



Upcoming Union
Events in "The
Month Ahead"

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Pick up some swag
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and support the
Benevolent Fund!



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BENEVOLENT FUND.

THE WORKER



PRESIDENT
RANDY MARLER

President's Message

Dear Sisters and Brothers,

We're thrilled to announce the commencement of a significant milestone in the history of the Spokane Fire Department: the initiation of the search for our new Fire Chief! As we embark on this journey to find the ideal candidate to lead our dedicated team, we do so with a sense of optimism and purpose.

The role of the Fire Chief is pivotal in guiding our department toward greater efficiency, communication, and leadership. We recognize the importance of finding a leader who not only embodies the values of integrity, professionalism, and compassion but also has the vision to steer us through tomorrow's challenges while honoring our past traditions.

In selecting the recruiting company entrusted with this vital task, the Mayor emphasized partnering with an organization that shares our values and understands the unique needs of our department and community. We are confident that the company selected to spearhead our recruitment process holds a genuine commitment to identifying the best candidate who not only meets the position requirements but also embodies the spirit of service that defines the Spokane Fire Department.

As we embark on this journey, we invite your support and engagement. You should have a survey already from the mayor's office. Please spend some time with it, and get it done. Your input and insights are invaluable as we work towards selecting a Fire Chief who will uphold the highest standards of leadership and service. Together, we will ensure that the Spokane Fire Department remains a beacon of professionalism.

Stay tuned for further updates as we progress through this exciting chapter in our department's history. Thank you for your unwavering support.

In Solidarity,

Randy



VICE PRESIDENT
LEE MCNAMEE

From The VP's Desk

Hello Brothers and Sisters,

I would like to use my space this month to tell you about the IAFF 7th District FIRE OPS 101 event that brother Staggs and I attended this week. Our guest this year was none other than our new Mayor, Lisa Brown. The event took place at the HAMMER training facility in Richland. It is put on by our IAFF 7th District VP and the WSCFF executive board with help from several local departments in and around the tri-cities. The event is an opportunity for elected officials, policy makers, members of the media and other opinion leaders to spend a day in the life of a firefighter and EMT/paramedic. It is an invaluable tool for teaching them about the complexities of our time critical, highly technical and labor-intensive job. The physical and emotional demands placed on firefighters are something that most folks never get an opportunity to go through. This scenario-based program gives them firsthand experience of some of physical and mental challenges we face daily.

Throughout the entire day the participants are educated on multiple issues surrounding our ability to safely perform our duties. They gain a better understanding and appreciation of the need for things like, adequate staffing, proper PPE, modern tools and apparatus, presumptive laws etc. Each of the instructors did a great job in showing how these things relate to the scenario that the participants were engaged in.

Mayor Brown had the opportunity to perform a low visibility search on air through a maze and apartment prop. She climbed a 100' aerial to the roof of a 6-story building and then cut a ventilation hole on a roof prop. She learned about how a cardiac arrest is run and got the opportunity to perform CPR and carry the victim down the stairs to the waiting ambulance, and then rode around in the back of the ambulance code. She was on the nozzle for a car fire, a dumpster fire and then made entry into a simulated house fire in which she first attacked a couch fire on the first floor and then had to advance the lead to the second floor to extinguish a bedroom fire. She was able to participate in a multi-vehicle auto extrication in which she operated several extrication tools including high-lift jacks, spreaders, cutters, etc.

Throughout every evolution she did an amazing job. She was even getting kudos from the instructors and other participants for her aggressiveness, especially in the live fire scenarios. We could all learn a little from her drive and determination. I think she gained a healthy respect for what kind of a toll this job can take on a person both mentally and physically, as well as a better understanding of just what it is we do, and the tools, training, equipment and other resources we need to do it.

Thank you to everyone who helped make this trip possible, I think she enjoyed it as much as we enjoyed taking her. I included a couple of pics of her in action.

In Solidarity,

Lee McNamee (509)280-7489 vicepresiaffl29@gmail.com





TREASURER
KIRK GRIFFITH

Treasurer's Report

Almost nothing but good news in the world of Local 29 this past month. We celebrated our 106th birthday on 2/28 at our old watering hole Jack and Dans. It was great seeing active members and retirees catch up and reminisce. We are hoping to make this an annual event to give us another way to stay connected.

