



FIRE HOUSE NEWS

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

SUMMER 2024



**FROM THE CHIEF
JON PARKINSON**

Proposition 1 Passes - Thank you, Voters!

In April, East Pierce Fire & Rescue (EPFR) voters approved a request to restore the fire levy to its original rate of \$1.50 per \$1000 of assessed value. The fire levy is the main funding source for your fire district and is critical to maintaining current service levels and ensuring we can continue to meet the community's needs in the future. EPFR remains the most cost-effective fire district in Pierce County by having the lowest tax rate of any fire department.

If rejected, your fire and emergency

services would have faced a projected revenue shortfall. This scenario would have required us to either consider another attempt at voter approval for funding your fire levy increase or consider reductions in services and staffing. Restoring this vital levy ensures EPFR can:

- ✓ Improve your emergency response capabilities by ensuring funding for two additional response units to be placed in service in 2024 and staffing two additional fire stations in 2024 and 2025.

- ✓ Continue strengthening our commitment to the community by ensuring your service levels keep pace with your current and growing needs.

Thank you for entrusting us to protect our community. We are grateful for your ongoing support. ■

Thank You!

EPFR's Peer Support Program

At the heart of our firefighting community lies the Peer Support Program, a system of resilience and wellness comprising up to twenty department members. This program is more than just a resource; it's a commitment to the well-being of

our firefighters and their loved ones. Focusing on education and promoting healthy living, the program fosters strength and resilience within our ranks.

Confidentiality is paramount, and the program operates within strict privacy guidelines to ensure that personal and professional challenges are handled discreetly and respectfully. The support is a relationship built on trust, safeguarding the performance and unity of our workforce and their families.

The Peer Support Program:

- ♥ Champions a balanced lifestyle focusing on physical, mental, social, and spiritual well-being.
- ♥ Offers a shoulder to lean on during challenging times, extending emotional support to those in need.
- ♥ Cultivates Peer Support Team

(PST) Members to discern personal conflicts and navigate individuals toward appropriate assistance or professional resources.

- ♥ Upholds a robust training and response framework for the PST, ensuring readiness and efficacy.
- ♥ Extends a helping hand in the wake of family tragedies, standing by our members during their darkest hours.
- ♥ Monitors and supports ongoing health concerns, providing comfort and aid as wished.
- ♥ Fosters a culture of unity and respect where every member is recognized and valued.

Together, we are building a team that fights fires, responds to emergencies, and encourages hope, care, and mutual support of our department's members. ■

Great Turn Out at Scout Night!

Over 120 scouts rotated through eight different learning stations during the 8th Annual Scout Night on April 25th. Shout out to Pierce County Department of Emergency Management, South Sound 911, and Bonney Lake Police Department for facilitating activities, too. Thanks to all the scouts who joined us. Watch eastpiercefirerescue.org for next year's date to be posted soon!



Learning to tie a bowline knot was one of several learning stations at the April 25 Scout Night designed to help scouts earn certain merit badges.

BOND UPDATE: Station Construction Progresses

In November 2018, voters approved a bond to replace all six front-line 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** Completed in fall of 2023.
- ▶ **Station 111 - Bonney Lake** Under construction. Opens in summer of 2024.
- ▶ **Station 114 - Lake Tapps** Under

construction. Opens in summer of 2024.

- ▶ **Station 117 - Tehaleh** Under construction. Opens in early 2025.
- ▶ **Station 112 - Prairie Ridge** In permitting. Construction to begin in summer of 2024.

Vehicle Status

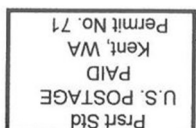
- ▶ Ladder 113 and Engines 111, 112, 114, 116, 118, and 1119 are received and serving our communities.

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

Station 111-Bonney Lake, top right, and Station 114-Lake Tapps, bottom right, are beginning to look like fire stations! Both stations are anticipated to open in summer 2024.



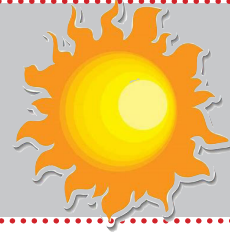
"Where Compassion and Action Meet"



Postal Customer
ECRWSS

HEALTH WATCH

Preventing Heat-Illness



As the temperature rises and the summer days grow longer, the excitement of summer can be seen all over the communities of East Pierce Fire and Rescue. However, warmer temperatures come with a heightened risk of heat-related illnesses and emergencies. As a fire department, our priority is not only to respond to emergencies but also to prevent them. Here are some essential tips to help you stay safe during the hot summer months.

Heat-related illnesses occur when the body cannot adequately cool itself and range from mild conditions like heat cramps to more severe ones like heat exhaustion and heat stroke. Your ability to recognize the symptoms is essential to staying safe.

Heat Cramps: Muscle pains or spasms that happen during heavy exercise.

Heat Exhaustion: Heavy sweating, weakness, cold, pale, clammy skin, fast

but weak pulse, and fainting.

Heat Stroke: The most severe heat-related illness can be life-threatening. Symptoms include high body temperature, hot, red, dry, or moist skin, rapid and strong pulse, and possible unconsciousness.

