



Prevention Corner



Did you remember to test your smoke alarm when you change your clock for daylight savings?

- Replace all smoke alarms every 10 years.
- A smoke alarm should be on the ceiling or high on a wall.
- Smoke alarms are a key part of a home fire escape plan. Working smoke alarms give you early warning so you can get outside quickly.
- Install smoke alarms inside and outside of each bedroom, and on every level of your home.

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NEXTDOOR

ECRWSS Postal Customer

An update from your Fire Chief *By Gary Meek, Fire Chief*

Thank you for supporting Snohomish County Fire District 7. We finished 2016 with our highest call volumes ever at 10,790 calls (10.38% higher than the year before). We've also seen a significant increase in multiple and back-to-back emergency calls.

Our merger with Monroe Fire 3 came at a good time for both our agencies. It has provided additional resources by way of personnel to provide backup for emergency calls district-wide. This is truly an example of how we are stronger working together.

Our contract to provide emergency services to the City of Mill Creek is another example of a regional partnership that saves taxpayers money and improves our emergency response system-wide. We are in negotiations for a new long-term contract and working towards an agreement that is fair for all taxpayers.

These partnerships help Fire District 7 manage costs and maintain emergency service levels. We also ask our community to regularly participate in "levy lid lift" elections to weigh in on funding decisions that impact service levels. A lid lift simply means that we ask you to restore the levy rate to an amount previously approved by voters.

Our fire and EMS levies are capped at \$2 per \$1,000 of assessed property value, but decline over time. State law limits revenue increases to 1% per year, but the demand for and cost to provide service is often higher than that. In 2018, Fire District 7 likely will ask the community to approve a fire levy lid lift to maintain emergency service levels.

Based on a \$400,000 home, this would be an additional \$2 per year for property owners in former Monroe Fire District 3, and \$16 for that

same home in Fire District 7. All property owners will pay the same combined rate of \$1.95/\$1,000 for fire and EMS in 2018.

We want you involved in funding decisions impacting emergency services and hope you will participate in the conversation. In the meantime, feel free to contact me with any questions. This is your fire district, we are accountable to our taxpayers, and appreciate the opportunity to serve every day.



Chief Gary Meek
GMeek@snofire7.org

Outdoor Burning : Expanded Area

The Board of Fire Commissioners recently adopted policy changes to the fire district's outdoor burning program. The biggest of these changes is that many residents living east of SR 9 SE may burn yard debris with a valid burn permit.

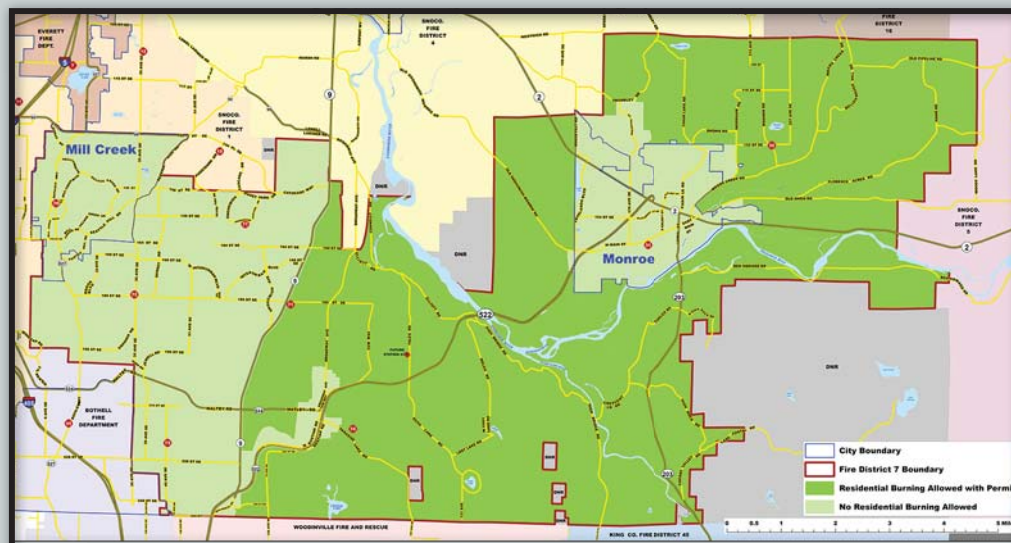
This change to Fire District 7's stance on outdoor burning came about as a result of Monroe Fire District 3 merging into Fire District 7. Fire District 3 had a residential outdoor burning program throughout most of its fire district since 1999. In order to standardize services throughout the merged Fire District 7, commissioners agreed to expand Monroe's outdoor burning area west to SR 9 SE.

