



# FIRE

# HOUSE

## NEWS

SERVING THE CITIZENS OF BONNEY LAKE, EDGEWOOD, MILTON, LAKE TAPPS, THE RIDGE COMMUNITIES, SOUTH PRAIRIE, SUMNER, TEHALEH AND SURROUNDING AREAS

FALL 2022

## EPFR Annual Open House is Back!

### Free Health and Safety Fair - Saturday, October 1st from 1-4 p.m.

After a two-year break, we're excited to celebrate the return of our 26th Annual Open House from 1 to 4 p.m. Saturday, October 1, at the East Pierce headquarters station at 18421 Veterans Memorial Drive East, in Bonney Lake.

The free health and safety fair will include more than two dozen interactive booths and displays such as the fire department's special operations teams, Technical Rescue, Wildland, HazMat, and Water Rescue. Live demonstrations will occur throughout the event featuring the use of Jaws of Life and performances by Pierce County Pipes and Drums Band and EPFR's Honor Guard.

Get an up-close look at EPFR's new Ladder 113 and Marne 122 and the popular Airlift Northwest medical helicopter scheduled to land around 1:30 p.m.

The highlight every year for most kids is the chance to play firefighter. Younger children suit up in pint-size firefighter gear to put out a fire and perform a rescue. Older children can participate in a more challenging course.

In addition to conveying important safety messages, East Pierce fire-

fighters will be selling discounted life jackets (\$14), bike helmets (\$8), and multi-sport helmets (\$11). The wearer must be present for a custom fitting. Children and adult sizes will be available on a first-come, first-served basis. The Bonney Lake Rite Aid will offer flu shots for \$28 each, with the option to bill insurance. Tacoma-Pierce County Health Dept. will offer COVID vaccines, too. Ident-A-Kid will provide FREE digital child I.D. cards.

Top it off with free ice cream, popcorn, and cotton candy from the East Pierce International Association of Firefighters Local 3520.

Other interactive demonstrations and booths include:

- Antique Engine Display
- Balloon Twisting
- Hands-Only CPR Instruction
- Fire Safety Trailer
- Fire Extinguisher Training
- PSE Electrical Safety
- South Sound 911
- Train Safety Simulator

We can't wait to connect with our community again. We hope to see you there! ■



Join us Saturday, Oct 1 for EPFR's 26th annual Open House from 1 to 4 p.m. at the Headquarters Station in Bonney Lake - 18421 Veterans Memorial Dr E.

**Free parking is available at the Sound Transit Park & Ride at 184th Ave. E., just off SR 410 E. in Bonney Lake.**

**A free shuttle, courtesy of GLM Charters, will run to and from the fire station during the event.**



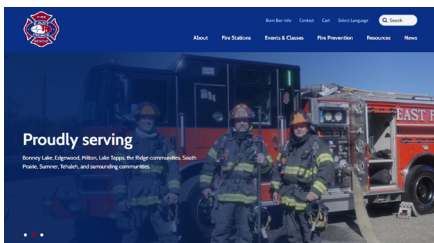
## EPFR Launches New Improved Website

Head over to check out EPFR's revamped website at [www.eastpierce-fire.org](http://www.eastpierce-fire.org)!

The former website (initially launched in 2009) served well, but the old platform was outdated and no longer supported.

The improved site is easier to navigate and better organized. From fire commissioners and executive staff to burn regulations and fire and life safety resources, it's all at your fingertips.

Peruse the calendar for scheduled events and public meetings, or register for a CPR and first aid class! You can now register to receive our online newsletter, too. ■



## New Marine 122 In-Service

Introducing *Virtue*, EPFR's new rescue boat! Marine 122 was officially placed in-service on Lake Tapps in late August.

The new boat replaces a nearly 30-year-old pontoon-style boat that has served well but is overdue for surplus.

The new Munson boat is all aluminum and has superior response and maneuvering capabilities. A Hale 500-gallon-per-minute fire pump provides increased water supply abilities for places around Lake Tapps with limited fire hydrants.



The new Marine 122 was placed in service on Lake Tapps in late August.

Marine 122 Specifications:

- Hull Length: 26 ft
- Hull Type: Catamaran
- Power: Honda 150 hp x 2
- Propulsion: Outboard (25" shaft)
- Fuel: 80 gallons
- Speed: 40 mph, light ship

Additional outfitting includes a side dive door, two dive ladders, Roll Control bottle racks, a tow post, and an engine guard.

