



YOUR WSP

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Valentine's Day became much sweeter thanks to the amazing kids and community members who made heartfelt Valentines for the Washington State Patrol! Thank you for brightening our day, and a special thank you to Congresswoman Marilyn Strickland for coordinating these special messages.

# Seven promoted during **WSP's February ceremony**



OLYMPIA, Wash. - The Washington State Patrol (WSP) celebrated the promotion of seven employees earlier this month during a ceremony held at the Helen Sommers Building in Olympia, Wash. This month's promotees included:

- Mr. Steven Brown promoted from Assistant Division Commander of the Electronic Services Division to Division Commander of the Electronic Services Division;
- Mr. Richard Huisingh promoted from Electronic Design Engineer to Assistant Division Commander of the Electronic Services Division:
- Trooper William Pelleberg promoted to the rank of sergeant within the Special Operations Division (SOD);
- Trooper Detective Phillip Thoma promoted to the rank of sergeant within District 1 Tacoma;
- Mr. James Luthy promoted from Forensic Scientist 4 to Forensic Scientist 5 within the Crime Laboratory Division; Mr. Jeff Palm promoted from IT Customer Support - Journey to IT Customer Support - Senior/Specialist within the Information Technology Division;
- Communications Officer 3 Timothy Duefrane promoted to Communications Officer 4. Did you miss watching the promotion ceremony live? You can still watch thanks to the live-stream recording available on your WSP YouTube Channel.

DRE School #40 graduates



# #IWEAR

**SEA** 

DID YOU KNOW? Between 2013 -2022, 32% of those killed in a fatality collision were not wearing their seatbelt. That's 1,149 lives tragically lost.

\* Data from the Washington Traffic Safety Commission



### Check in on the cadets on their coaching trip



## DO YOU 🔰 HAVE 💊 66 STORIES **YOU WANT TO SHARE?**

SEND THEM IN - We strive to highlight the amazing work across the agency. If you have something happening in your division or district you would like to see highlighted in a future edition of The Milepost, please e-mail pio@wsp.wa.gov.

coordination with MPD Officer and Arizona DRE State Coordinator George Chwe. Special thanks to Officer Chwe, the MPD detention staff, and

#### WELLNESS CORNER

Monthly tips from your Washington State Patrol Wellness Team on ways to maintain or improve your personal health and wellness

# Heart Health: Our WSP family stories

SHARING THEIR EXPERIENCE

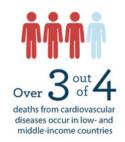
YOUR WSP.



Hear from two of our own Washington State Patrol (WSP) employees on the importance of heart health through this month's <u>Wellness Team Video</u>. *Cardiovascular diseases* are a group of blood and heart disorders that can lead to heart attack and stroke.



1 of 3 deaths worldwide are due to cardiovascular diseases



Learn more about heart health, and how it specifically affects our commissioned personnel in this International Association of Chiefs of Police <u>blog entry</u>.



# FEELING SALTY? TIPS FOR HAPPINESS & PREVENTING BURNOUT

VOL. II, ISSUE VI



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