

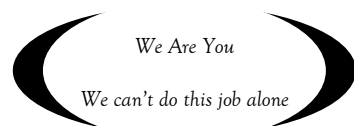


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COWLITZ COUNTY FIRE  
DISTRICT #5

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## Testing the Siren

If you are somewhat new to Kalama, you may not know that Cowlitz County Fire District #5 has a siren mounted on a pole on West Frontage Rd.

That siren has been a part of the District for many years. In fact, it was in use back in the days when the volunteers had "fire phones" in their homes. When there was an emergency, the first volunteer to the station would activate the siren or "sound the alarm" for other volunteers to come help.

As time went on, technology advanced and the alarm was sounded remotely when the 911 system was activated. Then, volunteers also got notification on their pagers.

Now, we no longer use the siren to notify volunteers because they receive pager notifications and special apps on their phones give them details they need to respond to emergencies.

The siren remains functional and can be used to alert the community in the event of a large scale emergency. In the event of a true emergency, upon hearing the siren, we would ask that you Do NOT call 911. You can go to our Facebook page for information or sign up for alerts with Cowlitz County Department of Emergency Management. Also, if you try to call our office, we may be unavailable in the event of a large scale emergency.

Postal Customer

**We will be conducting a TEST of the siren on December 24th at the start of the Santa Cruise event which will be around 4 p.m.**

Do not be alarmed and please do not call 911.

We will put out reminders on our website and Face Book page.

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



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

# Cowlitz County Fire

DECEMBER 2022



# Newsletter

## Reverse 911

We all know who to call in the event of an emergency, 911. But what if you are unaware of an emergency in your area that may affect you? Would you like Cowlitz 911 to notify you as soon as possible? Would you like to be notified if there were large amounts of toxic fumes in the atmosphere after a ship fire or if weather conditions were pushing a wildland fire your way? Making those notifications is the goal of reverse 911.

The ability of Cowlitz County's 911 dispatch center to notify you in the event of an emergency is automatic for landlines. Another useful piece of information about landlines is that home phone lines offer exact locations which could lead to emergency services finding your location quicker. However, it is likely that you do not have a landline telephone, or your primary phone is a cellphone. Cowlitz County's 911 dispatch center does not have the ability to automatically connect to your cellphone. If you want the 911 dispatch center to have the ability to connect to your cellphone and notify you in the event of a large-scale emergency in your area, you must register your cellphone with the Cowlitz County Department of Emergency Management.

- To register your cellphone with the Department of Emergency Management, please take the following steps:

Go to [www.co.cowlitz.wa.us](http://www.co.cowlitz.wa.us) -> Click on, "Departments" -> Click on, "Emergency Management." -> Click on, "Hyper-Reach." -> Click on, "Sign In and then Sign up here." -> Complete the registration form with your information.



## Have you tested your smoke detectors lately?

All good things must come to an end. Smoke detectors are a GREAT thing and unfortunately, they just don't last forever. The National Fire Protection Association recommends that all smoke detectors be replaced when they are 10 years old. Look at the back of your smoke detector to find the date of manufacture. If it's older than 10 years, it's time to replace it.

A smoke detector's job is to continuously monitor your home for any sign of smoke and alert you to fire danger as early as possible. If your smoke detector isn't working properly you could lose valuable time needed in order to escape a house fire safely. You should have working smoke detectors inside every bedroom and one on every level of your home.

If you aren't sure if you have enough, give us a call! We are more than happy to take a look and help you determine the best place to install them.

Landlords are required to install smoke detectors in dwelling units according to RCW 43.44.120. Tenants are required to properly maintain those smoke detectors. That means testing them monthly and changing the batteries every 6 months.

If you need new 9-volt batteries for your smoke detectors you can call us! We have a brand new stock of batteries from Energizer that we can install for FREE!