EPFR personnel, including Water Rescue Team members and retired personnel, attended a "Pull-In Ceremony" on August 30th to christen



The "Osprey," former Marine 122, looks on as the "Virtue" takes over protecting Lake Tapps.

*"To Virtue, May all that sail on her be safe and carry the same high standard of morals as her predecessors."*

*-Christening by Firefighter Jay Smith, EPFR Water Rescue Team Lead*

*Virtue* at the water rescue facility Station 122.

Be on the lookout for Marine 122 on the lake as crews continue with ongoing training to ensure efficiency and proficiency. ■

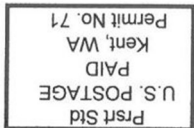


EPFR Water Rescue Team Lead Firefighter Jay Smith christens "Virtue" at a Pull-In Ceremony on August 30.

Postal Customer

ECRWSS

"Where Compassion and Action Meet"





HEALTH WATCH

BE SOMEONE'S HERO!  
Learn to save a life at a CPR training class provided by EPFR

Our firefighter/EMTs and firefighter-paramedics take great pride in the excellent emergency medical care and ambulance transportation provided to fire district residents with a medical emergency. EPFR crews transport over 6,000 patients each year to area hospitals. We've been recognized by national organizations such as the American Heart Association and the International Association of Fire Chiefs for our excellent cardiac care.

A crucial link in this "chain of survival" is the role YOU play in recognizing and treating a heart attack or cardiac arrest victim. Every minute counts. You are the Good Samaritan when you call 9-1-1 and provide CPR or life-saving first aid before the arrival of fire department crews. The confidence to recognize and deliver early life-saving care makes a critical difference in many emergencies.

We're encouraged that district residents start "bystander CPR" on more than half the victims of cardiac arrest in our community, a much higher rate than the national average, which has helped save many lives... friends, neighbors, coworkers, and loved ones.

But we want to do more to provide training for our community members. We have two options for people who want to learn life-saving CPR, AED, and first aid skills.

*"Bystander CPR, provided to someone who has collapsed after their heart has stopped, more than doubles the chance of the patient's survival."*

*-Assistant Chief/EMS  
Russ McCallion*

CPR/AED/First Aid Certification Classes

East Pierce Fire & Rescue schedules an average of two CPR and First Aid "certification" classes per month, with classes held on Saturdays and weekdays. CPR training programs run from 9:00 am to 12:30 pm and cover Adult, Child, and Infant CPR training, AEDs (automated external defibrillators) use, and choke-saving techniques.

If you stay the whole day, you can attend First Aid training in the afternoon from 1:00 pm to 4:00 pm. In the first aid class, you receive training on controlling bleeding and using tourniquets, treating allergic reactions with Epi-Pens, and providing care for persons with diabetes-related emergencies, seizures, overdoses, strokes, heart attacks, and a host of other issues.

These classes are great for people who need CPR/AED or First Aid certification as a work requirement or simply want as much information as possible. They might have family or friends with health issues or want to help as part of an emergency team at a church or neighborhood watch program.

To register for a class, visit [www.eastpiercefirer.org](http://www.eastpiercefirer.org) or call 253-863-1800 (option 4). District residents pay \$20 for the CPR training course and \$20 for First Aid training, or \$40 for the entire program.

Non-residents pay \$35 per section or \$70 for the entire day. These classes

provide a two-year, nationally-recognized certification in CPR and/or First Aid training.

"Hands-Only" CPR/AED Classes

If you don't need CPR certification for work or only want to learn the basics of hands-only CPR and how to use an AED, you should consider a FREE "Hands-Only CPR/AED" class, which only last 60-90 minutes.

These non-certification classes are great for small groups—families, neighborhood associations, church groups, or businesses, who simply want to know how to perform potentially life-saving CPR and AED skills in an emergency. The classes are fun, very interactive, and low-stress. And did we mention FREE?

Hands-Only CPR classes address CPR and AED training for adult patients, a brief review of 9-1-1 use, and recognition of heart attacks and strokes. If arranged ahead of time, we can address other first aid issues, such as infant choke-saving or controlling bleeding, which generally takes the class from a one-hour session up to 90 minutes.

Hands-Only classes can be scheduled at our headquarters station in Bonney Lake as well as at other stations in the fire district. If necessary, we can hold these courses in other venues such as churches or businesses if there is adequate facility space and audio-visual support.

For more information or to schedule a Hands-Only CPR/AED class, call 253-863-1800 (option 4) or email [info@eastpiercefirer.org](mailto:info@eastpiercefirer.org).

