SERVING THE CITIZENS OF BONNEY LAKE, SUMNER, LAKE TAPPS, EDGEWOOD, MILTON, THE RIDGE COMMUNITIES AND THE SURROUNDING AREA

Voters Support M&O Levy

On August 7, voters passed East Pierce Fire & Rescue's maintenance and operations levy with a 63 percent "Yes" vote. The two-year levy raises \$3 million for 2013 and \$3.2 million in 2014.

East Pierce Fire Chief Jerry E. Thorson says that the firefighters recognize the sacrifice it took for voters to support the levy during this difficult economic time. "We want to thank the voters for passing the levy. We promise to do everything we can to spend the money wisely," he says. Thorson believes the outcome is a reflection of the value the voters place on a strong fire and EMS system with speedy response times. "It's a vote of confidence in their fire service," he says.

East Pierce serves approximately 85,000 residents in the 152-square-mile district that includes Bonney Lake, Sumner, Edgewood, Milton, South Prairie, Lake Tapps and Wilkeson. Because Milton contracts with East Pierce for fire and EMS services, citizens living there did not vote on the levy request.

Nearly 90% of the district's total revenues come from property valuations. As property values have fallen, so have the revenues. District residents pay a rate of \$1.50 per thousand of assessed value for fire services and .50 cents per thousand of assessed value for EMS services.

The district has made significant cuts to operating expenses, including reducing overtime by more than 50% over the past four years. Firefighter training has also been slashed by over 50%. Vacant positions have not been filled and employees have taken pay cuts and furlough days.

"Despite these cuts, the district has had to dip into emergency reserves for the past two years," Thorson says. "This levy will help sustain critical firefighter training and equipment maintenance so we may continue to provide the excellent service our citizens expect and deserve." ■

> Postal Customer **ECBM22**

Fire Department Invites Public to Annual Open

House

■ ast Pierce Fire & Rescue will host its 19th annual Open ■ House from 1 to 4 p.m. Saturday, September 29 at the East Pierce headquarters station at 18421 Veterans Memorial Drive East (formerly Old Buckley Highway) in Bonney Lake. The free health and safety fair will include more than a dozen booths featuring representatives from East Pierce Fire & Rescue, Department of Natural Resources, the Bonney Lake Police and Pierce County Sheriff's Department, the City of Bonney Lake and others.

The annual Open House is an opportunity to showcase programs and services provided by East Pierce Fire & Rescue, including demonstrations by the fire department's special operations teams such as Technical Rescue, Wildland, HazMat and Water Rescue.

Parents and children can test their fire safety knowledge, watch demonstrations of various rescue equipment and purchase and be fitted for life jackets and bike helmets. Live demonstrations are scheduled throughout the event featuring the Northwest Disaster search dogs and the "Jaws of Life".

"The highlight every year for most kids is the chance to play firefighter,"



Join us for our 19th annual Open House from 1 to 4 p.m. Saturday, September 29, at the East Pierce headquarters station, at 18421 Veterans Memorial Dr. E. in Bonney Lake.

East Pierce Lieutenant Eric McLeroy said. Younger children suit up in firefighter gear to put out a "fire" and perform a "rescue." Older children are offered a more challenging course, shooting water from a hose at a target and performing a "rescue".

This year, State Farm Insurance will bring the Distracted Driving Simulator, an effective tool in demonstrating the consequences of distracted driving. The simulator technology uses software that offers complex and unpredictable challenges to the driver in order to improve risk avoidance, defensive driving skills and reaction times. The simulator has been proven as an effective teaching tool for drivers of all skill levels.

A medical helicopter from Airlift Northwest is scheduled to land around 1:30 p.m. Those interested will get an up close look at the helicopter and a chance to chat with

See **OPEN HOUSE**, page 2

Cardiac Arrest Survivor Thanks Firefighters

uane "Junior" Bratvold, a 54-year-old Bonney Lake man, stood before the East Pierce Fire Commissioners just seven weeks after his heart stopped in the living room of his home. His family, including his wife Connie and their five-year-old grandson Liam, watched from the audience as Bratvold thanked the firefighters and fire department for their efforts on May 3.

"I want to say, for myself and my family, I'm very grateful. It was a great Father's Day this year because of what you did for me," he said.

Bratvold says he remembers very little of what happened that day. He recalls complaining that his back and arm hurt and he was experiencing indigestion. After asking his wife to call 9-1-1, he collapsed. "I woke up four days later in the hospital," he says.

