



The East Side Flyer

www.eastsidefire.com
February 2019



February – It's not just all about Punxsutawney Phil and his prediction for winter's end.



- We hope you know the guidelines to help prevent and/or control heart disease – if you aren't already taking steps to become heart-healthy, why not begin on Valentine's Day?

- Enroll in a CPR class. Make it a group effort by taking a class with family and/or friends. Call ESFD at (208) 769-4269 if you are interested in earning or renewing your CPR certificate.

National Canned Food Month

- Do an inventory of your Disaster Preparedness Kit – Replace canned foods that are outdated and move those that will expire within 6 months to your pantry.
- It's also a great time to take an inventory of other food items in your pantry to see if the "use by" date has passed.



Safety Awareness Month

- Your car – Do you have necessary winter safety items in your car? Tire chains, items for warmth, hydration and nutrition, ice traction footwear
- At home – Inspect your home for fire hazards, such as frayed electrical cords; space heaters too close to flammables, like curtains and upholstery; using too many appliances on an extension cord.
- In an emergency – Make sure house numbers are prominently displayed on your home and at the intersection of your driveway with your road. House numbers must be easily read at night – If you have questions about reflective numbers call ESFD.



Random Act of Kindness Week – February 11 – 17. Random Act of Kindness Day is the 17th.



- Neighbors – Shovel a neighbor's walkway, plow someone's driveway; offer to take a neighbor shopping for groceries.
- Family – Perform chores without being asked; cook a favorite meal for your spouse or sibling or children
- Strangers – Return a shopper's cart for them; let someone go in front of you in line; pay for the beverage/food for the person behind you in the drive-thru.

EAST SIDE FIRE ALMANAC from February 2, 1995

"East Side Fire District Commissioner Reed Simpson, accepted the first tax revenue check from the Kootenai County Commissioners. The Fire district received approval for a conditional work permit to construct a new fire station at Carlin Bay. The funds for the construction of the new station were raised from the sale of registered bonds." Coeur d'Alene Press



CELEBRATING 25 YEARS OF SERVICE

Jo Moncrief, ESFD Community Relations