Be Someone's Hero—contact us, learn CPR and First Aid—and be ready to save someone's life! ■

SMOKE ALARMS

A Sound You Can Live With

Studies reveal that three out of five home fire deaths in the U.S. resulted from fires in structures without working smoke alarms. Homes with working smoke alarms reduced the risk of fire fatalities by an astounding 50%.



Thanks to a partnership with the American Red Cross, who provides smoke alarms to East Pierce Fire & Rescue, firefighters can install smoke alarms in homes within the district at no charge. The program is geared toward at-risk residents, including older adults, low-income, people with disabilities, and those who reside in mobile homes. The smoke alarms are equipped with long-life batteries which last approximately ten years.

"In the event of a fire, properly installed and maintained smoke alarms can save your life," says East Pierce Fire Marshal Chuck King. "Smoke alarms provide early detection of a fire to allow your family time to escape safely."

Alarms should be installed inside and outside all sleeping areas and on every level of the home, including the basement. Since smoke and poisonous gases rise, installing smoke alarms on the ceiling is ideal and provides the earliest detection.

"A working smoke alarm continuously scans the air for smoke, 24-hours a day, seven days a week. It never sleeps," says King.

Hearing impaired alarms are also available, equipped with a lower-frequency tone and bed shaker component.

To schedule a smoke alarm installation, call 253-863-1800 (option 4). To learn more about smoke alarms or tips for home escape plans, visit [www.eastpiercefirer.org](http://www.eastpiercefirer.org). ■

Know your alarm, know your battery!

Smoke alarms that are hard wired into your home typically have a battery backup, which is usually an alkaline battery. Stand alone smoke alarms can either use an alkaline or long-life (lithium) battery.

Alkaline batteries should be replaced once a year.

Long-life batteries should be installed when the smoke alarm goes in, and the entire unit (including the battery) can be replaced in about 10 years.

Is Your Child in the Right Car Seat?

To keep our kiddos safer, WA State's child restraint law requires a child to remain rear-facing until two years; be in a harness seat until four years; and use a booster seat until the adult seatbelt system fits properly, which is generally between 8-12 years old or 4'9" tall.

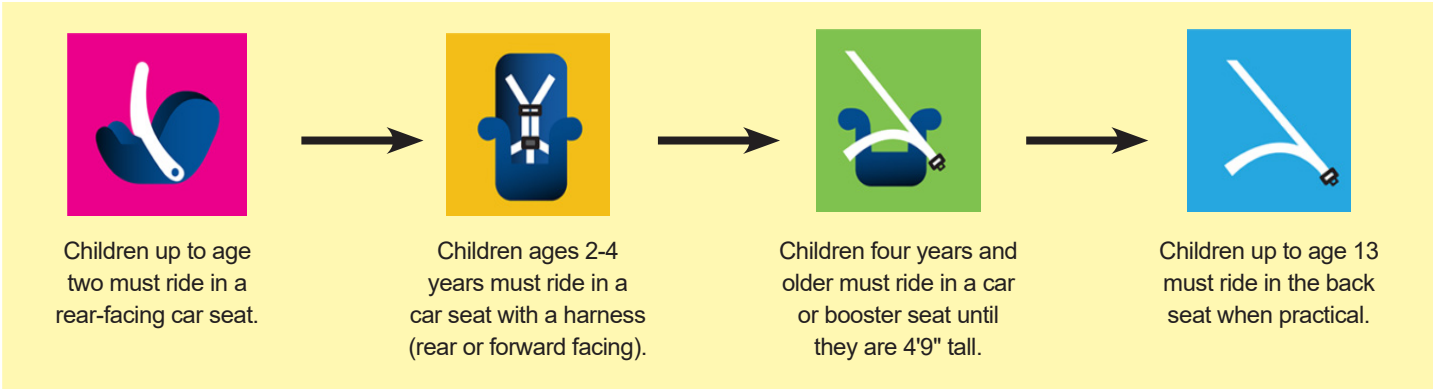
Don't worry; adults under 4'9" are not required to ride in a booster seat! The law focuses on children under the age of 13. Restraining and protecting a child's body in a crash is much different than that of an adult.

Many parents are concerned for their child's safety if their feet touch the back of the vehicle seat when in a rear-facing car seat. Rest assured, there are ZERO documented cases of a rear-facing child breaking their legs, hips, or feet due to their feet touching the vehicle seat.

