



CITY OF GILLETTE

Administration
P.O. Box 3003 • Gillette, Wyoming 82711-7309
Phone (307) 686-5203
www.gillettewy.gov

MEMORANDUM

TO: Mayor and Members of the City Council
FROM: J. Carter Napier, City Administrator *JCN*
RE: General Information
DATE: June 2, 2017

The following meetings are scheduled for the week of **June 3rd – June 9th**

Tuesday, June 6th

6:00 p.m. City Council Pre-Meeting, Agenda Attached

- 2nd Quarter Update
 - Cam-Plex – Paul Foster & Mary Silvernell
- High Friction Road Surface Follow-Up*
- McManamen Park Discussion
- Review May 16th Agenda
- Executive Session
- City Hall – 3rd Floor Conference Room
- Dinner Served at 5:30 p.m.

7:00 p.m. City Council Meeting

- City Hall - Council Chambers

Friday, June 9th

3:00 p.m. Campbell County Senior Center 35th Anniversary Open House

- Campbell County Senior Center

Saturday, June 10th

5:00 pm. Children's Memorial Walkway Remembrance Ceremony

- Children's Memorial Garden, Brooks and Warlow Drive

1. Attached please find a **press release** regarding **Resignation of City Administrator** dated **May 30, 2017** provided by **Communications Manager Palazzari**.
2. Attached please find a **revised resolution** regarding **Cam-Plex Special Events Accounts** provided by **Cam-Plex General Manager Paul Foster**.
3. Attached please find a **letter** regarding **Request for WYDOT Planning PL Funds – 2nd Street (US Highway 14-16/WY 59)** dated **May 30, 2017** provided by **Development Services Director Hamilton**. *
4. Attached please find a **letter** regarding **Planning Commission Resignation** dated **May 31, 2017** provided by **Clark Sanders**.
5. Attached please find a **letter** regarding **Campbell County Senior Center 35th Anniversary Open House** dated **May 26, 2017** provided by **Campbell County Senior Center Director Ann Rossi**.
6. Attached please find an **update** regarding the **Gillette Madison Pipeline Project** dated **June 1, 2017** provided by **Utilities Project Manager Jensen**. *

7. Attached please find the **Campbell County Fire Department Newsletter Issue 45** dated **June 2017** provided by the **Campbell County Fire Department**.

* Item previously discussed by Council

JCN/adw



CITY OF GILLETTE

Administrative Services Department

City Clerk Division

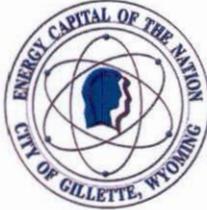
Karlene Abelseh, City Clerk/Print Shop
P.O. Box 3003 , Gillette, Wyoming 82717-3003
Phone (307) 686-5210 Fax (307) 686-4810
www.gillettewy.gov

**Pre-Meeting – 6:00 p.m.
City Hall – 3rd Floor Conference Room
Tuesday, June 6, 2017
Dinner Served at 5:30 p.m.**

Pre-Meeting Topic(s):

- 2nd Quarter Update
 - Cam-Plex – Paul Foster & Mary Silvernell
- High Friction Road Surface Follow-Up*
- McManamen Park Discussion
- Review May 16th Agenda
- Executive Session

* Item previously discussed by Council



CITY OF GILLETTE

Administration

201 E. 5th Street • Gillette, Wyoming 82716
Phone 307.686.5203 • Fax 307.686.1593
www.gillettewy.gov

Contact: Geno Palazzari
Communications Manager
Phone: (307) 686-5393
Date: May 30, 2017
E-mail: genop@gillettewy.gov

For Immediate Release

City of Gillette announces Resignation of City Administrator

It was announced tonight that Gillette City Administrator Carter Napier will become the new City Manager for the City of Casper. A start date for his new position has not been determined.

“The decision to take the position with the City of Casper is one that is made with a heavy heart knowing this means leaving the citizens of Gillette and this great community,” Administrator Napier said.

“It’s been a pleasure working with Carter as we have guided the City through some difficult times,” said Mayor Louise Carter-King. “Although he will be missed, we wish him all the best in his new position.”

City Attorney Patrick Davidson has been named Interim City Administrator. Details concerning the recruitment of a new City Administrator will be announced at a later date.

Administrator Napier will be available to answer questions from the media Wednesday, May 31st at 9:00 a.m. in the 3rd Floor Conference Room at City Hall.

For more information, contact Communications Manager Geno Palazzari at 686-5393.

Revised Resolution Regarding Special Events Account

WHEREAS, in May of 1995, the Campbell County Public Land Board (CCPLB), with the approval of the City of Gillette ("City") and the Campbell County Board of Commissioners ("County"), established the "Special Events Account."

