

# The Fire Plug



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## President's Message

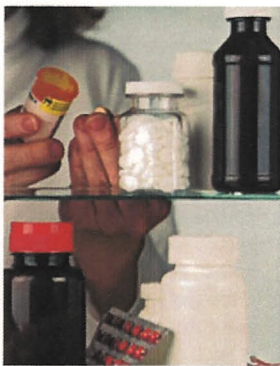
By Nina Ramsey, 2009 Board President

Welcome to the KFPD fall 2009 newsletter. At the District's June 2009 meeting, the Board of Directors voted to waive the \$83.00 dollar per household Special Tax for fiscal year 2009-10. This is a time of economic hardship for the state, county and many families, and, after reviewing our finances, the KFPD Board decided to forgo the tax for this year. KFPD will perform another financial review prior to making any decisions in the following years.

As we plan for the future, we know that KFPD will have many financial obligations to meet. The Public Safety Building is in need of structural repair. We estimate that the civil and structural repairs, along with replacing siding and single-pane windows will cost a minimum of \$300,000. KFPD also has a \$1.7 million liability for post retirement medical benefits for the District's previous employees. The District has joined CalPERS Trust in order to start paying down that liability. KFPD also puts aside money every year to save for the future replacement of our fire engines. With this plan, we are able to pay cash for the replacement engines once the current ones reach the end of their lifespan.

We are proud of our legal and fiscal management practices and are pleased to report that the District is financially stable through careful planning by the KFPD Board of Directors and staff.

## Pharmaceutical Disposal Program



KFPD will be holding a free community pharmaceutical drop-off event on **Saturday, September 19, 2009**. We will be accepting unwanted/unused medications through our paramedic/EMT program between the hours of **12:00 noon to 4:00 p.m.** at the Kensington Fire Station, 217 Arlington Avenue, Kensington.

KFPD will not be able to accept controlled substances (narcotics and those with the potential for addiction/abuse). Please refer to the USDEA's website at <http://www.deadiversion.usdoj.gov/schedules/alpha/alphabetical.htm> for a list of unacceptable items. We can

accept many other medications including expired vitamins, cough syrups, inhalers, sharps, etc.

Please do not throw your unwanted medications in the trash or flush them down the toilet where they will pollute our drinking water and ground soil. Unwanted medications left in your medicine cabinet put children and teens at risk. Call 510/527-8395 with any questions.

## KFPD BOARD OF DIRECTORS:

- *Nina Ramsey, President*
- *Helmut Blaszczyk, Vice President*
- *Leslie Michael, Secretary*
- *Don Dommer, Director*
- *Janice Kosel, Director*

## KFPD STAFF:

- *Lance Maples, Chief*
- *Brenda Navellier, Administrator*



## Kensington CERT Training—Fall Session

KFPD is offering one last session of CERT training during calendar year 2009. Now is the time to sign up and learn how to help yourself, your family, and your neighbors during a time of a disaster!

### CERT BOOT CAMP

CERT Boot Camp is designed to provide those participants who cannot dedicate the required 20 hours for full training. This non-certified one-day training will introduce participants to CERT in all program areas in a condensed format. Boot Camp will take place on Saturday, **October 10, 8:30 a.m. to 5:00 p.m.** at the Kensington Community Center.

### CERT CERTIFICATION CLASS

CERT Certification class is offered to those community members who have previously completed and been certified through the Neighborhood Emergency Assistance Team (NEAT) program and want to be certified in CERT. The class will consist of the Terrorism and CERT Organization modules and take place on **Thursday, November 19, 6:30 to 9:00 p.m.** at Fire Station 72, 1520 Arlington Blvd., El Cerrito.

### CERT TRAINING

Utilizing the Community Emergency Response Team (CERT) curriculum, this 20-hour program is designed to assist residents of Kensington to be self-sufficient in the event of a disaster. Classes are offered free of charge.

This fall session will take place at the **Kensington Community Center, 59 Arlington Avenue on Wednesday evenings**. The final drill will take place on a Saturday.

9/2/09	Introduction to CERT
9/9/09	Fire Suppression
9/16/09	Disaster Medical Part 1
9/23/09	Disaster Medical Part 2
9/30/09	CERT Organization
10/7/09	Search and Rescue
10/14/09	Disaster Psychology
10/21/09	Terrorism
10/24/09	Simulation/Drill (Fire Training Facility, 3506 Cutting Blvd., Richmond)



Please call 510-215-4450 or email [fire@ci.el-cerrito.ca.us](mailto:fire@ci.el-cerrito.ca.us) to sign up for any of these CERT classes. CERT participants receive free emergency preparedness items to complement their training. A schedule for 2010 will be published at the beginning of the calendar year.

## Emergency Preparation

In conjunction with our Pharmaceutical Drop-Off program (see cover page), the KFPD will be distributing **individual 24-hour emergency kits** to Kensington residents on Saturday, **September 19 from 12:00 noon to 4:00 p.m.** The kits will be first come, first serve and no more than two per household. Please bring proof of residency.

These kits contain a high calorie food bar, water, emergency blanket, poncho, light stick, whistle and dust mask. They are the perfect size to keep in your car for emergencies or

to have on hand in a safe place during a natural disaster.

Every household should consider creating a Disaster Preparedness Kit for the entire family. Visit our website at [www.kensingtonfire.org/cert\\_training.shtml](http://www.kensingtonfire.org/cert_training.shtml) and download a copy of the Red Cross Family Disaster Supplies Kit pamphlet for ideas on how to create your own kit.

