

**SOUTH COUNTY FIRE**

12425 Meridian Ave. S.  
Everett WA 98208



**SERVING SOUTH  
SNOHOMISH COUNTY  
BRIER • EDMONDS  
LYNNWOOD • MOUNTLAKE TERRACE**

PRSR STD  
U.S. Postage  
PAID  
Seattle WA  
Permit #1193

ECRWSS  
Postal Customer

**Values and vision  
guide what we do**

You may have noticed the logo created to represent your new fire department. Along with our new look, we've been defining the values behind this symbol. We're taking the best from the departments that came before to build a new culture and a world-class fire department.

We solicited input from the entire department and more than 60 firefighters, staff and elected officials participated in a two-day All American Leadership Training in November. Together, we developed a vision statement and a set of values to guide all we do:

**ENHANCE THE LIVES  
OF OUR COMMUNITY**

- Integrity
- Humility
- Compassion
- Family
- Trust

**A message from the Fire Chief**

In August 2017, voters approved the creation of a Regional Fire Authority (RFA) encompassing Snohomish County Fire District 1 and the City of Lynnwood. We've had a busy year at South County Fire and appreciate your support.



Fire Chief  
Bruce A. Stedman

Call volumes have increased 5.22 percent in the past year, and 34 percent in the past five years alone. Emergency medical service (EMS) accounts for 85 percent of all calls and is our most widely used service.

Our EMS program is nationally recognized for providing the highest standard of care. However, increasing call volumes are stretching us to the limit. More calls mean added costs for personnel, apparatus, maintenance, medical supplies and equipment. We also need to add another aid unit during peak hours to maintain emergency response times.

To respond to this demand, we're asking voters to restore funding for our EMS program. This proposal will appear on the August Primary Election ballot for voters within the boundaries of the RFA, which includes the City of Lynnwood and unincorporated communities. The levy will not be on the ballot in the cities of Brier, Edmonds and Mountlake Terrace as these cities contract with the fire authority to provide emergency services, paying a fee supported by their city taxes.

The EMS levy rate is capped at 50 cents per \$1,000 of assessed property value, the same amount previously approved by voters. The EMS levy also would replace two others on the books. Currently, Lynnwood and Fire District 1 receive funding from two separate EMS levies. They pay that revenue to South County Fire for an EMS program. The RFA plan calls for asking voters to replace those two levies with a single EMS levy.

This EMS levy will maintain emergency service levels and continue both basic and advanced life support – the highest standard of care – for RFA residents. More information about the EMS levy can be found on our website: [www.SouthSnoFire.org/EMSLevy](http://www.SouthSnoFire.org/EMSLevy). Thank you for considering our request.

SPRING 2018

SOUTH COUNTY  
**SIREN**



SERVING SOUTH SNOHOMISH COUNTY • BRIER • EDMONDS  
LYNNWOOD • MOUNTLAKE TERRACE

**FIREFIIGHTERS  
IN TRAINING**

Fire departments launch  
regional recruit academy  
- Learn more inside



**INSIDE: MAY 19 EMS WEEK OPEN HOUSE • CPR SAVE • NEIGHBORHOOD NIGHTS**



Margaret Johnson and her husband, Irv, with Capt. Todd Anderson, Firefighter/Paramedic Jason Dickinson and Firefighter/EMT Jason Mathews at Lake Serene Fire Station 23. The three firefighters were part of the South County Fire team of first responders that helped save Margaret's life when she went into cardiac arrest in January.

## EMS *in action*

Cardiac arrest survivor and her husband who performed CPR look forward to celebrating their 59th wedding anniversary

Irv and Margaret Johnson of Lynnwood will celebrate 59 years of marriage in May thanks to the emergency medical service provided by South County Fire.

On January 5, Margaret went into cardiac arrest. Her husband Irv performed CPR until emergency personnel could arrive a few minutes later. Irv had taken CPR classes like those offered by South County Fire.

As part of its EMS program, the fire authority trained more than 500 people in hands-only CPR last year. The Johnsons perfectly illustrate what the fire authority says: You are most likely to perform CPR on a loved one so it is a valuable skill to have. [Learn more at www.SouthSnoFire.org/CPR](http://www.SouthSnoFire.org/CPR)

Emergency personnel provided High Performance CPR on scene and while transporting Margaret to an area hospital. High Performance CPR requires as many as 12 trained first responders to do chest compressions with minimal interruption. While labor intensive, it dramatically improves cardiac survival rates for patients.

The Johnsons said they were impressed with the professionalism and skills of the firefighters and paramedics who arrived to help.

"They showed up and got to work without missing a beat," said Irv Johnson. "They knew exactly what to do and it made all the difference."

Margaret is expected to make a full recovery and is back at home after a brief hospital stay. Please join us in wishing the Johnsons a Happy Anniversary for many years to come!

