



MONARCH

FIRE PROTECTION DISTRICT

INTEGRITY • ACCOUNTABILITY • RESPONSIBILITY

PROMISES MADE...PROMISES KEPT

I am delighted to be part of this Board which is working hard to keep the promises made to our residents. Earlier this year we welcomed Jane Cunningham as the newest member of the Monarch Fire Board and she has hit the ground running. She brings a depth of public service experience, unmatched by any previous Board member, and is putting it to good use. Jane has been willing to immediately tackle the tough issues she identified when she decided to run for this Board and her no nonsense approach has had an immediate positive impact on more efficient use of our tax dollars.

Here are some examples of the things your Board is doing for you:

1. The Monarch Board is making history by holding labor agreement negotiations with the fire fighters' union in an open forum. The Board is spending taxpayer money to provide the services required of a Fire District and, as about 85% to 90% of the District's operating expenses are for personnel, we believe the public should be able to observe firsthand how their money is spent. This has never been done before at Monarch. We have even heard from residents of neighboring taxing districts who are making inquiries about the process and are demanding their local government does the same. We were surprised and pleased to note that not only do residents want to observe the process; many union members are attending to see what their union leaders are doing during the negotiations. The union negotiators vehemently objected to the open sessions, as it appears they wanted to keep the process closed to their own members and not just the residents. This certainly validates the Board's decision to hold negotiations in an open setting.
2. Jane's expertise in the area of Workmen's Compensation is helping tremendously. We have completed an independent study and are implementing changes based on recommendations from the experts, which are already providing improvements. This year we had a reduction in the premium for workmen's compensation for the District and we are expecting another reduction for next year. The premium had reached approximately \$1,250,000.00 and we are anticipating a reduction to less than \$1,000,000.00 for next year but there is still much to be done. According to the experts, Monarch should have an annual premium of about \$300,000.00 and we continue to put procedures in place to attain that goal.
3. The Monarch Board voted to freeze tax rates in the face of falling assessments. Many taxing entities have raised their rates to compensate for falling home values in order to keep their revenue up or even increase it. You may remember two years ago when a former Monarch Director made a public comment about the impossibility of providing service without a tax increase. We have sharpened our pencils in order to hold the line and we have not raised tax rates which could cost our residents more than a million dollars annually. Most importantly, we have been able to reduce expenditures while maintaining service and safety at the same level.
4. In my four years on the Board, Monarch has purchased two new fire trucks with an aggregate cost exceeding \$1,000,000. While that may not seem remarkable, it is, as the purchases were made without seeking a tax increase or a bond issue. The District has been able to do this while also maintaining reserve funds at just over 40% of the annual operating budget! The entire Board agrees that we need to maintain a healthy reserve in the event there is a significant fiscal event in the future but we also agree that some of our capital expenditures should be made from those reserves to avoid bond issues or tax increases.

I am looking forward as we go into 2014. I know we can continue to provide the Service and Safety expected in the Monarch Fire District while keeping costs and taxes under control. On behalf of the Board and the employees at Monarch, I want to wish everyone a happy and safe holiday season.

Robin Harris
President
Monarch Fire District Board

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MONARCH HONORS CITIZEN LIFE SAVERS

The Monarch Fire Protection District honors those who go above and beyond in saving the life of another citizen. The District Board of Directors recently recognized eight individuals with awards for acting quickly and courageously. The ceremony was held at the District's administration Building 13725 Olive Blvd., Chesterfield, MO 63017.



Alex Roehrig (13) while babysitting his younger sister who is nine years old, recognized that she was choking on a piece of hard candy. Alex quickly dialed 911 then went to his sister and performed abdominal thrusts (Heimlich Maneuver). Soon after the abdominal thrusts his sister reported that she was breathing better. Upon EMS arrival the nine year old girl did not appear to be in any respiratory distress. Alex's quick thinking to dial 911 and begin abdominal thrusts most likely saved his sister from experiencing an airway obstruction that could have resulted in unconsciousness or possibly death.