Residential burning requires a written permit. Residential burning is defined as the outdoor burning of leaves, clippings, prunings and other yard and gardening refuse originating on lands immediately adjacent and in close proximity to a human dwelling and burned on such lands by the property owner or his or her

designee (RCW 70.94). Regulations prohibit burning garbage, paper, construction debris, or materials hauled from another site. The use of a burn barrel is permanently banned statewide.

Although the outdoor burning area has been expanded, outdoor burning is

never permitted within an urban growth area with the exception of recreational fires. Recreational fires do not require a burn permit and consist of the outdoor burning of dry firewood or charcoal for the purpose of pleasure, cooking, or ceremony at a size not exceeding 3' x 3' x 2' high.



For more information on regulations and permitted areas for residential outdoor burning visit: www.snofire7.org/public_information/outdoor_burning/index.cfm

Window Fall Prevention

As spring approaches and the weather becomes nicer, we tend to start opening our windows at home. This is also the time of year that medical professionals see a spike in children falling out of windows. Falls are more common than we think. In 2015, a Department of Health report showed Snohomish County as being one of the highest counties for window falls in Washington State.

Children are curious by nature, top heavy by design, and can fall through a window opened more than 4 inches. Any fall through a window is dangerous, even if the child is on the first floor of the home. It is important to know that YOU can prevent window falls and decrease the number of children injured! You can follow these safety tips for any window posing a fall risk:



Follow These Safety Tips

- Limit window openings to **4 inches** or less by using a window stop device.
- Choose window stops/guards that can be removed by an adult in an emergency.
- Keep furniture away from windows to discourage little climbers.
- Teach children not to play near windows.
- Plant shrubbery beneath windows to soften the impact of a fall.
- Always remember that screens keep bugs out, not kids in!

For more prevention tips visit www.safekids.org/fall-prevention.



Your Fire Department Earning Trust Through Action

We appreciate all the support from our community. It's an honor to serve you all.

Merger Update

By Jamie Silva, Assistant Chief of Administration

Last August, voters in Monroe Fire District 3 approved joining Fire District 7 by almost 81%. This partnership was important to maintain emergency service levels for the Monroe community where I was fire chief for almost 13 years.

The most important thing we have seen is staffing improvements. Call volumes have skyrocketed in east Snohomish County over the last few years. In the past, we relied on mutual aid from largely volunteer departments which took longer to reach people. Now, we have additional emergency personnel covering this part of the county, which improves service.

These firefighters also provide back up when multiple emergency calls come into the fire district and the City of Mill Creek. The merger is helping us improve firefighter training and our ability to respond to large-scale emergencies, all of which provide better service for the public.

The last step of the merger is equalizing the levy rate property owners pay for fire and EMS in the two fire districts. Because of how the laws about mergers are written, the soonest this could happen is 2018.

Fire District 7 is considering asking voters to approve a fire levy lid lift in August. It would represent a \$2 increase per year for the owner of a \$400,000 home in former Monroe Fire District 3 to maintain current service levels.

Levy lid lift elections are an important way that you have a say in funding and operation decisions for Fire District 7. This is what Washington voters wanted when they supported limiting revenue increases of local governments to 1% per year. We support your right to participate in these conversations, and respect the outcome.

UPDATE

Emergency Preparedness

Odds are that sometime in near future our area will be affected by a natural disaster.

The Cascadia Fault sits about 50 miles off the Washington coast and scientists believe this tectonic fault is capable of creating extremely large earthquakes, topping 9.0 on the Richter scale, and that there is about a 40% chance of such a mega-quake happening in the next 50 years. At the moment there is no way to predict the timing of such a quake, just that one is extremely likely. And because the fault is off-shore, a Cascadia mega-quake stands a strong chance of generating a large tsunami.

