



# FIRE HOUSE NEWS

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

SUMMER 2013

## Voters Show Their Support

On May 7, the Pierce County Auditor's Office certified the special election that annexed the City of Milton into East Pierce Fire Rescue.

Voters overwhelmingly approved the measure, with 85.74% of Milton residents voting in support of the annexation. Among voters living in the East Pierce fire district, 86.15% approved the measure.

"I truly believe that the reason we received such a strong show of support is because of the exceptional work our personnel provide every day throughout the district. We sincerely appreciate the voter's confidence in us," says East Pierce Fire & Rescue Fire Chief Jerry E. Thorson.

He also expressed his appreciation of the City of Milton's leadership for their efforts in helping to provide efficient and effective fire and emergency medical services to the citizens and businesses of their city.

## Community Works Towards a "Swim Safe" Summer



Join us for our annual **SplashTacular**, from 1-4 p.m. July 27 and Aug. 10, on Lake Tapps. The free, drowning prevention event will focus on open water safety through fun activities. See page 2 for details.

- Pierce County Sheriff's Dept.
- Pierce County Parks
- City of Bonney Lake
- Cascade Water Alliance
- Sumner School District
- Dieringer School District
- Sumner-Bonney Lake Aquatics Center

"Collaboratively, these agencies have combined their drowning prevention expertise and teaching strategies to have a greater impact and outreach throughout our communities," says East Pierce Fire Chief Jerry Thorson.

Through community gatherings, school assemblies, and water safety events the Swimsafe campaign focusses on these key messages.

### Know Lake Tapps

- The water comes from a glacier.
- It's really cold - 55 degrees!  
Your body loses heat 30 times faster in water versus the air.
- The colder the water the quicker cold water incapacitation will occur.
- Everyone's at risk, especially the elderly, children, and people with low body fat.
- Males (whose bodies generally

**A**fter several tragic drownings last summer, the Lake Tapps community is doing more than just hoping for a safer summer this year.

They have stepped up by creating a multi-layered drowning prevention campaign. The Swimsafe campaign was launched in May 2013 with a goal of keeping swim-

mers afloat.

Swimsafe sponsors consist of multiple agencies who have met regularly to develop the community water safety education program.

### Campaign sponsors include:

- East Pierce Fire & Rescue
- Bonney Lake Police Department

See **SWIM SAFE**, page 2

## Open HOUSE

### SAVE THE DATE

It's our 20th Annual Open House! Come celebrate at the free health and safety fair hosted by East Pierce Fire & Rescue.

**Saturday, September 28**  
1 to 4 p.m.

**East Pierce Headquarters Station**  
18421 Veterans Memorial Drive East  
Bonney Lake

*Don't miss the fun!*

Postal Customer  
ECRWSS

## East Pierce Fire Receives National Heart Safe Award

**E**ast Pierce Fire & Rescue recently received the 2013 Heart Safe Community Award in the small community category (population less than 100,000) from the International Association of Fire Chief's (IAFC) EMS Section and Physio-Control, Inc. The annual award recognizes organizations that use creative approaches to implement and maintain systems to prevent and treat cardiac-related diseases within their communities.

East Pierce Medical Services Officer, Battalion Chief Jeff Moore accepted the award on behalf of the department at the Fire-Rescue Med Conference in May. Agencies and systems throughout the United States competed for the honor.

East Pierce was selected for the efforts it has made in implementing a comprehensive cardiac

arrest resuscitation program that has dramatically improved cardiac arrest survival rates within the community. The department reports that cardiac arrest survival for witnessed ventricular fibrillation patients has climbed from 10% (2006-2010 average) to 41% in the last two years (2011-2012). "Survival is defined as discharge from the hospital, neurologically intact," Moore explains.

The comprehensive program included the establishment of "high-performance" CPR training for the firefighters, quality improvement programs and debriefs following all cardiac arrest calls.

A key component in improving survival rates is teaching citizens CPR. East Pierce augmented an already strong citizen CPR program by launching a new, free, one-hour "Hands-Only" CPR training program targeting older,

at-risk populations who do not need full CPR certifications for employment. "This program has been a great success, with more than 150 trained in the last quarter of 2012," Moore says.

