

AGENCY AT A  
**glance**  
 SO FAR THIS YEAR...

- 2,883 impaired drivers arrested
- 8,218 collisions investigated
- 47 fatality collisions
- 7,330 distracted driving contacts
- 6,080 seatbelt violations
- 27,726 aggressive driver contacts
- 80,758 excessive speed contacts
- 19,073 CMV inspections

**Kiwanis Camp is back!**

**KIWANIS YOUTH LAW ENFORCEMENT CAREER CAMP**  
 for Pacific Northwest High School Juniors & Seniors



**unlock the adventure!**

**AUGUST 11 - 17, 2024**

Washington State Patrol Academy  
 631 W Dayton Airport Rd  
 Shelton, WA | 98584

For more information please visit:  
[www.kiwanislawenforcementcamp.com](http://www.kiwanislawenforcementcamp.com)



**DO YOU HAVE 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](mailto:pio@wsp.wa.gov).

**WSDOT Workers Memorial Event**



**OLYMPIA, Wash.** - Washington State Patrol (WSP) Chief John R. Batiste spoke during the 2024 Washington State Department of Transportation (WSDOT) Workers Memorial ceremony held on April 2, 2024. The event honors the 61 WSDOT employees who have lost their lives since 1950 in work zone related activities. The Chief was joined by members of the WSP Honor Guard as well during the ceremony, which can be [viewed here](#).

**New VIN officers graduate**



**OLYMPIA, Wash.** - The Washington State Patrol (WSP) held its first ever graduation ceremony for the agency's six new VIN Officers earlier this month. Congratulations to Alondre Wheeler (District 2), Flower Keffeler (District 7), Steve Jones (District 5), Micki Renick (District 8), Ashley Stuker (District 3), and Jennifer Luppino (District 5) for completing the three week VIN Academy Training Class.







# PODCAST: Leadership Through Experience

*“Collaborate, Communicate, and Measure”*

**SEATTLE, Wash.** - Assistant Chief Mjor and Captain Otis will host the next Leadership through Experience podcast live on Microsoft Teams at 1 p.m. on Monday, April 15.

This podcast is for all WSP leaders, both current and future, with a focus on mentorship. Each podcast provides our guests the opportunities to talk about their experiences, both the good and bad, that helped shape them into the leaders they are today. For those needing to catch up, the first two episodes of the podcast can be found [here](#).

The topic of this episode is *Collaborate, Communicate, and Measure*. Our guest is Seattle Seahawks and First & Goal, Inc. President Chuck Arnold.

Arnold is responsible for all financial and business operations, sales and marketing, and administration for the Seahawks. As president of First & Goal Inc., Arnold directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Under Arnold's leadership, the Seahawks organization continues to be one of the strongest in the NFL, setting franchise records for overall tickets, suite and sponsorship revenue, and maintaining a streak of 171 consecutive home game sellouts going into the 2024 season.

Arnold's commitment to making an impact off the field continues to be one of the organization's top areas of focus. The club supports nearly 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region in areas including youth empowerment, the future of football, social justice, community response, and the military community.



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

## FOCUSING ON STRESS

April is **STRESS AWARENESS MONTH**. The WSP Wellness Team would like to get down to the basics of stress, as well as provide tools to use as you help identify, manage, and thrive in stressful situations.

### DEFINING STRESS:

- **Stress is part of our daily lives** - the mental or emotional strain or tension we experience in response to demanding circumstances.
- Having careers in or around law enforcement, we experience a variety of demanding or adverse circumstances daily that can trigger a stress response.

### IDENTIFY STRESS:

- **Stress is experienced by everyone differently**, and can manifest in a variety of physical, emotional, and psychological forms. Needs in response are just as varied. For example - introverted and extroverted personalities could experience stress and have different needs:
  - **EXTROVERTS** feeling stressed can try talking with someone they trust; sharing can help them feel less emotional burden.
  - **INTROVERTS** can reduce stress by taking their mind to a different place, helping create positive thoughts relaxation. Try playing a favorite song, listening to an audiobook, or a new podcast.



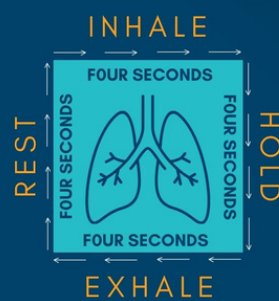
For additional resources or confidential support, contact **Dr. Zach Gordes** by calling (360) 586-8942 (office) or (360) 742-1379 (cell). You can also e-mail [Zach.Gordes@wsp.wa.gov](mailto:Zach.Gordes@wsp.wa.gov) or [doc@wspwell.org](mailto:doc@wspwell.org) (confidential).

WSP WELLNESS PROGRAM - APRIL

## TOOLS

FOR MANAGING STRESS

### DELIBERATE BREATHING



Reduce anxiety and improve your focus by utilizing deliberate breathing, also known as tactical or square breathing. Looking for more options? Try [Insight Timer](#) - a free app for meditation.

### TRANSCENDING STRESS

Retired Navy Seal Master Chief Stephen Drum speaks on *Transcending Stress Through Resilient, Courageous, & Performance-Driven Leadership*



Time: 11 a.m. to 2 p.m.  
Date: **Tuesday, April 16**  
Doubletree Conference Center  
Olympia

The event will be live streamed; reserve a seat to attend in person: [RSVP at bit.ly/wspdrum](https://rsvp.bit.ly/wspdrum)

### MEET DORA GYARMATI

Dora teaches monthly classes in person & online for WSP personnel. **Her first class is from 1 p.m. to 3 p.m. on April 22 in Bellevue**, covering topics including stress categories. Learn more about Dora by using the QR Code.



## Please join us for Take Our Daughters And Sons To Work Day on April 25th



8am-4pm

Helen Sommers Building

**OLYMPIA, Wash.** - Take Our Daughters and Sons to Work Day is returning to the Helen Sommers Building in Olympia for the first time since 2019. Though the itinerary for this event is not quite finalized, we will have representatives from the WSP Special Weapons and Tactics Team, WSP Bomb Squad, and even our agency mascot Ted E. Bear will make a guest appearance! This event is open to children in kindergarten through 12th grade. Yes, you absolutely can bring your grandchildren, nieces/nephews, etc. The event will start around 8am and will conclude around 4pm. Lunch for you and your guest(s) will be your responsibility.