Do you remember the name Ben Romano? He was the firefighter from Charleton, MA(Local 4023) that was critically injured while skiing in BC back in 2022. Ben's uncle was one of the Worcester 6 that tragically died in the cold storage fire that you have undoubtedly studied. When Ben was injured his brothers in Massachusetts reached out and Local 29's Benevolent Fund sprang into action to make sure Ben and his family were well taken care of while he was recovering in Spokane. Ben has since made a full recovery, so much so that him and his brothers from MA came back and did a redo of their ski trip to BC. They also made time to stop by our union hall to swap stories and remind us of their appreciation for the time, money, and effort that many Local 29 members put into helping Ben and his family.



The Guns N Hoses hockey game was a huge success in so many ways. Firstly the firefighters battled to a 2-0 victory over the police. The arena was packed, and the loud support for your firefighter brothers was heard and appreciated. The cherry on top- a bunch of money was raised for the kids. Special thanks to Brett Johnston for putting in A LOT of work to make this happen and equally as important scoring the game winning goal.



After a thorough review, your executive board voted to change the rate of pay for union trades. The amounts have not been updated in 5 years and with the prevalence of overtime it has become increasingly challenging to secure a trade to do union business. We adopted into policy that union trades for 6 and 12 hour trades will be paid at 100% of top-step firefighter wages and 24 hour trades will be paid at 67%. These amounts will adjust annually as top-step firefighter wages change.

6 hour= \$278 12 hour= \$557 24 hour=\$748

We have a lot of big things going on this year, get involved, stay involved, and help us thrive.

Kirk

Sleep

By Wellness Committee Member Mathew Schroeder

Any job is a dream job if you fall asleep at work. While we are occasionally lucky enough to get a few quality hours here and there at the stations, this article is targeted to help improve our sleep both on and off the job. As most of us know, sleep is a significant factor regarding our overall health. Sleep allows for our bodies to clear waste, fight cancer, perform cognitive repair/file memories, and bolster our immune system to name a few. Without sleep, we are at significant risk for congestive heart failure (76%), stroke (90%), and 7 times more likely to be in a car accident according to a Aviisha medical Institute compilation study. It is our job to be prepared, and sleep is a vital component to help us maintain peak performance abilities. So, how can we improve our sleep?

With today's modern fuel loads, we are exposed to new and complex materials. These are continually being studied and the most recent conclusions seem to show more and more harmful effects. Our intricate body system's reboot during sleep, which is our best natural defense against these new hazards. Tips for improved sleep include:

- Stay hydrated and eat quality whole food. Limit alcohol/nicotine/processed sugar especially prior to bed. Last glass of water one hour prior to sleep.
- View morning and evening sunlight to set your internal clock.
- Exercise daily (even a 30 min walk will do).
- Set up your sleeping environment by using a proper pillow for cervical alignment/comfort, having clean/comfortable sheets/mattress, using black out blinds/curtains, and having a colder temperature bedroom.
- No screen time one hour prior to sleep and build a "wind down" routine.
- Turn off notifications on devices so you are able to stay asleep.
- Try magnesium L-Threonate (over the counter supplement) 2 hours prior to bed if you suffer from restless leg syndrome (It cured mine!)
- If you have young kids....I'm sorry, you wont be improving anything anytime soon.
- For those in need, use a CPAP/APAP if you have OSA/CSA. Signs you need a sleep study include: Snoring, irritable behavior, difficulty concentrating, requiring a nap daily, trouble falling asleep or staying asleep throughout the entirety of the night, and depression.

Many of these sleep related factors make up your day-to-day decisions. Make the right decisions and set yourself, along with those you work with, up for success by getting a good nights rest every night you are able to. If you have not already, I encourage you to schedule a SIM appointment and talk to your provider about a sleep study for those who are struggling with their sleep. Our benefit trust has solidified coverage for two CPAP machines per user and we are able to get new machines every 5 years. Your sleep is important, please take the steps above to improve your life!

