EMPLOYEE SPOTLIGHT

NEW HIRES:

Please join us in welcoming our newest recruit firefighters (top left-right-wearing yellow vests): Alex Wolfe, Brandon Fairhurst, Michael McKinney, Jacob Kvek, Mason Johnson, Timothy Beard, (bottom left-right): Parker Hayne, Katherine Dennis, Seth Lawson, Jonathan Billing, Ana Tower, Yuliya Lobets, Shannell Rasmussen, & Jamie Barros. These positions were filled to replace vacancies due to retirements & attrition.

Join us in welcoming our new Administrative Assistant **Brittany Bazinet!** She will be working at our front desk in our reception area!

Join us in welcoming our new Administrative Assistant **Allison Templeton!** She will be working to support our IT Division!

PROMOTIONS:

Congratulations to **Karli Morrison** on her new role as Administrative Assistant! She will now support our Training Division!

Congratulations to **Kippy Powers** on her promotion to Administrative Leave Specialist!

Congratulations to **Brandie Reece** on her promotion to Administrative Logistics Specialist!

SRFR RECEIVES INTERNATIONAL FIRE ACCREDITATION

Snohomish Regional Fire & Rescue became Washington State's newest internationally accredited fire district through the Commission on Fire Accreditation International.

The accreditation process involves an intensive evaluation of the agency and compares it to national standards. Accreditation is a commitment to continuous improvement to service and to the community, and it never ends. There are currently eight accredited fire agencies in Washington State.

"Snohomish Regional Fire & Rescue is honored to achieve accreditation status by the Commission of Fire Accreditation International," Fire Chief Kevin O'Brien said. "We thank our supportive community and every member of the SRFR team, as all contributed to the success of this achievement. That being said, we are not resting on our laurels and will always seek continuous improvement in how we can best take care of people."

Learn more about the accreditation process here:

SCAN ME

RETIREMENTS:

Congratulations to **Driver Operator Darby Hepper** on his retirement after 27 years in the fire service!

Congratulations to **District Administrative Coordinator Sonya Dudder** on her retirement after 24 years in the fire service!

SNOHOMISH REGIONAL FIRE & RESCUE

SPRING 2023 NEWSLETTER

BE SURE YOUR HELMET FITS!

KIDS CORNER

BIKE SAFETY TIPS!

- Always wear a helmet.
- Wear brightly colored clothes to be seen better.
- Make sure to ride on the sidewalk, and stay away from cars.
- Always stop at STOP signs and traffic lights.
- If you need to cross a street, walk your bike across; don't ride.

CONNECT WITH US: @SnoRegionalFire | 360.794.7666 | www.SRFR.org

SNOHOMISH REGIONAL FIRE & RESCUE
163 Village Court
Monroe, WA 98272

ECRWSS
Postal Customer

PRSRT STD
US Postage
PAID
Litho Craft
98036

MESSAGE FROM THE CHIEF

Spring is a refreshing time of year when the excitement of new growth is in the air. Here at Snohomish Regional Fire & Rescue (SRFR), we are incredibly thankful for the opportunity to constantly learn, grow, and strive to be the best that we can be. We would not be able to do this without your support. We sincerely thank our community for the support to maintain a seven-member Board of Fire Commissioners in the special election this last February. SRFR is the second largest fire district in Snohomish County, and we're growing. A seven-member board provides valuable representation for the number of residents and businesses we serve. The Board of Fire Commissioners is committed to providing the best fire, EMS and rescue services while ensuring financial stewardship.

Strong community support has also made it possible for us to be the eighth accredited agency in the State of Washington and the first in Snohomish County. For that, we cannot be more grateful.

Accreditation through the Commission of Fire Accreditation International (CFAI) involves a comprehensive evaluation of all district programs and operations. Fire chiefs from around the country visited SRFR and evaluated everything we do including emergency response, fire marshal and community services, fiscal accountability, administrative processes, facilities, and ultimately how we accomplish our mission of saving lives, protecting property, safeguarding the environment, and taking care of people.

CFAI accreditation is an ongoing commitment to seek continuous improvement and growth. Ultimately, accredited agencies provide a higher level of service to the community. We are honored to now be accredited and look forward to continuing to improve to better serve you.

We are also taking steps towards accomplishing the projects planned for this year. We are moving forward with plans to remodel Station 83 on Division Street in Machias, and the design is underway to expand the vehicle maintenance facility at our Monroe Headquarters. We are also planning an extensive remodel or rebuild of Station 81 in downtown Lake Stevens and are looking to purchase property to relocate Station 32 to better serve residents in the Chain Lake and North Monroe area.



We are honored to serve you and look forward to a bright future full of new growth and opportunity. All of which would not be possible without your incredible support.

Take Care, and Stay Safe,
Kevin O'Brien
Fire Chief

FIREHOUSE FEATURE
SRFR FLEET MECHANICS

The fire service is known for the variety of vehicles used to respond to all types of emergencies. Whether it's a fire engine, ambulance, or technical rescue rig responding to a call, it is important that these vehicles are fully functioning and safe for our SRFR team members and for those that they may be helping. At the helm of this important work is Shop Foreman John Thomas and his team of fleet mechanics.

