



## Don't miss our Easter Egg Hunts

Grab your Easter basket and join us for one of our free Easter Egg Hunts Saturday, April 23. It's fun for the whole family.

The 21st annual Sumner Easter Egg Hunt, sponsored by East Pierce Professional Fire Fighters Local 3520, will be held at Sunset Stadium, 1707 Main Street. Children, ages 1 to 3, will be allowed on the field at 9 a.m. followed by the 4 to 6 year olds at 10 a.m., the 7 to 9 year olds at 11 a.m. and the 10 to 12 year olds at noon.

Join the East Pierce Volunteer Firefighters' Association for the 54th annual South Prairie Easter Egg Hunt. The free event starts at 10 a.m. at the South Prairie City Park located at Third and Tacoma Streets.

The annual Edgewood Easter Egg Hunt, also sponsored by Local 3520, starts at 10 a.m. on Saturday April 23 at Edgemont Park, located adjacent to Edgemont Junior High School at 24th Street East and 110th Avenue East.



## What's Hot

|                            |   |
|----------------------------|---|
| Women's Hearts .....       | 2 |
| SafeSitter Classes .....   | 2 |
| Annual Awards .....        | 2 |
| Pedestrian Safety .....    | 3 |
| Training Burn Photos ..... | 3 |
| Car Seat Update .....      | 3 |
| Stairclimb Results .....   | 4 |

## Milton signs agreement

Beginning January 1, 2011, East Pierce Fire and Rescue began providing fire and emergency services to the City of Milton per an operational agreement approved by the Milton voters last April.

"The Milton firefighters have joined East Pierce firefighters responding to fire, emergency medical and rescue calls for Milton," East Pierce Fire Chief Jerry E. Thorson said. "We are providing a very solid response to the city."

In January, there were 41 emergency calls in Milton, and 23 patients were transported by East Pierce crews to local hospitals. "We've improved services to our Milton residents and businesses by adding paramedic first response and ambulance transports for no out-of-pocket expense to the patient," Thorson said. Because there are no out-of-pocket expenses for ambulance transports from East Pierce crews, Milton patients see a direct savings over previous years.

Thorson said that the Milton volunteer firefighters will continue to staff the station at




The Milton firefighters run emergency calls and participate in training exercises alongside the career and volunteer firefighters at East Pierce. Together they provide fire, emergency medical and rescue services to the City of Milton.

1000 Laurel Street when available. "There are plenty of opportunities for the volunteer firefighters to be involved," Thorson said. For example, volunteers participate in Volunteer Experience Opportunity Programs (VEOPs) with the career firefighters at the


staffed stations, in addition to their weekly drills.

"We will continue to work with city staff and the police department to ensure we are meeting the community's needs and fulfilling the requirements of the operational agreement," Thorson said.


## Unique program helps heals hearts




Tacoma-Pierce County Chaplaincy  
helping the hurting in our community




(253) 564-7848




Chaplain Polly Fields



Chaplain Adam June  
(Edgewood Milton)



Chaplain Deb Ray



Chaplain Stan R. Florez

The Tacoma-Pierce County Chaplaincy program offers emotional and spiritual care and support to families and victims of tragic circumstances throughout Pierce County.

Emergency responders must be able to stabilize patients, start IVs, insert breathing tubes and provide life-saving medications in a race against the clock to get patients to the hospital. But a key piece of care is missing from that list – not only for the patient, but for the family, bystanders, and often the emergency responders themselves.

Since the '70s, that void has been filled by the volunteer chaplaincy program. It provides emotional and spiritual care and support to families and victims of tragic circumstance.

Today, the Tacoma-Pierce County Chaplaincy (TPCC) encompasses all of Pierce County. Its mission is to provide emotional and spiritual support to citizens in crisis, including emergency responders and their families.

