The two issues involving East Pierce Fire & Rescue were both close. Proposition 1 asked the voters to authorize a seven-member board of fire commissioners. The proposition narrowly passed with just over 50 percentage points.

“The increase from five to seven Board members will improve commissioner representation of our growing fire district,” says East Pierce Fire Commissioner Rick Kuss. East Pierce provides fire protection and emergency medical services for citizens living in Bonney Lake, Sumner, Lake Tapps, Edgewood, Milton, South Prairie, the Ridge communities, Wilkeson and large areas of unincorporated Pierce County.

All regular Board of Fire Commissioners meetings are held on the third Tuesday of every month. The general meeting starts at 7 p.m. at the East Pierce headquarters station, 18421 Veterans Memorial Drive, in Bonney Lake. Meetings are open to the public and offer residents an opportunity for citizen input. Agendas and minutes are posted at www.eastpiercefire.org.

Fire Commissioner’s Race
Kevin Garling has been re-elected to the East Pierce Board of Fire Commissioners. Garling beat Raymond Bunk III with just over 50 percent of the vote. Both Garling and Bunk currently sit on the East Pierce Board of Fire Commissioners. However, due to attrition, only one position is available for the next six-year term.

Garling is a battalion chief for the Kent Regional Fire Authority. He previously served as an Edgewood Fire Department commissioner, prior to the merger with East Pierce.

Final election results were certified November 26.

Santa is Coming to Town

East Pierce firefighters will accompany Santa during his annual visit to neighborhoods in our fire district.

East Pierce Firefighter James Parke is spearheading the much-anticipated event. “Watch for emergency vehicles with lights on and Christmas music playing. They will cruise a few blocks ahead of Santa’s sleigh to let you know Santa is coming,” Parke said. “For safety reasons, please stay on the sidewalk and out of the road.”

Santa’s visit is sponsored by the International Association of Firefighters Local 3520 and the East Pierce Fire & Rescue Volunteer Firefighters’ Association. Firefighters will be collecting donations for local food banks as they accompany Santa.

Stay Warm and Stay Safe This Winter

As homeowners turn to alternative heating sources to avoid expensive heating bills, they should be aware of the potential fire danger. “Heating equipment is the leading cause of home fire deaths, after smoking” says East Pierce Assistant Deputy Fire Marshal Lane Walthers.

Follow these simple steps to stay warm and stay safe.

Wood stoves and fireplaces
• To reduce the risk of fire and carbon monoxide poisoning due to creosote buildup or obstructions in the chimney, have the chimney inspected annually by a qualified service technician.
• Keep tree branches and leaves at least 15 feet away from the top of the chimney, and install a chimney cap to keep debris and animals out.
• Use only well-seasoned wood. Never burn Christmas trees or treated wood in your fireplace or wood stove.
• Use only kindling or a commercial firefighter to start a fire. Never use flammable liquids.
• Keep furniture and combustibles at least 36 inches away from the hearth. Use a sturdy screen to stop sparks from flying into the room.
• Dispose of cooled ashes in a metal container. Keep the container a safe distance away from your home.
• Never burn charcoal indoors.

Burning charcoal can produce lethal amounts of carbon monoxide. When burning synthetic logs, follow the directions on the package. Never break a synthetic log apart to quicken the fire or use more than one log at a time. They often burn unevenly, releasing higher levels of carbon monoxide.

Electric space heaters
• When buying a new space heater, make sure it carries the mark of an independent testing laboratory and has a tip over safety feature.
• Do not store objects on top of heaters or use to dry clothing.
• Plug space heaters directly into wall outlets. Never into an extension cord or power strip.
• Remember to turn heaters off when leaving the room or going to bed.

“Give home heating equipment a safe distance at least three feet from anything that can burn, including paper, bedding and people,” Walthers recommends. “Have a ‘kid-free-zone’ around open fires and space heaters and never use them to heat your home.”