The mechanics provide for and manage emergency apparatus maintenance and repair. The team is made up of 1 Shop Foreman, 1 Apprentice Mechanic, Ben Towers, and 5 Journeyman Mechanics: Daniel Kindig, Dave Jonker, Mike Camerer, Jack Sharpe, and Shawn Seltz. Collectively, this team has years of experience under the hood, and they boast impressive certifications which allow them to service many different types of vehicles. Four of them hold Double Master Emergency Vehicle Technician (EVT) Certifications, an impressive feat considering only 202 mechanics hold the same type of certification in all of North America, and only 26 hold it in Washington state. All of these mechanics work to maintain and service all of SRFR's vehicles. They perform routine maintenance like oil changes on SRFR SUV's but also work under the hoods of 20-ton fire engines. In addition to this, the mechanics also serve other partner agencies in the region, so at times you will see them working on school buses and neighboring-agency rigs. In total, the team services and maintains up to 380 vehicles. Because of this, we are working to expand our maintenance facility this year.

Here at SRFR, we pride ourselves on our response and the level of service we provide when responding to calls. This level of service would not be possible without this team's hard work ensuring that apparatuses are functioning and safe and that they get our responders and staff where they need to be when and where they are needed most.



UPCOMING EVENTS

- **June 10th:** Life Jacket Distribution
- **June 25th:** LS Health & Wellness Festival
- **July 11th:** Water Safety Camp-Lake Tye
  - Registration open!
  - Scan the QR to register!
- **July 17th:** Water Safety Camp-Lundeen Park
  - Registration open!
  - Scan the QR to register!
- **July 29th:** Aquafest
- **August 1st**: NNO
- **October 14th**: Fire Prevention Week Open House

Water Safety Camp Registration!
SCAN ME

HEART HEALTH

In February, Snohomish Regional Fire & Rescue celebrated American Heart Health Month. According to the American Heart Association, this month is, "a time when the nation spotlights heart disease, the No.1 killer of Americans." Beyond bringing attention and recognition to this issue, it is important that campaigns like this drive us to examine our habits and adjust our lifestyle choices so that we can make a lasting impact on our overall heart health. The American Heart Association shares the following tips on how to do this and **GO RED**:

G GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.

O OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy. It's up to you.

R REALIZE YOUR RISK

We think it won't happen to us, but heart disease is responsible for 1 in 4 deaths.

E EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

D DON'T BE SILENT

Tell everyone you know that heart disease is our number 1 killer.

Though some of these tips can be more difficult to adopt than others, one of the easiest modifications you can make to improve your heart health is to move more throughout each day and each week. You can weave more activity into your day with simple practices like walking around the block, increasing your daily step goal, or doing body weight exercises while watching your favorite show. Getting outside and moving our bodies not only helps the heart grow stronger but also can relieve stress and anxiety which are risk factors for heart disease.

In addition to increasing physical activity, it is also important to learn how to identify cardiac emergencies and how to respond to them. To help with this, Snohomish Regional's Public Education Team has worked to share information about what to do in a cardiac emergency through videos, social media posts, school visits, and online education. Check out our videos about the heart and how to help it at www.SRFR.org/Education.

Though heart disease claims many American lives each year, it is important to remember that, "in most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week, and getting regular check-ups." We encourage you to take steps today to make your heart happier and healthier.

Learn more at www.heart.org
SCAN ME

PREVENTING WINDOW FALLS

As spring approaches and the weather becomes nicer, we tend to start opening our windows at home to allow the fresh air in. This is also the time of year that medical professionals see a spike in youth window falls. Falls are more common than we think. Every year almost 5,000 children are injured after a window fall, and most of the children are between 2 to 5 years old. In our region, window falls seem to be on the rise. Children are curious by nature, anatomically top heavy, 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.

Here are three things you can do to reduce the risk of a window fall:

1. **INSTALL WINDOW GUARDS AND STOPS**

   Never open windows more than 4 inches to prevent young children from falling out. Remember, screens are meant to keep bugs out, not children in. Properly installed window guards prevent unintentional falls. Install window guards that include an emergency release device in case of a fire. Window stops are also a great idea. They allow fresh air and a cross breeze and still ensure windows cannot open wide enough for kids to fall out.

2. **CLOSE WINDOWS AFTER USE**

   If you have windows that can open from both top and bottom, make a habit of opening just the top to prevent accidental falls. Keep in mind that as kids grow, they may have enough strength, dexterity and curiosity to open the bottom, so try to keep windows locked and closed when they are not being used. If you visit a place where windows are not childproofed, close and lock them during your visit, and watch your child carefully.

3. **KEEP KIDS FROM CLIMBING NEAR WINDOWS**

   Move chairs, tables, cribs and other furniture away from windows to help prevent window falls. Also, teach children not to play near windows. Make it a house rule to play at least 2 feet from windows. Never move a child who appears to be seriously injured after a fall — call 911, and let trained medical personnel move the child.



For more prevention tips visit https://www.safekids.org/falls
SCAN ME