

FIRE WATCH



VRFA CAPITAL FACILITIES PLAN

On March 9, 2021, the Board of Governance adopted VRFA's "2021-2027 Capital Facilities Plan." The "CFP," which was completed in compliance with the state's Growth Management Act and fulfilled a key initiative of the VRFA's 2020-2025 Strategic Plan, provides a comprehensive and data-driven analysis of the VRFA's facility and fire station needs. It also underscores the reality that the VRFA's ability to effectively serve our communities relies heavily on having safe, reliable, and thoughtfully located fire stations and support facilities.

The CFP made four recommendations:

- **Priority 1:** build an additional fire station in the northern part of VRFA's service area
- **Priority 2:** relocate and rebuild Station 38 in Pacific
- **Priority 3:** remodel or replace Station 31
- **Priority 4:** find a permanent location for Support Services

In late 2021 and early 2022, the VRFA and Board of Governance acted on Priority 1 by purchasing land at 30th Street and I Street Northeast in Auburn. Our analysis found building a fire station at this location will allow the VRFA to better serve the growing communities in the northernmost portion of our response area, improve response times for Station 31 units, and provide additional resources to the most densely populated areas of the VRFA. When built, this station will likely become VRFA Fire Station 36.

As the VRFA took possession of the future Station 36 property in the spring of 2022, work had already begun on Priority 2, relocating and rebuilding Station 38. As this edition of Fire Watch goes to print, the VRFA is completing a feasibility study of a 2-acre property on the Ellingson Road corridor. If successful, we will purchase this property for the future home of Station 38. The current Station 38, built in 1979, was designed to house Pacific's police and fire departments, a condition still in place today. With the formation of the VRFA, Station 38's location has resulted in extended response times to the neighborhoods it's designated to serve in Pacific, Algona, and Auburn. In addition to improving response times, relocating Station 38 supports the City of Pacific's Comprehensive Plan's goal of improving police facilities. Finally, a relocated and rebuilt Station 38 will ensure that the community's firefighters continue to be available by housing them in a seismically safe and modern work environment.

To assist with these critical planning steps, the VRFA has contracted with a leading architectural and engineering firm, TCA. In addition to consulting on the land acquisitions for Stations 36 and 38, TCA is leading a thoughtful process for addressing Priorities 3 and 4, remodeling or relocating Station 31 and finding a permanent location for Support Services. Station 31, built in 1985, is VRFA's busiest station and serves as Headquarters. Due to its



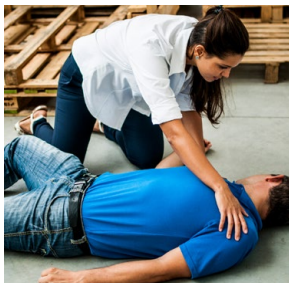
On January 10, 2023, we placed the new Pierce Tractor Drawn Aerial (TDA) into service after a traditional push-in ceremony. Shortly after, the TDA and crew were dispatched to a call in Enumclaw, where we provided mutual aid on a residential fire.

heavy use and construction features, the crowded Station 31 is rapidly deteriorating and will need to be rebuilt to contemporary safety and seismic building standards. The VRFA's Support Services Division currently works from Station 35, a non-response facility that the VRFA leases month-to-month. Located on the old GSA property on C Street Southwest, Station 35 is a converted 1944 warehouse building. Due to the recent sale of the GSA property, along with the condition of the 80-year old building and surrounding training grounds, our future use of the facility is limited.

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EMS SPOTLIGHT

SUDDEN CARDIAC ARREST



Sudden cardiac arrest (SCA) is life-threatening and occurs when the heart stops pumping blood. Internal organs must constantly receive the oxygen delivered through blood. If the heart isn't pumping blood, it can put organs

and the whole body at risk of death within minutes. Every year in the US, approximately 350,000 people suffer SCA outside the hospital. In fact, out-of-hospital SCA is the third leading cause of death in King County.

There are several causes of SCA, including heart attacks, heart disease, and abnormal heart rhythms. Heart attacks occur when the blood flow to the heart is blocked, causing damage to the heart muscle. Heart disease is a general term for various conditions that affect the heart, including coronary artery

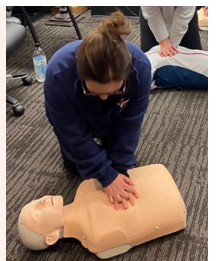
disease and heart failure. Abnormal heart rhythms, also known as arrhythmias, occur when the heart beats too fast, too slow, or irregularly.