For more tips on staying safe, visit www.eastpiercefire.org.
WINTER WEATHER EMERGENCIES: KEEP MINDFUL OF LOCAL DANGERS

As we transition from fall to winter, just remember that the weather will switch from short sleeves to long sleeves, and chilly temperatures can be as dangerous as they are beautiful.

According to East Pierce Fire & Rescue Assistant Chief James Jaques, the most common cold weather injury for young area residents is sledding mishaps. Emergency crews are often called to the scene of an accident where someone has run into a parked car or other stationary object.

“We see everything from broken limbs to head injuries,” said Jaques. When sledding, try to pick a clear area free of rocks, trees or fences and never slide down on a road. “Never, ever sled while holding onto a car or truck,” Jaques said.

Although injuries to the head are less common, they do happen here. Fire officials warn against going out onto frozen lakes or ponds, especially Lake Tapps. Unlike most bodies of water, Lake Tapps is not shaped like a big bowl, making it difficult to judge its ice thicknesses even near the shoreline. The lake is especially dangerous if the water has been drained and then refrozen. Lowering the water beneath the ice can leave little or no support, causing someone to fall through the ice under the weight of a person or vehicle.

“We’ve seen people drive their motorcycles, all-terrain vehicles, dune buggies, snowmobiles and even Volkswagens out on the lake,” Jaques says. “To be safe, never take a vehicle out on any of the area’s lakes or ponds.”

Hypothermia is also a danger. It doesn’t take sub-zero temperatures for someone to develop a cold-related medical condition. The elderly and the very young are especially susceptible to hypothermia, frostbite and other weather-related health problems.

A person affected by hypothermia may experience:

- Confusion;
- Dizziness;
- Exhaustion; and
- Severe shivering.

Signs of frostbite include:
- Gray, white or yellow skin discoloration;
- Numbness or waxy-feeling skin.

Call 9-1-1 immediately if you experience these symptoms. This is a serious medical emergency.

Our most common weather-related emergencies are wind and flooding. Be aware of potential flooding and obey evacuation orders. “Several areas of our district are prone to flooding and could be cut off if the flooding is severe enough, particularly South Prairie,” Jaques says. “If you do not leave before the floods close all the roads, we have been trained to bring in a fire or emergency medical services. We don’t ever want to see that happen.”

For more winter weather tips, go to our website at www.eastpiercefire.org.

First Responders Promote International Walk to School Day

East Pierce Fire & Rescue and the Sumner Police Department joined the nearly 250,000 students and parents from Daffodil Elementary School to celebrate International Walk to School Day by participating, for the first time, in the Safe Kids Walk to School Day Parade, Wednesday, October 9. The parade began at the Sumner School District Office at 6:30 a.m., proceeded from Wood Avenue, down Washington Street to Valley Avenue, then to the school.

During the walk, fire and police personnel talked to children about important safety messages such as

- Wearing reflective clothing;
- Walking in crossings;
- Crossing streets at a corner;
- Using the crosswalks; and
- Putting away electronic devices.

The Sumner students were among more than 250,000 children across the United States who participated in the annual event to learn safe walking skills and to encourage the creation of safe walking environments.

“Our children learn by mimicking what we see. By walking with them on International Walk to School Day, we can show children how to walk safely,” says East Pierce Public Education Specialist Dina Sutherland.

According to the World Health Organization, road traffic injuries are the second-leading cause of death among children ages five to 14 worldwide. More than 61 children are injured every day, some severely enough to seek medical attention. Nearly 500 children have died every day.

East Pierce Fire and Rescue, Sumner Police and Safe Kids Coalition are working together to raise awareness, promote pedestrian safety, create safer routes for walkers and bicyclists and emphasize the importance of increasing physical activity among children.

Walking to school is a great way for kids to get exercise and reduce traffic congestion near schools. Unfortunately, many children are unable to walk because the conditions are not safe. In 1990, East Pierce Fire Chief Jerry E. Thorson.

TRAINING STARTS FOR VOLUNTEER CANDIDATES

Seventeen people are vying for ten positions as the newest East Pierce Fire & Rescue volunteer firefighters.