East Pierce firefighters arrived to find Bratvold unconscious and lying

See SURVIVOR, page3



Duane Bratvold and his grandson Liam thanked some of the East Pierce Fire & Rescue firefighters who helped save Bratvold when he suffered a cardiac arrest. Pictured from left are: Battalion Chief Jeff Moore, Firefighter Jason Freeman, Firefighter-paramedic Lori Eng, Firefighter Heidi Rolfsness, Firefighter Jacob Poisson, Firefighter-paramedic Jeff Lucas and Battalion Chief Zane Gibson. Not pictured but part of the call were Firefighter Mitch Bylin, Firefighter-paramedic Don Cole, Firefighter-paramedic Craig Labriola, Lieutenant Les Ehle and Captain Doug Walker.



VOLUNTEERS HOST PANCAKE FEED IN MILTON

The East Pierce Volunteer
Firefighters' Association held
a Pancake Feed Fundraiser
prior to Milton Days "Rock
the Park!", at the fire station
on Laurel Street in Milton last
month. The Pancake Feed was
the first time the VFA has put
on an event of this nature. "We
hope to make this an annual
tradition and help bring the
outlying community to Milton,"
said Volunteer Captain and VFA
Vice-President Mark Nevill.

In addition to the hearty breakfast of pancakes, eggs and sausage, there were fire engines, medic units, and rescue apparatus available for the public to tour.

Funds raised at the event benefit the VFA's Scholarship for Excellence Program. Each year at least five area high school seniors are awarded college scholarships. The scholarship program was launched in 2008 with guaranteed scholarships for students at Bonney Lake, Sumner, and White River High Schools plus one scholarship for East Pierce employees and their families. The program has since expanded and now offers the Community Scholarship to all students living within the boundaries of East Pierce Fire & Rescue, even if they attend schools outside the district.

The Association recently announced the Doty Community Service Award, named for retired Assistant Chief Jake Doty who served over 47 years in the fire service. Prior to his retirement, he oversaw the volunteer firefighter program at East Pierce. ■



A fun time was had by all at the Pancake Feed in Milton including Michael Killion-Meyer.

Where There's Smoke, There's Breathing Problems

he number of emergency calls due to respiratory distress increases dramatically once the temperature drops and the air fills with wood smoke. Breathing wood smoke is a health hazard that has been linked to increased heart and lung disease, asthma, stroke and cancer. It is a serious health concern for everyone, but especially children, seniors and those with respiratory issues.

Clean, healthy air is in everyone's best interest. Please help do your part!

Pierce County regularly exceeds federal health standards for fine particle pollution. These fine particles come from many sources, but smoke from residential wood burning is the main culprit, accounting for 53% of wintertime air pollution.

Check your chimney for smoke

Excess chimney smoke is not only un-neighborly it's illegal and can result in hefty fines. If you see excess smoke in your community, call the Puget Sound Clean Air Agency at (800) 552-3565, or call the Tacoma-Pierce County Health Department Outdoor Air Quality Program at (253) 798-7369 to file a complaint. For more information on clean burning, visit www.epa.gov/burnwise.

Outdoor burning is illegal in many areas!

Within East Pierce Fire & Rescue's cities, towns and urban growth area, only recreational fires are allowed. Recreational fires are limited to burning of dry, seasoned wood or charcoal briquettes. Burning lawn and storm debris, garbage, trash and lumber is not allowed at any time. Check out www.eastpiercefire.org for more burn regulation info, burn ban status and helpful home heating tips.

TO MINIMIZE SMOKE, FOLLOW THESE SIMPLE TIPS:

- Burn only dry, seasoned firewood or manufactured logs; it is illegal to burn anything else.
- Start it right—use only clean newspaper or dry kindling to start a fire.
- Don't let the fire smolder—reducing the air increases air pollution and smoke produced by the fire.
- Clean ashes from your woodburning appliance. Be sure to place hot ashes in a separate metal –not plastic– container outside your home, away from decks or other wood structures.

OPEN HOUSE, cont. from pg 1

the crew.

Ice cream, popcorn and cotton candy will be available from the International Association of Firefighters, Local 3520.

East Pierce firefighters will be selling life jackets, bike helmets and multi-sport helmets at discounted prices. All purchases include a custom fit. Children and adult sizes will be available on a first come, first served basis. Flu shots will be offered for \$25 from Safeway pharmacy.

