

# NEWSLETTER

## Tentatively Scheduled Calendar of Events

- May 17th- 5th Annual Kress Lake Safety Day  
10:00 a.m.- 3:00 p.m.
- July 12th- Kalama Fair  
Firemen's Pancake breakfast at Station 51.  
7:00 a.m. - 10:00 a.m.
- August 16th- Bike Rodeo
- August 17th- Car Show  
Firemen's Pancake breakfast at Station 51.  
5:00 a.m. - 10:00 a.m.
- September 20th - Car Seat Clinic at St. 51.
- **Burn Ban begins July 15, and will continue through October 15.**

## Regular Board Meetings

Held on the 2nd and 4th Tuesday of each month at 9:00 a.m.

Meetings are open to the public.



Commissioner  
Frank Kockritz

## THOUGHTS TO PONDER

CHIEF VIC LEATZOW



The pain at the pump is felt by all, even at your local fire agency. As we incurred a 1.7% or 14 response increase in volume from 2006 to 2007 and currently are tied with responses from 2007 to 2008, the cost of fuel is a concern. Add that to the continued 1% restriction in revenue growth, (\$9,900 increase for fiscal year 2008), and something needs to be done.

Currently our Volunteers and staff are looking at ways to reduce fuel consumption to impact the expense. One measure being discussed is to change or reduce the number of apparatus responding to certain calls for service. A second measure being discussed is to change the cultural thinking of the agency. Impact the thought process of members about unnecessary use of apparatus to incidents, along with increasing the amount of responders on an apparatus that is responding. Lastly, turning off apparatus at scenes if it does not impact the safety of responders.

As a citizen, you too can assist us with impacting expenses we incur. If you have a question about burning or believe someone is burning illegally, contact Southwest Clean Air at 800-633-0709 or Washington State Department of Natural Resources.

If you need help locating health and human services in the greater Northwest Oregon and Southwest Washington region, 2-1-1 is an easy-to-remember telephone number that helps connect people in need with the community resources available to help meet those needs.

We would like to welcome the residents living between 5800 & 8800 Kalama River Rd. to Cowlitz County Fire District #5. The annexation is now complete. We hope our services are not needed, yet if they are, through the hard work of many, we will be there for you.  
**WELCOME!**



## COMMISSIONER CORNER

With the influx of many new homes being built in the area, Fire District #5 Commissioner, Frank Kockritz, is requesting all Kalama area residents display their address near the road, where they can easily be seen by fire and ambulance crews responding to calls. Commissioner Kockritz wants to remind you;

**“If we can't find you, we can't help you”**

The numbers on your address sign should be at least 3” tall, reflective and a color that is in contrast to it's background.

## SPRING IS HERE, TIME TO PREPARE YOUR HOME FOR WILDFIRE SEASON

BY RICHARD VANRIPER

Springtime is a great time to create a “Defensible Space” around your home. Every year, countless wildfires take lives and leave people homeless. Use these tips to help defend your home and protect your family.

- **Keep trees and shrubs pruned.** Prune all trees 6 to 10 feet from the ground. Keep your lawn mowed and watered regularly.
- **Action Plan- The time to plan for a fire emergency is now.** Plan a family fire drill & practice often.
- **Lean, Clean and Green?** Create a Defensible Space. Plant fire resistant plants that stay healthy and green throughout the year.
- **At least one 10 pound ABC-class fire extinguisher** should be a your home.
- **Materials that are fire-resistant** should be used on the exterior of fiber cement board are all heat and flame resistant materials.
- **Access for Emergency Vehicles-** identify your home and neighborhood names and numbers so emergency vehicles can rapidly find the location. Be 12 feet wide and have an overhead clearance of at least 15 feet - to

*From the members of Cowlitz County Fire*

For more information on creating a Defensible Space, contact the Department of Natural Resources.

For Outdoor Burning please call The Southwest Clean Air Agency to verify favorable burning conditions.

1-800-633-0709



## SUPPORT SERVICES

BY LARRY BENNETT

New to the District are the volunteer positions for “Support Services”. Members who currently serve in this category are Art Godfrey, Larry Bennett, Jack Hayes, Lawrence Sharp & Jim Walton. Art is an EMT and responds to calls with the aid crew. He also assists fire crews whether they are on a car crash or fire. Larry Bennett is a responder

and a chaplain. He also takes photos of training and some of the incidents as needed. Jack Hayes and Lawrence Sharp are our tender drivers. They are on hand to drive the water tenders and assist when and where they are needed. Jim Walton volunteers his time to educate the public on important fire & life safety issues.

Support Services is a good place to volunteer to help with activities like assisting the command crew, providing oversight of staging activities, safety observer, traffic control flagger, historian or publicist.

It is the writer’s opinion, there is a place to serve for almost anyone who is capable of joining the team and serving the community.