East Pierce also provides American Heart Association CPR training for more than 600 adults per year at twice monthly "citizen" classes for the general public. For many years, the department has provided free CPR training in schools located throughout the fire district. The department expanded that program to include a refresher for 10th grade students. "East Pierce Fire & Rescue now provides training for 1,500 students per year," Moore says.

The results are impressive. "CPR training programs have resulted in an overall bystander CPR rate of 52% for the past two years," he notes. "For witnessed collapses,

See **HEART SAFE**, page 3



## FIRE PREVENTION

### Take steps to reduce grass, brush and wildland fires

Often, when we consider fire protection for our home, we think of things such as smoke alarms, carbon monoxide alarms and exit plans. While all of these things are important, it's time we take a look outside the home for fire danger as well! There are some simple steps that anyone can take in the yard to limit fire risk.

Grass, brush and wildland fires destroy hundreds of homes and thousands of acres of land every year across the nation. While lightning is often the cause of large wildfires, more outdoor fires are caused by careless human acts.

This year's summer weather projections will likely result in very dry conditions. Therefore, homeowners are urged to take all necessary precautions, to prevent the spread of grass, brush and wildland fires in our community.

The fire code requires that all dry weeds, grass, brush and other combustible vegetation be cut-down and removed by the property owner to prevent the ignition and spread of fire to adjacent property and structures.

You can also use fire-safe landscaping as an effective tool to create an area of defensible space between your home and any flammable vegetation. A fire-safe landscape utilizes watering, mowing, spacing, pruning and fire resistant vegetation that are planted to stop the spread of fire to your yard and home.

#### Here are a few fire-safe landscaping tips:

- Maintain grass by frequently watering and mowing.
- Remove natural debris such as fallen leaves and downed branches.
- Prune shrubs and remove dead materials.
- Prune trees at least ten feet from the ground.
- Eliminate small trees and plants growing under trees.
- Decorate your yard with fire resistant plants (plants with little to no resin, little buildup of dead materials, and plants that have fleshy leaves and flowers).

Visit [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org) for more fire-safe landscaping tips.

**Remember, fire safety is your responsibility—fire stops with you!**

## Wearing Life Jackets Save Lives

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

Although there is at least one drowning on Lake Tapps every year and several serious boating accidents, last year was particularly devastating. Three people lost their lives at Lake Tapps.

East Pierce recommends that everyone who is near water wear a life jacket. The fire department sells life jackets at a discounted rate of \$14 each with a free fitting. Life jackets are available for purchase at the fire districts headquarters station, located at 18421 Veterans Memorial Drive East, in Bonney Lake.

"Not only is wearing a life jacket important, but wearing the right size is, too," said East Pierce Firefighter Troy Sterrenburg. The proper size is primarily determined by the wearer's weight. Check the "User Weight" printed inside the life jacket for guidance.

**A life jacket can't do its job** unless you wear it correctly. Buckle all clasps and zip the zippers. Pull the straps snug – there should be no gap in the front, and the jacket should stay on the shoulders when the arms are raised over the head.

Visit [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org) for more tips on life jackets and our loaner and sale programs.

### Loaner Life Jackets Get New Home Thanks to Eagle Scout

East Pierce Fire & Rescue thanks Eagle Scout candidate Chris Marks, 17, for the two, new kiosks that house loaner life jackets at both parks on Lake Tapps. Marks took on the project as part of his Eagle Scout requirements, giving the Allan Yorke Park kiosk a much-needed face lift and building an all-new self-serve kiosk for the Pierce County Park at North Lake Tapps.

The Sumner High School junior spent three months developing the plans and completing the project. Supplies were donated by the Bonney Lake Home Depot.

The fire district has been loaning out life jackets at both parks for years. "The loaner program was established, so nobody would have an excuse not to have a life jacket," East Pierce Public Education Specialist Dina Sutherland says. Previously, life jacket loaners were only available at the concession stand at the North Lake Tapps Park.

The jackets at both kiosks are available in infant, child, youth and adult sizes. "We only ask that you return them when you are finished so others can use them,"



Sumner High School Junior Chris Marks gave the Allan Yorke Park life jacket loaner kiosk a face lift, as part of his Eagle Scout requirements.