Responding to Heat Emergencies

If you or someone else is showing signs of a heat-related illness:

- Move to a cooler location.
- Lie down and loosen clothing.
- Apply cool, wet cloths to as much of the body as possible.
- Sip water.
- Seek medical attention immediately if you have vomited and symptoms continue.

The best defense against heat-related emergencies is prevention. Stay cool, stay hydrated, and stay informed. Stay safe this summer! ■

5 Tips to Keep You Hot-Weather Safe

1. **Stay Hydrated:** Drink plenty of fluids throughout the day, even if you don't feel thirsty. Avoid drinks with caffeine or alcohol, as they can lead to dehydration.
2. **Dress Appropriately:** Wear light-weight, light-colored, loose-fitting clothing to reflect heat and sunlight.
3. **Limit Outdoor Activities:** Try to schedule outdoor activities during cooler parts of the day, like early morning or late afternoon.
4. **Take Breaks:** Rest often in shady areas to give your body a chance to recover.
5. **Stay Informed:** Pay attention to local forecasts and heat advisories.



Burn Bans: Air Quality vs. Fire Safety

Did you know there are different types of burn bans? Weather, air pollution, and fire risk prompt the burn ban status. Here's a breakdown of burn bans and who enforces them.

AIR QUALITY BURN BANS are issued and enforced by the **Puget Sound Clean Air Agency** when air pollution may reach unhealthy levels. Air quality burn bans typically occur during the colder fall and winter months when smoke from wood burning stoves and fireplaces is prevalent.

There are two stages of air quality burn bans:

A **stage 1 burn ban** are called due to weather conditions and rising pollution levels.

During a Stage 1 air quality burn ban:

- ✗ No burning is allowed in wood-burning fireplaces, uncertified wood stoves, or uncertified fireplace inserts unless this is your only adequate heat source and you have an *approved exemption.
- ✗ All outdoor burning is prohibited, even in areas where outdoor burning is not permanently banned, including wood and charcoal-fueled recreational fires.

A **stage 2 burn ban** are implemented when fine particle pollution levels reach a trigger value set by state law.

During a Stage 2 air quality burn ban:

- ✗ No burning is allowed in ANY wood-burning fireplaces, wood stoves, fireplace inserts (certified or uncertified), or pellet stoves unless this is your only adequate heat source and you have an approved exemption.
- ✗ All outdoor burning is prohibited, even in areas where outdoor burning is not permanently banned, including wood- and charcoal-fueled recreational fires.

Burning cannot generate visible smoke even when using a certified device, or it's the only adequate heat source and has an approved exemption.

FIRE SAFETY BURN BANS are issued by the **Pierce County Fire Prevention Bureau**, with the support of the Pierce County Fire Chiefs, when dry weather conditions heighten the risk of wildfires. These bans are generally called during the summer and can last several months.

Puget Sound Clean Air Agency is NOT responsible for issuing or enforcing fire safety burn bans.

A **Red Flag Warning** means warm temperatures, very low humidity, and stronger winds are forecast to increase fire risk.

Visit eastpiercefirer.org to view additional burn ban information. ■

Staying Afloat for a Swimsafe Summer

It's a fact. Life jackets save lives. "We've never had to rescue anyone wearing a life jacket," says Firefighter Jay Smith, a longtime East Pierce Fire & Rescue Water Rescue Team member. The team is specially trained to respond to emergencies on lakes and rivers in our area.

East Pierce recommends that everyone near water wear a life jacket. We sell life jackets at a discounted rate of \$17 each with a free fitting. Life jackets are available for purchase at the Bonney Lake headquarters at 18421 Veterans Memorial Drive East.

Just need a life jacket for the day? We will loan you one. "The loaner program exists so nobody would have an excuse not to have a life jacket," East Pierce Public Education Specialist Dina Sutherland says. Free life jacket loaners are available at self-serve kiosks at both North Lake Tapps Park and Allan Yorke Park, as well as the fire station

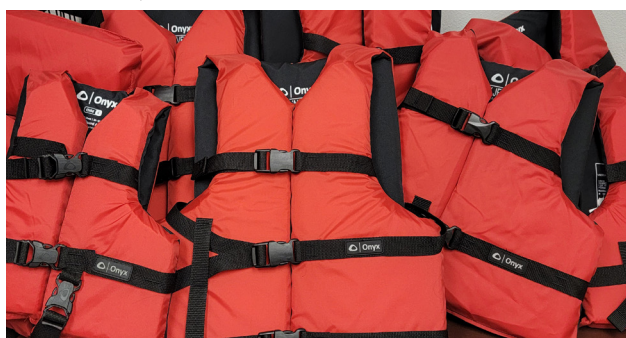
headquarters. All life jackets are available in infant, child, youth, and adult sizes.

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

A life jacket can only do its job if 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 low on the shoulders when the arms are raised over the head.

Make sure your life jacket is in good working order. Although life jackets don't expire, destroy them if they have tears or holes in the fabric, the stuffing is exposed or missing, straps, buckles, or zippers are missing or damaged, or there are signs of mildew, mold, or color fading.

