

# NEWSLETTER

## Would You Like to Know?

By Chief Leatzow

As technology moves forward, options for information and delivery of information are more prevalent. In keeping with our strategic plan, Cowlitz County Fire District #5 strives to keep its citizens informed the best we can.

**With that, we are asking citizens for their input and interest.**

- ◇ Would you be interested in having your e-mail address on a District distribution list?
- ◇ Would you be interested in receiving "Twitter" updates or information?
- ◇ What additional information would you like to see on our web page?
- ◇ Did you know we are on Facebook?

Our attempt is to provide information on:

### Public education classes

- Hazard mitigation
- Disaster preparation
- CPR/1<sup>st</sup> Aid
- And more

### Public notifications

- Weather alerts
- Natural disaster alerts
- Local emergency alerts

We do not and would not sell or share your information with others. As a public entity we are bound by privacy regulations that protect your information.

We desire to keep our public informed. If you would like to receive information from our agency in one of the above mentioned formats, please contact DeAnn Sharp at (360) 673-2222 or [dsharp@cowlitzfd5.org](mailto:dsharp@cowlitzfd5.org).

Please visit us online at [www.cowlitzfd5.org](http://www.cowlitzfd5.org) or on Facebook at Cowlitz County Fire District 5.

### Tentatively Scheduled Calendar of Events

- **December 24** - Santa Cruise
- **February 19** - Car Seat Clinic at Station 51 downtown
- **May 14** - Kress Lake Safety Day



Snowy hills make for great winter fun but not when those hills are streets! Please instruct your

children not to play on snowy streets. Vehicles are hard to stop on icy/snowy roads.

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. at Station 51

Meetings are open to the public.



- ◇ Free blood pressure checks!
- ◇ Ask about CPR classes!
- ◇ We install smoke detectors!

CCFD#5 took second place in category B of the Washington Fire Commissioners Association Management Excellence program. There are more than 350 fire districts in the state. This award is based on the continued progress of programs & services to our citizens.



# HOME & LIFE SAFETY THIS WINTER

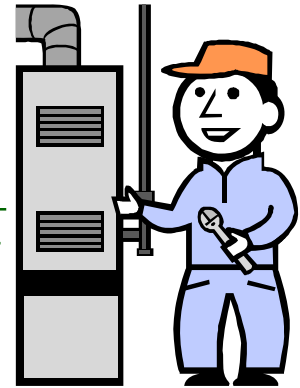
**Ensure the safety of your home and family this winter by following a few simple safety tips.**

- Keep space heaters at least 3' away from furniture, bedding, walls and anything else that can overheat and catch fire.
- Ensure your furnace has new/clean filters and has been properly serviced. Not only will this help avoid fire danger but it helps your energy efficiency also!



- Never use propane heaters or lanterns indoors. These heaters are meant to be used outdoors and give off dangerous levels of carbon monoxide. Early symptoms of carbon monoxide exposure are headache & nausea. Advanced exposures can result in coma, cardiovascular collapse and death.

- Use caution around candles. The National Fire Incident Reporting System (NFIRS) reports candle fire incidents occur most often in the bedroom (45.2%).



- Have working smoke detectors on every level of your home. If you need assistance with your smoke alarms or cannot afford them contact us and we can help. Firefighters will come to your home and educate you on the proper placement, how many you need and install them for free!
- Keep your emergency supply kit fresh. You may have put together a fabulous emergency supply kit 10 months ago but have you circulated your items that don't have long shelf lives? Check the dates on food, batteries and other items that may need replaced to make sure your kit is up-to-date.
- Evaluate the potential risks before you drive during extreme winter weather. Has your vehicle been winterized? Do you have good tires? Do you have chains that properly fit your current vehicle? Are your wiper blades and headlights in good working order? If you answered no to any of those questions, you are not as prepared as you should be for winter driving.
- Don't overload your electrical sockets!
- Check your extension cords for cracks and cuts before plugging in your Christmas lights.

- Make sure fireplace ashes are completely cooled and disposed of properly.

- Glow sticks can be a safer alternative to candles when the power goes out. Some military grade glow sticks can stay glowing brightly for up to 12 hours. Just break, shake & voila! Instant nightlight for the kids (or grown ups) and no worries about candles causing fires or whether the flashlight batteries will last through the night. Each glow stick is only good for one use so make sure you have plenty on hand for multiple occasions.



## A BRAIN GAME

Did you know the human brain contains over 100,000 miles of blood vessels? Your brain has so many blood vessels that it uses about 1/5th of your bodies blood supply.

**Protect your brain. Always wear a helmet when you should.**

Try exercising your brain and completing this crossword puzzle.



OXYGEN	R	E	S	C	U	E	S	Q	D	A
FIRE	V	I	D	G	D	S	O	U	K	M
AMBULANCE	O	X	Y	G	E	N	E	C	P	B
RESCUE	L	A	C	M	R	Z	W	C	N	U
EMT	U	S	U	G	I	N	O	A	Y	L
AXE	N	L	O	X	F	I	M	R	D	A
VOLUNTEER	T	E	A	M	Y	E	P	E	S	N
TEAM	E	D	Q	U	R	M	I	G	F	C
FIREMAN	E	V	T	I	D	T	P	A	X	E
CARE	R	O	F	P	E	O	P	L	E	F
PEOPLE										

Not all injuries to the brain result in paralysis. Sometimes the effects of brain injuries are an irreversible and life changing difference in behavior.

Visit [www.tbiwashington.org](http://www.tbiwashington.org) for more information about brain injuries and what you can do to prevent them.

\*Facts obtained from:  
[www.morebrainexercise.com](http://www.morebrainexercise.com)



## SANTA CRUISE

Santa will be making his rounds on the Fire truck again this year as he has been for the past 61 years! Look & listen for him to be in these areas on Christmas Eve:

*(Weather permitting)*

- **North Route** - Nectarine, N. Meeker Dr., Kalama River Rd., Laverne Dr., Bates Rd., Modrow Rd. & Spencer Creek Rd.
- **Town Area** - 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, Acredale 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





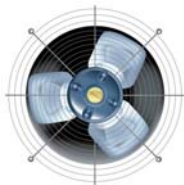
Cowlitz County Fire  
District #5

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](http://www.CowlitzFD5.org)

Your kitchen and bathroom exhaust fans can pull out a houseful of heated air in just an hour. Turn off all exhaust fans as soon as they have done their job.



Find us on Facebook  
[Cowlitz County](#)  
[Fire District 5](#)



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Kalama Postal Patron

## WINTER DRIVING

This winter, make sure you are prepared for the drive ahead.

- Do not try to drive the speed limit if conditions do not permit it. Heavy wind, rain and icy/snowy roads are all times you should SLOW DOWN.
- Having a four wheel drive vehicle does not improve your stopping ability on slick roads. Think ahead and leave plenty of room between yourself and the car ahead of you.
- Prepare your vehicle with emergency supplies like flashlights, matches, blankets, snacks, water, a first aid kit and a vehicle tool kit.
- Keep your fuel tanks full. If you do get stuck or stranded on the side of the road you may be able to keep your engine running until help arrives.
- Carry chains even if you have studded tires.
- Visit [www.wsdot.wa.gov](http://www.wsdot.wa.gov) for more information about winter driving and for the latest road conditions.

