



FIRE HOUSE NEWS

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

SUMMER 2023



FROM THE CHIEF
JON PARKINSON

Parkinson Receives *Chief Fire Officer* Designation

In April, the Commission on Professional Credentialing awarded Fire Chief Jon Parkinson the professional designation of Chief Fire Officer. Following an extensive peer review process, this designation recognizes demonstrated excellence in seven measured components: experience, education, professional development, professional contributions, association membership, community involvement, and technical competence. In receiving this designation, Chief Parkinson becomes one of only 1,784 CFOs worldwide.

Meeting these stringent requirements will allow Chief Parkinson to bring more professionalism and service to East Pierce Fire & Rescue and the communities we serve. We're fortunate to have a committed and visionary leader!! ■



Quick-Acting School Staff Perform CPR, Save Student's Life

Bonney Lake High School student Logan Burton, his family, and school staff attended EPFR's May Board of Fire Commissioners meeting to thank everyone involved for saving his life.

Logan, fifteen years old, suffered a cardiac arrest during gym class on May 1, 2023. His teacher and school staff called 911 and jumped to action, performing approximately seven minutes of cardiopulmonary resuscitation (CPR) and using an Automated External Defibrillator (AED) to deliver a shock reviving young Logan.

East Pierce Fire & Rescue arrived, took over post-resuscitation efforts, and transported Logan to a local area hospital, where he was treated and later

released home to his family.

"Bonney Lake High School's staff acted as a well-synchronized team to achieve a remarkable outcome," said EPFR Assistant Chief Jeff Moore. "It takes an entire community focused on making a difference to save lives from cardiac arrest. EPFR will continue to emphasize the importance of learning the life-saving skills of CPR, First Aid, and how to use an AED to improve cardiac arrest survival in our communities," continued Moore.

Fire Chief Jon Parkinson recognized the Bonney Lake High School staff for their efforts and presented each member with a Civilian Citation Award for their admirable action in saving Logan Burton's life. ■



BLHS student Logan Burton, surrounded by his family and school staff, attended the May Board of Fire Commissioners meeting where school staff were presented with Civilian Citation Awards for their actions in saving Burton's life following a cardiac arrest during gym class.

The [Safety] Clowns Are Back in Town!



The East Pierce Life and Fire Safety Squad (LAFSS) has been touring area elementary schools delivering safety messages to local school children during 30-minute assemblies. Thousands of children have joined EPFR personnel for a whole lot of fun...and LEARNING!

BOND UPDATE: Station 114 Under Construction

In November 2018, voters approved a bond to replace all six frontline fire engines and a ladder truck, replace four fire stations, and build a new fire station in Tehaleh. Many projects slowed due to COVID impacts but are once again moving along.

Below is a brief status update of these projects.

Fire Station Construction Status

- ▶ **Station 118 - Edgewood** Under construction. Due to be complete in late June 2023.
- ▶ **Station 111 - Bonney Lake** Under construction. Opens in spring 2024.
- ▶ **Station 114 - Lake Tapps** Under construction. Opens in spring of 2024.
- ▶ **Station 117 - Tehaleh** Construction to begin late summer of 2023.
- ▶ **Station 112 - Prairie Ridge** Construction to begin in fall of 2023.

Vehicle Status

- ▶ Ladder 113 and Engines 111, 112, 114, 116, 118, and 1119 are received and serving our communities.

Thank you for providing us with the equipment and facilities to serve you better. ■

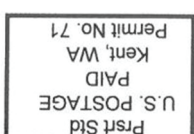


Lake Tapps Station 114 is vacated and under construction.



Architectural rendering of the new Station 114 in Lake Tapps.

"Where Compassion and Action Meet"



Postal Customer
ECRWSS

HEALTH WATCH

Spot the Signs of a Stroke F.A.S.T.

On the heels of May's American Stroke Month, East Pierce Fire & Rescue urges people to know the signs of a stroke and when to act.

A stroke is a "brain attack" that can happen to anyone at anytime. Strokes occur when blood flow to an area of the brain is cut off, leaving brain cells deprived of oxygen. Without oxygen, brain cells die, damaging the ability to control that area of the brain. Most people wait hours before calling 911 when experiencing stroke symptoms, leaving little time for the new and proven treatments to work.

