

AGENCY AT A glance

SO FAR THIS YEAR...

- 583 impaired drivers arrested
- 1,199 collisions investigated
- 7 fatality collisions
- 1,539 distracted driving contacts
- 930 seatbelt violations
- 5,346 aggressive driver contacts
- 15,409 excessive speed contacts
- 3,605 CMV inspections

2nd Leadership Through Experience podcast now available



**THE FUTURE OF LEADERSHIP** - Retired Assistant Chief Randy Drake joins Assistant Chief Mjor and Captain Otis for the second episode entitled [The Future of Leadership](#). The trio focus on what stays constant as leaders, what risks the future holds, and the importance of having a "swim buddy" as we navigate our growth as leaders and mentors.

If you haven't already - be sure to check out the first episode, [Characteristics of a Leader](#), here.

HEALTH & WELLNESS FROM DR. G: Importance of happiness, avoiding burnout



A MESSAGE FROM WSP DEPARTMENT PSYCHOLOGIST DR. GERDES:

Greetings WSP,

On behalf of the Wellness Team and Peer Support Team, we appreciate you. Our mission is one of the most vital in society. As a result of the heavy load we carry, our important work can take a physical and psychological toll. In 2024, the Wellness Team will be rolling out more content and resources related to all things wellness, health, and happiness. Check out the video posted above with some tips about happiness and burnout prevention.

In addition, I hope to see everyone on February 23 for our quarterly Wellness Keynote, Amanda Gore (see back page), who will be at CJTC and live-streamed. In the meantime, check out this recent [article in The Economist](#) on how it takes more than 'simply trying to relax' when it comes to preventing and responding to burnout.

Take care of yourselves and each other. Remember mental health is real health - and never hesitate to [reach out](#).

- Dr. G

WSP Fleet issues last Charger



**TUMWATER, Wash.** - The Washington State Patrol (WSP) Property Management Division (PMD) Fleet section issued the last Dodge Charger to a WSP trooper this week. Dodge discontinued the platform in 2023, which was being utilized by the WSP's Aggressive Driving Apprehension Team (ADAT) troopers. The amazing mechanics at our agency's Fleet section have issued more than 125 Dodge Chargers to the field since 2006.

New Fire Training Academy class kicks off this week



**NORTH BEND, Wash.** - The next Washington State Fire Training Academy class has officially begun this week! Students from across the state will spend the next 12 weeks learning the basics when it comes to being a well-trained firefighter, including live fire training scenarios utilizing the [burn building structures](#) at the academy's North Bend campus. Be sure to check back in future editions for how the class is doing!

40 years of Safety City



**CHEHALIS, Wash.** - It's the 40th anniversary of Safety City, an educational program organized by the Lewis County Target Zero Task Force.

Participating students have six stations this year to see - the city itself, calling 9-1-1, school bus safety, train track safety, water safety, and the new electrical safety station with the Lewis County PUD.

Local law enforcement agencies are invited to serve as tour guides through the city itself and, also new this year, we have members of the local fire departments talking to them about water safety. This year's week-long event will host 800 public, private, and homeschool students.

The students are provided goodie bags, which are donated by the involved agencies. There is no specific funding for the event, though in the past it has been made successful thanks to the Lewis County DUI Victim's Impact Panel who assist with purchasing giveaways, event insurance, and other items to keep the program growing, in addition to local assistance and other grant funding.

HISTORY OF THE PROGRAM

The first Safety City was held in 1976 and officially became an annual event in 1984. Even through pandemic lockdowns, the program pressed on - just in digital form.

Founded by Operation Lifesaver and the Centralia/Chehalis Transportation Co-op, the Safety City Program was given to the Lewis County Task Force (now known as the Target Zero Task Force) in 2004, where it has stayed to this day. The Washington State Patrol (WSP) Chehalis Detachment has become the primary facilitator of the program in recent years. The planning for the multi-day event is a group effort with the WSP, Lewis County Sheriff's Office, Lewis County 9-11, Operation Lifesaver, Centralia/Chehalis Transportation Co-op, and Riverside Fire.



# YOUR WSP Milepost



## WSP SWAT training, snow or shine



**SHELTON, Wash.** - The Washington State Patrol (WSP) Special Weapons and Tactics (SWAT) Team trains on a monthly basis - a training that continues often in spite of adverse weather conditions. The team's January training was no exception as the team worked through snow and below freezing temperatures earlier this month, all the better to keep them prepared to respond to any and all types of crisis situations.

## WSP trooper teaches students about STEM



**BREMERTON, Wash.** - Trooper Katherine Weatherwax has been having a wonderful time going into classrooms and teaching kids about science, technology, engineering, and mathematics (STEM).