The recently completed rigorous physical exam, background check and series of interviews, on November 5, 2013, will begin a five-week orientation class.

Only the top ten candidates will move on to the next phase of training—the volunteer firefighter academy. Based on six months of intensive program, the volunteer recruits will attend emergency medical technician (EMT) class. Only then will they be fully trained East Pierce Fire & Rescue Volunteer. "Volunteers help enhance our response to fire and medical emergency calls, as well as assist with public education," says Assistant Chief Ryan McFarland. "We oversee volunteer program. They respond to 9-1-1 emergency calls out of our station and when career firefighters are busy with a significant number of calls or a large-scale emergency."

Since emergency medical incidents make up the majority of all the 9-1-1 calls, all the East Pierce Firefighters—career and volunteers—are at least EMTs. They are required to respond to and care for patients who have been involved in motor vehicle collisions or are in medical distress as the result of an accident, illness or childbirth. Some of the candidates have undertaken additional training to become paramedics. They are able to perform more advanced prehospital medical procedures.

"Volunteers play an important service by putting trained people in the community, particularly in outlying areas of the district," Good says. For some, it also provides a transition to a career in the fire service. "Some of the current career firefighters at East Pierce have been hired from the volunteer ranks.

When the Volunteer Class of 2014 become full-licensed firefighter-EMTs, they will have completed approximately 400 hours of training. East Pierce Battalion Chief Pat Beers remembers when he became a volunteer for the City of Bonney Lake in 1990. “We attended a 46-hour recruit class,” he said. “Now the recruit class alone is 200 hours and the EMT class is another 120 hours.”

Even after graduation, the training doesn’t end. In addition to the other volunteers, the new recruits will attend weekly drills and must maintain a 75 percent drill attendance, plus participate in mandatory specialized drills throughout the year.

Once the new recruits complete their training, they will join the 31 volunteers who currently serve the Bonney Lake, Lake Tapps, South Prairie, Edgewood, Milton, Sumner, Wilkeson and the Ridge community.

CLOWNS GET SERIOUS ABOUT SAFETY

For the second year, the East Pierce Fire & Life Safety Coalition has promoted their Characterization Program to local elementary school children. This unique educational program taught third, fifth, and sixth-grade students important fire and life safety skills.

This year’s lessons focus on seat belt safety, how to remain calm in an emergency, booster seat location, the importance of exit drills in the home, wearing bike helmets, and the risks of cooking on the stovetop.

“Most important, the children were told to remember the important safety messages!” said the troupe finishes performing at all of the elementary schools within the fire district; they will have entertained— and educated—more than 5,000 students.

This year, at extra assemblies was hosted at Cascade Christian Presbyterian Church during the Assembly, the children were taught the safety lessons taught by our funny clowns. They certainly aren’t the only clowns in town. In fact, there are 70 registered clown performers in Pierce County alone.

According to East Pierce Fire & Rescue has a long history of providing fire and life safety instruction to area students. For years, the firefighters have gone into the local schools to teach everything from water safety to CPR. Our Fire Safety Trailer has been a mainstay at school and community events.

“The partnership between our organizations and the school district is critical to the development of safety awareness in our community,” says East Pierce Fire & Rescue Chief Jerry E. Thorson.

Next year, the troupe will be back with a whole new show. “It will keep us busy,” says Lieutenant Marc “Backdraft” Lash. “We’re having just as much fun as the kids!”

VOLUNTEER CANDIDATES TRAINING STARTS FOR
HEALTH Protect Yourself Wholesale WATCH: from the Flu

In addition to the flu virus, there are also serious noroviruses and rotaviruses circulating, which generally cause more nausea, vomiting and diarrhea. This is in contrast to the flu which typically involves coughing, fever, body aches and, only sometimes, nausea and vomiting. "So if you are getting sick—and you got the flu virus—it may not be the flu," says East Pierce Fire and Rescue Assistant Chief Russ McCallon.