"We're just another part of the team," said Reverend Stan Florez, senior pastor for Church Club 1, in Bonney Lake. Florez is a part-time chaplain for East Pierce Fire & Rescue and serves as supervisor for the three other volunteer chaplains, Polly Fields, Adam June and Deb Ray. They are on-call 24 hours a day, seven days a week to serve East Pierce residents.

"I know from personal experience what a tremendous support they have been to the organization and this community," Deputy Chief John McDonald said. "They have also provided me and my family assistance during a particularly difficult time."

When it appears that a chaplain is going to be needed on an incident, such as a fatal car crash, drowning or cardiac arrest, the firefighters or law officers can request a chaplain be dispatched to the scene. While the chaplains are available to provide spiritual support for those who request it, they are also there to help with the emotional trauma that often comes as a result of the loss of a loved one or the devastation of a fire.

The chaplains attend to the family during the incident and stay to assist in any way they can after everyone leaves, helping to arrange temporary housing and clothing, wait with the family

East Pierce Fire and Rescue  
18421 Old Buckley Highway  
Bonney Lake, WA 98391

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# Be a Safe Sitter



East Pierce firefighters help provide important first aid training and rescue skills necessary for handling medical or household emergencies that might occur while caring for a young infant or child.

Are you ready to be a Safe Sitter? East Pierce Fire & Rescue is offering two classes this summer, one in Buckley and one in Edgewood, to teach current and future baby sitters. The Safe Sitter program is a medically accurate curriculum that teaches boys and girls ages 11 to 13 years how to handle emergencies when caring for children.

The three half-day class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies. Medically-trained experts provide hands-on training of first aid and rescue skills necessary for handling medical or household emergencies that might occur while caring for a young infant or child.

The curriculum covers topics such as Babysitting as a Business, Success on the Job, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Care of Choking Infant, and Care of Choking Child, Preventing Injuries, Behavior Management, Infant and Child CPR and Toddler/Preschool Guest.

At the end of the course, students must demonstrate how to respond to a choking infant or child, and pass a written exam proving mastery of key concepts.

The cost is \$30 per student and includes a student manual, Safe Sitter Introduction Cards and an Important Phone Numbers pad.

The classes are offered at two locations – our fire station in Buckley at 10515 234th Avenue East, and our Edgewood station, at 10105 24th Street East.

To register, complete the forms available online at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org) and submit with payment to our Headquarters Station, 18421 Old Buckley Highway, Bonney Lake. Scholarships are available based on financial need. The class is limited to 25 students, so register early!

## 2011 Class Schedule (choose one class option)

**Station 18 in Edgewood**  
July 18.....8:30am—12:30pm  
July 19.....8:30am—12:30pm  
July 20.....8:30am—1:00pm

**Station 16 in Buckley**  
August 8.....8:30am—12:30pm  
August 9.....8:30am—12:30pm  
August 10...8:30am—1:00pm

## Health Watch Women and their hearts

Is a woman's heart different from a man's? Maybe not, but it turns out that a woman's heart attack is. That's what researchers have learned in the past decade after studying early warning symptoms of acute heart attacks in women.

Current studies are showing that the "Hollywood Heart Attack", signified by crushing chest pain, seldom occurs for women. In fact, most women describe the feeling as "pressure" or "discomfort" rather than pain, leading to misdiagnoses as gastrointestinal problems.

Other common symptoms women report during a heart attack, such as nausea, shortness of breath, dizziness and a feeling of exhaustion, can also be attributed to something other than cardiac problems, making it difficult to diagnose without an EKG.

Most women would be surprised to know that heart disease is the number one killer of American women. "One in three women will die from heart disease while one in 25 will die from breast cancer," said East Pierce Firefighter-Paramedic Jennifer Killion.

Unfortunately, women are less likely than men to seek early treatment for heart-related symptoms.

"You know your body," Killion said. "If you know something is wrong, call 9-1-1. Women's instincts are usually pretty good."

