



SUMMER 2012

LEARN HOW TO PROTECT YOURSELF WITH A FIRE EXTINGUISHER

Would you know how to use a fire extinguisher in an emergency? Frankly, most people would have to say no. However, the use of a fire extinguisher in the hands of a trained adult can be a life and property saving tool. The right extinguisher can put out a small fire or contain it until the fire department arrives. But it does require a sound decision making process and training on their proper use and maintenance.

Knowing when to use a portable fire extinguisher is as important as knowing how to use one. Portable extinguishers have limitations. Because fire grows and spreads so rapidly – they double in size every minute – your number one priority is to get out safely.

Use a fire extinguisher only if:

- You have alerted other occupants and someone has called the fire department;
- The fire is small and contained to a single object, such as a wastebasket;
- You are safe from the toxic smoke produced by the fire;
- You have a means of escape identified and the fire is not between you and the escape route; and
- Your instincts tell you that it is safe to use an extinguisher.

When purchasing a fire extinguisher for the home, select a multi-purpose one designed to be used on all types of home fires. It should be large enough to put out a small fire, but no so heavy that it is difficult to handle.

Extinguishers should be placed on every level of the home, in the kitchen, and garage. “It is important to keep extinguishers visible and easily accessible,” advises East Pierce Deputy Fire Marshal, Brian Van Meter. “Do not place them over the stove or in closets or cupboards.”

Mount them on the wall between four inches and five feet from the floor, and close to exits. Always keep your back to a clear exit when you use an extinguisher so you can make an easy escape if the fire cannot be controlled. To operate a fire extinguisher, think P.A.S.S.:

- **P**ull the pin.
- **A**im the extinguisher nozzle at the base of the flames.
- **S**queeze the trigger while holding the extinguisher up-right and steady.
- **S**weep the extinguisher from side to side covering the entire area of the fire.

Know when to go. Fire extinguishers are one part of an overall emergency plan. Be sure to have working smoke alarms and

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East Pierce Supports Food Drive

Students at Mt. View Middle School, in Bonney Lake, formed a double line to unload more than 2,000 pounds of food donated by East Pierce firefighters, officers and staff. Assistant Chiefs Ed Goodlet and James Jaques were joined by East Pierce Public Education Specialist Dina Sutherland at the school, which served as a donation site for the annual Summer Hunger Challenge. It took 20 minutes for the students to unload the canned goods that will go to help local food banks feed children this summer. Special thanks to Mandy Grams at Mt. View for coordinating our participation. ■



Mt. View Middle School students helped unload an East Pierce medic unit filled with donated food.

LEVY, cont. from pg 1

approximately \$95.00 in 2013, or \$7.92 per month. “What it would provide to the fire department is invaluable,” he says. “In addition to maintaining the same level of quality service and staffing, we would be able to restore much needed training and maintain equipment, vehicles and stations,” he says. “We certainly need every bit of it.” ■

WHAT HAS THE FIRE DISTRICT DONE TO CUT COSTS?

- Pay cuts and unpaid furlough days for employees
- Overtime reduced by more than 50%
- Vacant positions have not been filled
- Slashed firefighter training by more than 70%
- Made significant cuts to public education programs, prevention and logistics
- Additional cuts to each division, including Operations, EMS, Training, Fire Prevention, Volunteers
- Changes made to how special operations teams work. These include Water Rescue, Wildland Firefighting, HazMat and Technical Rescue.

HELMETS, cont. from pg 1

helmets that meet the safety standards developed by the CPSC, but we will custom-fit your new helmet, too. Bike helmets cost \$7 and sports helmets are \$10. Both are available at our headquarters station, at 18421 Veterans Memorial Drive East, in Bonney Lake, Monday through Friday, during business hours. Bike helmets are available in children’s and adult sizes, so you can outfit the whole family.

“Everyone should wear a bicycle helmet each time they ride—even mom and dad,” Hoon says. “Our children will be more apt to wear a helmet if they see mom and dad doing it.” ■

GET A SAFETY “CITATION” FOR USING YOUR HEAD

This summer, East Pierce firefighters will be on the lookout for children wearing a helmet while riding a bicycle, skateboard, scooter, horse, or in-line skates. Children demonstrating safe practices by wearing a helmet will be issued a Safe Rider Citation that can be redeemed for a free low-fat ice cream cone at all participating local McDonald’s restaurants from now through the end of the year.

ANNUAL SCHOLARSHIP WINNERS ANNOUNCED

It is with great pride that the East Pierce Fire & Rescue Volunteer Firefighters’ Association announces the worthy six recipients of its 2012 Scholarship for Excellence. “Once again, it was a tough decision,” says Sara Arneson, volunteer firefighter/EMT and chair of the VFA’s Scholarship Committee. “We congratulate each of these students for all of their hard work and dedication to the community and academics.”

Scholarships were awarded to Bonney Lake Senior **Alise McCoy**, Sumner Senior **Carly Lange**, and White River Senior **Amanda St. John**. All three plan to enter the field of nursing.