WHEREAS, on February 9, 2017, CCPLB passed a Resolution regarding revisions to the Special Events Account; and,

WHEREAS, the CCPLB desires to adopt this Revised Resolution and additional changes to the Special Events Account; and,

WHEREAS, funding of CCPLB by the City and County has been reduced as a result of economic conditions within the State of Wyoming; and,

WHEREAS, the CCPLB continues to conduct and seek Special Events for the benefit of the citizens of Campbell County and the surrounding area and those special events have the potential to create additional revenues which can benefit CCPLB's sponsorship of Special Events; and,

WHEREAS, in the current economic conditions, contributing to the Operations Reserve Fund, is a secondary priority to funding current operations and the continued success of CCPLB operations; and,

WHEREAS, the City and County have approved this Resolution and the revisions to the to the Special Events Account; now,

IT IS HEREBY RESOLVED, that the terms of "Cam-Plex Special Events Account" be replaced by the attached account terms. This change shall be considered effective January 1, 2017. The balance in the Special Events Account, existing January 1, 2017, shall be subject to the account terms hereby adopted. No transfer of the current Special Events Account balance of the Operations Reserve Fund is required.

This Resolution is adopted by the Campbell County Public Land Board this ____ day of _____, 2017.

Mary Silvernell, Chairman

Duane Evenson, Secretary

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Adopted by the Campbell County Public Land Board this ____ day of _____, 2017.

Mary Silvernell, ~~Vice~~ Chairman

~~Don~~ ~~Hamm~~ Duane Evenson,

Secretary

CAM-PLEX SPECIAL EVENTS ACCOUNT

Purpose: To provide an account separate from the general budget of the Campbell County Public Land Board (Board) for receiving revenue from Special Events, paying expenses of Special Events, funding and operating Special Events. In addition to provide for making improvements, including capital projects, to facilitate various designated Special Events at Cam-Plex. "Special Events" are defined as national or regional events involving large numbers of participants, for example the National High School Finals Rodeo, RV rallies, the Pyrotechnical Convention or similar events.

Revenue from Special Events shall be placed in the Special Events Account and expenses for the operation of Special Events shall be paid from the account. The Board may approve expenditures for capital projects and other improvements needed to support the Special Events. Any expenditure from the Special Events Account in excess of Fifty Thousand Dollars (\$50,000) must be approved by the Campbell County Commissioners (County) and the City of Gillette (City) in writing. No funds from the Special Events Account may be used for purposes other than Special Events without the written approval of the County and City.

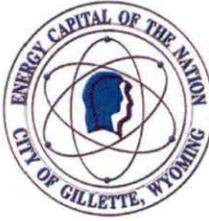
The Board shall provide the County and City a quarterly accounting or, upon the request of either the County or City, of all expenditures from the Special Events Account. The Board shall maintain a balance in the Special Events Account sufficient to fund planned Special Events, which shall be determined by the Board on an annual basis based upon the fiscal year, as part of the annual budgeting process. Any yearend balance in the Special Events Account shall be carried over to next year, unless the Board elects to transfer all or any part of the Special Event Account funds to the Operations Reserve Fund.

CAM-PLEX SPECIAL EVENTS ACCOUNT

Purpose: To provide an account separate from the general budget of the Campbell County Public Land Board (Board) for receiving revenue from ~~s~~Special ~~e~~Events, paying expenses of ~~s~~Special ~~e~~Events, funding and operating ~~s~~Special ~~e~~Events, ~~and~~ In addition to provide for making improvements, including capital projects, to facilitate various designated ~~s~~Special ~~e~~Events at Cam-Plex. "Special Events" are defined as national or regional events involving large numbers of participants, for example the National High School Finals Rodeo, RV rallies, the Pyrotechnical Convention or similar events.

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CITY OF GILLETTE

Development Services
Engineering Division

201 E. 5th Street • Gillette, Wyoming 82716
Phone 307.686.5265
www.gillettewy.gov

May 30, 2017

Mr. Scott Taylor, PE
WYDOT District Engineer
10 East Brundage Lane
Sheridan, WY 82801

RE: Request for WYDOT Planning PL Funds – 2nd Street (US Highway 14-16/WY 59)

Mr. Taylor,

As you are aware, as part of the Community Mobility Institute conducted by NEW Mobility West/Sonoran Institute held in Lander, WY in October of 2015, suggested improvements were identified for the 2nd Street corridor (US Highway 14-16/WY 59) running through the Central Business District in Gillette. The suggested improvements included a Road Diet (4 lane to 3 lane conversion) on 2nd Street from 4-J Road through Brooks Avenue. The improvements were identified to aide in providing multi-modal enhancements to the corridor. Specifically, geared toward pedestrian safety, inclusion of bike lanes, traffic safety, and addressing protected turn phase improvements at the 4-J Road intersection which have met warrants as documented by WYDOT traffic studies.

The Gillette Avenue Corridor, which is the Central Business District in Gillette, runs perpendicular to the 2nd Street Corridor. As a result, 2nd street splits off the 100 Block of Gillette Avenue from the remainder of the retail corridor. Pedestrian safety concerns exist as a result of limited visibility of the pedestrian crossing due to zero set-backs of the buildings in the Central Business District as well as the speeds of the Highway traffic. The current pedestrian facility is a 4' to 5' wide attached sidewalk directly adjacent to the vehicular travel lanes. Should a Road Diet be implemented, the pedestrian way would be separated from the vehicular travel lane by a 6' bike lane, providing a much needed buffer, and allowing accommodations for multi-modal traffic on the corridor.

