

# NEWSLETTER

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## Tentatively Scheduled Calendar of Events

- Santa Cruz 12/24/07 Starts @ 6:00 p.m.
- Regular Board Meeting 12/26/07 @ 3 p.m.
- Regular Board Meeting 1/8/08 @ 3 p.m.
- Regular Board Meeting 1/22/08 @ 3 p.m.
- March - Gear up Games at Kalama Elementary School
- May - Kress Lake Safety Day
- July - Firemen's Pancake breakfast at the Kalama Fair



## THOUGHTS TO PONDER

CHIEF VICTOR LEATZOW

As we draw nearer to 2008, it is time to reflect on 2007. Once again we are on pace to have a record year in responses, just over 800. As the community grows, so do our responses. For every 7.5 citizens that move into our response area, we generate 1 additional response.

For 2007 our members gave you 4,596 individual responses totaling 1,508.25 hours. The members put in 931 individual training events for 2,186 hours. Lastly, as we live in the community we serve, your firefighters participated in 407 individual community service events totaling 4,069 hours. The end result is your firefighters dedicating 5,934 individual occurrences for 7,763.25 hours.

As 77%, or 26 out of 32 of our members are volunteer, the previous numbers are phenomenal. These are your neighbors that dedicate their time to assist you, teach you and be there in your time of need.



As property tax revenues continue to decline, fuel costs and insurance premiums continue to rise, we can not continue this battle alone, WE NEED YOU!

Come help us help you

### VOLUNTEER

There are many realms in which you may assist within your agency. Be a firefighter, be an Emergency Medical Technician, or be both.

Assist with public information design, development and dispersal.

Help with community activities, be an agency photographer, or be a truck driver. Some activities require little time, others are a second career.

You decide your involvement, just come be involved with your Fire District.

**WE ARE YOU**

## COMMISSIONER COMMENTS

With the new year coming we would like to take this opportunity to introduce your Cowlitz County Fire District #5 Fire Commissioners.

Frank Kockritz, Dave Bourdage, Jerry Jacobs and newly elected Dave Wyman. Dave Wyman will replace Jerry Jacobs and start service Jan. 1, 2008.

We would also like to thank the community for taking part in our recent community survey. We are using the survey results as a valuable tool to address your concerns and continually improve CCFD #5.

We look forward to answering your questions and hearing your concerns for the future. With our newsletters and website, we hope to keep you better informed about your Fire District.





Lt. Brian Mack has been with CCFD#5 since 1998. Brian is a Volunteer Fire Fighter / EMT. In 2007 he responded to over 310 emergency calls! In his spare time you are likely to see him riding his bicycle around Kalama or out in his boat fishing. Brian is a great asset to our department and we are happy to have him!

Thanks Brian!



Station 52 located at 415 Todd Rd. is a great place for birthday parties. Call to learn more. You can also reserve it online at:

[www.cowlitzfd5.org](http://www.cowlitzfd5.org)



Remember to clean and inspect your chimney once a year.

## IMAGINE THIS

BY BRIAN MACK

Imagine it's two in the morning, pitch black outside, and raining hard.

You're trying to find an address on an unlit rural road. All the houses are off the road on long private drives and the mailboxes have small numbers on them, if they are numbered at all.

Now imagine you are in an ambulance or fire engine having just been awakened and dispatched to an emergency.

Seconds count. Just ask anyone who has had an emergency how it felt to wait after they dialed 911.

Not all of our responses are like this, but a growing number are. Here at CCFD #5 we are experiencing this more and more. New construction, coupled with new roads and private driveways, has made it difficult to find residences during an emergency.

This problem is magnified by poor address markers, no numbers on houses, or driveways not properly marked.

When you're having the worst day of your life we want to get to you as soon as possible.

Please make sure your houses, driveways, and roads are clearly marked. Make it clear enough that a stranger could find your house in the dark.

Call us if you need advice or if you think we would have trouble finding your address. We are here to help. 673-2222.



Numbers should be reflective and at least 3" tall

## THE FILE OF LIFE

Our Fire District has the "File of life program," It's an informational Sheet that you keep on your refrigerator about yourself in case of a medical emergency. The kit comes with a sticker to place in your window or on your front door so the responding

personnel know you have one in case you are unable to tell us. You can pick one up at the District office (382 N.E. Frontage Rd.) or ask any of our personnel how to get one.



## RETIREMENT WELL WISHES



Cowlitz County Fire District #5 extends a big **Thank You** to Commissioner Jerry Jacobs on his retirement from public office on Dec. 31, 2007. Jerry has served as a Commissioner for 37 of the District's 42 years of existence. His progressive vision has been integral to the development and the growth of the Fire District.

The knowledge and experience that he has brought to the Board will be missed. We wish him best wishes as he enjoys those long awaited retirement plans.