Since 2008, these scholarships have been awarded to a graduating senior at each of the high schools within the East Pierce Fire District. To be eligible, students must have a minimum GPA of 3.0 and intend to enter the fields of firefighting, law enforcement, medicine or social work.

This year, the Association

added a Community Scholarship for high school seniors living within the fire districts boundaries, but who attend schools other than Bonney Lake, Sumner or White River. The winner of this scholarship is **Breanna Clarke** of Auburn-Riverside High School. Clarke plans to attend Boise State University and major in physical therapy.

The East Pierce VFA Family Scholarship recipient is **Sam O’Leary**, son of East Pierce Firefighter Brian O’Leary and East Pierce Volunteer EMT Deann O’Leary. He attends Washington State University and is studying Athletic Training, with the hopes of one day becoming a firefighter.

Bonney Lake Senior **Meaghan Oakes** was presented the first-ever Doty Community Service Award. This award is particularly special to the East Pierce Volunteers. It is named for Assistant Chief Jake Doty, who retired in 2010. Doty oversaw the Volunteers as part of his duties.

Arneson says that Oakes stood out among her peers because of her many hours of community service volunteering at area hospitals, service on youth advisory boards and mentoring of young children—all while maintaining a 4.0 GPA. Oakes plans to become a doctor.

The Scholarship Committee, chaired by Arneson, includes Volunteer Firefighter Tim Balding, Volunteer Firefighter Kyle Mosher, Volunteer EMT Deann O’Leary and Volunteer Firefighter Chris Schenk.

“We truly enjoy doing this year after year. It’s so uplifting to meet these accomplished students and so gratifying to honor them for their commitment,” Arneson says. “We wish all of them the very best in their academic endeavors.”

The scholarship winners were presented to the East Pierce Fire Commissioners at their regular monthly meeting in July. Congratulations to all. ■

Volunteer Corner





Everyone should always wear a life vest when on a boat, inner tube or raft. Children also need life vests on docks and when they are near the water. If you need a life jacket, the fire department provides loaners at both public parks on Lake Tapps.

Everyone Needs a Life Jacket

It's a fact. Life jackets save lives. "We've never had to rescue anyone who was wearing a life jacket," said East Pierce Lieutenant Matt Jewitt, a long-time member of the East Pierce Fire & Rescue Water Rescue Team. The team is specially trained to respond to emergencies on lakes or rivers in our area.

We recommend that everyone who is near water wear a life jacket. If you don't have a jacket, New, discounted life jackets are available for sale at our headquarters station, located at 18421 Veterans Memorial Drive East during business hours. The cost of the life jackets is underwritten by the East Pierce Professional Firefighters, Local 3520.

Just need a life jacket for the day? East Pierce will loan you one. "The loaner program was established, so nobody would have an excuse not to have a life jacket," East Pierce Public Education Specialist Dina Sutherland said. As part of our annual drowning prevention campaign, we offer free loaner life jackets in a variety of sizes at Allan Yorke Park, North Lake Tapps Park and at the fire station headquarters in Bonney Lake. ■



Help the firefighters Fill the Boot for Muscular Dystrophy this summer.

FIREFIGHTERS FILL-THE-BOOT FOR MUSCULAR DYSTROPHY

East Pierce Fire & Rescue firefighters are coming to a street near you. The off-duty firefighters will be collecting donations for the Muscular Dystrophy Association (MDA) through the annual "Fill the Boot" campaign beginning July 26 at four collection sites in Bonney Lake, Sumner, Lake Tapps and Edgewood. Look for the firefighters from 10 a.m. to 6 p.m. on:

- **THURSDAY, JULY 26**
in Edgewood at 24th Street East and Meridian Avenue East
- **FRIDAY, JULY 27**
in Sumner at Valley Avenue and Main Street
- **THURSDAY, AUGUST 16**
in Bonney Lake at 200th Avenue East and South Prairie Road East
- **FRIDAY, AUGUST 24**
in Lake Tapps at 9th Street East and 182nd Avenue East

The Fill the Boot campaign, sponsored by East Pierce Professional Firefighters Local 3520, raises money to assist families affected by muscular dystrophy in the Sumner, Lake Tapps, Edgewood, Milton, South Prairie and Bonney Lake communities.

"The great thing is that the money we raise stays local to help people in our area affected by Muscular Dystrophy," says East Pierce Firefighter Andrew House, who is organizing the event. "Last year, we raised more than \$18,000. The goal this year is \$20,000."

The Muscular Dystrophy Association is a voluntary health agency founded in 1950 to fight 43 neuromuscular diseases, including ALS or Lou Gehrigs Disease, which affect millions of Americans. The Association's programs are funded almost entirely by individual private contributors. MDA seeks no government grants, United Way funding or fees from those it serves. ■

FIRE EXTINGUISHER, cont. from pg 2

a home fire escape plan – and practice it at least twice a year. To help plan your escape, download a fire escape grid from www.eastpiercefire.org. Learn how to use an extinguisher before an emergency. East Pierce Fire & Rescue offers free commercial and residential fire extinguisher training to our community. The hands-on training includes extinguisher classification types, numerical ratings, and use and maintenance – you will even put out a controlled fire with an extinguisher! Classes can be taught at your location or our fire station. Call our headquarters station at 253-863-1800 during business hours to schedule a class and visit www.eastpiercefire.org for more fire extinguisher info and tips. ■

East Pierce Fire & Rescue FOUNDATION LAUNCHED

The East Pierce Fire & Rescue Foundation, in partnership with the fire district, announced the launch of this community-based, citizen safety program dedicated to improving access to public safety education programs and developing compassionate outreach services. "In partnership with East Pierce Fire & Rescue, the Foundation's mission is to create a safer and more supportive community for the citizens served by the fire district," says Teresa McCallion, president of the Foundation.

