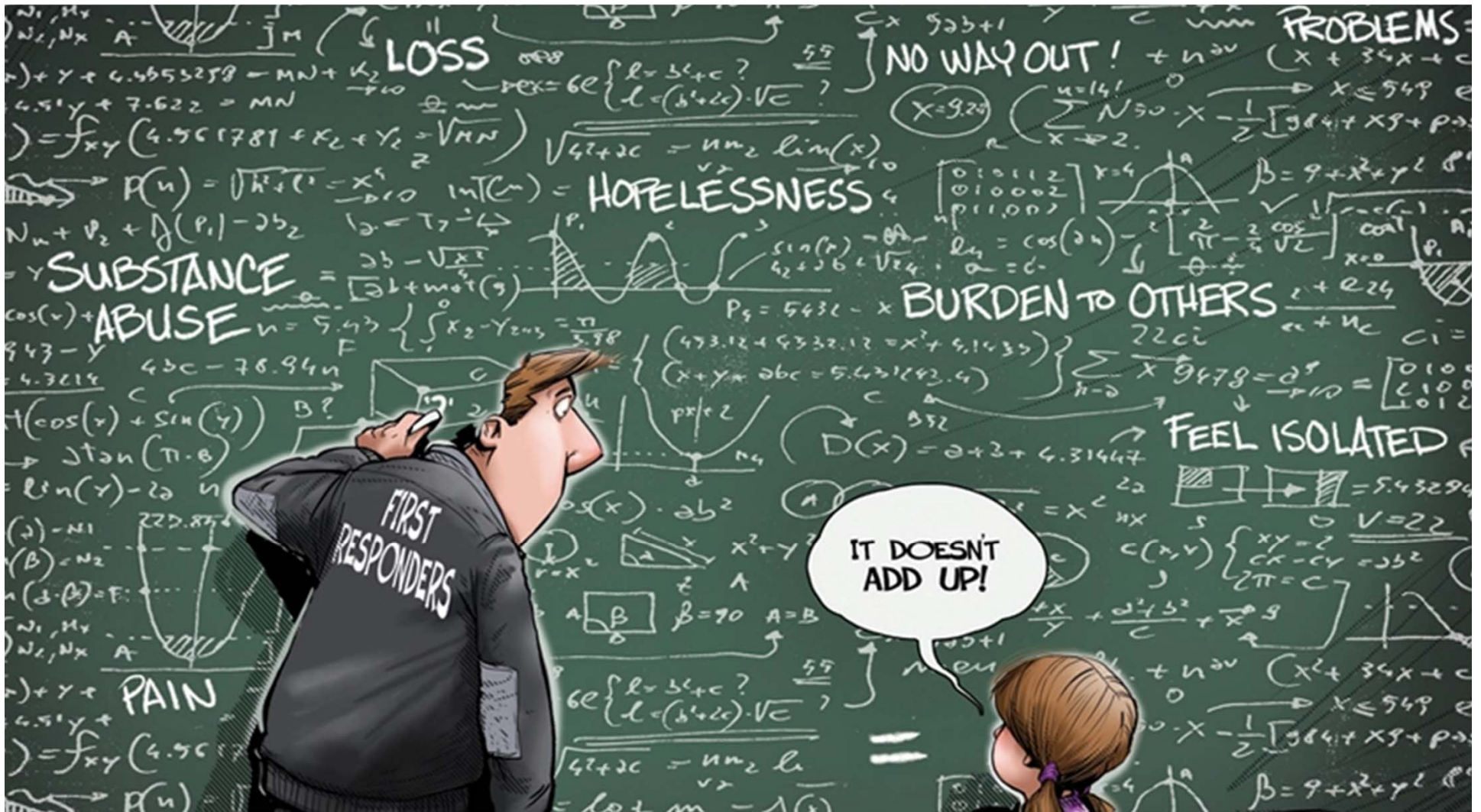
DAMN -
WE LOST
ANOTHER ONE!
WE'VE GOT TO
DO BETTER
THAN THIS!