The current volumes in this segment of road range from 12,500 ADT to 14,000 ADT per the 2015 traffic counts conducted by WYDOT. Further, due to the short block spacing, numerous alley and driveway accesses along the corridor, the accident rates for this specific section of road are quite high. It appears from traffic counts that a 3 lane section (one travel lane in each direction and a two-way-left-turn lane) would provide better access and have the potential to significantly reduce accidents along the corridor, potentially up to 47%. From 2010 to 2015 there were 211 accidents reported in this section of road. This total results in a crash rate 349% higher than the statewide average for the year 2015 (analysis completed by DOWL as part of the 2016 City of Gillette Transportation Plan Update).

Finally, based upon traffic studies conducted by WYDOT, the intersection of 2nd Street and 4-J Road currently meets warrants to install a protected left-turn phase at the current signal for traffic turning off of the 2nd Street corridor onto the 4-J Road corridor. With the current 4-lane configuration additional real estate would be required to provide the necessary turn lane to accommodate the signal modifications necessary for optimum operation of the signal system. A Road Diet would provide the necessary turn lane without having to purchase additional real estate.

While all of the data analyzed indicates a Road Diet would accommodate existing and future traffic volumes, provide additional modes of travel, have the potential to significantly reduce vehicular accidents, enhance pedestrian safety, and minimize costs for WYDOT to implement signal improvements at the 4-J Road intersection, it has been requested by WYDOT Traffic in Cheyenne to run a test implementation to ensure targeted intersections operate efficiently and the public has an ample opportunity to experience traffic operations on a 3 lane section prior to expending funds to make a permanent implementation. The City agrees that a test run would be prudent to formally observe traffic and intersection operations and has estimated the cost to implement a test run with temporary tape pavement markings could cost as much as \$40,000.

The City is requesting WYDOT consider the use of Planning PL Funds to aide in the cost of conducting a test run of the Road Diet. The City would use the funds to purchase the temporary tape markings and application materials, in addition to the necessary temporary traffic control at the tapers/transitions to run a test for several weeks to ensure the public has an opportunity use the proposed 3 lane section and WYDOT has an opportunity to observe the traffic operations. The City would provide the required 10% matching funds for the project.

This seems to be a win-win opportunity where the City, WYDOT, and the travelling public have a chance to experience improvements that were conceived through a collaborative planning charrette and can have the potential to gain public participation and buy-in prior to spending a considerable amount of time, effort, and funding to implement permanent improvements.

Your consideration of the use of Planning PL funds for this use is much appreciated.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Dustin Hamilton', is written over the word 'Sincerely,'.

Dustin Hamilton, PE
Development Services Director

Cc: Kevin McCoy, WYDOT Planning
Mark Wingate, WYDOT Planning

May 31, 2017

Louise Carter-King, Mayor
City of Gillette, Wyoming
P.O. Box 3003
Gillette, WY 82717

RE: Planning Commission Resignation

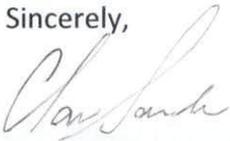
Dear Mayor and City Council,

This letter is to inform you as of May 30, 2017, I have resigned my position as a member of the City of Gillette Planning Commission. I have had the distinct pleasure of serving the citizens of Gillette as a member of the Planning Commission for 5 ½ years. Nearly 4 of those years I served as the Chairman of the Planning Commission. Due to circumstances regarding my employment as a Planner for the City of Gillette, I am unable to continue to serve without direct conflict.

I want to sincerely thank you for the opportunity to serve and provide insight for the planning staff as well as for community members in general. I hope I have been able to be an influence for good.

I look forward to the opportunity as an employee of the City of Gillette to serve the public in a different way.

Sincerely,

A handwritten signature in cursive script, appearing to read "Clark Sanders".

Clark Sanders

Campbell County
Senior Center
The age of celebration!

City Council
City of Gillette
201 E 5th St
Gillette WY 82716

May 26, 2017

Dear Mayor and City Council,

The Campbell County Senior Center is celebrating its 35th Anniversary on June 9, 2017 from 3:00 – 5:00pm. The Senior Center exists only because of the efforts of many people over the years. We would like to take some time to reflect on the positive changes we have seen and honor our supporters as well.

You are cordially invited to attend the Open House in celebration of 35 years of offering services to seniors to support their ability to live independently, to participate in their community and to lead a dignified, meaningful life as a senior citizen.

Senator Enzi will be our special guest. Cake and refreshments will be served following the informal ceremony at 3:00pm.

We hope you see you at the Senior Center on June 9th!

Sincerely,



Ann Rossi, Executive Director



Angela Williams <angelaw@gillettewy.gov>

Weekly GMPP Update

1 message

Levi Jensen <levij@gillettewy.gov>

Thu, Jun 1, 2017 at 11:38 AM

To: Carter Napier <CarterN@gillettewy.gov>, Kendall Glover <KendallG@gillettewy.gov>, Michael Cole <mikec@gillettewy.gov>, Angela Williams <angelaw@gillettewy.gov>

Carter,

Below is an update on the GMPP for the week of 5/22:

- Contract 2a - No new activity this week. Waiting on acid fracturing crew to start work.
- Contract 2b - A start date still hasn't been submitted. MMI is reviewing project submittals.
- Contract 4b,c,d,f - Burns and McDonnell submitted response to SJ Louis claim for additional contract time.
- Contract 4e - Crews continue working on punchlist items.
- Contract 5 - Final completion has been reached. Anticipating Council consideration for acceptance on 6/20.
- Contract 8 - Council consideration for project award to COP Wyoming scheduled for June 6th.

