



Upcoming Union Events in "The Month Ahead"

PAGE 2



Pick up some swag at the union hall and support the Benevolent Fund!



PLEASE CONSIDER DONATING TO THE L29 BENEVOLENT FUND.

# THE WORKER



PRESIDENT  
RANDY MARLER

## President's Message

Local 29 Sisters and Brothers,

We trust that you're doing well. The active participation of each member in our union is pivotal to ensuring your collective interests and concerns are well-represented. We want to emphasize the importance of engaging in our forthcoming union elections. Union elections offer a unique opportunity to influence the future of our organization. Your involvement is of utmost importance for the following reasons:

**Representation:** Your vote directly impacts the selection of leaders who will make decisions on your behalf. These elected officials play a central role in negotiating with management, advocating for your rights, and ensuring your voice is heard at the workplace.

**Accountability:** Your participation serves to hold our union leadership accountable. By actively engaging in elections, you have a say in selecting leaders dedicated to your interests, ensuring they work tirelessly to achieve the best outcomes for you and your fellow members.

**Strength in Numbers:** A united and engaged membership is a powerful force. Your participation in union elections showcases our solidarity and reinforces our bargaining power with management and policymakers.

**Continued Progress:** Unions have a rich history of driving positive change for workers, from securing fair wages and benefits to creating safe working conditions. Your participation in elections ensures we continue building on these achievements and working toward an even brighter future.

Continued on next page...

To make your voice heard in our upcoming elections:

- Verify your ability to access our website to Vote.
- Keep an eye out for the candidates and get to know those running for office.
- Look for the Special Candidate Edition of the Worker that will be sent out on October 23<sup>rd</sup>
- Cast your vote between Nov 2<sup>nd</sup> and Nov 13<sup>th</sup> by logging into our website and accessing the online voting section, per our union's election procedures.

Your involvement is fundamental to maintaining a strong and effective union. Together, we can create a better future for all members.

Stay engaged, stay informed, and stay united!

In solidarity,

Randy Marler

---

## THE MONTH AHEAD

---

<b>7th District Educational Conference</b>	10/22 - 10/24
<b>SIA Negotiations</b>	10/24
<b>Labor/Management</b>	10/26
<b>L29 Elections</b>	11/02 - 11/13
<b>Union Meeting</b>	11/14



**TREASURER**  
KIRK GRIFFITH

## From The Treasurer:

Brothers and Sisters,

I'd like to start by thanking you for putting your trust in me and re-electing me by acclamation to the position of Treasurer. I was just one decent candidate away from having my social life back, but I'll keep at it for another three years. In all seriousness I do love working on behalf of all of you and look forward to all of the opportunities and challenges that we will surely face in the future.

Early in October I was going through our bank account and discovered that there had been four fraudulent Local 29 checks recently deposited that totaled over \$40,000. The checks were poorly done, did not look like ours, were not even close to be sequential with our check numbers, and misspelled Spokane, but a bank on the east coast deposited them without issue. I am currently working with Spokane Firefighters Credit Union to start up a new primary checking account, transfer our ACH payments, and retrieve the \$40,000 from the bank that accepted the checks. We fortunately are well under-budget particularly in our travel budget so we have the funds to stay afloat until this is resolved.

The buyers of the union hall backed out at the last minute claiming a finance issue. I have put the curse of a thousand gypsies on them. We have lowered the price further and are hoping for some quick action on it.

This past weekend we had several Local 29 events including helping the Gruenig family rebuild their home, Fill the Boot x 2, and Janet Schaffer's memorial. There was a good turnout at all events and I am thankful for those that took time out of their day to help not only our fire family, but also those affected by Muscular Dystrophy. That being said, I will echo Brother Newman's sentiment from his May newsletter that we can do better. We are a membership of approximately 350 strong, so taking 80ish out due to being on shift that leaves 270 members not on shift any given day. The average event and union meeting has around 30 members present or 11% of the available membership. In particular, if you are of the 84 members hired within the last 2 1/2 years then there is a good chance that most of the job does not know who you are. Use these events to do a great thing for your fire family and community, PLUS make connections with other members that you wouldn't normally see. I strongly believe that COVID and a historical amount of Overtime have been the largest hindrance to strong turnouts, but as both of those wind down a bit I would love to see us come back together and strengthen our bonds.

Kirk

509-869-1044



**SECRETARY**  
BILL GRUMMONS

## From The Secretary:

Brothers and Sisters,

I would like to use my space this month to give you a few quick updates on things I have been working on:

- The committee formed to evaluate our legal counsel met for the first time this month. The goal of this committee is to ensure that we are receiving the best representation for the money we spend. We will follow an objective process and provide our recommendation to the E-Board when our work is complete.
- The newly-formed Swag Shop Committee met for the first time, and I am excited about the direction we are headed. We shared some exciting ideas for new apparel and accessories, and the committee discussed a better way to display the new merchandise. We look forward to getting the new gear into your hands soon. Thank you to all who volunteered to be a part of this committee.
- Lastly, I have been meeting with Chief Strickland to work on the SFD Promotional Workbook. The goal is to have 1 workbook that contains all of the current information for our promotional processes and integrates the recommendations from the L29 Promotional Committee. The workbook will be agreed upon through the Labor/Management process and will take the place of the MOUs that have been used to govern recent testing processes. We hope to have all of the information in one place so that our members have clear expectations and instructions for the promotional process.