Symptoms of cardiac arrest include sudden loss of consciousness, no pulse, and no breathing. If someone near you experiences these symptoms, call 911 immediately. If you are trained, initiate CPR to keep blood flowing to the brain and other vital organs until medical help arrives.

In King County, that help provides some of the best pre-hospital care in the world. King County has one of the country's highest survival rates of witnessed SCA. If a person's collapse is witnessed, and if responders find them with a heart rhythm that can be treated by defibrillation, they have an approximately 50% chance of surviving the event. Nationally, the likelihood of this same outcome is 25%. There are many reasons for this high survival rate in King County. The primary reason is the large number of CPR-trained community members who are willing to provide CPR to their fellow community members. This combination of skill and the

CPR & First Aid Classes

The VRFA partners with Puget Sound Fire and Renton Regional Fire Authority to provide enhanced CPR and First Aid training programs. Classes are held on Saturdays, with locations rotating between Auburn, Kent, and Renton. To learn more or to register for a class, visit www.vrfa.org/community/cpr-first-aid-classes.



willingness to act is critical as the chance of survival for a person experiencing SCA is doubled or tripled when CPR is initiated immediately after the heart stops.

When you call 9-1-1 for a sudden cardiac arrest, typically eight providers will respond. Six of these providers are Firefighter/EMTs who may arrive on an aid unit, fire engine, a ladder truck, and/or a command vehicle. Two responders will be paramedics with King County Medic One. Each of these individuals have a specific responsibility once they arrive at the

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SELFLESS SERVICE

INTEGRITY

GRIT

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KNOW YOUR NUMBERS



Heart disease is the leading cause of death in the United States. In 2020, nearly 1 in 5 deaths resulted from heart disease. Fortunately, there are tools to help us navigate our heart health numbers so we can avoid heart disease and stay healthy.

So how can we recognize our risk, quantify our threats, and win our hearts back?

It's simple: know your numbers.

A few standard tests and measurements that your health care provider can easily provide will inform you on the health of your heart and your risk for heart disease.

Blood Pressure

Blood pressure measures how hard your heart is pumping blood throughout your circulatory system. The higher your blood pressure, the harder your heart must work. Over time, this can weaken your arteries and lead to a heart attack or stroke.

Target Number: 120/80

Cholesterol

Cholesterol affects your blood vessels. Your blood vessels help your body make essential vitamins and hormones. If there is too much cholesterol, plaque will build up inside the blood vessels and can cause blockages leading to a heart attack or stroke.

Target Number: LDL less than 100 mg/dL and HDL greater than 40 mg/dL for men and greater than 50 mg/dL for women

Fasting Glucose

Your body breaks down food into glucose (sugar), and your cells absorb glucose for energy. If your body has an issue with this process, it can create extra glucose in your bloodstream which is a sign of diabetes.

Target Number: Less than 100 mg/dL

Body Mass Index (BMI)

BMI is a measurement of total body fat based on height and weight. It is an indicator of health risk, and the results come in categories of underweight, healthy weight, overweight, and obese.

Target Number: 18.5 to 24.9

How can you improve your numbers?

A balanced, calorie-controlled diet and a consistent, moderate exercise program are the two most significant ways to win back your health.

Get started today by learning your numbers.

*All target numbers are from the Center for Disease Control (CDC) website.

KNOW YOUR NUMBERS

Where can you get your blood pressure checked?

- Doctor's office
- Local pharmacy
- Local fire station
- Home blood pressure monitor

Where can you get your blood sugar checked?

- Doctor's office
- Local fire station
- Some local pharmacies

Where can you get your cholesterol checked?

- Doctor's office
- Some local pharmacies for a fee

How do I calculate my BMI (Body Mass Index)?

- Doctor's office
- Online calculators

*BMI screens for weight categories that may lead to health problems but does not diagnose body fat/muscle composition or health of an individual.

Additional resources:

Christ Community Free Clinic
253.736.2634

Mobile Medical Clinic South King County
(for people experiencing homelessness)
206.915.4809

VRFA CAPTAIN JON HILLEBRANT RETIRES AFTER 25 YEARS OF SERVICE



JON HILLEBRANT
CAPTAIN

"Joining the fire service was the best decision I ever made," said Valley Regional Fire Authority Captain Jon Hillebrant as he retired from a 25-year career with the Auburn Fire Department and VRFA.

Hillebrant decided to pursue a career in firefighting after ten years

of volunteering with the Wishkah Fire Department. He completed a two-year program at South Puget Sound Community College and was hired by the Auburn Fire Department in October 1997. He was promoted to Captain in 2009.

Jon took on many projects over the years, beginning with his role in 1999 as a mapping coordinator and fire department representative for the City of Auburn addressing committee.