Jim Walton has been doing a **Fantastic** job being the Public Educator for Fire Dist. #5 since Mike Bonham has been away in Iraq.

Thanks Jim!

## MEDICS MESSAGE

BY TOM CHAVEZ

According to recent estimates, nearly one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it. In fact, many people have high blood pressure for years without knowing it. **Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure.** This is why high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked.

Get the facts on high blood pressure and how to live a heart-healthier life. Find out how you can reduce your risks for heart attack and stroke with proper monitoring by a healthcare provider and simple lifestyle changes, even if you have high blood pressure.

**If your results are high, it's called high blood pressure, or hypertension.**

If your veins accumulate debris, the inside of the "hose" is narrowed at that spot. The heart then has to work harder to force your blood through the narrowed area. This increases the pressure in your vascular system, and causes an extra strain on your heart, just as it does with a garden hose.

In most cases you won't notice any symptoms of this condition. Your blood vessels won't swell noticeably; there won't be any bruising, and certainly no pain. You might notice a slightly faster heart beat, but probably not. This is why you need your doctor to test your blood pressure.

Prior to your next Doctors visit, monitor your blood pressure to have a record ready so they can see how it is over a period of time, at least over a week.

**Fire District #5 does free blood pressure checks!**

### BBQ season is Here!

Do know how to grill safely ?



- Charcoal & Propane BBQ grills must NEVER be used indoors. They pose a fire hazard and can expose occupants to toxic gases and potential asphyxiation.
- Keep grill away from siding, railings, eaves & overhanging branches.
- Declare a "3' Safe Zone" around the grill - No pets or children in the safe zone.
- Use long handled grilling tools to keep the chef's hands and arm's out of the flames.
- Keep your grill clean to avoid flare ups from left over fats.
- Keep lid open when lighting.



## SAFETY TIPS

BY AARON FLEMENS



As warmer weather and longer days approach, Kalama residents are emerging from their winter dens to tackle those neglected spring projects and enjoy life outdoors. These activities can be beneficial and rewarding, but they also involve a variety of safety and health hazards that can be avoided.

- Check your batteries in your smoke alarms, or install smoke alarms. We provide ALARMS **FREE** with a simple phone call. (Provided by a federal grant)
- Limber up. Yard work that may seem easy will involve muscles that you haven't used in a while.
- Make sure the ladder is the right height for the job. Many accidents happen due to over reaching from a ladder that is too short for the job.
- Each year over 600 fires/explosions occur nationally with gas grills. Inspect your grill and hoses prior to use. If you smell gas, shut off the valve at the tank. Always keep propane tanks upright and never store them in your home.
- When outdoor burning, never add fluid to the fire once it has started. Even a smoldering fire can cause a flash and follow the stream back to the container.
- Enforce "NO HELMET, NO BIKE RIDING". If your child needs a helmet we provide em' **FREE** with a simple phone call. (Provided by Safe Kids Coalition)
- SPF 30+ is recommended for every one. Sunburns can produce 2<sup>nd</sup> degree burns. Sunburned children are a result of parent neglect.

### 5th Annual Kress Lake Safety Day

Saturday May 17th  
10:00 a.m. till 3:00 p.m.

Bring the whole family for a day filled with fun & learning. Take a walk and enjoy the many displays, exhibits & activities surrounding the lake. Learn safe behaviors that can prevent serious injury or death. After finishing the Safety Course children age 4 - 14 may try fishing for Rainbow Trout in a special netted section of the lake.

For more information  
call 673-2222



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

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

Thank you to Dennis & Dena Ott. The house you offered to us for a training burn was a valuable learning tool for our Firefighters!

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



Bret Fleager

The newest member to join the Department. Welcome Bret!

US Postage  
Paid  
Permit # 41  
Kalama, WA.

Kalama Postal Patron

## SMOKE DETECTORS

BY AL BASSO

Visitors to the fire station often ask why we have such a huge washing machine. One of the reasons is that we need to wash our protective clothing after going to a fire. Contrary to what's portrayed in movies, it is very smokey inside a burning building.

**As a matter of fact,  
smoke kills more  
people than flames.**

**Therefore, don't forget the  
smoke detectors!**

In any residence, be it a house, a condo, or even a motel, there should be at least one smoke

detector on each level. That means if you have a basement with a playroom or bedroom, there should be a smoke detector in the basement.

The main level of the dwelling should have a smoke detector as well.

If there are upper stories, particularly if someone sleeps in the upper stories, there should be smoke detectors there also. Since smoke generally rises, smoke detectors should be placed as high as possible in a room.

Smoke detectors older than ten years old should be replaced. Batteries in smoke detectors should be replaced twice a year.

**When you change the  
clocks, change the  
batteries in your smoke  
detectors!**

There are different types of smoke detector batteries though, so make sure you don't go throwing out the 10 year lithium batteries and replacing them with a regular 9 volt!

If you need advice, give us a call, we'd be happy to help.