Thanks!

Levi

LEVI JENSEN, P.E. | UTILITIES PROJECT MANAGER

City of Gillette | Utilities Department

P.O. Box 3003 | Gillette, WY 82717

P: (307) 686-5262 | F: (307) 686-6564

levij@gillettewy.gov | www.gillettewy.gov

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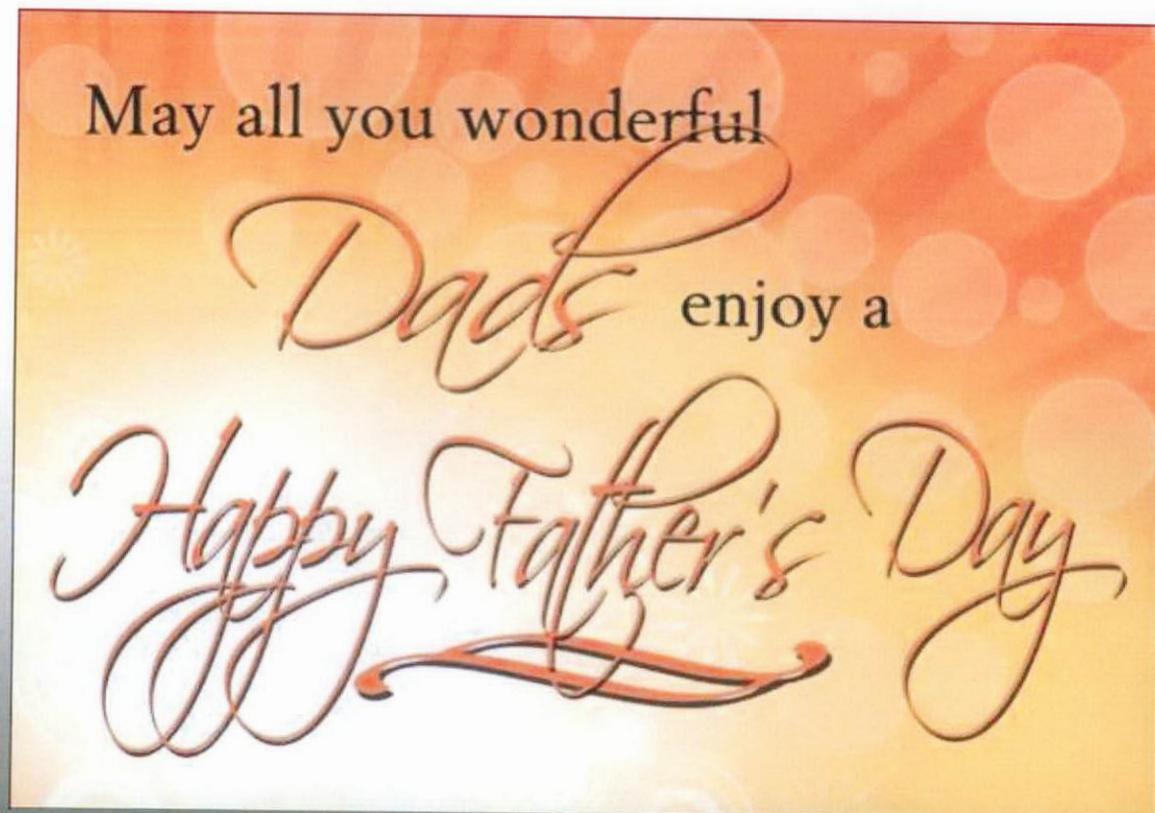
Campbell County Fire Department Newsletter

Issue 45 June 2017

Editors: Admin Staff

Table of Contents

From the Chief	Pg 2	Calendar	Pg 3
Anniversaries	Pg 4	Birthdays	Pg 4
LODDs	Pg 4	Spotlight-Winters	Pg 5-6
Training	Pg 7-9	Monthly Fire Calls	Pg 10
Tailboard Talk	Pg 11-12	Recipe	Pg 13
Around Town	Pg 14-15		



From Chief Shank

Unintended Consequences

Unfortunately this month's message addresses some tough issues. This is difficult for me to address with the entire department, as the vast majority of our members are outstanding at what they do. My concern is sharing issues and events that should be kept internal and be addressed by our leadership. Recently a hazing incident was shared with one of our County Commissioners involving inappropriate behavior. Additionally, photographs of the hazing were shared with the same County Commissioner. I am not sure why this took place but I have to assume, as many others have, it was to bring embarrassment those involved as well as the department. I was not given the opportunity to appropriately address this issue with our leadership team prior to it being shared with those outside the organization. This takes away our ability to resolve it internally. This could have serious consequences for all involved including those that knew of the incident and failed to report it using our internal Chain of Command. How this will affect these individuals and the organization is unknown but potentially negative unintended consequences may not be in our best interest. All abilities to deal with the incident internally have been removed and the fate of those involved could potentially be decided by others outside the organization. This is not a favorable situation no matter how one views the event.

