

IN CASE OF FIRE, GET OUT, THEN CALL 911

CHIEF'S CORNER



It is not unusual for veterans to be attracted to Public Service after their military careers; the willingness to serve country seems to fit well, followed by a desire to serve community. It is a path taken by many veterans. Monarch Fire Protection District has many former military veterans currently serving the Fire District. Of particular note is Monarch Firefighter/Paramedic, Master Sergeant Michael Wagner.

Master Sergeant Wagner was recently featured in the Chesterfield Lifestyle Magazine. The publication focused on public servants who are away from their homes during the holidays. Master Sergeant Wagner is no stranger to holidays spent away from home. He has served in the United States Marines for 23 years and continues to serve in the Reserves. Master Sergeant Wagner has and continues to serve our country

with distinction. His five deployments include time spent in Iraq, Africa, Britain, Mexico, Kuwait, Belize, Guatemala, Korea, Nicaragua, Jamaica, Jordan, Russia, and France. His reserve status changed to active duty status this fall and he is assigned overseas for a lengthy deployment. The Fire District will miss Master Sergeant Wagner's service as a skilled firefighter/paramedic for this period of time, but it seems a small sacrifice given the immediate national needs for his military experience. His position with Monarch awaits him upon his return home.

The Monarch Fire Protection District and I, personally, wish all a safe and enjoyable holiday season and ask for your good thoughts and appreciation for those who are away from home and family due to civic responsibilities. We especially think of Master Sergeant Michael Wagner and his family during this holiday season.

Kindest regards to all,
Cary Spiegel, Chief



LATEST UPDATES TO THE FLEET:



Rescue Pumper 2254
2018 Smeal Rescue Pumper, 1,500 GPM pump.
Fully equipped, staffed and located Hs. 5, 155
Long Rd. Chesterfield, MO 63005

Ambulance 2217
2018 Ford (4x4) Type 1, Class 1 Life Support
Vehicle (ambulance) staff and located at Hs. 1,
15700 Baxter Rd. Chesterfield, MO 63017



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



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WINTER 2018

MONARCH FIRE PROTECTION DISTRICT

INTEGRITY • ACCOUNTABILITY • RESPONSIBILITY

FROM THE BOARD OF DIRECTORS

The Monarch Fire Protection District is here to serve its residents and businesses every hour of every day of the year. While the focal point is always our first responders who answer the EMS, fire and rescue calls, there are other key Monarch staff that provide services to you. Monarch's Fire Prevention Bureau, led by Fire Marshal Roger Herin, is charged with approving plans and doing inspections on all commercial buildings and developments. They also staff the District's public education and public relations activities. The Chief Officers, led by Chief of Fire and EMS, Cary Spiegel oversee and supervise all operations, plan for emergencies and perform a myriad of other management activities for the employees of the District and those we serve. Finally, the other support staff, consisting of the business office personnel and maintenance technicians keep the business and mechanical/maintenance operations of running a large fire district with a \$21M budget running smoothly. As we reach the end of another year, the Board of Directors wish to express their appreciation for the hard work of each of our 125 employees.

Elsewhere in this Newsletter you will read about several important recent developments at Monarch. The Board passed a balanced budget for 2019, which is no small feat considering we continue to operate from the general and ambulance tax rates last passed by the voters in the early 1990s. You may have observed that many St. Louis County Fire Districts have recently sought and received tax increases from voters. It is challenging to work within the rate authorized by the voters, even with increases in assessed valuations. But the Monarch Board of Directors is proud to be one of the few to do so for nearly 30 years without putting a tax increase on the ballot. As you will read elsewhere, that puts our residential tax rate at the second lowest in St. Louis County and at less than half the average of all Fire Districts. No one likes to pay taxes, but your tax bill for EMS, Fire and Rescue services is lower than most.

Among other things you will also find in this Newsletter are the Board's efforts, led by Director Jean Millner and by Chief Spiegel, to identify and plan for the District's ongoing future needs. While this is a continuation of past future planning, it is made increasingly difficult by challenges of holding tax rates as low as possible while keeping up-to-date with the increasing expenses of running a large fire district.

