

NEWSLETTER

Tentatively Scheduled Calendar of Events

- **May 16, 2009** - Kress Lake Safety Day
10:00 a.m. - 3:00 p.m.
- **June 20, 2009** - Car Seat Clinic, Station 51
11:00 a.m. - 3:00 p.m.
- **July 23 - 25, 2009** - Kalama Fair & Parade
- **July 25, 2009** - Firemen's Pancake Breakfast
7:00 a.m. - 10:00 a.m.
- **August 15, 2009** - Bicycle Rodeo
- **August 16, 2009** - Firemen's Pancake Breakfast at the car show

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

Regular Board Meetings

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

Meetings are open to the public.



Eric Thorstenson accepting award for Air Liquide from Chief Leatzow.

THOUGHTS TO PONDER

CHIEF VICTOR LEATZOW

As a business that provides a specialized service, 2008 was a challenging year for our agency. Most will agree that the down turn in the economy, increase in unemployment rates, higher prices for consumables and an overall decrease in consumer confidence has created a challenging environment for all. Faced with economic challenges, the Board of Commissioners, staff and volunteer core for Cowlitz County Fire District #5 have worked diligently to control, reduce and contain costs, all this while continuing to provide a highly trained work force delivering superior service to its constituents.

With 2009 upon us, our agency is continuing to look at cost cutting measures while increasing training to its members. Networking with our County and Regional partners will be a key component to assist in mitigating negative economic impacts. As a partner, you, as a citizen of Cowlitz County Fire District #5 can assist as well. Burn appropriately, take proper precautions in your home, work safe and be diligent about your health.

Be safe, be proactive, be productive, we will see you in 2010.

Cowlitz County Mandatory Burn Ban

July 15 - October 1

OUTDOOR SAFETY TIPS

Go ahead, get outside, have fun in the sun, and practice safety everyday!

- **Limber up** - Yard work that may seem easy will involve muscles that you haven't used in a while.
- **Wear appropriate ppe**- protect your legs, hands, eyes & ears from hazardous materials while doing yard work.
- **SPF 30+** is recommended for every one. Sunburns can produce 2nd degree burns.
- **Enforce "NO HELMET, NO BIKE RIDING"**. If your child needs a helmet we can provide them **FREE** with a simple phone call. (Provided by Safe Kids Coalition)
- **When outdoor burning** never add fuel to the fire after it has been started. Even a smoldering fire can flare up and follow the stream back to the container.
- **Inspect your BBQ** before grilling. Inspect hoses on gas grills and **never use a gas grill indoors**.
- **Keep pool toys out of the pool when not in use**. They can be to inviting to young children when no one is around.
- **Drink water**- Dehydration can cause headaches, stomach aches and other not-so-fun symptoms. Keep cold water with you whatever you do.
- **Use caution with fireworks** - even sparklers can cause burns if not handled properly.

Congratulations Air Liquide!

Air Liquide was chosen as our Community Supporter of the Year for 2008.



HELPING THE KALAMA HELPING HAND



The Kalama Volunteer Firefighter's Association holds an Annual Awards Banquet to give thanks and recognition to the Volunteers and Staff of Cowlitz County Fire District #5.

The event is catered by the AMALAKS and held at the Kalama Community Building. It is always a wonderful time of camaraderie and reflection on the past years events. A slide show is part of the evenings main event as well as a guest speaker to keep us all focused on the many benefits of doing what we do. This last year we were fortunate enough to have Washington State Fire Marshall Mike Matlick as our guest speaker.

During this event we hold a silent auction. ALL the proceeds from this auction go to a very special cause. The Kalama Helping Hand. This is Kalama's local Food & Clothing Bank.

Generous community members donated items to be auctioned. We would like to thank **Kalama Chevron, U-Neek RV, Safeway Scaffolding, Godfrey's Pharmacy, All About Me Gift Boutique, G. Loomis, Montgomery House, Stordahl Trucking, Fibre Federal C.U. and Kalama Old Fashioned Kandies & Video** for last years donated auction items that helped us raise **\$1048.00** for the Kalama Helping Hand. That money was a much needed gift that helped the Kalama Helping Hand feed our local families in need at Christmas time last year.



KALAMA FIREFIGHTERS GETTING FIT

BY FF/PM AARON FLEMENS

Firefighters are not immune to heart attacks, strokes, sprains and strains. **Heart attacks are the leading cause of death for firefighters** due to the strenuous work and going from a resting state to an all out adrenaline charged emergency in the blink of an eye.