St. Louis County Police Officer Matthew Grewe was dispatched to a man trapped and being crushed by heavy steel fence used to corral horses. Upon Officer Grewe's arrival the man was in distress and since EMS and Rescue crews were still several minutes away, Officer Grewe took quick action and began removing the fence sections one at a time until other officers arrived to assist. It is without a doubt that if it were not for Officer Grewe's physical conditioning and quick action the 60 year old man would have been crushed, possibly causing increased respiratory distress, unconsciousness and possibly death.

Dr. Toni Patterson, Stacey Grube, RN, Lorrie Rugge, RN, and Susan Kammerzell, RN, were at work at the Pepose Vision Institute when they were alerted to a 50 year old man who had collapsed and was now unconscious in their parking lot. Without hesitation the nurses and Anesthesiologist went to the man's aid. They found him to be without a pulse and not breathing so they began CPR. Due to the fact that CPR was initiated within minutes of his cardiac arrest the paramedics were able to shock him one time and regain a pulse. Enroute to the emergency department the man began to breathe on his own. Soon after, the 50 year old man left the hospital without deficits.

Matt Rayckovan, a Fed Ex driver and Tobi Keane, a neighbor, witnessed a 78 year old female fall in the parking lot of her apartment complex. She was carrying a glass tray that broke on impact with the ground. The 78 year old female suffered a laceration to her neck and carotid artery when she fell on the broken glass. Serious life threatening bleeding resulted and if it were not for the quick action of Rayckovan and Keane, the accident could have been fatal. Rayckovan went to the accident victim and held direct pressure on the wound slowing the arterial bleed. Keane called 911 and assisted by retrieving more towels.

KEEP YOUR HOME AND FAMILY SAFE FOR THE HOLIDAYS



Happy Holidays



This time of year is meant to be a time of joy and celebration. Unfortunately, too many times it becomes a time of tragedy. We can be at more risk of fire and injury during the holiday season if we are not careful. According to the United States Fire Administration, the use of traditional adornments such as Christmas trees and decorations provide additional points of ignition that increase the incidence of holiday fires. Also, the increased use of candles during the holidays can elevate the risk of fires. Regardless of the holiday you celebrate, there are ways to make it safer – here are just a few.

When celebrating Hanukkah, please keep your family and home safe by following these tips for using a menorah.

- Always use a sturdy menorah that will not easily tip, and will hold the candles firmly in place.
- Place the menorah on a stable hard surface – not on fabrics such as a table cloth, towel or doily.
- Locate the menorah in a low-traffic area, away from curtains and other fabrics and combustible material and surfaces.
- Check on the candles frequently.

When celebrating Christmas, these tips will help keep your family and home safe.

- Locate your Christmas tree away from fireplaces, heat vents, lamps and other heat sources.
- Use only those Christmas tree lights bearing the mark of UL or other recognized testing agencies.
- Use Christmas tree lights that stay cool to the touch when lit.
- Do not string too many light sets together—follow the manufacturer's instructions.
- Be careful in the use of extension cords—unplug them when you leave and when you go to bed.
- If you use a natural cut Christmas tree, choose one that is not too dry—check that the needles do not fall off when bounced.
- Keep the tree in plenty of water—check the water level twice per day.

FILE OF LIFE HELPS US HELP YOU

When you or someone else calls paramedics to your home it will most likely be the worst day of your life. When we arrive there is a whirlwind of activity; everyone who responds has a job, including the police officer. One of those jobs is to find the patient's medical history, medications and allergies. They may ask if the patient has an advanced directive and if so where is it? Imagine if you will, all of this activity and questions being asked and you or your loved one is sick or injured and unable to talk due to a stroke or heart attack. You are stressed and upset and we are asking you questions you may not know how to answer. Do you know her medications and dosages? Do you know where he keeps his advanced directive?

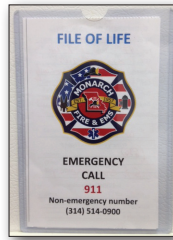
The paramedics/firefighters of the Monarch Fire Protection District have an easy way for you to record medications, medical history, allergies and advanced directives. We call it The File of Life. The File of Life is a two sided form with a place for you to record your medical history, medications and allergies. There is a place to write down some emergency contact information and even a place to record some insurance information.