This is only one of the issues that have been brought to my attention that have been shared with County Commissioners and Board of Directors. It seems that some of the membership feels change can be instituted by "Airing our dirty laundry" with those outside the organization. The facial hair issues has surfaced once again. This is non-negotiable. This is a safety concern with members having facial hair wearing SCBA. If you are a member of this organization, you will adhere to established policies addressing grooming and personal appearance. The next issue is the directive that all members will wear departmental uniforms while representing CCFD. Again, this is non-negotiable. The organization invests a substantial amount of public funds in our members and we provide uniforms for every member, except Rural Firefighters, so please wear, respect and take care of your uniform. It is my intent not to separate full from part time members as I hear part-time members want to be treated equally and this is a way in which we can show there is no difference between staff. If you want to be recognized as a member, and, not a part-time or full time member, then it is important to carry yourself as full-fledged member, regardless of pay status. There still are a few members that feel like they are being pushed out by the full-time staff. I have not personally witnessed this but that is not surprising because everyone will be on their best behavior around me. That's human nature. But I will say it once again, I am committed to maintaining a combination organization. We cannot complete our mission without both the full-time and part-time staff. I have talked with a number of our members and reviewed a number of exit interviews. What I have found is a trend among those members that have left and those that remain. It involves participation. Those that are engaged and assist us in staffing St. One, come to training, and respond to calls, and those that are not. Those that are engaged and invest time and energy in the organization feel welcome. Those that fall short of that investment, do not feel welcome. There is a lot to be said about "Getting back what one puts in".

I will close by saying that I expect to be informed and provided the opportunity to engage our leadership team in addressing all issues and concerns, no matter how large or small they may seem. I want to end the practice of circumventing the Chain of Command and will work very diligently until it has stopped. If you are engaging in this practice, come forward before I find out from someone else. You will be dealt according to established policies because this cannot be without consequences. If I find out from a different source, and I eventually will, you will be terminated immediately, no exceptions. This practice will not be tolerated as it is a direct violation of departmental policy and damaging to the organization.

For the majority of you that are not involved, I sincerely apologize. Together we have made significant changes and improvements in our organization. My expectation is that we continue down that path. My door remains open and I want to hear from you. We can have a respectful conversation and attempt to affect change in the correct manner, through internal channels. Going outside will only hinder the process and take away our ability to shape our future.

Chief Shank

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Countywide Training</i>	2	3
4	5 <i>Special Ops Training</i>	6 <i>Wellness</i>	7 <i>Academy</i> <i>Fire Board Meeting STA9</i>	8 <i>Battalion Training</i>	9 <i>Seasonal Start Date</i>	10 <i>Wildland Practical Day</i>
11	12	13 <i>Chief's Meeting</i>	14 <i>Academy</i>	15 <i>Station Training</i>	16	17
18 <i>Father's Day</i>	19 <i>Cadet Training</i>	20 <i>Captain's Meeting</i>	21 <i>Academy</i>	22 <i>Business Meetings</i>	23	24
25	26	27 <i>Training Cadre</i>	28 <i>Academy</i>	29	30	

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

**June 26, 2017
@ 5:00p.m.
dcrippen@ccfire.us**





LINE OF DUTY DEATHS:

2017 Year to date: 41

Location	Name	Age	Cause of death
Austinburg, OH	FF David Lemponen	83	Struck by POV
Quitman, AR	Chf Doug Deckard	51	Struck by POV
Los Angeles, CA	Batt Chf Jerome Boyd	56	Medical Emergency
Gibbsboro, NJ	FF William Gerace	54	Pulmonary Embolism
Mt. Sterling, NY	FF/Para James Wells	52	Undetermined
San Antonio, TX	FF Scott Deem	31	Structure fire
Lake Buena Vista, FL	Lt James Dorminy	55	Drowned
Dalton, GA	Batt Chf John Chester	56	Undetermined
Fincastle, VA	FF Roger Johns	63	Struck by Apparatus
Montezuma, GA	FF Darrell Plank	29	Struck By Hose

June 2017 Anniversaries!

Larry Mills	1-Jun	50 Years
Robert Roush	1-Jun	50 Years
Clark Reynolds	1-Jun	49 Years
Orin Edwards	1-Jun	45 Years
Ted Edwards	1-Jun	45 Years
Glen Terry	1-Jun	42 Years
Matt Avery	1-Jun	41 Years
Fred Oedekoven	1-Jun	37 Years
Frank Reynolds	1-Jun	37 Years
Bruce Amende	1-Jun	36 Years
Mark Renner	4-Jun	26 Years
Sam Shafer	1-Jun	23 Years
Kraig Johnston	18-Jun	19 Years
Kory Study	7-Jun	13 Years
LouAnn Izatt	18-Jun	13 Years
James Heald	22-Jun	8 Years
Bill Shank	3-Jun	4 Years
John Pafford	8-Jun	4 Years

June 2017 Birthdays!

Phil Weibel	6/1
Patrick Homan	6/4
Dustin Gonzalez	6/8
Joe Case	6/11
Patrick Thomson	6/13
Rori Coates	6/22
Michael McReynolds	6/24
Lindsay Wood	6/24
Galen Lee	6/25
Royce Biegler	6/27
Michael Peterson	6/29

Spotlight: Welcome Austin Winters

Where are you from?