Life jackets are just one of several layers of protection needed to prevent drowning. East Pierce Fire encourages you to use good judgment, watch out for each other, and consider these safety tips for a swimsafe summer.



EPFR offers discounted life jackets for \$17 at the Headquarters Station in Bonney Lake. Wearer must be present for a custom fit.

Know the water

- Our area lakes are cold—55 degrees! Your body loses heat 30 times faster in water than in the air.
- The colder the water, the quicker cold water incapacitation will occur.
- Everyone's at risk, especially older people, children, and people with low body fat.
- Males (whose bodies generally cool faster than females) are at significant risk.

Know your limits

- No matter how good a swimmer you are, cold water can be fatiguing and overpower your skills. Watch for shivering, altered judgment, and blue fingers and lips—get out and rewarm.

Protect yourself and your loved ones.

- Wear a life jacket
- Never swim alone - use the buddy system
- Learn how to swim
- Learn CPR

Visit eastpiercefirer.org for more water safety tips and information for our life jacket loaner and sale programs. ■



Need help with your carseat? We can help!

Call 253-863-1800 to schedule a free appointment with our child passenger safety technicians.

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.eastpiercefirer.org.

2024 Meeting Schedule

Jun 18 | Jul 16 | Aug 16 | Sept 17 | Oct 15 | Nov 19 | Dec 17

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.

VINES



Campsis Radicans
(Trumpet Vine)



Actinidia Kolomikta 'Artic Beauty'
(Kiwi Vine)

GROUNDCOVERS



Callirhoe Involucrata
(Poppy Mallow)



Delosperma Cooperi
(Pink Ice Plant)

HERBACEOUS PERENNIALS



Alcea Rosea
(Hollyhock)



Geranium Species
(Cranesbill Hardy Geranium)

DECIDUOUS SHRUBS



Amelanchier Species
(Serviceberry)



Forsythia Species
(Forsythia)

BROADLEAF EVERGREEN SHRUBS



Rhododendron Macrophyllum
(Pacific Rhododendron)



Virburnum X Burkwoodii Cultivars
(Burkwood Virburnum)

NON-TURF GRASSES



Poa Secunda
(Sandberg Bluegrass)



Carex Species & Cultivars
(Sedge)

TREES



Cotinus Coggygria Varieties
(Smoketree)



Cercis Canadensis Varieties
(Eastern Redbud)

CPR to the Rescue

Do you need to renew your CPR certification? We can help! East Pierce Fire & Rescue offers CPR and First Aid classes at least once a month at the East Pierce Headquarters station. The cost for residents within EPFR's service area 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. Attendees receive a two-year, American Heart Association Heartsaver level digital certification after successfully completing the class.

Don't need a certification? EPFR offers FREE "Hands-Only" CPR classes to group of 10 or more attendees (homeowners associa-

tion, church groups, or businesses, etc). The one-hour class focuses on essential life-saving skills, including recognition of heart attack and stroke, chest compressions, and how to use an AED (Automated External Defibrillator). This class does not provide certification. ■



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 Bill Sandlian.

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?

File an on-line complaint at FireworksReport.com

(reporting tool active June 28-July 7)

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

- July 4 at Noon to July 5 at 1 a.m.

City of Sumner

- July 4: Noon - Midnight

Unincorporated Pierce County

- July 4: 10 a.m. - Midnight

For a complete county-wide listing, visit the Pierce County Fire Prevention Bureau website at www.pierce-countywa.org/3893/Fireworks. All dates/times referenced are per the applicable municipal or county code.



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 eight stations - seven 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
- 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 118 - Edgewood**
10105 24th St. E.
- Station 124 - Milton**
1000 Laurel St.

Employees Receive Recognition

During an Employee & Recognition Ceremony in April, 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 com-

mand staff.

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. ■



EPFR personnel were recognized during a ceremony on April 27, 2024 for outstanding service during the 2023 year.

AWARD HONOREES

Officer of the Year
Jeff Lachowitz

Firefighter of the Year
Jay Smith

EMS Provider
Chelsea Lovejoy

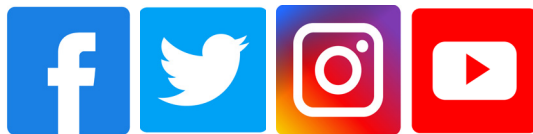
Mike Roberts Goodwill Award
Brandon Kalilikane

Support Staff
Tricia Brown and
Melissa Haney

Fitness Award
Tera Green

Chiefs Company
Troy Sterrenburg
Daniel Hille
Jeremy Paul
Carol Rodriguez

connect with us!



@EastPierceFire

- info@eastpiercefirer.org
- www.eastpiercefirer.org
- 253.863.1800

SAVE THE DATE

EPFR 28th Annual
Open House
09.28.2024

More details soon!



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 15 or 19 | Aug 14 or 24 | Sep 14 or 20 | Oct 19 or 24

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.eastpiercefirer.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 9, 10, and 11 | Jul 16, 17, and 18 | Aug 13, 14, and 15

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

* Sponsored by East Pierce Professional Firefighters Local 3520