# MEDICS MESSAGE

FROM TOM CHAVEZ

The Medics Message features important medical information to keep you and your loved ones healthy and informed.

Tom Chavez is one of our 3 Firefighter /Paramedics. He is in charge of all EMS related activities within our district and has almost 18 years experience in Emergency Medical Services. Tom started with CCFD #5 in 2005 and is continually driven to provide the best Emergency Medical Services possible.



## Flu Facts

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Symptoms of flu include, fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

The single best way to prevent seasonal flu is to get a flu vaccination each year.

### People who should get vaccinated each year include:

- Children age 6 months to 5 years
- Pregnant women
- Persons 50 years and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long term care facilities
- Healthcare workers

### The flu vaccine is not for everyone including:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed [Guillain-Barré syndrome \(GBS\)](#) within 6 weeks of getting an influenza vaccine previously
- Children less than 6 months of age
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen

For further information on the Flu Vaccination, you can contact the Cowlitz county health department. Or go to there Web site at: [www.co.cowlitz.wa.us/health](http://www.co.cowlitz.wa.us/health)

*Wash your hands and cover your sneeze, keep yourself healthy won't you please!*



*Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza.*

In 2002–2005 nearly half of all home heating fires occurred in December, January & February.

Remember:  
Space Heaters need their space!

## SANTA CRUZ

The tradition continues! Santa will be making his rounds on the Fire truck again this year as he has been for the past 58 years! Look & listen for him to be in these areas on Christmas Eve:

- North Route - N. Meeker Dr., Laverne Dr., Bates Rd., Modrow Rd. & Spencer Creek Rd.
- Town Area -Nectarine, Elm, N. 4<sup>th</sup>, Geranium, Taylor, Horizon, Waters Watch, N. 5<sup>th</sup>, Ivy, N. 2<sup>nd</sup> Pl., Juniper, N. 2<sup>nd</sup> St., Holly, N. 3<sup>rd</sup> St., Elm, China Garden, Date St., S. 7<sup>th</sup>, S. 8<sup>th</sup>, S. 9<sup>th</sup>, S. 10<sup>th</sup>, S. 11<sup>th</sup>, Military, Douglas, S. 3<sup>rd</sup> Pl., Birch, Summit, Parkland, Cloverdale, Ashland Lp., Ashland St., S. 1<sup>st</sup>, & S. 2<sup>nd</sup>
- South Route - China Garden Rd. from 10<sup>th</sup> to Quietwood, Simmons, Star, Gore, Cloverdale Rd. from Greystone to upper Green Mtn. Rd., J.E. Johnson, Johnson Spur, S. Cloverdale to Dave's View, Vincent, 6100 block Old Pacific Hwy to Robb Rd., Kilkelly, Todd, Ring, Confer, Hahn, Acre-dale area, Sauer & Jaeger

As our community continues to grow it gets increasingly difficult to stop at each house. Talk with your neighbors and pick a "Santa Stop". Choose an intersection on one of the routes and gather there with your family, friends and neighbors to greet Santa and his Fire Fighter Friends!





Cowlitz County Fire  
District #5

P.O. Box 280  
382 NE Frontage Rd.  
Kalama, WA 98625

Phone: 360-673-2222  
Fax: 360-673-3389  
Email: ccf5@kalama.com

US Postage  
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Kalama, WA.

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## WINTER IS HERE, TIME TO BE PREPARED

Now that winter has arrived, it is important to remember that heavy snows, icy conditions and cold temperatures can occur at any time. To protect you and your loved ones from the effects of our Northwest winter weather, follow these safety tips:

- **K** **Keep an emergency supply kit** in your home that includes a battery-powered radio, bottled water, canned food, a manual can opener, flashlights and battery-powered lamps for power failures. Remember, if the power goes out, turn off any electrical items or appliances you may have been using such as; stove, oven, iron, heaters, etc, it can be minutes or even days before the power may be restored.
- **A** **Are your smoke alarms working?** Have you practiced and talked about your escape plan with your loved ones?
- **L** **ayer your clothing** to protect yourself from the cold. A hat, scarf and mittens are also essential protection against winter weather.
- **A** **lways have enough gas in your car** to get to a safe place in case of an emergency. Make sure it is in proper working condition and includes blankets, warm clothing, booster cables and tools, bottled water, a first aid kit, flashlights, small shovel, tire chains, ice scraper and a cell phone.
- **M** **ake sure your Christmas tree is watered;** turn off lights while sleeping and when not at home.
- **A** **nd finally, check the condition of your heating sources** such as; a fireplace, woodstove, furnace and all heaters. Remove all flammable items at least 3 feet away from all heating sources.

*From the members of Cowlitz County Fire District 5*

We're on the web!  
[www.CowlitzFD5.org](http://www.CowlitzFD5.org)

If you have questions or comments please feel free to write, e-mail, call us or even come by the District office.