A few Emergency Preparedness Tips to consider:

- Know where your water main valve is located and how to turn it off.

- Know where and how to turn off your main gas valve. If you smell gas or suspect a gas leak, vacate the house, open windows, and turn off main gas valve. Remember to get a gas company representative to turn it back on.
- Park your car in the driveway or garage facing out for a quick escape.
- Keep cell phone charged; have a traditional phone available.
- Keep all important documents in a fire proof safe.

## October is Fire Prevention Month

Fire Prevention Month 2009 focuses on ways to keep homes fire safe and prevent painful burns. By following simple safety rules, you can "Stay Fire Smart!" Take time to review the following suggestions and incorporate them into your home and routine.

### Fire-Safety Basics

- *Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection, interconnect all smoke alarms throughout the home. When one sounds, they all sound..*
- *Test smoke alarms at least once a month using the test button.*
- *Replace smoke alarms every 10 years.*
- *Make sure everyone can hear the sound of the smoke alarms.*
- *Have a home fire escape plan. Know at least two ways out of every room, if possible, and a meeting place outside. Practice your plan twice a year.*

- *When the smoke alarm sounds, get out and stay out.*
- *If you are building or remodeling your home, consider a home fire sprinkler system.*

### Don't Get Burned

- *Keep hot foods and liquids away from table and counter edges so they cannot be pulled or knocked over.*
- *Have a 3-foot "kid-free" zone around the stove.*
- *Never hold a child in your arms while preparing hot food or drinking a hot beverage.*
- *Teach children that hot things hurt.*
- *Be careful when using things that get hot such as curling irons, ovens, irons, lamps, or heaters.*
- *When using heating pads only use for 15-20 minutes at a time and don't lie, sit, or place anything on the pad.*

### Cool a Burn

- *Treat a burn right away. Put it in cool water for three to five minutes. Cover with a clean, dry cloth.*
- *If the burn is bigger than your fist or if you have any questions, get medical help right away.*
- *Remove all clothing, diapers, jewelry, and metal from the burned areas.*

### Stay Grounded

- *Keep lamps, light fixtures, and light bulbs away from anything that can burn, such as lamp shades, bedding, curtains, and clothing.*
- *Replace cracked and damaged electrical cords.*
- *Use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.*

For additional tips and information, see our website at [www.kensingtonfire.org](http://www.kensingtonfire.org). Always "Stay Fire Smart!"

## Fire Prevention Month Open House

In recognition of Fire Prevention Month, KFPD will be holding its annual community Open House on **Saturday, October 17 from 12:00 noon to 4:00 p.m.**

Please drop by the Kensington Fire Station to meet your firefighters, take a tour of the fire station, and

check out the fire engines! We will have staff on hand to check child car seats for proper installation. Fire safety tips, refreshments, and souvenirs for the children will be provided.

We look forward to seeing you on the 17th!



*Pluggie the Fire Hydrant entertains an Open House crowd*

## CPR/First Aid Classes

If you would like to take a CPR and/or First Aid class, your Fire District is here to help. Classes are taught in very small groups and priority registration is given to Kensington and El Cerrito residents. CPR begins at 9:00 a.m. There is a break from 12:00 noon to 1:00 p.m. for lunch on your own.

First Aid then resumes from 1:00 to 4:00 p.m.

Kensington classes are held at the Arlington Community Church, 52 Arlington Avenue. El Cerrito classes are held at Fire Station 72, 1520 Arlington Blvd. There is a \$24 fee for CPR and a \$24 fee for First Aid.

To register, call (510) 215-4450 or email [fire@ci.el-cerrito.ca.us](mailto:fire@ci.el-cerrito.ca.us).

### Fall 2009 CPR/First Aid Schedule

<b>September 19</b>	<b>Kensington</b>
October 17	El Cerrito
<b>November 21</b>	<b>Kensington</b>
December 12	El Cerrito

## KENSINGTON FIRE PROTECTION DISTRICT

Kensington Public Safety Building  
217 Arlington Avenue  
Kensington, CA 94708

Phone: 510/527-8395

Fax: 510/527-8396

E-mail: [kensingtonfirepd@aol.com](mailto:kensingtonfirepd@aol.com)

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



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### Firefighter Toy Drive—Community Pasta Feed

The Kensington Fire Protection District will welcome the Kensington community to a toy drive benefiting the Richmond/El Cerrito Toy Program on **Saturday, December 5, 2009.**

The event will take place at the Kensington Fire Station, 217 Arlington Avenue, between the hours of 5:00 p.m. until 8:00 p.m. In exchange for the donation of a new, unwrapped toy, the firefighters will serve you a pasta dinner!

The Kensington station has been participating with the El Cerrito and Richmond Fire Departments collecting and delivering toys every holiday season since 1995.

Toys that are gathered through this program directly benefit families in need in the West County area. Families fill out applications through the Richmond YMCA

which in turn are submitted to the Firefighters' Toy Program and the Richmond Police Department's holiday food program.

Please place the date on your calendar and plan to join us for this family-style pasta feed. We are looking forward to this fun, family-oriented event that will



*FF/Paramedic Murphy, Engineer/Paramedic Renshaw and Captain/Paramedic Janes deliver toys to two children during the holiday season.*

help other less fortunate families in our area during the holiday season. If you are unable to attend, the Kensington Fire Station will have a toy barrel to accept donations for the 2009 holiday season through December 20th.