"Lets get it going" replied Larry Fleming, president of the Kalama Volunteer Firefighters Association, to the topic on the floor of creating a work out room. The motion was made and passed unopposed.

Within a few weeks the Volunteer Association had reached an agreement with Fire District #5 Commissioners to overhaul an old shed in to a work out room. The acquired pole building had leaks, holes in the sheeting and insufficient lighting, but this would not detour the determined Firefighters.

A few months went by, along with several work parties and the "**Fitness Shed**" began to take shape.. The shed was a "shanty" said firefighter Richard VanRiper, "It took a lot of work". Most of the material and all of the labor was donated by volunteers.

The roof is repaired and insulated, the siding is straight, there are walls and carpet and lights. The old shed now looks as good as any up town gym.

Members donated some of the workout equipment and the rest was purchased from an out of business gym in Woodland. The "**Fitness Shed**" is now getting lots of use from the local volunteer firefighters.



The Kalama Volunteer Firefighter's Association is a non-profit association and relies on the generosity of the community to help fund programs like Santa Cruz, sports team sponsorships, parade and community fair participation, community pancake breakfasts, the Volunteer Awards Banquet, the Volunteer physical fitness facility and numerous other community donations and sponsorships throughout the year.

If you would like to help us continue our tradition of giving please contact the District Office at 673-2222

or send your tax deductible contributions to:

Kalama Volunteer Firefighter's Association

P.O. Box 293, Kalama, WA 98625

CHIEF LEATZOW HONORED



In February our very own Chief, Victor Leatzow was honored by the men and women of the VFW at the Veterans of Foreign Wars State Conference in Spokane, WA.

The Chief was recommended by the Commissioners of Fire District #5 to receive the Firefighter of the Year Award. District Secretary Linda Knowles assembled all the necessary paperwork and information about the Chief's outstanding accomplishments and community involvement. The original intent was for the Chief to get the local award. To our surprise, the essay went straight through locally and on to the State level!

Way to go Chief Leatzow!



Chief Leatzow & Post Commander Stan Webster with VFW Post #10435 .



Chief Leatzow & VFW Dept. of WA, Homeless Veterans Chairman Randy Hahn

FACT: Males accounted for **75%** of fireworks injuries in 2006.

FACT: The tip of a sparkler burns at more than 1200 degrees Fahrenheit. **That's hotter than molten glass!**



Check out www.nfpa.org/education for more facts and information about fireworks safety.

FACT: **1,000** home structure fires were caused by fireworks in 2005.

FIREMEN WITH A FLARE...

Everyone knows, when in need call a Fireman for help, and when the call sounded that the Kalama Community Building needed help raising money to pay for repairs and refinishing for their ageing hardwood floors - Cowlitz County Fire District #5 didn't disappoint. Six of our District #5 members including Chief Victor Leatzow, FF / EMT-B Stan Kisamore, FF / PM Tom Chavez, Volunteer FF / EMT Alan Basso, Volunteer FF / EMT Art Godfrey and Volunteer FF / EMT Chris Amren were among a host of men who volunteered their time and talents at the benefit "Celebrity High Fashion Show" last month. The "men" were dressed in women's fashions and sent out to entertain the crowd in hopes of encouraging donations. Retired Volunteer Richard Merz was a vision in red!



True Hero's in Disguise!



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

We're on the web!
www.CowlitzFD5.org

**Don't Forget
about our CPR
& First Aid
Classes!**

Call us for details
and class
Availability!

**Need Help Finding
Help?**

Dial 2-1-1

- Food Resources
- Health Care
- Public Agencies
- Employment Resources
- Emergency Shelter
- And More!

US Postage
Paid
Permit # 41
Kalama, WA.

Kalama Postal Patron

KRESS LAKE SAFETY DAY

MAY 16, 2009 10:00 A.M. TO 3:00 P.M.

- Bring your family to Kress Lake for a fun and informative journey around the lake.
- Check-in to receive your passport to learning about the many ways you can prevent serious injuries from occurring to you and your loved ones!
- Visit the many booths positioned around the lake and participate in the fun activities we have planned.
- After you've completed your walk, how about some fishing? Children will be issued a fishing rod, bait & tackle and given the chance to fish in a special netted section of the lake, freshly stocked with beautiful Trout from the Department of Fish & Wildlife.

Notice

Kress Lake will be closed to regular fishing May 15 at 12:01 a.m. through May 16 at 6:00 p.m. in order to prepare for the Safety Day and the clean up afterwards. Thank you!