The American Academy of Pediatrics recommends children remain in each state of protection for as long as possible. Each transition reduces the protection of the child.

Not sure if your child is in an appropriate seat or if the seat is installed correctly? We can help! EPFR's certified child passenger safety technicians provide free car seat inspections for fire district residents. Call 253-863-1800 (option 4) to schedule an appointment.

To learn more about WA's child restraint law, visit [www.wacarseats.com](http://www.wacarseats.com). ■







FROM THE CHIEF  
JON PARKINSON

In 2018, voters approved an \$80 million capital facilities bond. The bond funds the replacement of all front-line fire engines, our ladder truck, and the construction of five fire stations. Bond funds cannot be used for other purposes, such as hiring firefighters.

All emergency vehicles are now purchased and placed into service, and by the time this newsletter arrives in your home, construction of our second

BOND UPDATE: Station 111 Breaks Ground!

new fire station will have begun in Bonney Lake. While the construction process has been slow, I am pleased to see projects underway in both Bonney Lake and Edgewood, and we expect to have two more stations under construction later this year.

Now that fire station construction is kicking in high gear, the district sold the second half of the bonds. The district had committed to voters that the property tax impact of the bond issue would not exceed 25¢ per \$1,000 of assessed value. I am pleased to report that by capturing low-interest rates, we were able to shorten the repayment term and reduce the tax impact to an estimated 21¢ per \$1,000 of assessed value, ultimately saving our residents over \$14 million in interest payments.

On behalf of East Pierce Fire & Rescue, thank you for your ongoing support and for allowing us to serve you! ■



Architectural rendering of the new Station 111.



EPFR personnel participated in the new Station 111 Ground-breaking Ceremony on August 22 in Bonney Lake.

FIRE STATION  
CONSTRUCTION STATUS

- Station 118 - Edgewood  
Under construction. Estimated completion in the first quarter of 2023.
- Station 111 - Bonney Lake  
Under construction. Anticipated occupancy in January 2024.
- Station 114 - Lake Tapps  
Construction to begin in late fall 2022.
- Station 117 - Tehaleh  
Construction to begin in late fall 2022.
- Station 112 - Prairie Ridge  
Construction to begin in summer 2023.

EPFR Participates in EKG Youth Heart Screenings

The Nick of Time Foundation (NoTF), in partnership with UW Center for Sports Cardiology, will conduct free EKG youth heart screenings for adolescents and young adults ages 12-24 years at an event at Sumner High School on Wednesday, October 5, from 8:30 am-3 pm. Screenings are free; however, donations help to offset costs and facilitate future events.

The painless and non-invasive screenings consist of a Medical History Questionnaire to identify possible signs and symptoms of a heart condition or family history and an EKG that analyzes the heart's electrical signals. The results are reviewed on-site by medical professionals. An EKG can identify severe heart conditions that a stethoscope cannot detect. To access the Medical History Questionnaire that needs to be completed in advance, visit [www.eastpiercefire.org](http://www.eastpiercefire.org).

Substantial measures are in place to protect student privacy and confidentiality.

The NoTF was created in memory of Nick Varrenti, a seemingly healthy multi-sport athlete who suffered a sudden cardiac arrest and died at age 16. NoTF programs work together to help protect our young people and communities by providing early detection, early access to defibrillation, and CPR/AED education and awareness as we train the next generation of *first responders*.

East Pierce firefighters are proud to support this life-saving program by conducting baseline screenings, EKGs, and CPR/AED instruction during the event.



To learn more about NoTF, visit [www.nickoftimefoundation.org](http://www.nickoftimefoundation.org). ■

What does a  
Nick of Time Foundation  
screening look like?

- ♥ Review Medical History Questionnaire.
- ♥ EKG Screening: Small patches with a mild latex-free adhesive are placed on the chest, legs, and arms. The heart's electrical activity is recorded through electrodes attached to the patches.
- ♥ Receive a brief Hands-Only CPR and AED training.
- ♥ Physician consultation to review screening results.
- ♥ Some participants may also have a "heart sounds" physical or limited echocardiogram (ultrasound) of their heart.

2022  
Fire Commissioner  
Meetings

Board of Fire Commissioner meetings are held the third Tuesday of each month at 7 p.m. Meetings are in person with an option to attend virtually. Agendas and links to the meetings are posted on our website by the end of the week prior to the meeting.

October 18  
November 15  
December 20



connect with us!