If you suspect you are having a heart attack, call 9-1-1 rather than have someone drive you to the hospital. The paramedics can assess you in your home, wirelessly transmit an EKG to the hospital so the doctors are prepared when you arrive, start critical medications and get you directly to a hospital that has the appropriate facility to treat you – reducing dangerous delays to your treatment. Emergency crews are also trained to revive someone whose heart has stopped in route to the hospital.

If you are a resident of East Pierce, this service is provided with no out-of-pocket expense to you.

"We'd rather come out and tell you everything is okay than to have something terrible happen," Killion said. "That's what we're here for."

### Heart Attack Symptoms for Women

Most heart attacks start slowly, with vague symptoms. Often women aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening.

- ✓ An **unexplained fatigue or weakness**.
- ✓ **Chest discomfort**. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ✓ **Shortness of breath** with or without chest discomfort.
- ✓ Other signs may include breaking out in a **cold sweat, nausea/vomiting** or **lightheadedness**.

"One in three women will die from heart disease while one in 25 will die from breast cancer"

—East Pierce Firefighter-Paramedic Jennifer Killion

## Annual awards honor local firefighters

This year's recognition awards were presented at an annual banquet for the firefighters and their families in February.

Lieutenant Matt Jewitt was named Officer of the Year. Career Firefighter of the Year went to Tomas Sumbera. Firefighter-paramedic Jennifer Killion received the Emergency Medical Services Provider of the Year award.

Captain Mark Nevill was named Volunteer Officer of the Year and received recognition as the volunteer who responded to the most alarms. James (J.J.) Walker received the Volunteer Responder of the Year award.

For the fourth year in a row, Mike Giefer received the Mike Roberts Goodwill Award. This award is dedicated to retired Lieutenant Mike Roberts, who always went above and beyond the wellbeing of others by exhibiting genuine acts of goodwill. Giefer is known for organizing Sumner's annual Easter Egg Hunt.

Volunteer firefighter Sara Arneson was presented the Ken Thawsh Inspirational Award. The Thawsh Award is given in honor of the late Ken Thawsh, who's selfless acts of kindness will continue to inspire and motivate our volunteer rank.

The Chief's Company included Justin Doyle, William Sandlian, Jennifer Killion, Andrew Hinson, Ken Bannink and Kyle Mosher. While all the other awards are voted on by the firefighters, the Chief's Company is determined by the command staff.

The annual Fitness Award went to Firefighter Jason Russell, who also took home the award in 2010.

Mike Blaylock was recognized again for his work in the Information Technology Department. He received the Administrative Support Staff of the Year Award for the second year in a row.

When an emergency vehicle is behind you

Move to the right for sirens and lights



# Pedestrian Safety: Walk this Way

As the weather warms, we all spend more time outdoors. Just make sure everyone is keeping an eye out for traffic.

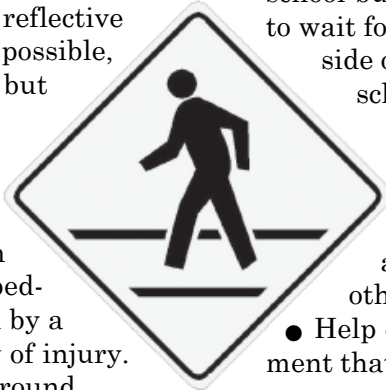
Whenever possible, cross at intersections. Be especially careful of drivers who may fail to yield the right-of-way to pedestrians while turning onto another street. When walking at dusk or in the evening, carry a flashlight and wear reflective clothing. Whenever possible, walk on a sidewalk, but if you must walk in the street, walk facing traffic.

Higher vehicle speeds increase both the likelihood of a pedestrian being struck by a car and the severity of injury. Please, slow down around pedestrians and children.

It just takes a second to change someone's life. Don't let that life be yours.