Born and raised in the “real O.C.” Oregon City, Oregon. End of the Oregon Trail

Which secondary (high) school did you attend?

I attended Oregon City High School where I played football, and enjoyed playing golf in my spare time. I also held a full-time job as a Professional Petroleum Transfer Technion. (gas attendant). Academically, my strong class was construction. As a class, we would write up a grant to submit to the city, find a park around the city, design a building/structure, submit the plans to the city, and using the grant money we would build it.

Another part of that class I was involved in was called “Lean Six Sigma” Lean Six Sigma is a methodology that relies on a collaborative team effort to improve performance by systematically removing waste and reducing variation. It combines lean manufacturing/lean enterprise and Six Sigma to eliminate the eight kinds of waste Transporting, Inventory, Motion, Waiting, Over-Processing, Over-Production, Defects, and Under Utilization of employees.

Six Sigma lead me to receive both my white and yellow belt, managing my groups process. From there my group and I went to Olympia, Washington for a national conference to present our project. That summer I represented my team and was flown to an international conference in B.C., Canada to give a presentation on our project to the IEEE - Institute of Electrical and Electronics Engineers Advancing Technology for Humanity. The world's largest technical professional organization for the advancement of technology.

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Do you have any post-secondary education? After High School I went attended Clackamas Community College where I received my EMT license. Following my EMT I started at Portland Community College for my Fire Science Degree, where I have not yet finished but plan to.

When and why did you move to Gillette? I Moved to Gillette in May of 2017 after being offered a job with CCFD.



Spotlight: Austin Winters Continued

Before becoming a firefighter, what were some of your other jobs? My first job I had was when I was a sophomore in high school as a lifeguard/swim instructor. After that I worked for Wilco first at their fuel station, then moved to the farm store and worked in the warehouse moving feed and operating equipment. I worked for Wilco up to July of 2015 when I received the position as a student intern firefighter with Molalla Fire.

Why and when did you decide to become a career firefighter? The fire service has always been an interest to me since I was a young child. My dad was a volunteer with CCFD (Clackamas County Fire District) and would always bring the fire engine to my grade school. Seeing my dad be a part of the community and bring so much joy to people made me realize that firefighting is my calling.

How long have you worked for CCFD? I have worked for CCFD since May 2017 and am very excited to be here and serve my new community.

When I was 15 I joined the Clackamas Fire Explorer Program. From there I was taught the fundamentals and skills of the fire service. After 4 years of that, I went to college and got my EMT and started volunteering with Molalla Fire and then became the student intern. I was with Molalla Fire as a volunteer/student intern for a total of two and half years.

Is there a particular aspect of firefighting that you enjoy more than others? The fire service itself is very broad with many different aspects. Two that I really enjoy are vehicle extrication and fire investigation/prevention.

Vehicle extrication because it is more than getting to use cool tools to cut a car apart. To me it is more of an art. The way you stabilize, cut, and remove patients in the most efficient way interests me.

Fire investigation/prevention in my opinion go hand in hand. The way of reading where fire traveled and getting to the origin of it takes great skill. While also using that skill to teach young kids about the importance of fire safety.

Do you have a significant other and/or children? I moved out here by myself leaving my family and many friends behind, so I am currently single with no children.

Favorite...

Tool? Thermal Imaging Camera

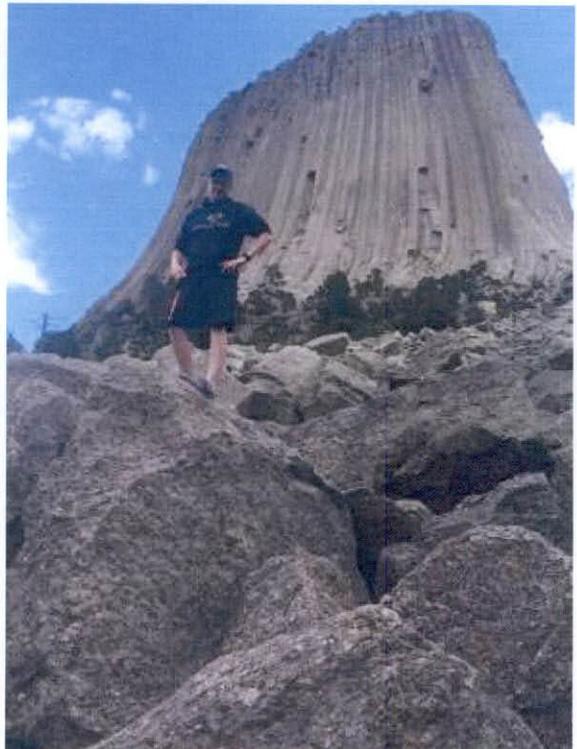
Sports team? Oregon State

Food? Hamburgers

Beverage? Sprite

Movie? National Lampoon's Christmas Vacation (I can quote almost the whole movie)

Color? Blue



Training

Fire Drills with Battalion 2 at Rozet School



Training

On May 11th firefighters trained with the Gillette /Campbell County Airport Fire Dept. We enjoy the opportunities to train and interact with other emergency services throughout Campbell County.



Training

We always enjoy and appreciate the time that Wyoming Life Flight gives to us in training and the opportunity to learn. We are honored to work along side a great group of individuals and are thankful for their continued services to Campbell County.



