

The Fire Plug



Fire Prevention Week Open House

This year's national fire prevention week theme is "Have 2 Ways Out!". It is important to have a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. What if your first escape route is blocked by smoke or flames? That's why having two ways out is such a key part of your plan. This year's theme, "Have 2 Ways Out!", focuses on the importance of fire escape planning and practice.

Kensington Fire will hold its annual Fire Prevention Week Open House on **Saturday, October 13, 2012**. The fire station will be open to the public from



**12:00 noon
until 4 p.m.**

Bring the family, and drop by for fire safety tips and hand-outs, 24-hour emergency kits,

CPR hands-only demonstrations, and refreshments.

In addition, fire staff that are certified car seat installers will be providing child car seat safety checks to residents on a drop-in basis during those hours.

Tri-City Safety Day

On **Saturday, September 8, 2012**, the Kensington Fire Protection District will be joining the El Cerrito Fire Department and the City of Albany to host Tri-City Safety Day at the El Cerrito Plaza shopping center.



Local children enjoying last year's Tri-City Safety Day.

Drop by and see live demonstrations from the K-9 unit, police bicycle unit,

and a firefighter vehicle extrication with the "jaws-of-life".

Fire and police agencies from Kensington, El Cerrito, Richmond, and Albany will all be represented, along with the Contra Costa County Hazardous Materials unit, the County Sheriff's office, the American Red Cross, County Supervisor Gioia's office and animal rescue who will also be in attendance.

Tri-City Safety Day will take place from 11:00 a.m. until 3:00 p.m. in front of the Lucky grocery store and is a family friendly event. Don't miss the fire trailer where your children can practice a simulated fire escape. Bring your family, have some fun and get valuable safety tips from the experts!

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Kensington Is a Heartsafe Community!



With KFPD as the lead, the community of Kensington has achieved HeartSafe designation!

At the District's June 2012 meeting, County Supervisor John Gioia and County Emer-

gency Medical Services Director, Pat Frost presented the Board of Directors and Fire Chief Maples with an official letter of designation.

Kensington earned the required "heartbeats" as automatic external defibrillators (AEDs) were placed in targeted locations throughout the community. AMR ambulance company donated the AEDs at no cost to the community. Placing AEDs in the community decreases the time to first shock and saves lives.

You can learn CPR by taking

one of our classes offered this fall.

KFPD will continue to encourage all Kensington residents to:

- *Know the signs of cardiovascular emergencies;*
- *Act in Time—Call 9-1-1 when you or someone you are with suffers from those symptoms;*
- *Learn CPR and how to use an AED; and*
- *Take your own heart health seriously, thereby decreasing the risks of cardiovascular disease.*

CERT Disaster Preparedness Training—Sign Up Now!

KFPD is currently offering a fall session of Community Emergency Response Team training. Now is the time to sign up and learn how to help yourself, your family, and your neighbors during a time of a disaster! Class size is a maximum of 25 people.



CERT TRAINING

Utilizing the 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 **Arlington Community Church**, 52 Arlington Ave., Kensington on **Tuesday evenings** from 6:30 to 9:00 p.m.. The final drill will take place on a Saturday.

CERT BOOT CAMP

CERT Boot Camp is designed for those participants who cannot dedicate the required 20 hours for full training. This non-certified one-day training will introduce all CERT program areas in a condensed format.

Boot Camp will take place on Saturday, **October 13, 8:30 a.m. to 5:00 p.m.** at the Arlington Park Clubhouse, 1120 Arlingdon Blvd., El Cerrito

9/4/12	Introduction to CERT
9/11/12	Disaster Psychology
9/18/12	CERT Organization
9/25/12	Disaster Medical Part 1
10/2/12	Disaster Medical Part 2
10/9/12	Fire Suppression and Utility Control
10/16/12	Search and Rescue
10/23/12	Terrorism Awareness
10/27/12	All Day Simulation/Drill (Fire Training Facility, 3506 Cutting Blvd., Richmond)

How can you sign-up?

Call (510) 215-4450 or email kensingtonfirepd@aol.com to sign up for these CERT classes.

CERT participants receive free emergency preparedness items to complement their training.

Pharmaceutical Disposal Program

KFPD, in conjunction with KPPCSD, will be holding a free community pharmaceutical drop-off event on **Saturday, September 29, 2012.**

We will be accepting unwanted/expired medications through the U.S. Drug Enforcement Agency's "Got Drugs?" national take-back initiative.

Drop off is between the hours of **10:00 a.m. to 2:00 p.m.** at the Kensington Fire Station,



217 Arlington Avenue, Kensington. No questions are asked.

We are now able to accept *all* medications including narcotics. Please be sure to put any

used sharps into a container and please no drop-offs other than during the designated time.

We do not accept any household hazardous waste.

It is important not to flush your unwanted medications down the toilet as they will pollute our drinking water and ground soil. Unwanted medications left in your medicine cabinet put children and teens at risk. Call (510) 215-4450 with any questions regarding this event.

Reverse 911 Notification System

In light of the recent fire at the Chevron facility in Richmond, now is a good time to review the many ways residents can receive information on what is happening in their community.

Before an emergency happens, prepare yourself to receive as much information about an incident as possible. You can register to receive emergency alerts on your cell phone. To do so, go to the Sheriff's Office website at www.cws.cccounty.us and follow the instructions. You can also find instructions at this website for receiving email and Twitter alerts. Do not call 911 for information.



Remember, if you can hear the Community Warning System sirens, the best first

protective action is always to "Shelter, Shut and Listen".

Radio and television broadcasts are usually the best source of on-going information about an emergency.

Before an emergency happens, check the County website (www.co.contra-costa.ca.us) for complete information on the Community Warning System and additional helpful websites for info during an emergency.

CPR/First Aid Classes

One of the ways the Kensington community earned "heartbeats" to become a designated HeartSafe community is by offering and training residents in CPR and First Aid. It is important to know the signs of a cardiovascular emergency.

Our classes are taught in small groups and priority registration is

given to residents.

We are offering only two classes this fall:

October 6 at the Arlington Community Church, Kensington

November 10 at the El Cerrito Senior Center.

Classes begin with CPR promptly 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 resumes from 1:00 until 4:00 p.m.

There is a \$27 fee for CPR and a \$27 fee for First Aid.

To register, call (510) 215-4450 or email kensingtonfirepd@aol.com. Classes fill up quickly!

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

*If There's a
Doubt—
Call Us Out!*

We're on the Web!

www.kensingtonfire.org



Water System Fireflow Improvements

During the months of August and September, East Bay Municipal Utility District, on behalf of the Kensington Fire Protection District, will be making improvements to the water main that runs along Arlington Avenue between Sunset Ave. and Westminster Ave. and turns east up Westminster.

District funded improvements to the water main improve the fire hydrant flow in the event of a major conflagration.

This is the sixth phase of improvements in the community in which the District has partnered with EBMUD.

This phase replaces 1,500 feet of 6-inch water main with an 8-inch water main in order to improve the water pressure in the area. Once the improvements are complete, it is anticipated that the changes will bring this area to a point where 1,500 gallons per minute (gpm) can be achieved from

any two hydrants. This gpm goal was determined in KFPD's 1998 Water System Improvements Master Plan.

In addition to the previous five phases of pipe line improvements, 32 hydrants have been added throughout the Kensington community during the past 10 years.

The Arlington/ Westminster improvements is a cost-share project between KFPD and EBMUD.