Sutherland says.

With the completion of the kiosks, Marks is close to Eagle Scout status. Eagle Scout is the highest rank attainable among the Boy Scouts of America. Requirements include earning at least 21 merit badges and demonstrating Scout spirit through an extensive service project that the Scout plans, organizes, leads and manages. Only 6% of all Boy Scouts ever achieve the honor.

East Pierce appreciates Marks' effort in helping to keep our community safe.

#### SWIM SAFE, from page 1

cool faster than females) are at greater risk.

#### Know your limits

Risk of drowning occurs when you:

- Are too cold, tired or far from safety;
- Have had too much sun or strenuous activity;
- Don't know how to swim well;
- Are influenced by drugs or alcohol; or
- Don't wear a life jacket.

#### Know how to protect yourself and your loved ones

- No matter how good a swimmer you are, the water can overpower your skills.
- Wear a life jacket when boating, tubing and rafting, and where there are no lifeguards.
- Watch for shivering, altered judgment, blue fingers and lips – get out and rewarm.
- Learn how to swim.
- Learn CPR.

### Here's a glimpse of our communities' multifaceted efforts to support the Swimsafe campaign.

- East Pierce will host two Summer Splash-Tacular events on Lake Tapps with help from the Bonney Lake Police and the Pierce County Sheriff's Department., on July 27 at Pierce County Park and August 10 at Allan Yorke Park. The free drowning prevention events run from 1-4 p.m. and focus on open water safety.
- During the school year, EPFR and Bonney Lake Police participated in water safety assemblies at all elementary schools throughout the Sumner and Dieringer School Districts. More than eighty life jackets were sold and fitted to students during the assemblies.
- Pierce County has dedicated a memorial to those lost on the lake. The memorial is located at Pierce County's North Tapps Park.
- Seventh grade students at North Tapps Middle School explored various measures to improve water safety at Allan Yorke Park, including installing a lake water temperature display and erecting a memorial wall dedicated to drowning victims at Lake Tapps.
- Sumner-Bonney Lake Aquatics Center began offering a new "Teen Basic Swimming and Water Safety Class" at the beginning of the summer, designed for teens who have never had formal swimming lessons and would like to be more comfortable in the water.

**Learn more about Swimsafe at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).**

## HEALTH WATCH: Calling 9-1-1 Saves Bonney Lake Man



Dave Wagner (right) stopped by the fire station to thank the East Pierce Fire & Rescue crew, including Lieutenant Jason Sanders (left).

On March 19, 2013, Dave Wagner died five times after suffering a type of heart attack known as a "widow maker". Three days later, he was discharged from the hospital with only minimal damage to his heart and is back to leading a normal life with his family.

His decision to call 9-1-1 saved his life. "If that hadn't happened, he would have died while his wife was driving him to the hospital and his story would have had a completely different ending," says East Pierce Fire & Rescue Assistant Chief Russ McCallion.

Wagner, age 55, had just returned home from work when he began to feel pressure in his chest. At first he asked his wife to take him to the hospital. But

as the pain radiated to his jaw, he said, "Call 9-1-1. I think I'm having a heart attack."

Wagner went into cardiac arrest three times on the way to the hospital and twice more after he arrived. But he is one of the lucky ones because his wife called 9-1-1. "Unfortunately, many people don't recognize the signs and symptoms of a heart attack and fail to call 9-1-1," says East Pierce Lieutenant Jason Sanders, the primary paramedic on the call that day. "Going by car to the hospital puts loved ones in a horrible position if the person goes into cardiac arrest. Driving yourself puts everyone on the road at risk."

Calling 9-1-1 is the first step in activating a comprehensive system of care. "We've worked hard with other agencies, including Good Samaritan Hospital, to develop this system of care" McCallion says. "We can wirelessly send an EKG to the cardiologists and confer with them. If you need to go to the hospital, we will take you. If not, no harm done. Our motto is: 'When in doubt, check it out.'"

Treatment for many heart attacks involves opening blocked arteries in a catheterization laboratory, or cath lab.

Residents who live within the East Pierce Fire & Rescue service area pay no out-of-pocket expenses for ambulance transport. The fire department will bill private insurance companies and Medicare and Medicaid to reimburse costs.