Fire Responses

Fire Calls for the Month of May

	Incident Type	Number	Y-T-D
1	Fire:		
	Building	4	18
	Vehicle	2	12
	Wildland	2	6
	Other	2	8
		<hr/>	<hr/>
		10	44
2	Overpressure Rupture, Explosion		2
3	Rescue & Emergency Medical	100	476
4	Hazardous Condition	8	39
5	Assist Other Agencies	1	11
6	Dispatched but no emergency found	12	86
7	False Alarm Calls	23	81
8	Severe Weather & Natural Disaster		1
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	Total Count	154	741

Health and Wellness Tailboard Talk

CCFD Wellness Committee

Does Sleep Really Matter?

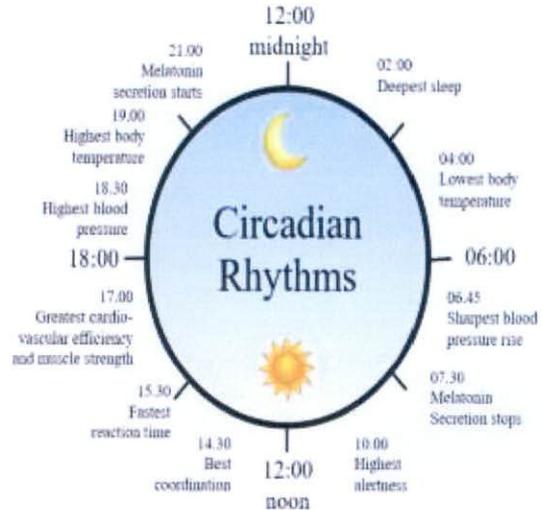
So you read the title of this month's article and it might just make you laugh. You may think to yourself, "Who even knows what sleep is anymore?" and that is because there is such a large lack thereof. When we look at the task at hand in the fire service, sleep is placed on the back burner. We answer the call of any emergency at any given time and they expect us to show up fully aware and ready to solve any and all problems. As much as we may enjoy answering the call, we cannot do so if we aren't taking care of ourselves.

Did You Know?

Did you know that the average person's attention is really short? How short? Based on scientific measurements, the average American attention span is only 8 seconds. Here's the kicker: A goldfish has an attention span of **9 SECONDS**. By not allowing yourself to step away from the work in front of you every 50 – 90 minutes, you're putting yourself in danger of fatigue. Causes of fatigue include non work – related issues, type of tasks, work environment and yep you guessed it... work schedule. 24 hour shifts can do a number to the body when the calls are needing to be answered during every hour of the day. But again, they expect us to show up, ready to solve all problems faced in front of us.

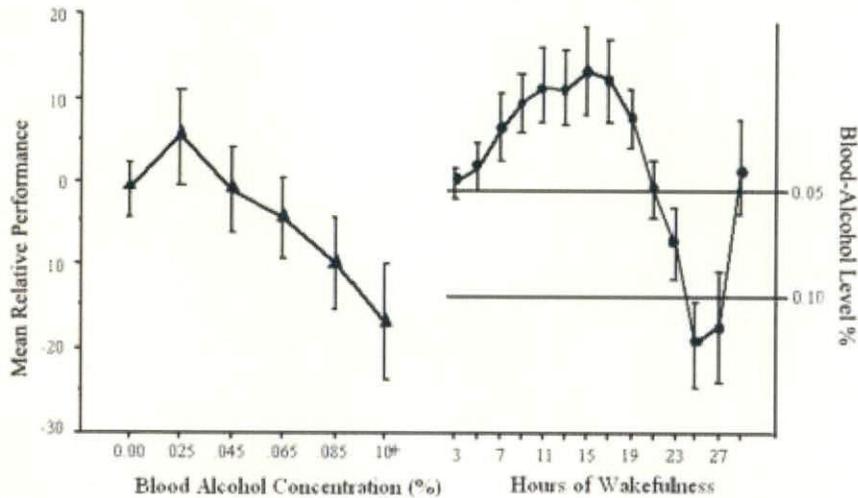
The Body Clock:

The body clock is known as Circadian Rhythms and operates on a 24 hour cycle. It makes you sleepy when it's dark and awake when it's light. The Body Clock control a variety of body functions like sleepiness, digestion, hormone production, and body temperature.



Did You Know?

Did you know that after being awake for 17 hours, you may be as impaired as if you were legally too drunk to drive. (BAC .05)



Another important reason as to why we MUST do our best to try and stay up on sleep and rest for our bodies.

The ways that you eat, if you're drinking water rather than the energy drinks, and getting exercise are all key benefits to helping your body. Not only does your brain require some down time, but so does your heart. You cannot afford for your reaction times to be slower or possibly even falling asleep at the task at hand when you are addressing someone's emergency. You are becoming a risk to yourself,

ENGINE MAINTENANCE REQUIRED



**YOU ARE YOUR OWN MECHANIC.
ARE YOU TAKING CARE OF WHAT'S UNDER THE HOOD?**

RECIPE OF THE MONTH:

Whiskey Glazed Flat Iron Steaks and Grilled Potatoes

Recipe Courtesy of Food Network Kitchen

The flat iron steak is the second most tender cut of beef, after the petit filet mignon. It comes from the top blade of the chuck. You may see a flat iron steak incorrectly labeled if it has a thick muscle that runs down the center of the steak. A true flat iron is cut horizontally just above and below that tough muscle (rather than vertically through it) so the muscle can be discarded and all that is left is very flavorful and tender beef. If you don't see these steaks in your grocery store, ask your butcher to cut them for you. In most cases, the butcher would be happy to comply and it is well worth it.