We want to hear from you with any questions, comments and suggestions. The elected Board Members are your fellow taxpayers and neighbors and hearing from you helps us in making decisions on your behalf.

MONARCH TAX RATES AMONG THE LOWEST IN ST. LOUIS COUNTY

Monarch Fire Protection District (MFPD) is one of the largest Fire Districts in St. Louis and the State of Missouri. We have some of the most challenging, if not the most challenging, needs in the area. MFPD is largely a residential bedroom community with single and multi-family homes. However, included in our community are long-term care facilities, hospitals, strip stores, a mall, outlet stores, restaurants, sports complexes, light industrial, large box stores, a major airport, national, state, and local highway systems, the Monarch Levy, rural areas without fire hydrants, and the Missouri River. As one would imagine, providing emergency services is a significant endeavor that requires a skilled workforce and up-to-date equipment and emergency response vehicles.

MFPD has 125 full-time employees staffing five firehouses, a maintenance facility, training facility, and administration building. MFPD provides fire, rescue, emergency medical services, as well as, a busy public education, public relations, and fire prevention bureau. With direction and oversight from a three-person elected Board of Directors, we once again planned and approved a balanced annual budget for 2019. The upcoming budget is efficient, but has a robust capital improvement plan. Most importantly, MFPD has the second lowest residential tax rate in St. Louis and St. Charles Counties. MFPD has managed to provide for the immediate needs of the District as well as plan for future needs without the need for seeking tax increases and bond issues.

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MONARCH TAX RATES... (continued from page 1)

Monarch strives to be transparent with our finances. You are invited to visit the MFPD website at www.monarchfpd.org. Click on the 'About MFPD' tab then on the 'Financial Information' tab and you can review past and the most current budgets in detail. MFPD also offer a comprehensive 'Transparency Portal' where Revenues and Expenses can be reviewed in detail. You may also call (314) 514-0900 and speak to Chief Spiegel if you have any questions or comments; we welcome your interest and involvement. Below are the 2018 tax rates for all St. Louis County Fire Districts, ranked from lowest to highest resident's tax rate per \$100 assessed valuation.

2018 FIRE DISTRICT TAX RATES

Code	Fire District	RESIDENTIAL	COMM	AGRI	PP
F-17	MEHLVILLE	0.6250	0.7490	0.9960	0.8680
F-20	MONARCH	0.8800	0.9400	0.8660	1.0080
F-21	CREVE COEUR	1.0920	1.1690	0.0000	1.2020
F-19	METRO WEST	1.1010	1.2090	1.1000	1.2850
F-23	WEST COUNTY EMS	1.1900	1.2490	1.3180	1.3250
F-3	LEMAY	1.3040	1.3530	0.0000	1.3430
F-22	FENTON	1.3730	1.3680	1.2050	1.3600
F-13	MARYLAND HEIGHTS	1.4720	1.4960	0.7720	1.5020
F-1	AFFTON	1.4876	1.5214	0.0000	1.6029
F-16	BLACK JACK	1.7540	1.7070	1.3200	1.8020
F-9	FLORISSANT VALLEY	1.8190	1.8001	1.7162	1.8449
F-18	WEST OVERLAND	2.0830	2.1720	0.0000	2.1890
F-12	PATTONVILLE-BRIDGETON TERRACE	2.2030	2.2030	1.1460	2.2030
F-6	NORTHEAST AMBULANCE	2.2474	2.0210	2.3441	2.3300
F-15	SPANISH LAKE	2.3478	2.3565	1.4863	2.3640
F-14	COMMUNITY	2.4000	2.4130	0.0000	2.4250
F-10	ROBERTSON	2.6900	2.7250	2.5180	2.7270
F-5	RIVERVIEW	2.8220	2.8130	2.2869	2.8057
F-11	MID-COUNTY	3.0880	3.1599	0.0000	3.2010
F-4	METRO NORTH	3.1520	3.1105	0.0000	3.1570

HOW DO I DISPOSE OF...?