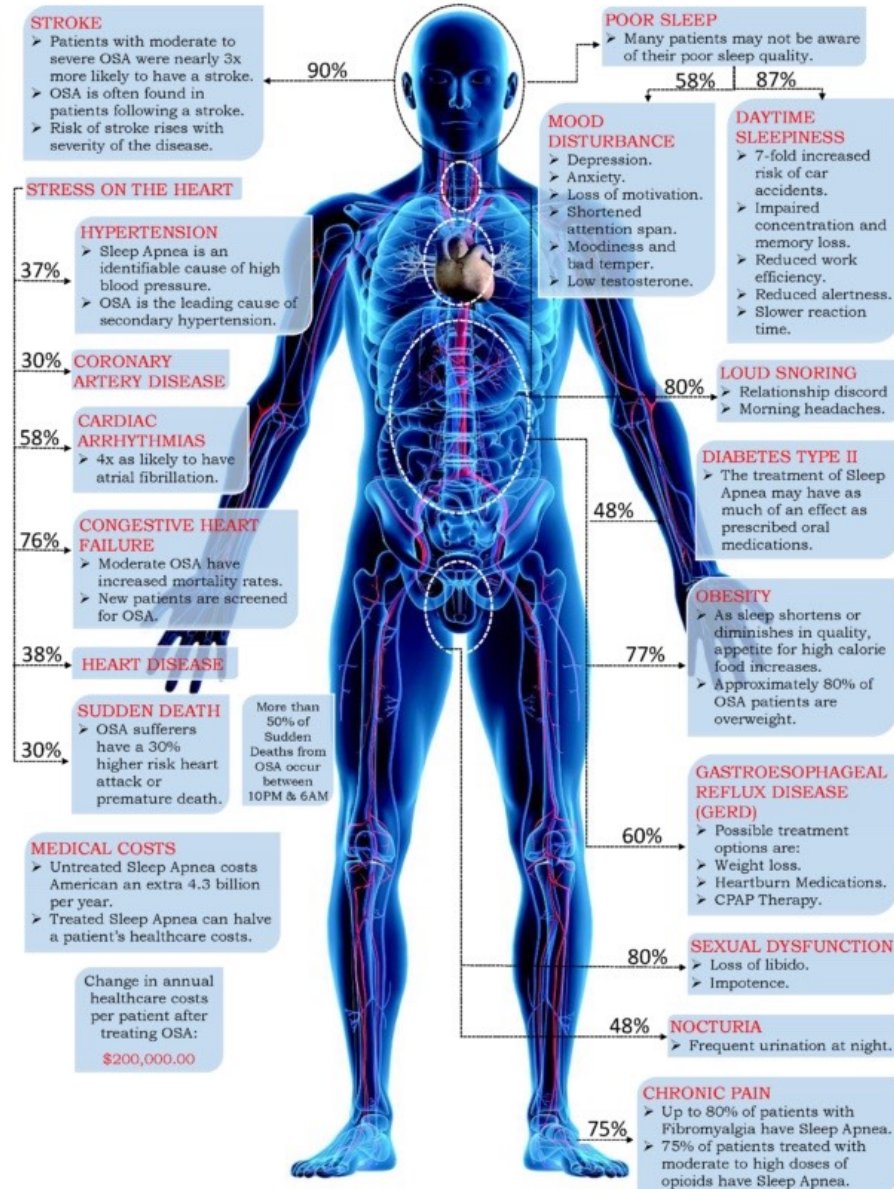
If you have any questions, I am always available. Feel free to call, text or shoot me an email.

- Matt Schroeder Cell: 509-688-7893 email: Schromat000@gmail.com



The Consequences of Obstructive Sleep Apnea

Obstructive Sleep Apnea afflicts 1 in every 5 Americans.
What other problems arise for OSA Patients?



If you suffer from any of the conditions above consult your physician about getting tested for Sleep Apnea

Sources: Medscape, Pubmed.gov, BioMed Central

References:

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SECRETARY
BILL GRUMMONS

From The Editor:

Hello Everyone - Our website redesign has been delayed due to some last-minute changes to the SFFBT side of the site. Hopefully everything will be completed by the end of April.

Please feel free to reach out with any questions or concerns. Thank you for allowing me to serve you in this role.

Bill
509-939-5275

THE MONTH AHEAD

Union Meeting	04/09
IAFF-WSCFF Educational Conference	04/16 - 04/18
Labor Management	04/25

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