He became a Respiratory Specialist in 2001 and was appointed the captain in charge of the program in 2016. He helped implement a complete overhaul of the department's self-contained breathing apparatus during that time. Hillebrant was a member of the ladder truck design committee, the

uniform committee and co-authored a manual for new hires titled "Approach to Excellence." He was a member of the Honor Guard for ten years and was a supervisor for the Auburn COVID vaccination and testing site.

Jon was selected by his peers as Firefighter of the Year in 2006, awarded a Medal of Merit for his life-saving actions during a storm in 2003, and received several Letters of Commendation.

Although his career accomplishments are many, Jon says he is most proud of his community involvement. He served on the Auburn Good Ole' Days Parade committee for over ten years and founded the "Honey Bucket Brigade" in 2000. Jon helped organize the Fire vs. Police Chili Cook-Off for many years, raising funds for the Auburn Food Bank. He also volunteered his time for the "Fill the Boot" drive, Toys for Kids, and Relay for Life.

"There's no question about Jon's contributions during his firefighting career; I witnessed it first-hand. His commitment to family, the VRFA, and our community has always been demonstrated through his actions. I feel fortunate to have worked alongside Jon and will always value how he treated others and his rock-steady work ethic," said Fire Chief Brad Thompson.



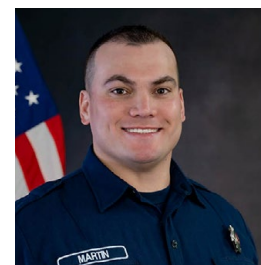
DAVE HILL
MAYOR

ALGONA MAYOR DAVE HILL RETIRES

The VRFA congratulates Mayor Dave Hill on his retirement and thanks him for his 16 years of service on the Board of Governance.

PROMOTIONS

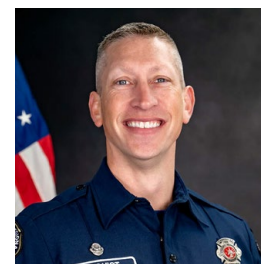
Congratulations to our recently promoted members. We are excited to see what they will accomplish in their new roles.



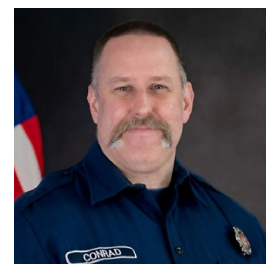
AARON MARTIN
CAPTAIN



ANDY COOK
CAPTAIN



DAN SEQUIST
CAPTAIN



DARIS CONRAD
CAPTAIN



JEREMY ELLIOTT
CAPTAIN

FIRE CHIEF'S MESSAGE



BRAD THOMPSON

Thank you for taking the time to read this newsletter. Many talented folks work hard to put this together, and we hope you find it a valuable resource to better understand the many aspects of the VRFA's service delivery. In each edition, we strive to communicate recent significant events within your fire department, protective measures you can take to increase your health and safety, and an overview of what we aim to accomplish through the execution of community-focused strategic goals.

Our staff members are the most important resource at the VRFA, ready to serve in many capacities during their careers. In recent issues, including this one, you will have read about long-term staff who have chosen to hang up their fire helmet for the last time and begin the next phase of their lives. These staff members poured a large portion of their lives into providing public safety to this community,

directly improving the health and safety of the lives they touched. Although these folks will no longer be serving you, their impact will be felt for many years to come through the lives they protected, the knowledge and experience they passed along, and the grit they demonstrated while carrying out their duties. For this, we owe them our unending gratitude and best wishes for a job well done.

We also introduce you to our next generation of firefighters, having just completed and graduated from a rigorous fire and emergency medical service academy. The VRFA is honored to participate in a regional training division, combining the resources from multiple fire agencies in South King County. We often share resources on major incidents and during times of increased 911 call volume. This training partnership ensures you receive professional and consistent life safety services when you need them. I couldn't be more excited for you to meet these outstanding young men and women. Although they will still be enrolled in a 3.5-years long apprentice program, they are ready to begin providing professional service now under the seasoned guidance of senior firefighters and company officers.

Also in this edition, Deputy Chief Tim Day provides an update to our Capital Facilities Plan which describes

buildings and other assets. These public safety facilities provide the ability for our staff members to serve you best. The delivery of public safety services rests on three legs: well-trained staff, appropriate apparatus and equipment, and infrastructure including facilities, communications systems, water systems, and road networks. We're excited to share our progress with you.