Time-critical treatments are available to restore blood flow to affected brain areas to minimize damage and prevent death or permanent disability. How a person is affected by a stroke depends on where the stroke occurs in the brain and how much of the brain is damaged. For example, someone with a small stroke may only have minor problems such as temporary weakness of an arm or leg. People with larger

strokes may be permanently paralyzed on one side of their body, lose their ability to speak, or suffer memory loss. While some people recover entirely from strokes, over one-third will suffer permanent disability.

Stroke is one of the leading causes of adult disability in the United States. Paramedics and EMTs (Emergency Medical Technicians) are critical in ensuring that stroke patients quickly get to a specialty hospital staffed and equipped to provide emergency stroke treatment. When East Pierce firefighters suspect a patient is having a stroke, they alert the receiving hospital, allowing physicians to prepare for the patient's arrival—saving critical time. "We actively look at ways to identify a stroke in the field better and determine the best hospital for the most appropriate care," says Assistant Chief of EMS Jeff Moore.

Last year, East Pierce firefighters responded to 231 suspected stroke patients. "As of mid-May 2023, we have

already seen 79 patients this year who presented with stroke symptoms," states Moore. Unfortunately, one problem is that many stroke patients don't call 911 right away. Instead, they either wait too long to call for help or get a ride from family or friends to the hospital - wasting precious time. "It is imperative to receive definitive care within 4.5 hours of stroke symptom onset," reminds Moore.

How do you know if someone is having a stroke? Think FAST. When you spot the signs, call 911 right away.

Face Drooping — Does one side of the face droop, or is it numb? Ask the person to smile. Is their smile uneven?

Arm Weakness — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty — Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, such as "Is the



sky blue?". Can they do it?

Time to call 911 — If someone shows any of these symptoms, even if the symptoms go away, call 911. Check the time so you'll know when the symptoms first appeared.

During a stroke, every minute counts. You could save a life, maybe your own, by recognizing the signs and calling 911 right away. ■

Preventing Compost Fires

There are many benefits to composting. The environmentally-friendly practice diverts waste materials from landfills and can produce fertilizer to improve soil conditions.

However, as we enter into wildfire season, it is important to consider the fire risk sometimes posed by compost piles. While spontaneous combustion of compost piles is rare, if conditions are right, the possibility does exist.

Mismanaged compost piles could spontaneously combust if they are too tall, have reduced moisture content, limited airflow, or include a non-uniform mix of materials. Smoke, venting, or burning smells

are noticeable signs of heat retention and hot-spots.

To help reduce compost fire risk, please keep these safety tips in mind:

- Keep compost piles small. The ideal pile is 3' wide by 3' tall. Smaller piles allow for airflow, which cools the contents.
- Monitor moisture content and internal temperature. Add water if needed.
- Turn the compost pile often with a shovel.

In the event of a compost fire, call 911 to get help coming fast. Fire can quickly spread to nearby vegetation and structures. ■



This compost bin overheated and combusted, destroying a nearby home.

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 at www.eastpiercefirerescue.org.

2023 Meeting Schedule

Jun 20 | Jul 18 | Aug 15 | Sep 19 | Oct 17 | Nov 21 | Dec 19



We're recruiting for Firefighter/Paramedic! Apply on-line by September 30, 2023. For job posting details, visit www.eastpiercefirerescue.org. Be sure to check out the FAQs.

connect with us!



@EastPierceFireAndRescue



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www.eastpiercefirerescue.org



253.863.1800

"Where Compassion and Action Meet"

Fire-Resistant Plants for Home Landscapes

Selecting plants that may reduce your risk from wildfire

A well-designed landscape around a home is key to reducing the risk of loss from a wildland fire. Maintaining landscape is essential to providing defensible space for the home and for the safety of firefighters when a wildland fire occurs.

All vegetation is potential fuel for a fire. There is no completely fire-proof vegetation. All plants will burn if the conditions are right. There are, however, plants that are FIRE-PRONE, and those that are FIRE-RESISTANT. The use of

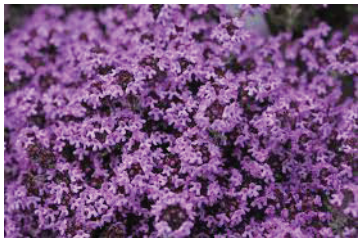
fire-resistant vegetation and proper maintenance are paramount in reducing the risk of home losses in the Wildland Urban Interface (WUI).

Fire-resistant landscaping doesn't have to be ugly. Here are a few plant suggestions that will beautify your space while promoting a more fire-resistant landscape. Visit eastpiercefirerescue.org for a comprehensive list of firewise plants.

