



MONARCH

FIRE PROTECTION DISTRICT

INTEGRITY • ACCOUNTABILITY • RESPONSIBILITY

THE STATE OF THE MONARCH FIRE DISTRICT

Board of Directors

Robin Harris, President
Jane Cunningham, Secretary
Steve Swyers, Treasurer

Fire Chief

Chuck Marsonette

Assistant Chief

Cary Spiegel

Deputy Chiefs

Robin Echele
Nick Harper

Fire Marshal

Roger Herin

Headquarters

13725 Olive Blvd.
Chesterfield, MO 63017
Phone: 314-514-0900
Fax: 314-514-0696



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www.monarchfpd.org

**In Emergency,
Call 9-1-1
All other inquiries,
call (314) 514-0900**

Nothing but the facts ...

During the last six years Monarch has seen many District updates. Your Fire District Board has been busy fulfilling their duties. All of these enhancements and purchases were accomplished to save lives, increase reliability, and maintain our excellent response times. Some of the high points:

- Purchased two new fire trucks, a third and fourth will arrive in early 2015. This is out of seven fire trucks. They are typically replaced after 15 to 25 years of service.
- Replaced all four frontline ambulances with new ones (they are still under warranty) and another ambulance is being ordered to replace the oldest reserve ambulance.
- Upgraded equipment and personnel levels so all five fire houses have Advanced Life Support (ALS) capabilities - which is the highest level.
- Replaced or is replacing in 2015, four of the five staff officer (emergency personnel) vehicles. The old staff vehicles are then assigned to inspectors (non-emergency personnel) to replace the oldest vehicles.
- Replaced the District rescue boat with a new boat which has more capability and is having a boat ramp constructed at no cost to the taxpayers to provide access to the Missouri River for the Fire District.
- Completed the LEED certification process (from the U.S. Green Building Council) for the newest District fire house.
- Replaced the aging sprinkler system at Headquarters.
- Made improvements decreasing workers compensation premiums about \$300,000.
- Implemented a fire industry leading safety manual.
- Purchased the Zoll AutoPulse for all ambulances - which has saved numerous lives.
- Maintained a reserve of more than 40% of the operating budget.

All of this was accomplished with existing funding. No bond issue was required.

In 2008, the last year before any current Board member served, the Monarch Operating Revenue and debt repayment was \$18,942,791.00 and in 2013 Operating Revenue had declined to \$15,986,423.00. Service has been maintained or improved while equipment has been upgraded due to the hard work and planning by the Board and Staff at the District.

The Board also retired the long term bond taken out years ago, which then allowed a tax decrease for all residents and businesses.

Your current Board is comprised of Board President Robin Harris, serving since 2009; Treasurer Steve Swyers, serving since 2011; and Secretary Jane Cunningham, serving since 2013. The Board is committed to continued exceptional service with response times that are among the best in the industry.

IN CASE OF FIRE, GET OUT, THEN CALL 911

PREVENT HEART ATTACKS WHEN SHOVELING SNOW

The American Heart Association says that for most people, shoveling snow may not lead to any health problems. However, the association warns that the risk of a heart attack during snow shoveling may increase for some, stating that the combination of colder temperatures and physical exertion increases the workload on the heart. People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain a person's heart.

To help make snow removal safer, the American Heart Association has compiled a list of practical tips.

- **Give yourself a break.** Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.
- **Don't eat a heavy meal prior or soon after shoveling.** Eating a large meal can put an extra load on your heart.
- **Use a small shovel or consider a snow thrower.** The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible, simply push the snow.
- **Learn the heart attack warning signs and listen to your body, but remember this:** Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1
- **Don't drink alcoholic beverages before or immediately after shoveling.** Alcohol may increase a person's sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.
- **Consult a doctor.** If you have a medical condition, don't exercise on a regular basis or are middle aged or older, meet with your doctor prior to the first anticipated snowfall.
- **Be aware of the dangers of hypothermia.** Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat because much of your body's heat can be lost through your head.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. Monarch EMS personnel have the cutting edge equipment needed and are trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room. If you can't access EMS, have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

The Board Staff and Personnel at Monarch wish you a Happy and Healthy New Year!

Just the Facts...
Tired of hearing conflicting reports about the Monarch Fire District? We are too. Inside is a straightforward look at what is going on in the Fire District. We think you will be pleased with "The State of the Monarch Fire District";

www.monarchfpd.org

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