Thank you for allowing me to serve you in this role, and as always, please feel free to reach out with any questions or concerns.

Bill

[SecretaryIAFFL29@gmail.com](mailto:SecretaryIAFFL29@gmail.com)

509-939-5275

## Local 29 Executive Board

President: Randy Marler - L4D - [PresidentIAFFL29@gmail.com](mailto:PresidentIAFFL29@gmail.com) (509)220-8926

Vice President: Lee McNamee - L4A - [VicePresIAFFL29@gmail.com](mailto:VicePresIAFFL29@gmail.com) (509)280-7489

Treasurer: Kirk Griffith - E14C - [TreasurerIAFFL29@gmail.com](mailto:TreasurerIAFFL29@gmail.com) (509)869-1044

Secretary: Bill Grummons - E3A - [SecretaryIAFFL29@gmail.com](mailto:SecretaryIAFFL29@gmail.com) (509)939-5275

SAFO VP: Dan Renner - BC1D - [SafoL29@gmail.com](mailto:SafoL29@gmail.com) (509)389-0038

SFFBU VP: Sean Golladay - L1D - [BuvpIAFFL29@gmail.com](mailto:BuvpIAFFL29@gmail.com) (509)991-5909

SIA VP: Matt Meeker - SIA-A - (509)828-5760

E-Board: Eric Staggs - E15B - (503)559-9826

E-Board: Mike Walker - E1B - (509)432-1497

E-Board: Mike DeLaMatter - L4C - (509)844-8713

E-Board: Ryan Davis - Q11C - (509)710-1793

E-Board: Corey Newman - A5D - (509)808-1556

WSCFF 9th District Rep.: Jeff Wainwright - [9thdist@wscff.org](mailto:9thdist@wscff.org)

# Wellness Report

By SFFBUVP Sean Golladay

Brothers and sisters of the grind,

I hope you're healthy, recovered and making gains. I'd like to touch on a couple of items with this month's Wellness article. Firstly, brother Cory Newman brought an article to my attention regarding Phillips Respironics ventilators, BiLevel PAP and CPAP devices. Phillips is voluntarily recalling a wide range of machines due to increasing concerns that the foam insulation used to silence the machines was breaking down and being inhaled by users. Some of these machines were used to keep infants breathing and alive. Many of us who have sought treatment for sleep apnea use these products. Phillips knowingly kept the complaints from regulators in the name of soaring stock prices and profits. I hope everyone involved in the cover up spends time in prison. If you use a Phillips Respironics product you can go to their website to see if your machine is affected: [Medical Device Recall Information - Philips Respironics Sleep and Respiratory Care devices](#).

The next subject I'd like to discuss is how we train physically. The three most controversial subjects I can think of regarding Spokane firefighters is paramedic redeployment, telling firefighters what to put in their bodies, and how to exercise. These three subjects have broken up crews, stations and even friendships. I'm going to try and make my case for placing an emphasis on strength training as part of your exercise routine, even though not all will agree.

Strength training has always been my preferred method of physical training. I have always loathed any cardiovascular focused training. I had a brief period early in my career for about a year where I ran before work. I can't really recall why I stopped other than I hate doing it. I have always lifted weights. I eventually got decently strong, but my body weight ballooned at one point to 296 pounds. I began to suffer from sleep apnea and metabolic disease. My wife was planning a family with or without me, and I decided if I were going to be present to raise my daughter, I had to decrease my weight and specifically my body fat levels. The two main factors that helped were eating healthy and cardiovascular focused exercise. I have been successful in keeping my body fat to a healthy level and all my blood work has moved into healthy ranges. My current 244 pounds body weight feels healthy so I'll try to maintain for as long as I can. This got me interested in what the average American weighs according to the most recent data published by the CDC. The average female aged 20 and over in the US weighs 170.8 pounds with a 38.7 inch waist, and the average male aged 20 and older in the US weighs 199.8 pounds with a 40.5 inch waist. Let those numbers sink in for a moment. I would bet that our region has even larger numbers due to our northern latitude where people are housebound snapping up Doritos for eight months of the year. I didn't put these numbers down with this article to draw attention to the US obesity epidemic. I'm merely trying to show you, the firefighter, what you are up against. Our community members are big around and heavy!

I also decided to weigh myself with all of my PPE ensembled including SCBA. As I stated earlier, I'm 244 pounds as the gods intended. With gear I am 326 pounds. Without a dedicated and structured strength training program all of these numbers are unmanageable. I own 100 and 200 pound sandbags with which I train. The 200 pound sandbag routinely humbles me. There is no question in the value of cardiovascular training. I try to do it every day. Cardio is largely responsible for getting me healthy again, but strength training will improve your job performance.

If you're not strength training currently, the fitness trainers who are working with the recruits have some well-developed programs. My idea with the wellness committee is to get these programs onto the portal so you can easily follow them. I hope we develop a culture within the stations where a daily strength routine is the norm. Whatever physical fitness training you're doing, keep it up. If you're not doing something, start. Hopefully I'll get to cross barbells with you in the weight room soon.

Sean Golladay, BUVP and Wellness Chair

509.991.5909