Facebook: @eastpiercefireandrescue  
Twitter: @EastPierceFire  
Web: [www.eastpiercefire.org](http://www.eastpiercefire.org)  
Headquarters: 253.863.1800  
Email: [info@eastpiercefire.org](mailto:info@eastpiercefire.org)

EMPLOYEE  
Spotlight



BLAKE HOLT // ADMINISTRATIVE SUPPORT SPECIALIST  
PREVENTION & PUBLIC EDUCATION

EPFR welcomed Blake in October 2021 as an Administrative Support Specialist.

Primarily supporting the Prevention Division, Blake works closely with the new fire safety inspection program, Streamline, used in Bonney Lake, Sumner, Edgewood, and Milton. She also monitors the Compliance Engine, which tracks commercial fire alarm and sprinkler system inspection forms. Blake facilitates documentation of weekly and monthly inspection charts used by the Deputy Fire Marshals/Inspectors for each city and maintains and organizes fire investigation reports.

Blake also assists the Public Education Department with fire extinguisher training, car seat inspections, teaching Safe Sitter classes, and participates on the Characterization Team delivering fire and life safety assemblies to elementary school children.

Blake brings fire service experience from her previous work at both Puget Sound Fire Authority and the South King County Training Consortium.



### Who Is East Pierce Fire & Rescue?

East Pierce Fire & Rescue was founded on a strong commitment to customer service. The district's *Mission, Vision and Values* guide the actions of the department and its employees. Exceptional customer service and concern for employees and their families have become hallmarks of our culture.

EPFR was created when the City of Bonney Lake Fire Department, Pierce County Fire District 22/Lake Tapps Fire and Pierce County Fire District 24 merged in 2000 with the goal of providing a seamless response to emergency situations.

Since then, the following mergers or annexations into EPFR have occurred:

- 2006: Pierce County Fire District 12 and South Prairie/Fire District 20
- 2008: Sumner/Fire District 1
- 2010: Edgewood/Fire District 8
- 2013: Milton Fire Department

Today, East Pierce serves a population of approximately 100,508 residents living in and around Bonney Lake, Sumner, Lake Tapps, the Ridge Communities, South Prairie, Tehaleh, Edgewood, and Milton. The district covers approximately 153 square miles and protects residents from 8 stations - six staffed and one 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 can respond to both medical emergencies and fires.

An independently-elected Board of Commissioners govern the agency.

- ### Commissioners
- Jon Napier, Chair
  - Edward Egan, Vice Chair
  - Mike Cathey
  - Kevin Garling
  - Randy Kroum
  - Pat McElligott
  - Cynthia Wernet

- ### Staffed Stations
- Station 111 - Bonney Lake**  
Headquarters Station  
18421 Veterans Memorial Dr. E.  
(253) 863-1800
  - Station 112 - Prairie Ridge**  
12006 214th Ave E.
  - Station 113 - Sumner**  
800 Harrison St.
  - Station 114 - Lake Tapps**  
3206 W. Tapps Dr. E.
  - Station 116 - Foothills**  
10515 234th Ave. E.
  - Station 124 - Milton**  
1000 Laurel St.

- ### Volunteer Station
- Station 119 - South Prairie**  
350 State Route 162



### November 6th: Set your clock back 1 hour ...AND check your smoke alarms!

Remember, many smoke alarms are now equipped with long-life lithium batteries intended to last the alarm's lifespan - about ten years. No matter what kind of battery you have, they need to be tested every month. Know your alarm! Know your battery!

## Monkeypox (MPV) in Pierce County

If you've watched the news, you realize that a new Monkeypox virus is slowly spreading throughout the United States and worldwide.

The Monkeypox virus can cause painful rashes, bumps, sores, blisters, or ulcers. Before these symptoms develop, people infected with the virus often complain of flu-like symptoms, such as fever, headaches, muscle aches, swollen lymph nodes, chills, and exhaustion. The blisters, rash, and bumps can occur all over the body or inside the mouth.

Only 33 people in Pierce County were confirmed or suspected to have Monkeypox virus as of the end of August. The virus typically spreads during close, physical contact with someone infected. The virus transmits through contact with sores, blisters, or rash. It is also possible to become infected through prolonged contact with respiratory droplets and secretions from an infected individual. Additionally, medical experts recommend not touching bedding, towels, or other objects an infected person may have touched.

Symptoms generally occur 7 to 14 days after exposure but can sometimes take up to 21 days.