"The key is to call early. Every min-

ute that passes, heart tissue is being damaged. Getting treatment sooner means less heart damage and a better outcome," Sanders says. Something Wagner knows firsthand. "My first instinct was to have [my wife] take me to the hospital," he says. "As things worked out, if she would have taken me, I would have flat-lined and likely died in the car on the way."

### Know the Symptoms of a Heart Attack

It's important to know the symptoms of a heart attack. Chest pain or pressure may not be the primary symptom, or even present at all. Women are less likely to have chest pain. Instead, they may experience pain or pressure in their upper abdomen, where it's often confused with indigestion.

Other common symptoms of a heart attack include:

- unexplained shortness of breath;
- dizziness or weakness; and
- shoulder, arm pain or upper back pain.



Sumner Police Officer Dave Strader (left) and East Pierce Battalion Chief Jeff Moore.

### FIRE DISTRICT SUPPLIES POLICE WITH AEDS

East Pierce Fire & Rescue has armed local police officers in Edgewood, Milton and now Sumner with an important life-saving tool-- automated external defibrillators (AEDs). "The theory is to get the AED to the patient as quickly as possible," says East Pierce Battalion Chief Jeff Moore. "Law enforcement defibrillation is a proven concept around the country. We're glad for the opportunity to partner with our law enforcement agencies."

A person who is suffering a cardiac arrest related to heart disease, often has a heart rhythm known as ventricular fibrillation (VF). The chambers of the heart are contracting chaotically, preventing it from pumping blood throughout the body. If this rhythm is not corrected within eight to ten minutes, that person will die. Defibrillation is the process of applying a specially-designed electrical charge to the heart to stop VF and, hopefully, allow the heart to return to a normal rhythm.

Moore notes that, while CPR doesn't restart the heart, it does keep oxygenated blood moving to the brain and heart, extending that eight-to-ten-minute window until the heart can be defibrillated. "CPR buys time for the patient to be shocked, but it's the shock that saves their life," he says.

The devices are small, weighing between 3-5 pounds each, and will only shock patients whose hearts have stopped.

The fire district received a \$10,000 grant from the King County Medic One Foundation to purchase the AEDs. New devices cost between \$1,000-2,000 each. The district was able to leverage its purchasing power to secure 14 AEDs for the program. The fire district provides annual training for the officers, medical direction and case reviews after the AEDs are deployed.

Earlier this year, East Pierce placed AEDs in all of the patrol cars in Edgewood and Milton. The recent grant provided AEDs to the Sumner Police Department, augmenting their supply of 10-12 units. "Sumner had a long-standing program that was supported by the Sumner Fire Department, before it merged with East Pierce," says East Pierce Assistant Chief Russ McCallion.

McCallion says that the district will focus on providing AEDs to the Bonney Lake police and Pierce County Sheriff's deputies next. "It's part of our on-going effort to place AEDs in the public," he says.

## Learn How to Use 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.

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.



Your club, group, organization or business can schedule a free, hands-on fire extinguisher class through East Pierce Fire & Rescue. Call 253-863-1800 to schedule your own private class.

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 upright and steady.
- S**weep the extinguisher from side to side covering the entire area of the fire.

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.eastpiercefirer.org](http://www.eastpiercefirer.org) for more fire extinguisher info and tips.

### HEART SAFE, from page 1

the bystander CPR rate is even higher, at 59%."

According to the American Heart Association, for every minute of delay in starting CPR on someone in cardiac arrest, the chance of survival falls by 10%. "Bystander CPR doubles a victim's chance of survival," he says.

The timing for implementing a new resuscitation program was

challenging, since the fire department had already experienced a 25% drop in tax revenues by 2011, and revenues were projected to continue to fall. Pay freezes had been enacted and existing programs had already been cut.

In spite of the department's financial challenges, the leadership team and line personnel embraced the proposed development

of a comprehensive resuscitation program, approving overtime for training and technology to improve CPR quality. "Although the economy made it more difficult to implement, success demonstrates these were the right decisions to make for our community," says East Pierce Fire Chief Jerry E. Thorson.

