In cylindrical coordinates E is bounded by the paraboloid $z = 9 + r^2$, the cylinder $r^2 = 9$ or $r = 3$, and the xy-plane, so E is given by $\{(r, \theta, z) \mid 0 \leq \theta \leq 2\pi, 0 \leq r \leq 3, 0 \leq z \leq 9 + r^2\}$. Thus

$$\begin{aligned}\iiint_E e^z\,dV &= \int_0^{2\pi}\int_0^3\int_0^{9+r^2} e^z\,r\,dz\,dr\,d\theta = \int_0^{2\pi}\int_0^3 r[e^z]_{z=0}^{z=9+r^2}\,dr\,d\theta = \int_0^{2\pi}\int_0^3 r(e^{9+r^2}-1)\,dr\,d\theta \\ &= \int_0^{2\pi} d\theta \int_0^3 \left(re^{9+r^2} - r\right)dr = 2\pi\left[\tfrac{1}{2}e^{9+r^2} - \tfrac{1}{2}r^2\right]_0^3 = \pi(e^{18} - e^9 - 9)\end{aligned}$$