A 9.0 earthquake could virtually destroy our infrastructure. Bridges will collapse, water and power lines will be broken and telephone communications will be down. And realistically help from organizations such as FEMA will likely focus their efforts on more populated areas like Seattle and Bellevue. We may be without outside help for days.

Make a kit:

At a minimum, you should have the basic supplies listed below:

- Water - one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food - non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight & Multi-purpose tool
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit & Medications (7-day supply)
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash & Emergency blankets
- Medication and food for pets
- Map(s) of the area

Make a Plan:

Meet with your family to discuss how to prepare for emergencies.

Plan what to do if you are separated during an emergency.

Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or saved on their cell phones.

Be Informed:

We can't stop natural disasters from happening, but we can PREPARE for them today.

Visit redcross.org and fema.gov for a wealth of information regarding disaster hazards and preparedness step for you and your family.

Are You Ready?

Public Education Programs

CPR & First Aid Classes

Take a certified American Heart Association's Heartsaver Adult/Child/Infant CPR class for FREE! This class is offered on the first Monday of each month. We also offer a certified CPR & First Aid class on the third Saturday of every month. This class has a \$50 class fee. Advanced registration is required for all classes.



Station Tours

Fire District 7 is happy to provide citizens with the opportunity to have children's groups participate in fire station tours or visits at your location. Tours and visits consist of educational material as well as seeing the firefighters gear and equipment. Please allow 2-3 weeks advance notice when requesting a station tour.



School Visits

Fire District 7 continues our commitment to providing fire and life safety education to students in our community. We partner with our local schools, from preschool to high school, to teach a variety of lessons based on developmental stages for kids to learn about fire and life safety. We follow curriculum designed by the National Fire Protection Association (NFPA).



Helmets



Did you know that wearing an approved bicycle helmet that fits properly can help reduce the risk of a serious head injury by 88%? A helmet should be worn every time you ride a bike, scooter, skateboard, skate, snowboard, or ski - and it needs to fit properly. Also, any helmet that has been involved in a crash needs to be replaced immediately - even if there aren't any visible signs of damage. Bicycle and multi-sport helmets are available in a variety of sizes for \$10 at all Fire District 7 stations. Ski and Snowboard helmets are available in a variety of sizes for \$25 at Fire Station 31.

Life Jacket Loaner Program



Need to borrow a life jacket? Free loaner life jackets are available at Station 31, 163 Village Court Monroe, WA 98272. Come to the fire station with the person who needs the life jacket, get fitted, borrow the jacket and return it when you are done. Remember, when having fun out on the water, everyone should wear a properly fitted life jacket.

Blood Pressure Checks

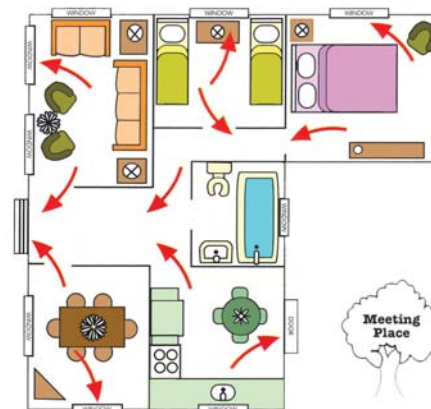


Free blood pressure checks are available at every station in Fire District 7. Keep in mind firefighters may not always be at the station due to emergency calls or training events. If you are experiencing chest pains or any other symptoms, please call 911.

Kids' Corner

Make a Home Fire Escape Plan

- Draw a map with all doors and windows.
- Visit each room and find two ways out.
- All windows and doors should open easily.
- Test to ensure smoke alarms work.
- Pick a meeting place outside to meet.
- Make sure your address can be seen from street.
- Talk about your plan to all living in your home.
- Practice your home fire escape drill.



Color and share with us on Facebook

Name _____ Age _____



Note: Sparky's helmet and coat are always yellow with red stripes!

www.nfpa.org

Check out SPARKY.ORG for more fun!

Visit www.snofire7.org to sign up for CPR / First Aid Classes, request a Station Tour, or School Visits.