MENTAL HEALTH INTERVENTION
SUICIDE PREVENTION

PAUL COMBS
DRAWN BY FIRE ©2016

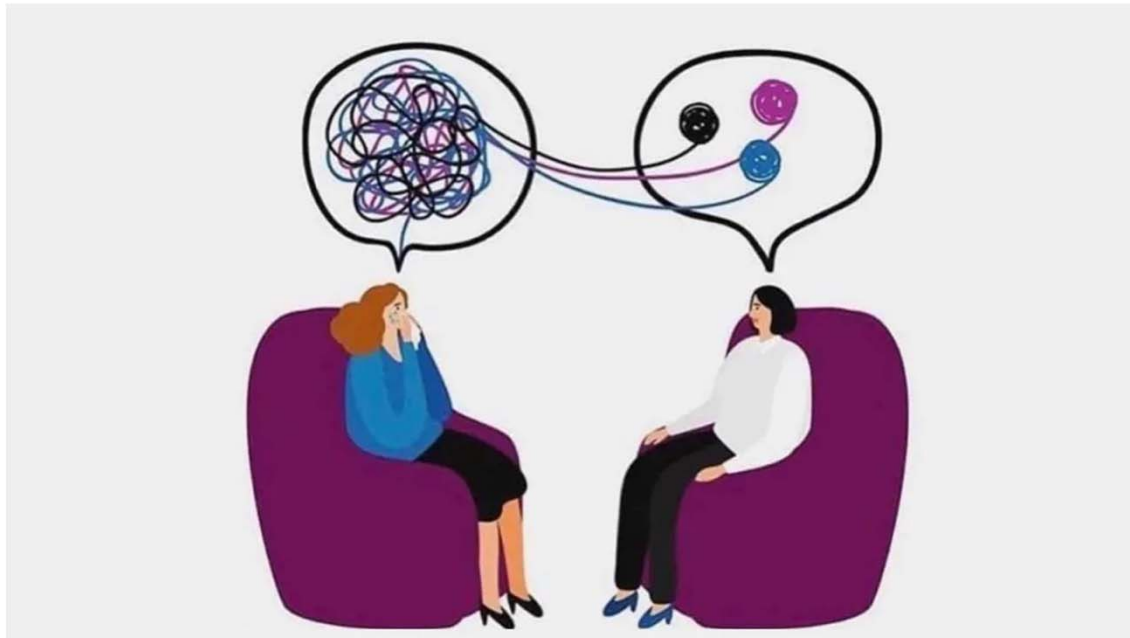


Why do firefighters suicide?



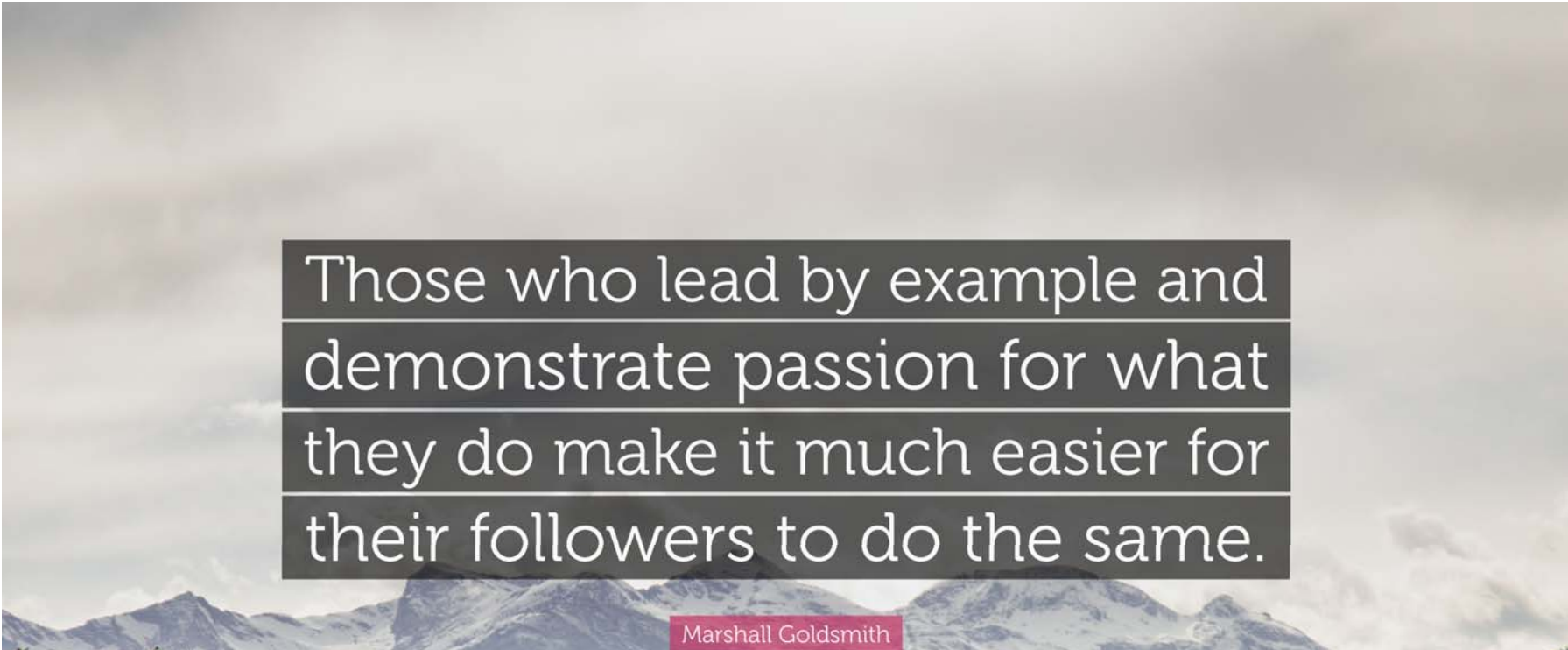
Prevention

- Start preaching self care and mental health hygiene early on
- Education for spouses
- Emphasize the importance of establishing a relationship with a qualified therapist