GROUNDCOVERS



Antennaria Rosea (Pink Pussytoes)



Thymus Praecox (Creeping Thyme)

PERENNIALS



Monarda (Bee Balm)



Helianthemum (Sun Rose)

DECIDUOUS SHRUBS



Hibiscus Syriacus (Rose of Sharon)



Holodiscus Discolor (Oceanspray)



Did You Know?

Burning trash and building materials, including scrap lumber, is illegal in WA State.

GRASSES



Nassella Tenuissima (Mexican Feather Grass)



Poa Secunda (Sandberg Bluegrass)

TREES



Betula Nigra (Heritage River Birch)



Quercus Rubra (Red Oak)

Friends Don't Let Friends Teak Surf

Teak Surfing is a water sport where swimmers hold onto the swim platform of a powerboat and are towed through the water. It might seem harmless (except for being near the fast-moving propeller), but beware of a potentially fatal danger: Carbon Monoxide (CO Poisoning).

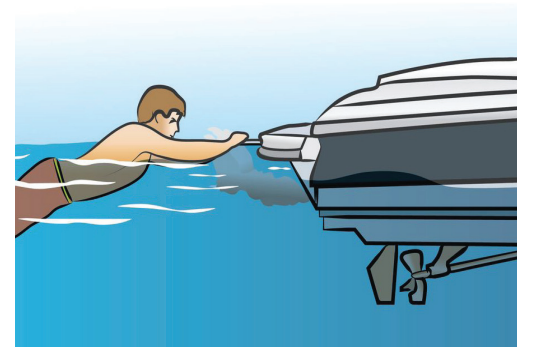
Teak Surfing, illegal in many states, including WA, directly exposes the swimmer's face to the engine's

exhaust - and dangerous levels of carbon monoxide - a tasteless and odorless poisonous gas. CO concentration levels released at the backs of ski boats can reach 40-80,000 parts per million and cause asphyxiation in as little as 60 seconds.

CO poisoning symptoms include headache, dizziness, nausea, and sleepiness—many people often mistake CO poisoning for seasickness or

the flu. Move to fresh air immediately if you experience these symptoms, and always wear a life jacket when on a boat or in the water.

EPFR's late Fire Chief Dan Packer helped pass RCW 79A.60.660, also known as the "Jenda Jones and Denise Colbert Safe Boating Act," following their drownings in separate teak surfing incidents on Lake Tapps in 2003. ■



FIREWORKS: Celebrate Safely - It Begins with You!

Don't let a firework mishap spoil your Fourth of July celebration. "You can have fun, just be aware of the dangers and take proper precautions," says East Pierce Fire Marshal Matt Gilbert.

In Washington State, males 15-21 years of age are most often injured by fireworks resulting in amputation and serious burn injuries. Most injuries occur while either holding fireworks or leaning over them. Even fireworks as seemingly safe as sparklers can cause injuries. Sparklers burn at temperatures exceeding 1,200 degrees Fahrenheit—enough to cause a serious burn.

Adult supervision around fireworks is important. Set family boundaries and talk with children about celebrating safely.

Fireworks do not just burn people. Every year, firefighters respond to fires started by fireworks. Weather conditions make grasses and vegetation dry and vulnerable - combined with fireworks is a recipe for

brush fires. Use care in selecting the area for discharge of fireworks, and ensure the type of fireworks are appropriate for that area.

Fireworks Complaints?

Call the non-emergency line (253) 287-4455 or (800) 562-9800

Call 911 for EMERGENCIES only

BE PREPARED...before you light fireworks

- Use legal fireworks, available at licensed outlets.
- Store fireworks out of children's reach.
- Keep pets safe indoors.
- Always keep water handy.
- BE SAFE...when lighting

fireworks

- Only adults should light fireworks.
- Only use fireworks outdoors.
- Do not throw fireworks or hold in your hand.
- Protect your eyes.
- Light one firework at a time and move away quickly.
- Never relight a "dud".

BE RESPONSIBLE...when finished using fireworks

- Soak used fireworks in water.
- Be considerate - clean up used fireworks.
- Keep matches and lighters away from children.

East Pierce Fire & Rescue wishes you and your family a happy and SAFE holiday!

Visit eastpiercefirerescue.org for more firework safety tips. ■

Fireworks Discharge Dates & Hours Within East Pierce Fire & Rescue

City of Bonney Lake

- July 4: 9 a.m. - Midnight

City of Edgewood

- July 4: 9 a.m. - Midnight

City of Milton

- July 4: 9 a.m. - 11 p.m.