## Thank you volunteers!

Volunteers give countless hours each year to serve the citizens of South Snohomish County:

- **Fire Corps:** These volunteers help in a variety of ways from assisting at community events, delivering mail between 14 fire stations, staffing the front desk at Lynnwood Station 15 and providing blood pressure checks.
- **CERT Fire Corps:** These Fire Corps members have completed the Community Emergency Response Team training to provide assistance during a major disaster. They also educate the public about disaster preparedness.
- **Volunteer Firefighters:** In addition to supporting public education and community outreach, this group provides staffing for AIRIO, a specialized truck that responds to emergency incidents to refill air bottles, provide scene lighting and other support services.
- **Support 7/Chaplains:** Support 7 is a volunteer group that responds day and night in a converted motor home to provide shelter and food for families at emergency scenes. Chaplains are part of this group and respond to provide assistance and comfort to fire victims and others in crisis.

Learn more about volunteering with South County Fire at [www.SouthSnoFire.org/volunteer](http://www.SouthSnoFire.org/volunteer)



# CELEBRATE EMS WEEK

Join us on Saturday, May 19, 10 a.m. to 1 p.m.

## Open House and Teddy Bear Clinic

at Lynnwood Civic Center Fire Station 15, 18800 44th Avenue W

**M**ay is Emergency Medical Services Month and South County Fire will be celebrating with an open house on Saturday, May 19, 10 a.m. to 1 p.m., at Lynnwood Civic Center Fire Station 15, 18800 44th Ave. W.

The open house will showcase the lifesaving services firefighters provide in the community every day. Activities include:

**Teddy Bear Clinic:** Children are invited to bring a favorite stuffed animal to be a "patient" and receive emergency care from firefighters in the medic unit.

**Tour the medic unit** and learn about the lifesaving tools and equipment on board.

**Safe and Healthy Aging:** Pick up a File of Life, night light and locking medication bag (all free while supplies last). Have your blood pressure checked and learn about other steps you can take to maintain your independence as you age.

**Dress like a firefighter:** Kids don mini-sized bunker gear and learn how the real stuff protects firefighters from heat and flames.

**ACT To Save A Life:** Learn about ACT, our new one-hour first aid training that focuses on three skills you can use to save a life in the first five minutes of an emergency:

- **Antidote** training for opiate overdoses.
- **CPR** and AED training for cardiac arrest.
- **Tourniquet** and bleeding control for active shooter/scenes of violence.



## COMMISSIONER'S CORNER



By Commissioner Benjamin Goodwin

One of the most crucial and most used services provided by South County Fire is emergency medical service (EMS). Our EMS program is nationally acclaimed for excellence as well as innovation. Each firefighter is trained as either an emergency medical technician (EMT) or paramedic. Thanks to the outstanding services they provide, each of you within the South County Fire service area has emergency medical care around the clock.

Beyond these trained EMTs and paramedics, our citizens have medical service officers that provide 24/7 supervision to assure quality and assist at the most serious medical emergencies. We also have a community paramedic program with trained medical personnel that follow-up on our frequent 911 callers to provide enhanced services and help prevent the need for emergency calls.

Our community's need for, and our desire to provide, quality service comes at a cost. Over the last five years emergency medical calls have increased by over 34 percent. As our population both grows and ages, the need for emergency medical services is only going to increase. An example is heart disease, which we see in increasing numbers in our aging population. In recent years, our cardiac arrest survival rate has been between 50 and 60 percent, whereas the national average is 20 percent. The continued population growth in South County, along with the aging population, will increase calls which will increase demand on the emergency medical system.

The quality training of our emergency medical responders coupled with around-the-clock access to emergency medical care means you are in good hands.

## Nationally acclaimed EMS is our most used service



## Neighborhood Night:

Coming soon to a fire station near you

**V**isit your fire station and meet the crew at a special Neighborhood Night open house event focused on safety in your community.

"This is an opportunity for everyone in the community to meet your firefighters and learn about the emergency services available at your neighborhood fire station. It's also an opportunity for us to hear from the citizens we serve," said Fire Chief Bruce A. Stedman.

Open house activities include:

- Fire engine and medic unit tours.
- When to call 911 activity for kids.
- CPR To Go: Learn hands-only CPR in just 10 minutes.
- A brief presentation by your firefighters on the services they provide in your neighborhood and an update from the Fire Chief on what's new at South County Fire.

**Drop by any time from 5 to 7 p.m. at a Neighborhood Night near you:**

**June 14:** Mariner Fire Station 11, 12310 Meridian Ave. S, Everett

**Sept. 13:** Hilton Lake Fire Station 12, 3525 108th St. SE, Everett

**Nov. 8:** Mountlake Terrace Fire Station 19, 5902 232nd St. SW, Mountlake Terrace



## FIRE CAMP for kids ages 11 to 14

Join the men and women of South County Fire for a fun-filled week of learning about the job of a firefighter. Activities include firefighting, rescue practice, water safety and more.

- **July 17-20,** South County Fire Headquarters and Training Center, 12425 Meridian Ave. S, Everett.
- Open to kids ages 11-14.
- Cost is \$150. Financial hardship scholarships are available.

