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September 2024

COWLITZ COUNTY FIRE DISTRICT #5

382 N.E. Frontage Rd.
PO Box 280
Kalama, WA 98625

Phone: 360-673-2222
Fax: 360-673-3389
website: www.cowlitzfd5.org

Kalama Postal Patron

We Are You

We can't do this job alone



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www.sparky.org

You Are What You Think

"Autumn shows us how beautiful it is to let things go" - Author unknown.

As we prepare for seasons to change, take a moment to appreciate the present. Often times we get so wrapped up in taking care of the house, family and work that sometimes people can neglect to care for themselves.

Spring and Summer are usually thought of as the time to "get healthy" and exercise more, but our minds require healthy habits and daily exercise too.

Mental health is an integral part of our overall health. Feelings of self-doubt, anxiety, guilt or helplessness are nothing to be ashamed of but they are not something you have to struggle with.

There is help and those feelings are something that you can let go.

Finding the right coping mechanisms along with good healthcare are key. Talk to your doctor about your symptoms to see what they suggest.

Common self help techniques are exercise, meditation and being more present.

Here are a some local resources that can help:

Crisis Response Services - 360-425-6064

Family Health Center - 866-418-2920

Don't give up! If you are not comfortable with your doctor, ask for someone else.



COWLITZ COUNTY FIRE DISTRICT #5

NEWSLETTER

"Prepare4, Ready, Set, GO!" Campaign

PREPARE4, READY, SET, GO!



Use this time as a time of **ACTION** to look at current events, probe into the future, and analyze the past to determine what might be your best path to prepare for emergencies, disasters, or catastrophic events.

READY, SET, GO! are terms used to alert the public & inform first responders of a recommended **REACTION**.



Raise your situational awareness!

Time to make a choice. Assess the situation and plan your next steps.

React **immediately** based on the recommendation of emergency responders, Emergency Management, or the National Weather Service.



For more information, please visit <https://www.co.cowlitz.wa.us/3116/Prepare4-Ready-Set-GO>

Regular Board Meetings are held on the 3rd Tuesday of each month at 5:00pm

Fireplace and Chimney Safety Tips



With the seasons changing, fireplaces will become a part of how many people heat their homes. Here are some fireplace & chimney safety tips for the upcoming season:

- Have your chimney inspected by a licensed chimney sweep
- Make sure your smoke and carbon monoxide alarms are working properly
- Make sure the hearth is clear of any debris, decorations, or obstructions
- Never leave the fireplace unattended when burning
- Trim branches that hang above the chimney and remove any debris from the roof

Decorating Safety Tips

With the change in seasons often comes a change in home decor and activities. As fall approaches, common decorations might include dried corn cobs and dried leaves, scarecrows, hay bales, Halloween decorations, crepe paper and more. While these can be fun and festive, they can also become fire hazards.

How can you decorate safely? Follow a few simple tips:

- Keep decorations away from open flames and heat sources, including light bulbs
- Consider using battery-operated or electric lights instead of real candles in Jack-O-Lanterns and other decor
- Unplug any lights before leaving your house
- Don't let decorations block any exits you might need in case of an emergency
- Be careful not to overload outlets as you plug in decorations
- Make sure all heated kitchen appliances are off before you leave your house and don't leave food unattended on the stove or in the oven
- Keep all potholders, towels, and clothing away from burners while cooking



Fall is a wonderful time of year and we want you to enjoy it safely!

Fire Prevention Week 2024

- Fire prevention week is October 6th through the 12th. Each year, Fire Prevention Week is observed during the week of the 9th in commemoration of the Great Chicago Fire.
- Each year there is a different theme. This year's Fire Prevention Week theme is "Smoke alarms: Make them work for you!". This works to educate everyone about simple but important actions they can take to make sure they understand how to stay safe in case of a fire.



Cowlitz County Fire District #5 will be hosting an OPEN HOUSE to kick off Fire Prevention Week!!

When: October 5th, 2024 11am - 1pm

Where: Station 52 — 415 Todd Rd, Kalama, WA 98625

Cost: FREE

EVERYONE is welcome. There will be activities for the kids to participate in, free handouts, snacks and drinks, tours of our apparatus and more!

We look forward to kicking off Fire Prevention Week with you during our Open House!