Other interactive demonstrations and booths include:

- 9-1-1 Simulator
- Operation Lifesaver's Train Simulator

- Residential Fire Sprinkler Demonstration Trailer
- K-9 Unit demonstrations
- Face painting and balloon twisting
- Home Depot Kids Workshop
- Hands-Only CPR Instruction
- Fire Safety TrailerAntique Engine Display
- DUI SimulatorSpot-the-Tot
- Citizen Bucket Brigade
- Cascade Towing

Free parking is available at the Pierce Transit Park and Ride at 184th Avenue East, off state Route 410 East. A dedicated shuttle will run to and from the East Pierce headquarters station during the event. **Don't miss the fun!** ■





Thank You For Filling The Boot

EAST PIERCE PROFESSIONAL FIREFIGHTERS LOCAL 3520 thank all those who donated to the recent "Fill the Boot" for the Muscular Dystrophy Association (MDA). With your help, the firefighters raised more than \$20,000 to assist families in the Sumner, Lake Tapps, Edgewood, Milton, South Prairie and Bonney Lake communities, who struggle every day with neuromuscular diseases.

"Once again, our community has been incredibly generous. Thank you," says East Pierce firefighter Andrew House, who spearheaded this year's campaign. ■



With your help we raised more than \$20,000 for local families battling MS. Thank you for your generous support.

HEALTH Flu Vaccinations WATCH: Recommended

lu vaccinations should be available in our area starting in September. For maximum protection, the Centers for Disease Control and Prevention (CDC) recommends getting the flu shot as soon as the vaccine is available. Vaccination continues to remain the cornerstone of preventing influenza, a contagious respiratory disease caused by different influenza viruses infecting the nose, throat and lungs. The CDC urges everyone six months of age and older receive the vaccine every year. There are two types of vaccines, the flu shot and the nasal spray.

Each year, flu vaccines are designed to protect against the flu viruses that experts predict will be the most common during the upcoming season. This year's seasonal vaccines will provide protection against the three influenza virus strains that are likely to be the most common strains. According to East Pierce EMS Chief Russ McCallion, it's especially important to get vaccinated this year because two of the three virus strains used in this season's influenza vaccines differ from the strains included in last year's vaccines.

There is always a possibility of a less than optimal match between the virus strains predicted to circulate and the virus strains that end up causing the most illness. However, even if the vaccine and the circulating strains are not an exact match, it may still reduce the severity of the illness or may help prevent influenzarelated complications.

Between 5% and 20% of the U.S. population develops influenza annually, leading to more than 200,000 hospitalizations from related complications. Influenza seasons are unpredictable and can be severe, with annual influenza-related deaths ranging from a low of about 3,000 to a high of 49,000 people in the U.S.

Only 43% of Americans received a flu vaccine during the last season. More than half of all children received vaccinations. However, among adults at high risk for serious complications or death from the flu—people with heart disease, asthma and diabetes—only about one out of three received a flu vaccination.

Fortunately, more healthcare plans are required to cover the full cost of vaccinations, such as flu and Tetanus-Diptheria. The new, Affordable Care Act requires that people enrolling in new health plans since September 2010, receive free immunizations.

There has been a good deal of misinformation about flu vaccines that has kept people from protecting themselves and loved ones. You cannot get the flu from the flu shot or the nasal spray. The flu shot contains inactivated (killed) flu viruses that

cannot cause illness. The nasal spray contains weakened live viruses. The weakened viruses only cause infection in the cooler temperatures found in the nose. The viruses cannot infect the lungs or other areas in the body where warmer temperatures exist.

Because it takes two weeks for the flu vaccine to take effect, some people may still get the flu immediately after they receive the vaccine, but the vaccine does not cause the flu. This may be the source of some confusion in people who think they got the flu from the shot.

There are a small number of people who should not receive a flu vaccination. Talk to your health care provider if you have:

- •A severe allergy to chicken eggs
- •A history of severe reaction to a flu vaccination
- •A moderate-to-severe illness with a fever (you should wait until you are better to get the vaccine)
- •A history of Guillain–Barré Syndrome

For the most current and reliable information, go to the Tacoma Pierce County Health Department website www.flu.gov or www.tpchd.org/health-wellness-1/diseases-conditions/influenza-flu/.

KEEP THE STREETS SAFE

It's that time of year again...the days are getting shorter and children are back in school, which means many children are walking to and from school or waiting at the bus stop. Watch for them in the morning and early evening: 42% of child pedestrian deaths occurring between the hours of 4 and 7:59 p.m.

Most young children, who are hit by motor vehicles, are injured near their home or on neighborhood streets. "Children are more vulnerable because they often act before thinking. They mistakenly think that if they can see a driver, the driver can see them," says East Pierce Public Education Specialist Dina Sutherland.