**Only Working Smoke Detectors Save Lives!**



**Regular Board Meetings are held on the 2nd & 4th Tuesday of each month at 3:30 p.m.**

## Santa Cruise

Do you hear what I hear? A siren wailing in the night on Christmas Eve. It's getting closer and oh look! Santa Clause is riding on the Fire Engine! This is the 73rd year that our members and volunteers will help Santa visit Kalama neighborhoods on Christmas Eve.

**Gather your friends and family to meet Santa and his Firefighter friends on Christmas Eve. Create a "Santa Stop" by asking your neighbors to wait with you in one area of your neighborhood. Santa and his helpers will stop and visit with those who wish to wait for them.**

**We encourage everyone to wear brightly colored clothing so you can be easily seen by the drivers. Be Safe, Be Seen!**

Look & listen for them 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

**We wish you a Merry Christmas & a Safe, Happy New Year!**

**We will be testing our Emergency Siren to signal the start of Santa Cruise on December 24th around 4 p.m. Please do not call 911 to ask why the siren has gone off.**

## Canned Food Drive during Santa Cruise

**December 24, 2022** during our annual Santa Cruise event, we will hold a **Canned Food Drive**. When you come out to see Santa riding our fire engine, you can donate canned food to be given to those in need in our community. Donations of food, clothing and money are always needed and accepted at:

**Kalama Helping Hand, 191 Cloverdale Rd**



## Anxiety and Depression

To some people, the winter holiday season can be the most wonderful time of the year! To others it can be the cause of anxiety, depression and feelings of loss.

An estimated 31.1% of U.S. adults experience anxiety disorder at some time in their lives. On top of that, an estimated 21.0 million adults in the United States had at least one major depressive episode. This number represented 8.4% of all U.S. adults. (Source: [National Institute of Mental Health](#))

There are multiple ways to maintain your anxiety and depression. One good way is to get outside and exercise. You can bundle up and go on a nice walk or stay inside and do some at-home exercises.

Another good way to maintain anxiety and depression is to keep healthy and have good sleeping habits. Eating the wrong foods can worsen mood disorders and make sleeping harder. One that ties into this is to be sure you stay connected and have a support system. This can really help to reduce your negative mental health.

Be sure to know when to seek medical attention. It is important to be able to pick up on the signals to prevent a more serious disorder from occurring. Things to look for:

- experiencing strong mood swings
- feeling depressed most of a day

## Is it an ambulance ride or a call to my doctor?

Deciding whether or not to call an ambulance is a decision you'll have to make based on your best assessment of the situation. Even if you think you can get to the hospital faster in your own vehicle, please remember that the ambulance is equipped to start emergency care as soon as it arrives.

Here are some examples of life-threatening conditions requiring an ambulance. The person:

- Appears to be having a stroke (think **F-A-S-T**: Facial droop, Arm weakness, Speech difficulty, Time to call 911)
- Appears to be having a heart attack
- Has lost consciousness, is unresponsive, or is not responding appropriately
- Is having a seizure
- Is having shortness of breath or difficulty breathing
- Is bleeding uncontrollably
- Is having a severe allergic reaction
- Has severe burns
- Has thoughts of harming themselves or others
- Has taken too much medication on purpose or by accident, including drug misuse or abuse

**If you're trying to decide whether or not to call an ambulance, it's better to call and have it come. In this region, an ambulance usually arrives within about 10 minutes.**

## What to expect when you call an ambulance

The EMTs and paramedics can provide certain kinds of care on the scene and while in transport, which can help save a person's life or minimize pain and suffering. The ambulance will go to the nearest appropriate emergency room based on the level of care needed and the *availability of anticipated resources*, such as specialized stroke, trauma, or pediatric care. Once at the hospital, the ER staff will determine which patients get seen first.

*Just because you arrive in an ambulance doesn't mean you get first priority. During COVID and this Flu Season, ambulances in this area are taking Patients directly to the waiting rooms more than ever! You will be seen based on level of medical need.*