This is how it works;

1. Fill out the form at your leisure. Choose a time when you can devote a few minutes to copy down all of your medications and their dosages.
2. Once the form is completed, tear off the top portion of instructions along the perforation.
3. Fold the File of Life into thirds and place the form, Monarch Logo showing, in the magnetized clear plastic frame.
4. Place the File of Life on your refrigerator.

Now if paramedics are called to your home and you are unable to speak, paramedics will look at your refrigerator for the File of Life. If we find it we will have all of the medical information we need to begin transport.

The File of Life is a tool for us to better serve you on possibly the worst day of your life. To obtain your File of Life come to the Monarch Fire Protection District Administration Building 13725 Olive Blvd. Chesterfield MO 63017 or call (314) 514-0900 ext. 356.



STAY SAFE WHILE COOKING FOR THE HOLIDAYS

The most prevalent cause of fires in the Monarch Fire Protection District the last several years was cooking mishaps. Cooking fires seem to be more prevalent during the holiday seasons. In order to prevent more cooking fires, we have compiled the following information.



Watch What You Heat

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- Stay alert! To prevent cooking fires, you have to be alert. You won't be alert if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Keep Things That Can Catch Fire and Heat Sources Apart

- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop.
- Keep the stovetop, burners, and oven clean.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a burner.

If you have a grease fire

- Call 911 no matter how small the fire is.
- If you are unsure you can control the fire, get out and stay out.
- If the fire is small, slide a lid over the pan or pot that's on fire and turn off the burner. Let it sit until cool.
- Do not use water on a grease fire - this will spread the fire and you will likely get burned.
- Do not use flour on a fire - this could spread the fire or cause an explosion.
- Do not try to move the burning pan or pot - this will spread the fire and you will likely get burned.

Using a turkey deep fryer?

- Always follow the fryer manufacturer's instructions.
- Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- The National Turkey Federation (NTF) recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.
- Keep an all-purpose fire extinguisher nearby, and know how and when to use it.

Have a safe and enjoyable holiday season!

IN CASE OF FIRE, GET OUT, THEN CALL 911

HELP MONARCH FIND YOU IN AN EMERGENCY



Your Monarch Fire & EMS firefighter/paramedics are equipped with some of the most up to date computer aided dispatching equipment in the country. We are given instructions to your home from the closest firehouse, we have GPS on our computers that show us when and where to turn in real time using multiple satellites to help guide us right to your home. But there is still one low tech issue that we run into every day...House Numbering.

We can get close to your home but unless your house is on fire we need to be able to see your house numbers from the street in low light situations and while driving down the street. Having address numbers on your house that we can read can even help us find your neighbor who is in need of emergency care. Follow these 10 simple address rules and Fire, EMS, Police and even the pizza guy will be able to find your house quickly.

1. If you live in a subdivision, address numbers at least 5 inches tall are recommended on the front of your home near your front door, or over the garage door where your lights shine on them.
2. Place your address on both sides of your mailbox in numbers at least 4 inches tall.
3. Always use a contrasting color scheme numbers to background.
4. If you live where your front door is set off the street by some distance, be sure that there is either a mailbox at your drive way with numbers at least 4 inches tall or a monument or street sign with your address on it. If you choose to use a stone or brick monument be sure that the numbers are reflective and do not blend in with the stone or brick color.
5. Brass numbers on bricks become invisible numbers at 2:00 am.
6. Do not place numbers on the door itself. In emergencies people sometimes leave the front door open.
7. Don't use script numbers. They are difficult to read in low light conditions.
8. Replace missing numbers.
9. Prune your trees and bushes that may obscure the address.
10. Drive up and down your street in the dark and see if you can see your house numbers easily. If you can't see the numbers, we will not be able to see them either.

**All other inquiries,
call 314-514-0900**

**In Emergency,
Call 9-1-1**

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