Town of South Prairie

- June 28: Noon - 11 p.m.
- June 29 - July 3: 9 a.m. - 11 p.m.
- July 4: 9 a.m. - Midnight
- July 5: 9 a.m. - 11 p.m.

City of Sumner

- July 4: Noon - Midnight

Unincorporated Pierce County

- July 1 - July 3: 10 a.m. - 11 p.m.
- July 4: 10 a.m. - Midnight
- July 5: 10 a.m. - 11 p.m. (ONLY when the 4th falls on a Sunday)

For a complete county-wide listing, visit the Pierce County Fire Prevention Bureau website at www.piercecountywa.org/3893/Fireworks.

"Where Compassion and Action Meet"

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 department and its employees' actions. Exceptional customer service and concern for employees and their families have become hallmarks of our culture.

EPFR was formed 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 to provide a seamless response to emergencies.

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 approximately 100,500 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 seven stations - six staffed 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 medical emergencies and fires.

An independently-elected Board of Commissioners governs 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**
1605 210th Ave. E.
- Station 116 - Foothills**
10515 234th Ave. E.
- Station 124 - Milton**
1000 Laurel St.

East Pierce Recognizes Outstanding Service

During last month's Employee & Recognition Ceremony, EPFR celebrated the many accomplishments of our employees and their impacts on the community.

Recipients are selected by their peers for leadership skills and efforts, setting a standard for themselves and others. The sole exception is the Chief's Company, which is determined by the command staff.

Two awards honor former members. The Ken Thawsh Inspiration-

al Award is dedicated to a beloved former volunteer firefighter who's selfless acts of kindness will continue to inspire and motivate our volunteer ranks.

The Mike Roberts Goodwill Award is dedicated to a retired lieutenant who always went above and beyond for the wellbeing of others by exhibiting genuine acts of goodwill.

Join us in congratulating these exceptional people for providing compassionate service and rapid response to our community. ■

AWARD HONOREES

Career Officer
Will Poe

Career Firefighter
Jeff Conover

(Awarded posthumously following the unexpected, off-duty passing of FF Conover in October 2022)

EMS Provider
Ben Pieper

Volunteer Responder
DeAnn O'Leary

Mike Roberts Goodwill Award
Rex Orcutt

Ken Thawsh Inspirational Award
DeAnn O'Leary

Support Staff
Kim Johnson

Fitness Award
Andrew House

Chiefs Company
Matt Jewitt
Bo Monson
Patience Taylor
Renee Cameron



EPFR personnel were recognized during a ceremony on May 6, 2023 for outstanding service during the 2022 year.

Gearing You Up for Summer Safety!

Cruising a bike trail? Taking a dip in a lake? We've got you covered! Bike helmets, multi-sport helmets, and life jackets are available for purchase at our Headquarters Station during business hours Monday-Friday from 8 a.m. to 4:30 p.m. Wearer must be present for custom fitting. Cash and credit/debit cards are accepted.



Life Jackets
\$17 each
Sizes infant - adult



Multi-Sport Helmets
\$11 each
Sizes small - large



Bike Helmets
\$8 each
Sizes toddler - XL

Only need a life jacket for the day? Short-term use loaners are available at the Headquarters Station and loaner kiosks at both Allan Yorke Park (7203 W Tapps Hwy E, Bonney Lake) and Lake Tapps North Park (2022 198th Ave E, Bonney Lake).

East Pierce Classes & Public Education

- FREE PROGRAMS - 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 Call to arrange a tour of any of our fire stations.

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.

Jun 21 or 24 | Aug 23 or 26 | Sep 16 or 20 | Oct 14 or 25

The cost for citizens residing within EPFR's jurisdiction (including Sumner, Bonney Lake, Lake Tapps, South Prairie, Tehaleh, Milton, and Edgewood) is \$25 for either a CPR or First Aid class, or \$50 for both. The cost for non-residents is \$40 for each class, or \$80 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.

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 \$17 each. Headquarters Station.

SAFE SITTER CLASSES

Jul 11, 12, and 13 | Jul 25, 26, and 27

Cost: \$45. To view class details and register on-line, visit www.eastpiercefirerescue.org.

*Sponsored by East Pierce Professional Firefighters Local 3520

"Where Compassion and Action Meet"