



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

We Are You

We can't do this job alone



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www.sparky.org

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December 9, 2016



COWLITZ COUNTY FIRE DISTRICT #5

Newsletter

What if Volunteers Didn't Volunteer?

Volunteers are a vital component to the daily operations of your Fire District. Without the help of volunteers, we would continually have to rely on neighboring Districts for their assistance. It's not just fire emergencies though. It's medical emergencies, public education in schools and businesses, community events like the fair and parade and general support services for the District. We have many options for those that wish to volunteer.

A minor headache can turn into a major cardiac event and need the assistance of several people to help ensure quality care to the patient. That doesn't mean you have to be an EMT. Sometimes we just need extra hands!



Our volunteers are just like you! They have busy schedules, jobs, families and time commitments like you do.

**VOLUNTEERS DON'T HAVE TIME,
THEY MAKE IT!**

By taking the time to volunteer, you are showing your community and your family that you care.

As a volunteer for Fire District #5 you will be given the training and materials you need to ensure your safety and the safety of those you serve.

There are many benefits to becoming a volunteer. A LifeFlight membership for members and their dependents. Life Insurance. Pension plan and more.

Being part of a team gives you purpose, but making a difference in the lives of others makes you priceless.

**Join us today!
Call or stop by to learn more.**

Can We Find you?

Dialing 911 is the first step to receiving help for your emergency. But what comes next can be frustrating for the folks responding and the person waiting for help to arrive.

If your home isn't properly addressed, you could be wasting precious time because the emergency responders can't find you!



Rural residents of Cowlitz County Fire District #5 are eligible for FREE home safety address signs! These signs will be provided by and installed by members of the Kalama Volunteer Firefighters Association.

The Kalama Volunteer Firefighters Association is a 501(c)3 non-profit organization. They have worked hard to raise funds to offer this valuable program as well as donate money to various local charities, youth sports teams and community events.

Help us find addresses quickly. Even if we aren't looking for your house, knowing what address range we're in can help us find your neighbor's home in an emergency too.

You can call the District Office to request a CCFD#5 address sign at 673-2222. We will need your name, phone number and address. Please allow several days for us to order the numbers and assemble your sign. We'll have someone come out and install the sign as soon as it is ready.

If you would like to support the Kalama Volunteer Firefighters Association and continue programs like this, you can send your donations to:

KVFA P.O. Box 293 Kalama, WA 98625



Congratulations and best wishes to member David Jackson on his Retirement! Dave began as a volunteer with CCFD#5 in July of 1980 while he continued to work and raise a family. In 1998 Dave was hired as full time staff to oversee fleet maintenance as well as emergency response. During his combined 36 year tenure with CCFD#5, Dave was a dedicated member to the community and the agency. From one station to three, all volunteer to a combination staffed department, train collisions, floods, house fires, to medical calls, Dave was there when needed. We appreciate and value Dave's dedication and it will be missed. We wish him the best and thank him for his best. Happy Retirement Dave.

Regular Board Meetings are held on the 2nd & 4th Tuesday of each month at 9:00 a.m.



**least 3 feet away from
materials and furniture.**

**Remember
to keep
portable
heaters at**

Calendar of Events

- December 24 - Santa Cruise

**CPR Classes
Available
Call for details**

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 67th 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. 4th, Geranium, Taylor, Horizon, Waters Watch, N. 5th, Ivy, N. 2nd Pl., Juniper, N. 2nd St., Holly, N. 3rd St., Elm, China Garden, Date St., S. 7th, S. 8th, S. 9th, S. 10th, S. 11th, Military, Douglas, S. 3rd Pl., Birch, Summit, Parkland, Cloverdale, Ashland Lp., Ashland St., S. 1st, & S. 2nd
- **South Route** - China Garden Rd. from 10th 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!

Canned Food Drive during Santa Cruise

December 24, 2016 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

Not Just for Decoration

You may be overlooking the most important decoration in your home season after season. Your smoke detectors! They continuously monitor your home for any sign of smoke to alert you to fire danger as early as possible.

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 even install more for FREE if you need them. Need new 9-volt batteries in your smoke detectors? Call us! We have a brand new stock of batteries from Energizer that we can give you for FREE for your smoke detectors.

Only Working Smoke Detectors Save Lives!

Anxiety & 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.

Anxiety disorders are the **most common form of mental illness in the U.S.**, affecting 40 million adults. That's 18% of the U.S. population. (Source: [National Institute of Mental Health](http://www.nimh.nih.gov))

Anxiety disorders are highly treatable, but only about one-third of those suffering from anxiety receive treatment.

It is not uncommon for a person with an anxiety disorder to suffer from

depression. Nearly one-half of people diagnosed with depression also suffer with an anxiety disorder. (Source: www.adaa.org)

It is estimated that anxiety disorders cost the U.S. more than \$42 billion a year. Of that, more than \$22 billion of those costs are associated with repeated use of health care services. Often, anxiety symptoms can mimic physical illnesses. (Source: www.adaa.org)

There is help. Anxiety and depression can be treated and managed with professional care. There are many options available for you and your doctor to discuss.



You can find out more about the symptoms and treatment of anxiety and depression online at the [Anxiety and Depression Association of America](http://www.adaa.org) www.adaa.org

Fire Extinguishers

Fire extinguishers can be an effective tool to save lives and reduce property damage. In some cases, residents can extinguish small fires, or keep them from spreading, until the Fire Department can arrive.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word **PASS**:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side. (Source: www.nfpa.org)

Remember to have a safe exit at your back.

KNOW YOUR FIRE EXTINGUISHER				
CHOOSING THE RIGHT EXTINGUISHER CAN PREVENT PROPERTY DAMAGE AND SAVE LIVES				
Extinguisher Type →	Water	Foam	CO ₂	Dry Chemical
Type of Fire ↓				
A Paper, Wood & Plastic	✓	✓	X	✓
B Flammable & Combustible Liquids	X	✓	✓	✓
C Electrical Equipment	X	X	✓	✓

Never attempt to fight a fire if it is extremely smoky.

Smoke kills more people than fire.

Get out, call 911 and stay out!