One of the most frequent questions we are asked is, "How do I dispose of old gasoline (or old fire extinguishers, or old florescent lights, or... well, you get the picture)?" If you have questions about how to dispose of hazardous household waste, please visit our website at www.monarchfpd.org and click on the Services tab at the top and go to the Fire Prevention section of the drop down



PLANNING FOR THE FUTURE

The Board of Directors and Staff Officers are focused on the future needs of the Fire District. Future planning insures the Fire District has the funding and other resources to provide Fire, Rescue and EMS services going forward five years and beyond. Director Jean Millner has taken the lead representing the Board of Directors in Monarch's future planning efforts. Director Millner is focusing attention on 'Long-term' items that include property and buildings. The Monarch Fire Protection District owns, staffs and maintains five active stations, a headquarters building, a maintenance and training facility and a training tower. Many of these buildings are showing their age and in need of attention.

The evaluation process includes architectural inspections of existing buildings where a scoring system will determine a 'Fix or Replace' direction. The timing of these activities is appropriate as the Fire District just completed its ISO (Insurance Services Office) evaluation. ISO is the authority insurance companies use to evaluate Fire Districts and Fire Departments. When the ISO evaluation results are received, they should provide confirmation of effective fire station location, apparatus, staffing, and equipment and confirmation the Fire District is spending your tax dollars most effectively in providing emergency services

The Fire District supports a fleet of four (4) Rescue Pumper, three (3) Ladder Pumper, one (1) Medium Rescue Truck, one (1) Heavy Rescue Truck, six (6) Ambulances, one (1) Tanker, one (1) Off-road Brush Truck, two (2) Rescue Boats, one (1) Off-road Polaris, and multiple Staff and Support Vehicles. This list includes reserve equipment. Keeping the fleet reliable to respond to emergencies requires careful planning. All fire trucks and ambulances are purchased with an intended service life expectancy and replacement planning is premised around the years of front-line duty, reserve duty, and salvage value. As one can imagine, this can be challenging, requiring the Fire District to manage these life-safety tools very carefully. Over the past five years the Board of Directors and Staff have focused attention to the average age of the fleet, which to date, has been very effective.

Director Millner and Chief Spiegel are meeting regularly to work on this project. They will soon also start to meet with additional key staff members and selected rank and file fire fighters and paramedics for their input, prior to completing this project and presenting the results to the full Board of Directors for adoption.

CHAIN OF SURVIVAL

National numbers for surviving out of hospital sudden cardiac arrest are tracked and reported yearly by the American Heart Association. Scientists and statisticians review the data searching for and finding solutions and are helping people survive and return to a normal life. Survival of this event is called a 'Clinical Save'. Since 2012 survival numbers have been modest; a CBS News Report called the numbers dismal. The important point to remember is percentages are people, 300,000 to 400,000 people every year are represented by the percentages posted by the AHA.

In 2012 the survival rate was 11.4%, in 2013 9.5%, in 2014 10.4%, in 2015 10.6%, and in 2016 12.0%. The average survival rate in the five-year span was 10.78%. The best course of action is to avoid this medical event. Life style and genetic predispositions are the 2 highest contributors to cardiac arrest. The first item, life style, is the only contributing factor individuals can change.

In 2012 and the preceding years the Monarch Fire Protection District (MFPD) had a clinical save survival rate that hovered around 13%. MFPD compared to the National numbers; there was little significant difference. However, over the last 6 years MFPD has continuously improved and surpassed the National average each year. Year to date MFPD has reached an out of hospital sudden cardiac arrest survival rate of 23%.

Contributing factors that affect this number.

- The science of resuscitation is improving. The development of the "Chain of Survival" campaign by the American Heart Association has shown that early recognition and early CPR have a positive impact on cardiac arrest survival. Early activation of 9-1-1 and early defibrillation, either by paramedics or a bystander using an AED, round out the prehospital efforts of resuscitation.
- Medical Direction and advanced protocols provided by Certified Emergency Department Physicians provide a higher level of care and training. Paramedics and EMT's are better trained and qualified to provide the highest level of resuscitation care.
- The development of portable diagnostic and treatment tools along with pharmaceutical care.