Learn more and register at [www.SouthSnoFire.org/FireCamp](http://www.SouthSnoFire.org/FireCamp)



### Headquarters

12425 Meridian Ave. S.  
Everett WA 98208  
(425) 551-1200  
www.SouthSnoFire.org

SERVING SOUTH SNOHOMISH COUNTY  
BRIER • EDMONDS • LYNNWOOD • MOUNTLAKE TERRACE

### Commissioners

Jim Kenny, *Chair*  
Benjamin Goodwin,  
*Vice Chair*  
David Chan  
Christine Frizzell  
Jim McGaughey  
Bob Meador  
Richard T. Schrock

### Fire Chief

Bruce A. Stedman

### Connect with us

@SouthSnoFire

South County Fire

Board of Commissioners regular meetings: 7 p.m., first and third Tuesday of each month. Board work sessions: 7 p.m., second Tuesday of each month. All meetings take place at Headquarters unless otherwise posted and are open to the public. Agendas, minutes and videos are available at www.SouthSnoFire.org.

### Fire Stations

**Fire Station 10**  
**156th Street**  
3922 156th Street SW  
Lynnwood WA 98087

**Fire Station 11**  
**Mariner**  
12310 Meridian Avenue S  
Everett WA 98208

**Fire Station 12**  
**Hilton Lake**  
3525 108th Street SE  
Everett WA 98208

**Fire Station 13**  
**Silver Firs**  
13611 Puget Park Drive  
Everett WA 98208

**Fire Station 14**  
**Lynnwood Blue Ridge**  
18800 68th Avenue W  
Lynnwood WA 98037

**Fire Station 15**  
**Lynnwood Civic Center**  
18800 44th Avenue W  
Lynnwood WA 98036

**Fire Station 16**  
**Edmonds Maplewood**  
8429 196th Street SW  
Edmonds WA 98026

**Fire Station 17**  
**Edmonds Downtown**  
275 Sixth Avenue N  
Edmonds WA 98020

**Fire Station 18**  
**Brier**  
21206 Poplar Way  
Brier WA 98036

**Fire Station 19**  
**Mountlake Terrace**  
5902 232nd Street SW  
Mountlake Terrace WA 98043

**Fire Station 20**  
**Edmonds Esperance**  
23009 88th Avenue W  
Edmonds WA 98026

**Fire Station 21**  
**Martha Lake**  
16819 13th Avenue W  
Lynnwood WA 98037

**Fire Station 22**  
**Hilltop**  
20510 Damson Road  
Lynnwood WA 98036

**Fire Station 23**  
**Lake Serene**  
4323 Serene Way  
Lynnwood WA 98087

# New regional academy trains fire recruits locally

Seven recruits from South County Fire are among the 27 students in the inaugural class of the Snohomish County Fire Training Academy, a regional effort involving 10 fire departments.

The Snohomish County Fire Chiefs Association directed the development of the local academy as the county's growing hiring needs are outpacing available enrollment at the Washington State Training Academy in North Bend.

"This has been a regional effort and it's exciting to see it all come together. We're improving firefighter safety and incident effectiveness and reducing liability. This is good for the fire service and the citizens we serve," said South County Fire Chief Bruce A. Stedman.

The intensive 14-week academy is based at the South County Fire Headquarters and Training Center south of Everett. "Every department contributed to the development of the curriculum in alignment with national standards. We all benefit from sharing resources and local expertise. Training together makes us better at

responding together when we have major incidents," said South County Fire Assistant Chief Scott Goodale, who serves as the academy administrator.

South County Fire recruits attending the academy are Felipe Aguirre-Larrain, Cory Dowell, Christopher Fezer, Theodore Martin, Spencer Sommer, Joshua Young and Casey Wilson. They train 40 hours a week, learning skills to prepare for their first shift at the fire station. Seven company officers, including South County Fire Capt. Joe Hughes, are serving as mentors for the academy class. South County Fire Capt. Don Welch is serving as an academy coordinator.

Training is being provided by 45 instructors drawn from all 10 member agencies. Many have previous teaching experience at the Washington State Fire Training Academy. Everett Community College Fire Science instructors are providing strength and conditioning training to prepare the recruits for the physical demands of a career in the fire service. Other training will focus on the mental demands of the job including handling stress in emergency situations.

Providing a local recruit academy not only addresses the county's hiring needs, but offers other benefits as well:

- The local academy includes training in Snohomish County protocols not available at the state academy. This will greatly reduce or eliminate the need for post-academy training, allowing departments to put recruits to work at local fire stations more quickly.
- Multiple departments sharing local expertise breaks down borders so firefighters can work together more effectively on mutual aid incidents.
- Sharing instructors and curriculum reduces duplicated efforts.



LEFT: Following a Chiefs Inspection during the second week of the academy, Fire Chief Bruce A. Stedman talks to the seven South County Fire recruits about what it means to live the department's values every day.



Recruits line up prior to the start of a breathing apparatus drill during the first week of the academy.

- Training locally allows recruits to go home to their families at night instead of spending 14 weeks at the state academy in North Bend.
- The costs for the initial year are equal to the expense of sending a recruit to the state academy. Participating fire departments are donating the use of apparatus and equipment. The academy is seeking a federal grant to pay for equipment needs going forward.

Fire departments are looking at other regional opportunities. The Snohomish County Training Consortium was formed last year to explore ways to expand multi-jurisdictional training and work together across jurisdictional boundaries.