The gold standard for a safe and healthy community is to prevent emergencies from happening in the first place. Hopefully, you will find information in this newsletter that helps lower cardiac risk factors for yourself and your loved ones. You can help us by practicing habits that promote heart health.

At the VRFA, everything we do is designed to support our Vision: Creating the safest community to live, work and visit. We are continually seeking proactive ways to improve the health and safety of our staff and you, our valued community members. Our mission is in our hearts, as demonstrated by our immeasurable dedication to serving our whole community.

Be safe and be well.

Chief Brad Thompson

THE VRFA WELCOMES 13 NEW TEAM MEMBERS



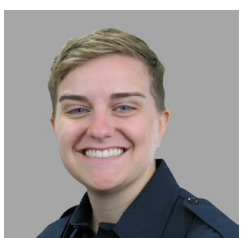
EMMA SHEEHY
FIREFIGHTER

Emma has bachelor's degrees in Spanish and Global Policy & Justice from James Madison University. Before joining the VRFA, she worked as a Cross Fit Coach.



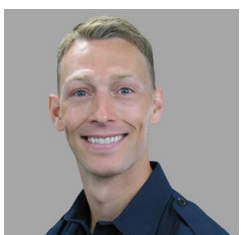
MITCHEL COX
FIREFIGHTER

Mitchell attended Eastern New Mexico University for 1.5 years before transferring to Washington State University [WSU], where he earned a bachelor's degree in Construction Management. After graduating, Mitchell worked for four years as a Project Engineer.



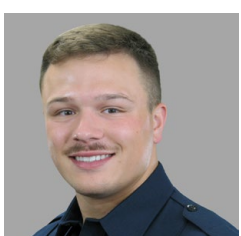
OLIVIA ENGLE
FIREFIGHTER

Olivia played lacrosse at Whitman College and graduated with Biology and Environmental Studies degrees. She grew up in University Place and fell in love with emergency medicine and public service after taking an EMT course.



JAY SKILTON
FIREFIGHTER

Jay grew up in Tacoma. He attended Western Nevada College and played baseball for the University of Nevada. Jay was a head coach at Orange Theory fitness before joining the VRFA.



NATHAN JOB
FIREFIGHTER

Nathan graduated from Rogers High School and attended the Bates Fire Services Program. He previously worked in construction and at a coffee shop.



MONIQUE PAYNE
FIREFIGHTER

Monique grew up in a military family. She played soccer for the Central Washington University woman's soccer team and graduated with a bachelor's degree in Education. Payne taught middle school math and science for ten years while completing her master's degree in Education.



JACOB HOWARD
FIREFIGHTER

Jacob grew up in a fire service family. Before joining the VRFA, Jacob was a Security Design Senior Project Manager.



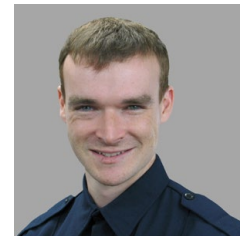
TIM ROBERTS
FIREFIGHTER

Tim was raised in Woodinville. He graduated with a degree in Finance from the University of Oregon and was a corporate accountant before joining the VRFA.



JOSHUA SWIFT
FIREFIGHTER

Originally from Arizona, Joshua has a master's degree in Theology & Culture. Before joining the VRFA he worked as a warehouse manager.



ETHAN KENNEY
FIREFIGHTER

Ethan has a bachelor's degree in Kinesiology from Western Washington University. Before joining the VRFA, he worked as a personal trainer, physical therapy tech, and EMT.



CHASE LAWRENCE
FIREFIGHTER

Before joining the VRFA, Chase worked as a fishing boat deckhand and cell tower technician. He spent one season working in wildland fire and has an NREMT certification.



STEPHANIE LOPES
SOCIAL WORKER

Stephanie comes to the VRFA from Harborview Medical Center, where she worked as part of their acute inpatient psychiatry team. She has a wealth of experience working with individuals undergoing various health and wellness challenges. She graduated from the University of Washington's Social Work program with an emphasis in Integrated Health/Mental Health.



KAITLIN SCOTT
ADMIN. ASSISTANT

Kaitlin has over five years of administrative experience and joins our Business Services Division in the Administrative Assistant role. Before joining the VRFA, she worked as a membership coordinator with SPEEA Local IFPTE 2001. Kaitlin grew up in the Bonney Lake area and graduated from Gonzaga University with a bachelor's degree in Public Relations.

THE VRFA GIVES BACK

Toys for Kids

In 2022, through fundraising, social media, and individual business donations, the Valley Professional Firefighters Local 1352 collected \$11,600 in cash and checks, \$4,100 in online donations, and seven pallets of toys for the annual Toys for Kids fundraiser.