Here are some more pedestrian safety tips

- Cross at a corner, using traffic signals and crosswalks. Try to make eye contact with drivers before crossing in front of them. Do not assume that because you can see the driver, the driver can see you.
- Look left, right and left again when crossing, and keep looking as you cross. Walk, do not run, across the street.
- Be a safe pedestrian around cars. Watch for cars that are turning or backing up.
- Parents and kids should hold hands in parking lots.



Parents:

- Never allow children under age of 10 to cross streets alone. Adult supervision is essential until you are sure a child has good traffic skills and judgment.
- Children should walk on direct routes with the fewest street crossings.
- Make sure children know to cross ten feet in front of a school bus, never behind, and to wait for adults on the same side of the street as the school bus loading or unloading zone.
- Teach your child never to run out into a street for a ball, a pet or any other reason.
- Help create an environment that's safe for pedestrians.
- Make sure children play in safe places away from motor vehicles, such as yards, parks and playgrounds and never in the street. Fence off play areas from driveways and streets.
- Buy clothing and accessories incorporating reflective materials for your family to wear at dawn and dusk, in the evening and during other low-light situations, such as rainy or foggy weather.
- Check frequently for children when backing out of a driveway or a parking space.

Alcohol-impairment—either for the driver or for the pedestrian—was reported in 48 percent of the traffic crashes that resulted in pedestrian death. Of the pedestrians involved, 36 percent had a blood alcohol concentration above the illegal limit.

# Live burn provides valuable training (and some cool photos)



In late January, East Pierce firefighters had a chance for some “on the job” training during a live fire exercise. The department, working with the City of Sumner, burned an old house on Valley Avenue East to clear way for what will become part of an extension of the Sumner Cemetery.

“Live burns provide valuable training for firefighters,” said East Pierce Lt. Dan Curtis, one of the training officers involved in the drill. Among other things, the firefighters learn to make critical decisions based on fire behavior under emergency conditions.

# Important car seat update

New recommendations regarding car seats aimed at keeping infants and small children safe were released recently. The American Academy of Pediatrics and the National Highway Traffic Safety Administration jointly announced that infants should ride in rear-facing seats until the age of two. Older children should remain in booster seats until the vehicle lap/shoulder belt fits properly, typically when they reach a height of 4 feet 9 inches or are between the ages of 8 and 12 years of age. Further, no child under the age of 13 should ride in the front seat of a vehicle.

For more information about the latest recommendations, go to our Web site at [www.eastpiercefirer.org](http://www.eastpiercefirer.org).

# Are you prepared?

If disaster struck in our area, would you and your family be prepared? The best way to survive is to be ready before disaster strikes. For tips on how to be prepared, go to our Web site at [www.eastpiercefirer.org](http://www.eastpiercefirer.org). You will even find instructions on how to create a Disaster Preparedness Kit for your family.

# Phone solicitation alert

The fire department has received several calls regarding telephone solicitations that appear to be calling on behalf of emergency services. According to these citizens, the sales person begins by asking a number of personal, health-related questions, saying this information is needed by the local EMTs to better serve individuals, should they need 9-1-1 services in the future.

“This company is not working with the fire department,” said East Pierce Assistant Chief Russ McCallion. “East Pierce doesn’t endorse any business or product.”

There are reputable companies that consolidate a person’s health care information onto a small database. These can be helpful to doctors and hospitals. However, the fire department recommends never giving personal medical information to an unknown person over the phone.

**BINGO**  
**BINGO**  
**BINGO**  
**BINGO**  
**BINGO**

# Bingo Night with the Firefighters

**Thursday, April 14**  
**Buckley Eagles Hall, 29021 State**  
**Route 410 East, in Buckley**

**A hamburger dinner is available**  
**starting at 6 p.m. Bingo starts at 7**  
**p.m. Bingo cards may be purchased**  
**at the door. \$14 gets you 14 cards. A**  
**silent auction and raffle will be held**  
**during the event. Proceeds go to the**  
**Association’s scholarship fund.**

**Sponsored by the East Pierce Fire & Rescue**  
**Volunteer Firefighters’ Association**



## Chaplains

From page 1

for the medical examiner or just follow up with those on scene.