In most healthy people, the flu will go away in five to seven days. However, in some cases, the flu can be a serious health threat. Typically, children under the age of five, pregnant women, seniors and people with underlying health conditions, such as asthma and emphysema, are at greatest risk, and should contact their health care provider right away if they have symptoms. Call 911 if:

- A baby younger than three months has a high fever or a fever that lasts more than five days;
- You are having trouble breathing or feel very short of breath;
- You have a severe headache or stiff neck and are confused or having trouble staying awake;
- Your flu symptoms get better then return with a fever and even worse cough;
- You are experiencing chest pains;
- You show signs of dehydration (very dry mouth or no urination in more than eight hours).

Avoiding the flu

Vaccination continues to remain the cornerstone of preventing influ-enza, a contagious respiratory disease caused by different influenza viruses infecting the nose, throat and lungs. "Vaccinated patients may still get the flu—but usually have less serious symptoms," McCallon says. "Remember that it takes two, full weeks for the vaccine to provide maximum protection."

Avoiding exposure to the flu is also important. Stay away from people who are coughing and sneezing. Practice frequent hand washing. Avoid touching your face, especially your eyes, nose and mouth. Do not touch animals or birds. If you must travel, wash your hands before and after touching public surfaces. If you are sick, stay home from work and school. Pay attention to any warning devices (flares, reflective markers, etc.) and blankets for protection from the cold.

Every year, people are injured or killed while driving on snow or icy roads. "If you can postpone your trip, or if it is non-essential, stay in when the weather is really bad," urges East Pierce Battalion Chief Doug Walker. "If you must drive, keep these safety tips fresh in your mind as you can keep you on the road and in control."

Make sure you and your car are properly equipped:

- Be sure your car or truck has anti-ice tires, and you have plenty of washer fluid.
- Verify that the tires have tread and are properly inflated.
- Check to make sure the headlights are clean and in working order.
- Have your battery tested to avoid being stranded in the cold with a vehicle that won’t start.
- Before you drive, remove snow and ice from your vehicle’s windows and mirrors and keep clean to maintain visibility. Also, be sure to clean snow from the roof and hood to ensure good visibility for both you and other motorists.

Slow down and drive smoothly:

- Avoid abrupt acceleration, braking and unnecessary lane changes which can cause your vehicle to lose traction.
- Remember, four-wheel-drive helps in the slushy stuff, but is of no use when trying to steer or stop on icy roads.
- Be patient. It’s going to take longer to arrive at your destination.
- Don’t tailgate. Give yourself plenty of stopping distance.
- Avoid using cruise control in the snow, ice or sleet. If the car hydroplanes or skids, it can accelerate in an attempt to maintain a constant speed.

Be prepared:

- Stock your vehicle with essentials in the event of an emergency including a snow shovel, broom, ice scraper, jumper cables, flashlight, warning devices (flares, reflective markers, etc.) and blankets.
- Prepare a first aid kit and include any necessary medicines in case you’re away from home for a prolonged time.

If you do become stranded, avoid other drivers as monoxide poisoning. Don’t run your car for long periods with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm.

East Pierce Fire & Rescue wants to keep you and your family safe on the roads this winter.
Who is East Pierce Fire & Rescue?

East Pierce Fire & Rescue was founded on a strong commitment to customer service. The department's Mission, Vision and Values outline the actions of the department and its employees. Exceptional customer service and a concern for the employee's well-being have become hallmarks of our culture.

EPFFR was created when the City of Bonney Lake Department, Lake Tapps Fire and Pierce County Fire District 24 merged in 2000 to achieve the goal of providing a seamless response to emergency situations.

In 2006, voters in Pierce County Fire District 12 and South Prairie Fire District 20 overwhelmingly passed a special election which permitted Pierce County Fire District 12 and South Prairie Fire District 20 to merge with Bonney Lake and Buckley, creating Pierce County Fire District 24.

An independent, citizen-elected board of commissioners governs the agency.