Ingredients

- 1/2 cup whiskey, such as Jack Daniels\
- 1 tablespoon brown sugar
- Kosher Salt and Freshly ground black pepper
- 1/4 cup olive oil
- 4 cloves garlic, smashed
- Four 8-ounce flat iron steaks or filet mignon steaks
- 1 1/2 pounds Yukon gold potatoes
- 2 tablespoons chopped fresh chives
- 1 teaspoon white wine vinegar



Directions

Preheat a grill on medium-high heat. Whisk together the whiskey, brown sugar, 1 1/2 teaspoons salt and 1 teaspoon pepper until the sugar and salt are dissolved. Stir in 2 tablespoons of the oil and the garlic. Add the steaks, turn a few times to coat with the marinade and let stand at room temperature for 20 minutes.

Meanwhile, quarter each potato lengthwise to form wedges and put in a medium pot. Cover with cold water to cover by 1-inch and add salt until the water tastes like sea water. Bring to a boil over medium-high heat, reduce the heat to medium and simmer until tender (but not falling apart), about 15 minutes. Drain well. Toss with 1 tablespoon olive oil.

Remove the steaks from the marinade and pat dry with paper towels. Pour the marinade into a small pot and bring to a boil. Boil for 2 to 3 minutes until slightly reduced, making sure the sugar does not burn, to make a glaze and sauce for the steak.

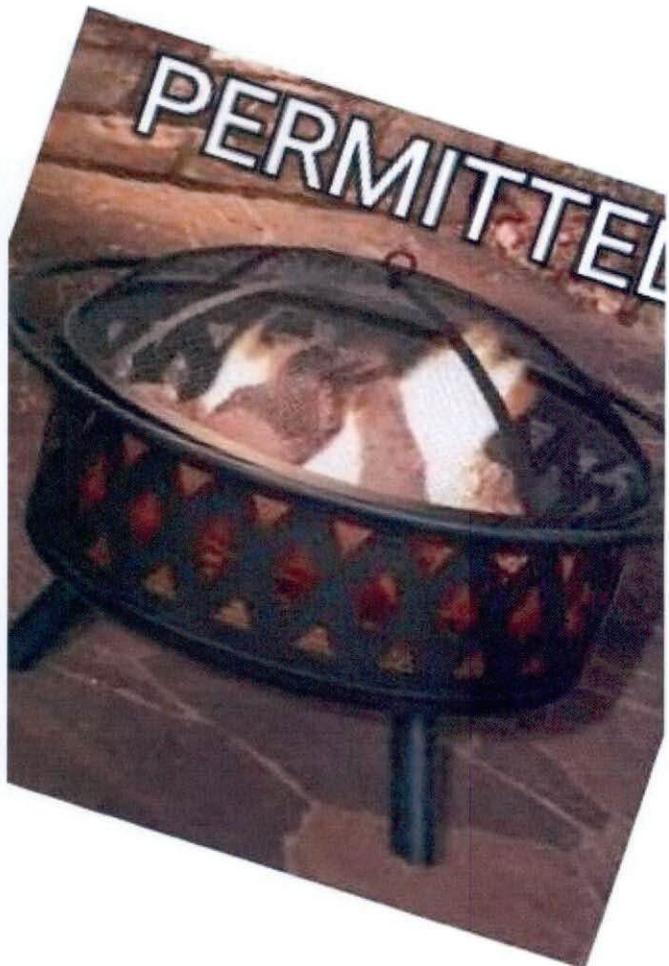
Grill the steaks until an internal temperature on an instant-read thermometer reads about 130 degrees F, 3 to 4 minutes per side, brushing with the boiled marinade several times in the last few minutes of grilling time. (If you are cooking the filet mignon steaks, you will need to increase this time to 8 to 10 minutes per side to account for the thicker cut). Transfer to a large plate to rest for 5 to 10 minutes. While the steaks grill, add the potatoes to the grill and grill until well-marked and crispy, turning to grill all sides, about 5 minutes total. Transfer the potato wedges to a bowl.

Toss the grilled potatoes with the remaining 1 tablespoon oil, chives, vinegar and salt and pepper to taste. Remove the garlic cloves from the remaining glaze and serve drizzled over the steaks with the potatoes on the side.

Tis the season for outdoor fire pits! YES they are currently permitted inside city limits.

Here are some reminders to follow:

- * It MUST have a spark arrestor (cover)
- * Be a safe distance from structures and combustible materials.
- * Have water nearby
- * Fully extinguish and cover when unattended
- * Only burn natural wood (no yard waste, lacquered wood, misc items)
- * Always be a relaxing, fun time



Station 7 helped one recent high school graduate John Morris with a tour of Engine 7. John Morris didn't get to walk at his graduation because of a medical episode during the original ceremony. Many people in our community put together a special ceremony just for John. Thank you station 7 for helping him with his special ceremony.