The volunteers come from all walks of life. June was a firefighter for twenty years before becoming a chaplain. Fields is a licensed counselor who's no stranger to tragedy herself. She has lost a husband and two sons. Ray runs a wilderness ministry and, for ten years, taught wilderness first responder medicine.

Before going into the field, the chaplains receive specialized training from the Chaplaincy Academy. The training program includes 44 hours of classroom work, plus ride along time to give students a chance to put lessons into practice in the field. Following a mentorship pro-

gram, they are evaluated and allowed to respond on their own.

While there are very few programs like it in the United States, this unique program is even more unusual. The TPCC receives no direct governmental funding and relies entirely on contributions, gifts, and donations. Most of the financial support comes from the emergency responders themselves. Firefighters and law officers choose to donate through payroll dedications to help cover the cost of the program.

"What makes TPCC a success is that we have more volunteer chaplains than paid – most have a fulltime job, but they feel called to do this," Florez said.

To learn more about TPCC or become a partner through prayers and support go to [www.tpcc.org](http://www.tpcc.org) or call 253-564-7848.

## East Pierce firefighters climb stairs to beat cancer

On March 6, twenty-five East Pierce Fire and Rescue firefighters, in full gear, climbed 69 stories to the top of the Columbia Center in downtown Seattle as part of the 20th annual Scott Firefighter Stairclimb.

They joined 1,550 firefighters representing 281 fire departments from 27 states, Canada and New Zealand, to help raise funds for The Leukemia and Lymphoma Society. Together, they brought in a record \$780,000 for blood-cancer research and patient services.

The East Pierce team, led by career firefighter Jacob Poisson and volunteer firefighter Ryan Shervanick, placed 41st among 118 registered teams with an overall time of 50:22.26. They raised \$10,000 for the charity.

Among the East Pierce team members, Firefighter Jayden Chapman posted the fastest time, climbing the 788 vertical feet in an official time of 15:57.25, earning him 121st place out of 1,550 participants.

The East Pierce firefighters who participated included:

|                  |                  |
|------------------|------------------|
| Eric Allen       | Brian Koestler   |
| Kady Bieber      | Andrew Krasner   |
| Jason Cancro     | Adam Lathrop     |
| Justin Carlo     | Taylor McCluskey |
| Jayden Chapman   | Rex Orcutt       |
| Don Cole         | Will Poe         |
| Chris Connelly   | Jacob Poisson    |
| Kristen Connelly | Matt Reinke      |
| Jason Freeman    | Ryan Shervanick  |
| Adam Hallgren    | Sean Slattery    |
| Bryan Hoon       | Corey Snope      |
| Tim Jewitt       | Luis Szarko      |

Tamie Zabroski

## 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 guide the actions of the department and its employees. Exceptional customer service and a concern for the employees and their families have become hallmarks of our culture.

East Pierce Fire & Rescue was created when the City of Bonney Lake Fire Department, Lake Tapps Fire and Pierce County Fire District 24 merged in 2000 with 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 to merge with East Pierce.

Two years later, the citizens of the City of Sumner and Pierce County Fire District 1 also voted to join the East Pierce family.

On February 9, 2010, Edgewood residents voted in favor of merging with East Pierce.

Last April, the Milton City Council voted to join East Pierce, bringing expanded fire, rescue and emergency medical services to their city.

Today, East Pierce serves a population of more than 92,000 living in and around Bonney Lake, Sumner, Lake Tapps, the Ridge Communities, South Prairie, Edgewood, Milton and Wilkeson. The district covers approximately 152 square miles and protects residents from 13 stations – six staffed and six volunteer, and one facility on Lake Tapps for the marine rescue unit.