Studies verify that early high-quality CPR along with early AED or defibrillation to correct lethal rhythm disturbances is the successful algorithm. MFPD provides free CPR classes to our residents on the 3rd Tuesday evening of every month. A free phone app called 'Pulsepoint' is available; once the application is downloaded you can be notified of any cardiac arrest event within a few hundred yards and the location of the closest AED. An announcement of an effort to gather information and locations of the public accessible AEDs in the Monarch Fire Protection District is coming soon.

Anecdote:

Chesterfield Police officers responded to a motor vehicle crash with a patient trapped in an overturned car. Monarch Fire District units were responding and MFPD's Assistant Chief was first to arrive. Police reported the patient was responsive, but soon reported the patient had lost consciousness and was without a pulse. Assistant Chief directed the police officers to free the patient from the seatbelt and remove him from the car. Early CPR was initiated by Chesterfield Police Officers at the direction of the Assistant Chief. MFPD units arrived and began aggressive advanced life support care. The 'Chain of Survival' actions resulted in a return of a pulse and palpable blood pressure. The patient was transported to the hospital ICU and has a strong chance for survival. This is an example of the effectiveness of early CPR and the team approach in the American Heart Association's 'Chain of Survival' model.

WINTER PREPAREDNESS

IF POWER GOES OUT:

- If someone in the home is on life-support or otherwise electricity-dependent due to a disability, immediately notify your city or county Emergency Management Department and your utility.
- If the outage is only in your home or neighborhood, notify your utility as soon as possible and determine anticipated repair time.
- Turn off or unplug lights and appliances to prevent a circuit overload (spike) when the power returns. Leave one light on to let you know when power has been restored.
- Avoid and report downed power lines or areas where ice, trees or objects are laying on the lines.
- To prevent carbon monoxide poisoning by alternative heat sources, DO NOT use propane or kerosene fueled heaters indoors.
- Do not operate generators indoors or near ventilation openings.
- Do not use charcoal or gas grills to cook indoors.
- Do not use your gas oven or dryer to heat your home.
- Keep your refrigerator and freezer doors closed as much as possible to avoid food spoilage.
- Dress in layers of lightweight clothing and wear a cap.
- Eat well-balanced meals to keep your body warm. Stay well hydrated.
- Close off rooms you do not need.

HEATING SAFETY:

Death and injury can be reduced with proper understanding and safe use of heating equipment. Safety should be your first consideration when heating your home. Remember these safety guidelines and tips:

PORTABLE AND SPACE HEATERS

Portable heaters come in many shapes and sizes and use a variety of fuels or power sources. When purchasing or using a space or portable heater, make sure it carries a UL or FM label and is approved for the use you intended.

- Place any portable heating device at least three feet away from anything combustible, including paper, drapery, bedding and clothing.
- Space heaters need constant watching and should always be turned off when you leave your home and before bedtime.
- Drying gloves, mittens or other combustibles over a space or portable heater is a fire danger.
- Make sure all cords on electric heaters are in good shape and checked periodically for any frays or breaks in the insulation surrounding the wires.
- Check the cord and outlet occasionally for overheating; if it feels hot, turn it off.
- Never place anything on, or cover, the electric cord.
- Plug the cord directly into an electrical outlet - never use extension cords for heaters.

FIREPLACES AND WOOD BURNING STOVES

- Chimneys need to be inspected by a professional sweep prior to the start of each heating season and periodically throughout the year.
- Have chimneys cleaned if there is a buildup of creosote. Creosote is a chemical substance that forms when wood burns and builds up on the chimney wall. It is highly combustible.
- Fireplace screens should be firmly in place when you burn fires.
- Burn only clean, well-seasoned, dry firewood in the fireplace or wood burning stove.
- Make sure home smoke detectors are installed and working.