Lead by Example

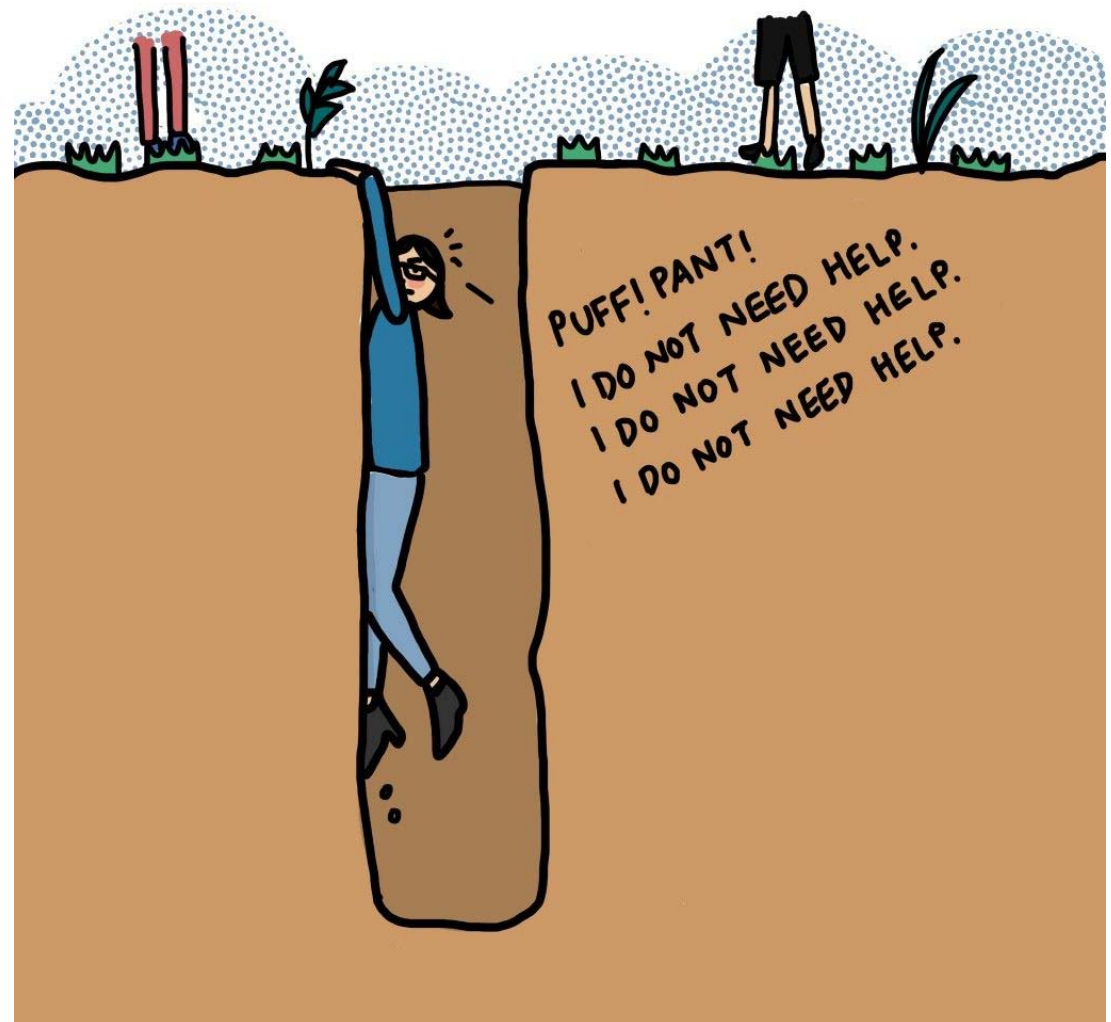
- Share your own struggles
- Vulnerability
- F word



Those who lead by example and demonstrate passion for what they do make it much easier for their followers to do the same.

Encourage Help Seeking

- Chaplains
 - Peer Support
 - Code 4 NW
- 425-243-5092



Intervention



- Watch for signs
 - Behavior change
 - Recent loss
 - Mood changes
- Ask clearly and directly about suicide
- Higher level of care

Know Your Resources

- Chaplains
- Peer Support Group
- Social Media Support Groups
- International Critical Stress Foundation
<https://icisf.org/>
- National Institute of Mental Health
<https://www.nimh.nih.gov/>
- National Center for PTSD
<https://www.ptsd.va.gov/>
- National Fire Service Help Line
1-888-731-FIRE
- Code 4 Northwest
425-243-5092



QUESTIONS?

Erin McMichael

Suicide Prevention Coordinator

Washington National Guard

253-370-1709

erin.m.mcmicheal.ctr@mail.mil