



State of Washington

State Interoperability Executive Committee

SIEC MEETING

THURSDAY, OCTOBER 18, 2018



Introductions



Agenda For Review

- **Welcome and Introductions**
- **Approval of August Meeting Minutes**
- **News and Information Roundtable**
- **WSP Budget Request Package**
- **DOC Licensing & Radio System Requests**
- **California Office of Public Safety**
- **OSSCR Study**
- **SIEC Subcommittees Update**
- **Washington OneNet (WON) Status**
- **Good of the Order/Public Comments**
- **Future Agenda Topics**



Approval of August 16, 2018 Meeting Minutes



AUTUMN RAKING: SAFETY TIPS

As the weather cools down, you might have some extra chores around the yard. Be sure to consider these tips before you start raking.



WARM UP

Warming up with a few gentle stretching exercises and a short walk around the block could save you pain tomorrow. This will also help you enjoy the beautiful autumn scenery!



USE PROPER TOOLS

Before you buy gardening equipment, test it out in the store. Find tools that are the appropriate height and weight. This will prevent you from hunching over and injuring your lower back.



MAKE IT A WORK OUT

Don't make your back do all of the work! Instead, bend your knees and lift with your legs. Stand as straight as you can with your knees bent and your feet hip-width apart. Avoid twisting to prevent back injury.



SWITCH IT UP

People tend to favor one hand or side of their body when they're raking. To avoid using the same muscles, try switching sides every few minutes to avoid muscle fatigue.



PACE YOURSELF

Ease into autumn clean up and take regular breaks every 15-20 minutes. Frequent breaks give you time to relax, rejuvenate and enjoy the autumn weather.

MORE RAKING TIPS & FACTS!



People who exercise year round are less likely to injure themselves while doing outdoor chores.



Blisters are common from leaf raking, so wear gloves to avoid this uncomfortable injury.¹



28,000 people are medically treated each year for back, neck and shoulder injuries directly related to disposing of leaves.²



According to My Fitness Pal, you can burn as many as 272 calories while raking autumn leaves for one hour.³



You might not notice how hard your body is working as you rake. Make sure you have a full water bottle on hand and hydrate every 15 minutes.

¹ "Oh my raking back, dangers of leaf raking." Jackie Johnson. Wisconsin Radio Network. 11 October 2013. Web. 9 September 2014.

² "Avoid Leaf Raking Injuries." West Hartford Chiropractic. n.d. Web. 9 September 2014.

³ "Calories Burned from Raking Lawn." My Fitness Pal. n.d. Web. 9 September 2014.



News and Information Roundtable



WSP Budget Request Package

Robert Schwent



2019-2021 Technology Budget Requests

State Interoperability Executive Committee (SIEC)
October 18, 2018

Bob Schwent
WSP Electronic Services Division



DOC Licensing & Radio System Requests

Jose Zuniga



California Office of Public Safety

Budge Carrier





OSSCR Study

Joe Beaney, MIL

Richard Hall, MIL

Paul Roos, Stantec

Andrew Ruschak, Stantec





SIEC Subcommittees Update

**Tom Wallace
Robert Ezelle**



Washington OneNet Update

Shelley Westall



Good of the Order/ Public Comments

**Next Meeting:
December 20, 2018**

**Location:
1500 Jefferson St SE,
1st Floor Presentation Room**