The Toys for Kids fundraiser is the largest charity event supported by Local 1352 members, directly impacting and supporting the Auburn, Pacific, and Algona communities. Successfully led by Firefighters Cory Wallace, John Stivers, and John Monsebroten, Local 1352 provides toys and gifts to approximately 1,000 children annually during the Holidays. The Valley Regional Fire Authority has supported Toys for Kids [formerly Toys for Tots] since 1986. Members of Local 1352 work with the Auburn Food Bank to collect toys, fundraise, and register families in need.

VRFA staff, Local 1352 members, family, and friends volunteer their time at the toy distribution event and the donation locations hosted at Haggen's in Lakeland Hills and Fred Meyer in Auburn. The day before the distribution, volunteers gather at the Auburn Fred Meyer to shop for \$15,000 worth of toys, blankets, and gifts. Lakeland Hops n Drops donated 40 bikes and scooters to the cause and provided staff for shopping and the toy distribution.

Local 1352 would like to send a special thanks to Emerald Downs and the Muckleshoot Indian Tribe for hosting the distribution event for the third straight year. In 2020, when the original distribution site could not host due to COVID-19 restrictions, Emerald Downs and the Muckleshoot Tribe stepped up eight days before the event by opening their stable and barn doors to support and host Toys for Kids.

Appreciation also goes out to the Zone 3 Fire Cadets for volunteering and assisting with traffic control, Fred Meyer for their continued efforts in providing discounted pricing, and a few Local 1352 families. Battalion Chiefs Kevin Morehart, Paul Strong, Jason Herman, and Captain Anthony Rodriguez, along with their families, donate their time and energy to supporting the Toys for Kids fundraiser. These families show up year after year, and their children donate their time to help shop for age-appropriate toys and then distribute these items to our communities' families.

Finally, the VRFA would like to thank our community members and local businesses that



supported Toys for Kids in 2022. This event could not happen without their generosity and support.

If you are interested in receiving assistance for your child in 2023, please contact the Auburn Food Bank for registration information.

If you would like to donate to Toys for Kids for 2023, go to:

unionly.io/o/iaff1352/2022-toys-for-kids-valley-professional-firefighters

SUDDEN CARDIAC ARREST

Article continued from page 1.

patient's side, including chest compressions, AED/defibrillation management, airway management, patient support, and incident management. If you are performing CPR, wait until fire personnel are ready to take over and instruct you to stop. Paramedics will provide advance treatment including advanced airway management, IV therapy, and drug administration. In some cases, local police may arrive prior to the fire department and may begin CPR and deliver defibrillation.

Under paramedic supervision, CPR and advanced

care will continue until the patient becomes stable enough to attempt transport to an emergency room or, sadly, until resuscitation is no longer possible. Paramedics have numerous medical treatments and diagnostic devices to try and fix the circulation issues in the heart while firefighters keep blood pumping with CPR. Unfortunately, sometimes despite our best efforts, we cannot get the heart started again.

In 2022, the VRFA responded to 330 calls for sudden cardiac arrest.

VRFA CAPITAL FACILITIES PLAN

Article continued from page 1.

The goal of this planning process, which is being facilitated by TCA and will be completed by the end of April 2023, is to provide the Board and VRFA with projected costs for completing each element of the CFP. This insight will allow the Board and VRFA to determine the best way to fund these crucial projects.

We're excited to share updates on our CFP efforts on social media. You can find us on Facebook, Instagram, Twitter, LinkedIn, Nextdoor, and YouTube.

You can find the full CFP and Strategic Plan at www.vrfa.org.



VRFA Services

The VRFA provides CPR and First Aid classes, complimentary blood pressure checks, fire station tours, custom-fit bicycle helmets, custom-fit life jackets, smoke alarms, child car seat inspections and more.

FOR MORE INFORMATION:

call **253-288-5800** or go to **www.vrfa.org**

VRFA Administration

Brad Thompson

Fire Chief/Administrator

Rick Olson

Deputy Chief of Operations

Tim Day

Deputy Chief of Community Risk Reduction

Mark Horaski

Chief Financial Officer

Sarah Borden

Human Resources Director

Board of Governance

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Pacific City Council

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City of Pacific Mayor

Vic Kave

Pacific City Council

Bill Thomas

Algona City Council

Robyn Mulenga

Auburn City Council

Lynda Osborn

Algona City Council

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VRFA HEADQUARTERS

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253-288-5800

Business Hours 8 a.m. – 5 p.m.
www.vrfa.org



The VRFA is committed to our mission:
WE SERVE THE WHOLE COMMUNITY