WSP personnel use technology, engineering, and math in our daily work lives, particularly at collision scenes. On multiple occasions, Trooper Weatherwax has talked to students about what state troopers do and about her specialty position within our agency as a collision technical specialist (CTS).

She teaches the kids how to measure tire friction marks and use math formulas to find speed. She also teaches them about a drag sled. As an activity, the students measure a "tire friction mark," play with the drag sled, and learn how weight and friction affect stopping distances.

"It's been a great opportunity to teach the students a little about our job, and it also allows them to ask questions and interact with law enforcement," says Trooper Weatherwax. She's been welcomed in schools across the Olympic Peninsula and looks forward to visiting other classrooms!

### TAKING CHARGE

In honor of February being heart health month, make sure you are in the know about your health with a free confidential biometric screening next month.

The WSP Wellness Team is hosting the first annual heart health events in District 1 - Olympia & Tacoma. Those who participate can expect blood pressure checks, HDL, LDL, triglycerides, blood sugar, height & weight, waist circumference, BMI, and body fat percentage measurements.



### FREE HEALTH SCREENINGS NEXT MONTH!

#### OLYMPIA

10 a.m. to 3 p.m. Thursday, Feb. 15  
Helen Somers Building Room G015  
106 11th Ave SW, Olympia, 98501

#### TACOMA

1 p.m. to 6 p.m. Friday, Feb. 16  
WSP District 1 HQ Conference Room  
2502 112th St. E., Tacoma, 98445

honesty - integrity - accountability - attention to detail - work ethic

# District 7 winter Chief's Tour

**MARYSVILLE, Wash.** - Several Washington State Patrol (WSP) employees promoted during this month's District 7 Chief Tour. The promotees include:

- Captain Deion Glover (Government & Media Relations Division)
- Sergeant Anthony Califano, District 7
- Sergeant James Ramey, District 7
- Communications Officer 3 Louise Maneri, District 7
- Communications Officer 2 Ashley Young, District 7

Additionally, several WSP employees were also recognized for their outstanding service, including:

- CVE2 Jeff Winslow, 20-year service pin
- CVE03 Ryan Hernandez, 15-year service pin
- CVE03 Ryan Hernandez, Life Saving Award
- Trooper Yobani Munguia, Life Saving Award
- Trooper Chris Kirschner, Life Saving Award
- Trooper Ryan Knapp, Life Saving Award

Congratulations to our promotees, thank you for your service to those who are celebrating a milestone year of service, and also amazing job to all those receiving the life saving award - for going above and beyond the call of duty on behalf of someone in need.



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# YOUR WSP Milepost



## Media ride along in D2 to remind drivers mountain pass danger, offer safety tips

**SNOQUALMIE PASS, Wash.** - The Washington State Patrol (WSP) proactively reached out to local news outlets offering ride-alongs on our mountain passes to help spread the word on how drivers can be prepared in adverse weather conditions.


District 2 PIO Trooper Rick Johnson has hosted several of the ride alongs, ensuring the crews are safe - but also seeing our agency's personnel doing their best to ensure everyone else is safe. Thank you to Trooper Johnson, the agency personnel working the passes, and the rest of our agency's PIOs who have been proactively sharing safety messaging to folks across the state.




## FEELING SALTY? TIPS FOR HAPPINESS & PREVENTING BURNOUT



JOIN US FOR AN ENLIGHTENING AND FUN AFTERNOON THAT PROMISES TO TRANSFORM OUR PERSPECTIVE AND HELP US DEAL WITH THE UNIQUE PRESSURES WE LIVE WITH EVERY DAY. WSP IS THRILLED TO ANNOUNCE THAT AMANDA GORE, A LUMINARY IN HER FIELD AND A BEACON OF KNOWLEDGE AND MOTIVATION, WILL BE GIVING US SPECIFIC SKILLS FOR BURNOUT PREVENTION, HAPPINESS, AND IMPROVING RELATIONSHIPS.

 February 23, 2024

 01:30 PM - 03:30 PM

LOCATION: WASHINGTON STATE CRIMINAL JUSTICE CENTER  
19010 1ST AVE S, BURIEN, WA & WILL BE LIVE STREAMED

BRING YOUR SIGNIFICANT OTHER AND LEARN TOGETHER



SCAN TO MEET AMANDA &  
RESERVE YOUR SEAT



SPONSORED BY THE WELLNESS TEAM  
OF THE WASHINGTON STATE PATROL  
FOR QUESTIONS CONTACT: CHASE.VANCLEAVE@WSP.WA.GOV

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