Supervise children constantly, especially when near parked or moving vehicles, or playing near streets or driveways. Hold their hand when crossing streets, walking along streets and in parking lots.

"Teach and model good pedestrian behavior to your children," Sutherland says. Cross the street at corners, using traffic signals and crosswalks. Never run out into the street or cross in between parked cars. Make sure they always walk in front of the school bus where the driver can see them. Show them how to walk facing traffic when walking on a street that has no sidewalk.

SIMPLE REMINDERS FOR DRIVERS TO HELP KEEP PEDESTRIANS SAFE:

- Slow down and be especially alert in residential neighborhoods and school zones.
- Take extra time to look for children at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Watch for children on and near the road in the morning and after school hours.
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings.
 Put down your cell phone and don't talk or text while driving.

SURVIVOR, cont. from pg 1

in his wife's arms. Connie says that she was sure her husband was gone, but the first words from a firefighter as he walked into the house were reassuring. "Don't give up yet, let's see what we can do," he said.

While East Pierce Battalion Chief Jeff Moore guided Connie, her daughter and grandson into another room, the firefighters began working on Bratvold with the precision of a pit crew. Just weeks earlier, they had undergone an intensive review of the department's high-performance CPR program, focused on coordinating patient care and improving patient survival. "Firefighters and paramedics have quickly adopted the new performance standards" said Moore.

The combination of concentrated training, focusing on high-quality CPR, and improved medical oversight, have contributed to a significant jump in East Pierce patient survival from cardiac arrest. According to the department's EMS Division, survival rates for patients in a "shockable" cardiac arrest rhythm has climbed from an average of only 10% each year, to a 40% survival rate in 2011. Survival rates are based on the number of patients discharged from the hospital without serious complications.

The department has worked hard to achieve this success, according to Moore. Key elements include training the community in CPR, since bystander CPR doubles a victim's chance of survival. East Pierce Fire provides CPR training and certification to more than 2,000 people per year, including 1,500 8th and 10th grade students, throughout the district. This effort has resulted in a 70% bystander CPR rate for witnessed collapses—one of the highest rates reported in the U.S. That means that seven out of every ten heart attack victims who collapse in front of someone in the East Pierce jurisdiction receive CPR from a bystander.

CPR does not "bring someone back," but rather buys time by circulating oxygenated blood to the brain until the heart can be defibrillated, or "shocked" into to a normal rhythm that can sustain life.

The department supports teachers and police officers throughout the district with CPR training and medical direction for automated external defibrillator (AED) programs. East Pierce hopes to generate increased interest in placing AEDs in businesses, churches and anywhere else people gather.

Additionally, the department has implemented new medical procedures, such as "field hypo-

thermia" or cooling treatment to improve CPR patient survival. Cooling patients whose hearts are defibrillated and restarted helps to minimize the chance of brain damage in survivors.

These changes, along with close medical oversight by the department's EMS physician and the intensive review sessions for crews involved in each CPR case, have helped improve patient survival.

"The more I learn about this, it's phenomenal that I made it from the house to the hospital," Bratvold says. "I am very blessed that they had the training they did."

He reports that he survived one of the deadliest types of cardiac arrests with no damage to his heart. Except for a cracked sternum from the chest compressions, he is recovering nicely. "I'm back to 'honeydo's' now," he says.

He wanted to tell his story to the fire commissioners and let them know how grateful he and his family are for the firefighters who responded to his emergency. "What they did for my family was above and beyond the call of duty. I used to chuckle about the saying on the side of the ambulance—'Where Compassion and Action Meet'. I tell you, without a doubt, I totally understand that now."



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.

EPF&R 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 ioin 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 contract for services with East Pierce, bringing expanded fire, rescue and emergency medical services to their city.

Today, East Pierce serves a population of approximately 83,000 residents 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 12 stations - six staffed and five 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.

Commisioners

Rick Kuss, Chair **Edward Egan** Karlyne McGinnis Raymond Bunk **Kevin Garling** Ron Scholz Mike Cathey Dale Mitchell

Staffed Stations

Station 11 (Headquarters Station) 18421 Veterans Memorial Drive East Bonney Lake, 98391 253.863.1800 www.east.piercefire.org

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

UPCOMING EVENTS

Be sure to mark your calendars for these annual holiday events. More information will be posted on our website www.eastpiercefire.org in November.