All full-time firefighters are cross-trained as either emergency medical technicians (EMTs) or paramedics and are able to respond to both medical emergencies and fires.

An independently-elected board of citizens governs the agency. Additional information about East Pierce Fire & Rescue is available at our Web site, [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

## East Pierce Classes and Meetings

### 2011 CPR and Basic First Aid Classes

May 14, 20 or 21  
June 11 or 25  
July 16, 22 or 30  
Aug. 13 or 27  
Sept. 10, 16 or 24

**Where:** East Pierce Fire & Rescue headquarters station  
18421 Old Buckley Highway  
Bonney Lake, WA  
**When:** CPR classes are from 9 a.m. until noon  
First Aid classes are from 1 to 4 p.m.

Classes are **free** for citizens residing within the jurisdiction of East Pierce Fire & Rescue, including Sumner, Bonney Lake, Lake Tapps, Wilkeson, South Prairie, Milton and Edgewood. The cost for non-residents is \$30 for either a CPR or First Aid class, or \$45 for both. To register, call 253-863-1800 during regular business hours or register online at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

### East Pierce Fire and Rescue Fire Commissioner's Meetings

The public is welcome to attend commissioners' meetings at 7 p.m. on the third Tuesday of every month at the headquarters station, 18421 Old Buckley Highway, in Bonney Lake.

## Public Education Programs

East Pierce Fire & Rescue offers the following services:

### Bicycle Helmet Sales and Fitting\*

Wearer must be present for custom fitting. Helmets are sold for \$7 each. Exact change is appreciated.

### Life Jacket Sales and Fitting\*

Wearer must be present for custom fitting. Life jackets are sold for \$14 each. Exact change is appreciated.

### Safe Sitter Classes

Cost: \$30 Registration information and class schedules are available at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

### FREE CPR and First Aid Classes

Registration information and class schedules are available at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org). Free for East Pierce residents.

### FREE Life Jacket Loaner Program

Wearer must be present for fitting. Free loaner jackets are available at the headquarters station, at 18421 Old Buckley Hwy.

### FREE Child Safety Seat Inspections

Call for an appointment. Our certified child passenger safety technicians will check to make sure your child is in the right seat, your seat is installed correctly and your child is placed in the seat correctly.

### FREE Station Tours

Call to arrange a tour of any of our fire stations.

### FREE Smoke Alarm Installations

Call for an appointment. Includes smoke alarm with 10-year batteries.

### FREE Blood Pressure Checks

Stop by any staffed station during regular business hours. (Subject to staff availability.)

### FREE Fire Extinguisher Training

Learn how to use a fire extinguisher in case of a residential or commercial emergency. Call to register.

\*Sponsored by East Pierce Professional Firefighters Local 3520.

## East Pierce Fire & Rescue Staffed Fire Stations

|            |   |
|------------|---|
| Station 11 | 18421 Old Buckley Hwy, Bonney Lake (Headquarters Station) |
| Station 12 | 12006 - 214th Ave. E., Bonney Lake                        |
| Station 13 | 800 Harrison Street, Sumner                               |
| Station 14 | 3206 W. Tapps Drive E., Bonney Lake                       |
| Station 16 | 10515 - 234th Ave. E., Buckley                            |
| Station 18 | 10105 24th Street East, Edgewood                          |



18421 Old Buckley Highway  
Bonney Lake, WA 98391

253-863-1800  
[www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org)

### East Pierce Fire Commissioners



|                   |                  |                      |
|-------------------|------------------|----------------------|
| Rick Kuss, Chair  | Raymond Bunk     | Mike Cathey          |
| Edward Egan       | Kevin Garling    | Rick Kilbourn        |
| Andrew Longstreth | Karlyne McGinnis | Roy "Red" Mendenhall |
| Dale Mitchell     | Victor Proulx    | Ron Scholz           |

### Jerry E. Thorson, Fire Chief

"Exceptional people providing compassionate service and rapid response to our community's diverse needs."