Most people recover on their own from Monkeypox within two to four weeks after symptoms develop. However, the disease can be more severe for kids and people who are immunocompromised or pregnant. As with other diseases, persons who may have Monkeypox should refrain from close or intimate contact with other people and isolate themselves at home until their symptoms are gone.

If you think you have Monkeypox, see a healthcare provider. Testing is widely available. Physicians may prescribe anti-viral medications if an individual has higher risk factors for serious illness.

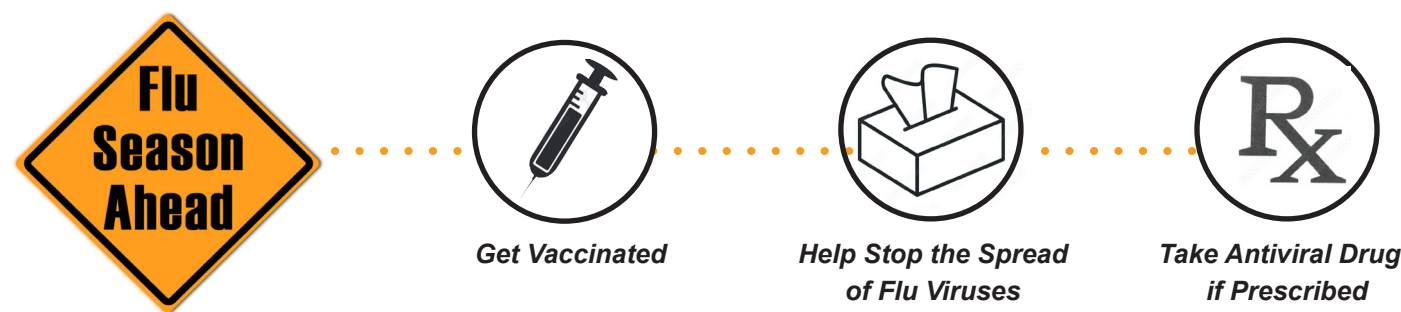
Vaccinations are available for Monkeypox but are in very short supply currently. The available vaccines are presently distributed to higher-risk populations. ■



Photo credit: UK Health Security Agency

Learn more at  
[tpchd.org/monkeypox](https://tpchd.org/monkeypox)

Or call Tacoma-Pierce  
County Health Dept. at  
(253) 649-1500



## East Pierce Classes & Public Education

### - FREE SERVICES -

To residents of East Pierce Fire & Rescue

- LIFE JACKET LOANER PROGRAM**  
Wearer must be present for fitting. Available at the Headquarters Station.
- CHILD SAFETY SEAT INSPECTIONS**  
District residents can schedule a free appointment. Certified child passenger safety technicians check to ensure your child is in the right seat, the seat is installed correctly, and your child is placed in the seat correctly.
- STATION TOURS** Station tours are suspended due to COVID precautions. Off-site visits are still available.
- SMOKE ALARM INSTALLATIONS** Includes smoke alarm equipped with 10-year battery (subject to availability).
- BLOOD PRESSURE CHECKS** Stop by any staffed station (subject to staff availability).
- FIRE EXTINGUISHER TRAINING** Learn how to use a fire extinguisher with our interactive, digital training prop either at your location or ours for groups of 10 or more.
- HANDS-ONLY CPR CLASS** One-hour, non-certification class for adult, hands-only CPR. Groups of 10 or more can schedule this training at their location or at our Headquarters Station.

### - SERVICES OFFERED -

**CPR 9:00 a.m.–12:30 p.m. | BASIC FIRST AID 1:30–4:30 p.m.**  
Oct 15 or 26 | Nov 12 or 16 | Dec 10

The cost for citizens residing within EPFR's jurisdiction (including Sumner, Bonney Lake, Lake Tapps, South Prairie, Tehaleh, Milton, and Edgewood) is \$20 for either a CPR or First Aid class, or \$40 for both. The cost for non-residents is \$35 for each class, or \$70 for both. All classes are held at our Headquarters Station.

To register, call 253-863-1800 during regular business hours or register on-line at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

- HELMET SALES AND FITTING\*** Wearer must be present for custom fitting. Bike helmets \$8 each. Multi-Sport helmets \$11 each. Headquarters Station.
- LIFE JACKET SALES AND FITTING\*** Wearer must be present for custom fitting. Life jackets \$14 each. Headquarters Station.
- SAFE SITTER CLASSES** Visit [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org) later in the year for the 2023 class schedule. Cost: \$45.

\* Sponsored by East Pierce Professional Firefighters Local 3520