Staffed Stations

<table>
<thead>
<tr>
<th>Station</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Station 11</td>
<td>(Headquarters Station)</td>
<td>18421 Veterans Memorial Drive East, Bonney Lake 98391 253.863.1800</td>
</tr>
<tr>
<td>Station 12</td>
<td>12006 - 214th Ave. E.</td>
<td>Bonney Lake</td>
</tr>
<tr>
<td>Station 13</td>
<td>800 Harrison Street, Sumner</td>
<td></td>
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<tr>
<td>Station 14</td>
<td>3206 W. Tapps Dr E., Bonney Lake</td>
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</tr>
<tr>
<td>Station 15</td>
<td>10515 - 234th Ave. E.</td>
<td>Buckley</td>
</tr>
<tr>
<td>Station 16</td>
<td>10105 240th Street East, Edgewood</td>
<td></td>
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Health Watch, cont. from pg 2

4. Practice other good health habits. Clean and disinfect surfaces around you from getting sick.
5. Wear a mask when going out. Make sure to wash your hands often after removing your mask.
6. Practice other good health habits. Keep your distance from others when in public places.

For more information, go to www.cityofmilton.net.

Upcoming Events

EDGWOOD TREE LIGHTING

Everyone is invited to the second annual Edgewood Tree Lighting from 5 to 8 p.m. on Sunday, December 8. Join us as we light the tree and enjoy refreshments and holiday treats while listening to a performance by the Edgemont Junior High School band and choir. The Roy Scouts Toop 525 will be selling hand-crafted swaps. Non-perishable foods and new items will be collected for the Edgewood Community Food Bank. For more information, contact city hall at 253.952-3299.

MILTON TREE LIGHTING

Kick off the holiday season with your neighbors from 3 to 8 p.m. Saturday, December 7 at the Milton Activity Center, 1000 Laurel Street. There will be holiday crafts, music, food and beverages. Visit with Santa for photos and gifts. The Santa Parade will tour the city from 3 to 5 p.m. Santa will arrive back at the Activity Center at 5 p.m. and we will light the tree at 6 p.m.

For more information, go to www.cityofmilton.net.

BONNEY LAKE TREE LIGHTING AND FOOD BANK

The annual Bonney Lake Tree Lighting, sponsored by the Kiwanis Club of Bonney Lake, will be held from 6 to 8 p.m. Saturday, December 7 at the East Pierce Fire & Rescue headquarters station, at 18421 Veteran’s Memorial Drive East. The festivities also include cookies, hot apple cider and holiday music performed by area school children.

Bonney Lake Mayor Neil Johnson will light the tree around 6:30 p.m. to signal the official start of the holiday season, followed by the arrival of Santa and Mrs. Claus aboard a fire engine. Santa and Mrs. Claus will be available for photos.

Food donations will be accepted all day from 9 a.m. to 6 p.m. Saturday at the Bonney Lake Food Bank (next door to the fire station) and during the event.

FREE! TO EAST PIERCE FIRE & RESCUE CITIZENS

LIFE JACKET LOANER PROGRAM

Local libraries, schools and non-profit organizations are encouraged to apply. Loaned life jackets are designed for use in open water and are made by professionals. All helmets are sold for $14 each. East Pierce Fire and Rescue will provide helmets for free.

The cost for citizens residing within the jurisdiction of East Pierce Fire & Rescue, including Sumner, Bonney Lake, Lake Tapps, Wilkeson, South Prairie, Milton, and Edgewood, is $15 for either a CPR or First Aid class, or $30 for both. The cost for non-residents is $30 for each class, or $60 for both.

To register, call 253.865.1800 during regular business hours.

Helmet Sales and Fitting

Helmet sales and fitting, sponsored by East Pierce Fire & Rescue, is available for $14 each. Multi-sport helmets sold for $10 each.

LIFE JACKET SALES AND FITTING

Helmet sales and fitting, sponsored by East Pierce Fire & Rescue, is available for $14 each. East Pierce Fire and Rescue will provide helmets for free.