SANTA RUN

East Pierce firefighters will again accompany Santa during his annual visit to local neighborhoods in Bonney Lake, Sumner, Lake Tapps, Prairie Ridge, South Prairie, Wilkeson, Edgewood and Milton. Beginning in early December, the firefighters will be chauffeuring Santa Claus through the city streets, handing out candy and visiting with all the good girls and boys.

Check the East Pierce website www.eastpiercefire. org starting in November, for specific dates and routes.



Go to www.eastpiercefire.org starting in November for dates and routes.

SUMNER PANCAKE FEED

Save the date for the 15th annual Sumner Pancake Feed and Food Drive. East Pierce firefighters, fire commissioners and area dignitaries will be flipping the flapiacks and serving ham, coffee and orange juice from 7 a.m. to noon, Saturday, December 1 at the Sumner fire station



Join us for breakfast from 7 a.m. to noon, Saturday December 1 at the Sumner fire station.

located at 800 Harrison Street.

Santa will be there to meet good girls and boys. The breakfast is a benefit to raise money for the Sumner Family Center, a local program that provides support and services to families living within the Sumner School District, including Bonney Lake, South Prairie and Sumner.

The cost is a \$3 donation per person. Tickets can be purchased at the door.

Firefighters will also be collecting donations of nonperishable food items and new or gently used coats. gloves, scarves, hats and sleeping bags for needy families in our area.

East Pierce firefighter Rex Orcutt and his wife Cindy are organizing the event.

Money raised through ticket sales, donations and a silent auction is used to purchase Christmas gifts for needy children identified by the Sumner Family Center. The rest of the funds provide assistance to citizens in need throughout the year.

Come have breakfast at our house and support a great cause. ■

Take an Hour—Save a Life New "Hands-only" CPR Classes Offered

IF YOU WANT TO LEARN CPR,

but don't need a certification card for work, you and your friends and family may want to sign-up for our new one hour "Hands-only CPR" course. This free course will focus on essential lifesaving skills, including "Hands-only" CPR for adult victims and recognition of heart attack and strokes.

"Hands-only" CPR is recognized by the American Heart Association as a viable way to help someone when a citizen can't or doesn't want to provide 'mouth to mouth' ventilations for a CPR victim. Studies now show that, for adult patients who collapse into cardiac arrest from a heart attack, performing continuing chest compressions, with no ventilations, provides a survival benefit equal to that of traditional CPR.

"Bystander CPR doubles the chance that a patient will survive cardiac arrest. We hope this class will meet the needs of many people who have busy schedules and don't need a certification for work, but just want to know how they can help save someone's life," says East Pierce Lieutenant Marc Lash.

East Pierce Fire & Rescue is offering this new course once a month at our headquarters station. Classes are scheduled from 7 to 8 p.m. on October 11, November 13 and December 11. If you have a homeowners association, church group, or business or can assemble 10 or more citizens in the district, we may be able to come to your location to provide this valuable training. ■

To register for the Hands-only CPR class, or for one of our traditional CPR/First Aid classes, please call 253-863-1800 during business hours or register at www.eastpiercefire.org.

East Pierce Classes & Public Education

TO EAST PIERCE FIRE

LIFE JACKET LOANER PROGRAM

Wearer must be present for fitting | | Headquarters Station 18421 Veterans Memorial Drive East, Bonney Lake

CHILD SAFETY SEAT INSPECTIONS

Call 253.863.1800 for 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.

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

SMOKE ALARM INSTALLATIONS Includes smoke alarm with 10-year batteries. Call 253.863.1800 for appointment

BLOOD PRESSURE CHECKS Stop by any station during regular business hours. (Subject to staff availability)

FIRE EXTINGUISHER TRAINING Learn how to use a fire extinguisher in case of a residential or commercial emergency. Call 253.863.1800 to schedule

HANDS-ONLY CPR CLASS—NEW!

Non-certification class for adult CPR, from 7 p.m. - 8 p.m. (1 hour) Dates: Oct. 11, Nov. 13 and Dec. 11

SERVICES OFFERED

CPR 9:00 a.m.-12:30 p.m. | BASIC FIRST AID 1:30-4:30 p.m. Fire Headquarters Station 18421 Veterans Memorial Dr. E., Bonney Lake

October 13 or 19 | November 16 or 17 | December 14 or 15

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 253-863-1800 during regular business hours or register online at www.eastpiercefire.org.

HELMET SALES AND FITTING* Wearer must be present for custom fitting. Bike helmets sold for \$7 each. Mulit-Sport helmets sold for \$10 each.

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 Registration information and class schedules are

available at www.eastpiercefire.org. Cost: \$35. * Sponsored by East Pierce Professional Firefighters Local 3520