The Foundation is comprised of a board of directors made up of citizens from throughout the district. The idea is for the community to team up with the fire department to support specific initiatives that benefit everyone. To start, the Foundation will focus on three initial initiatives. These are:

Purchase smoke alarms.

- The fire district can't buy smoke alarms and give them away, but the Foundation can. It will purchase the smoke alarms and East Pierce personnel will install them free of charge for those in need. The



Foundation can also target specific neighborhoods and assist with awareness campaigns. The goal is to make sure every house has working smoke alarms.

Underwrite the cost of materials and books for citizen CPR and first aid classes.

- For years, the fire district has offered these classes free of charge. However, due to budget cuts, the department has had to start charging for classes. As a result, attendance has fallen. The Foundation will help offset the hard costs of the classes, including purchasing

books and supplies, so the district can offer the classes, if not free, at least at a very low rate. Citizen CPR is a critical component in the Chain of Survival, which includes immediate recognition of cardiac arrest, early activation of 911, early CPR, rapid defibrillation, effective advanced life support and integrated post-cardiac care.

The Sentimental Journey Program.

- This brand new program is a collaborative effort between the Foundation, the fire district, and MultiCare - Good Samaritan Home Health & Hospice to provide transportation and medical oversight to terminally ill hospice patients who want to make one last local trip. The fire department will provide the medic units and the firefighters will volunteer their time to staff the unit. The Foundation will raise money to reimburse the fire department for the use of the equipment and fuel.

Additional information about the Foundation, and how you can help, can be found at www.eastpiercefire-foundation.org. ■

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 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 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.piercefirer.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

Save The Date: OPEN HOUSE Saturday, September 29

Make plans to attend the 19th annual Open House from 1 to 4 p.m. Saturday, September 29 at the East Pierce headquarters station, located at 18421 Veterans Memorial Drive East (formerly Old Buckley Highway), in Bonney Lake. The free health and safety fair, hosted by East Pierce Fire & Rescue, provides an opportunity to showcase programs and services provided by the fire department, including demonstrations by the fire district’s special operations teams such as HazMat, Wildland, Technical Rescue 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. Younger children can suit up in pint-size 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 rescuing a “victim”.

“We love it because it gives us a chance to demonstrate fire prevention and safety issues in a fun, interactive setting,” said East Pierce Lieutenant Eric McLeroy, who heads up the event. “Don’t miss it!” ■



Don't miss the free Open House, Saturday, September 29 at the East Pierce headquarters station, in Bonney Lake.

SURVIVAL, cont. from pg 1

cardiac arrest seven out of ten times.”

East Pierce also focused on applying the most current training for its personnel, sending a group of firefighters and paramedics through an intensive multi-day Resuscitation Academy, sponsored by the Medic One Foundation and King County EMS. This specialized training helped the department implement a high-performance CPR program focused on coordinating patient care

and improving patient outcomes. “Firefighters and paramedics have quickly adopted the new performance standards” said Moore.

In addition, the department is supporting schools and police departments throughout the district with training and medical direction for automated external defibrillator (AED) programs. AEDs can “shock” hearts in a particular type of rhythm back to a normal rhythm that will sustain life. East Pierce hopes to generate increased interest in placing AEDs in businesses, churches and

anywhere else people gather.

Finally, the department has implemented new medical procedures, such as “field hypothermia” 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. ■

NEW, QUICK “HANDS-ON” CPR PROGRAM LAUNCHED

If you want to learn CPR, but you don’t need a certification card for work, you and your friends and family can sign-up for our new one hour “Sidewalk CPR” course. This free course will focus on essential life-saving skills, including “Hands-On” CPR for adult victims and recognition of heart attack and strokes. East Pierce Fire & Rescue will offer this new course once a month at our department headquarters, but 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. For more information about this new course, please contact Public Education Specialist Dina Sutherland or Corina Charest, at 253-863-1800, during business hours or go to our website at www.eastpiercefirer.org

East Pierce Classes & Public Education

FREE! TO EAST PIERCE FIRE & RESCUE CITIZENS

- 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-ON CPR CLASS—NEW!**
Non-certification class for adult CPR, from 7 p.m. - 8 p.m. (1 hour)
Dates: Sept. 19, 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
August 11 or 17 or 25 | September 15 or 21 | 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.eastpiercefirer.org.
- 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** Registration information and class schedules are available at www.eastpiercefirer.org. Cost: \$35.
- * Sponsored by East Pierce Professional Firefighters Local 3520