## 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.

In 2013, the Milton citizens voted to annex 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. ■

## Commissioners

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

## Staffed Stations

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

# District Secretary Set to Retire



East Pierce District Secretary Nancy Keck will retire in August.

Few people have witnessed as many changes at East Pierce Fire & Rescue as District and Executive Secretary Nancy Keck. She was hired by the Lake Tapps Department in 1990 as the sixth, full-time paid employee. Today, East Pierce has 127 full-time, paid personnel. Prior to coming to Lake Tapps, she worked as the district and administrative secretary for the Edgewood Fire Department.

With each merger—nine in all—Keck was assigned to take minutes for the new board of fire commissioners—a task that required she take an oath of office. “I’m pretty sure I have the record for taking the most oaths,” she says.

There are many happy memories during her more than 28 years working for the fire service, but

there have been sad times too. Keck was Fire Chief Dan Packer’s secretary for a decade before he died in a wildland fire in California in 2008. “Dan inspired all of us to do things beyond our comfort level, and he never doubted that we would succeed,” she says. “East Pierce is what it is today because of his vision and leadership.”

Since then, she has worked for Fire Chief Jerry Thorson. She notes that it took a special person to step in after that kind of loss. “He has been a kind and caring chief following the tragic death of Chief Packer, and I have enjoyed working with him these past four years,” Keck says.

Thorson says he appreciated her support when he first arrived. “For a new fire chief coming into an organization, she’s been terrific as we’ve moved the organization through some trying times,” he says. “Not only is she a key link between the fire department and the commissioners, but she’s so well-respected and has been a mentor to many of the staff.”

Thorson says that her position will not be filled when she leaves. Instead, her duties will be reassigned to other staff members. Operations Support Administra-

tive Secretary Michelle Hollon will take over as the district secretary for the commissioners.

Although Keck looks forward to her time off, leaving is bitter-sweet. “I will miss the camaraderie of the administrative support staff. Chiefs and firefighters are very visible to the public, but the administrative support and IT staff are the behind-the-scenes people who keep things running smoothly,” she says. “I have learned so much from this job and I’ve loved every day of it. It’s been a great career.”

Keck and her husband Ralph still live in Edgewood. Keck says she plans to spend more time with her husband. “It’s time to do things with Ralph,” she says. “On a sunny day, I want to be out there instead of sitting at my desk.”

The couple has two children. “More importantly, we have six grandchildren,” Keck notes. She says that attending their school and sporting events are high on her new “To Do List.”

Keck will be missed by the members of East Pierce Fire & Rescue. When she leaves, she will not only take a large part of history with her, but a substantial piece of our hearts.

## SCHOLARSHIP WINNERS ANNOUNCED

## Volunteer Corner

The East Pierce Volunteer Firefighter’s Association announced the winners of its annual “Scholarships for Excellence”.

The 2013 scholarship winners are White River High School senior Madeline “Maddy” Burton; Bonney Lake High School senior Chelsea Crawford; and Sumner High School senior Kathryn Wire.

The scholarships are conferred annually to a graduating senior at each of the high schools within the East Pierce Fire District. Eligible

students must have a minimum GPA of 3.0 and intend to enter the fields of firefighting, law enforcement, medicine or social work.

Burton plans to enter the nursing field and will attend Washington State University in the fall. Wire will attend Montana State University as a physical therapy major. Crawford plans to enter the field of psychology. She will attend Whitworth College in Spokane.

East Pierce Volunteer Firefighter Sara Arneson says there were no eligible candidates for two

other scholarships, including the community scholarship—which is awarded to a senior who lives within the fire district, but attends school outside the district—and the scholarship awarded to an East Pierce career or volunteer member, their spouse or dependent.

The East Pierce Volunteer Firefighter’s Association introduced the 2013 scholarship winners to the East Pierce Board of Fire Commissioners at their monthly meeting, July 16.

## 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 battery. 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: August 27, September 24, October 23, November 26

### 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 10, 16 or 24 | September 14 or 20 | October 11 or 19

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.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

**HELMET SALES AND FITTING\*** Wearer must be present for custom fitting. Bike helmets sold for \$7 each. Multi-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** Look for 2014 dates coming soon! Registration information is available at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org). Cost: \$40.

\* Sponsored by East Pierce Professional Firefighters Local 3520