

The Fire Plug



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Community Shredder & Emergency Kits



Firefighter Grupalo assists the shredding contractor by unloading a car trunk.

On **Saturday, September 11 from 12:00 noon until 4:00 p.m.**, KFPD will host a “shredding event” for the community.

In our on-going efforts to assist the community of Kensington become more fire safe, a mobile document shredding truck will be located at the north end of the community center/library parking lot that afternoon (across from Arlington Community Church, 52 Arlington Avenue).

Residents are welcome to clear out old files and papers from their homes and bring them to the shredding truck to be securely and safely disposed. All paper shredding is recycled by returning it to a paper mill. Proof of Kensington residency will be required.

At the same time and place, Kensington residents may pick up individual 24-hour emergency kits that are being provided by KFPD.

These kits are a convenient small size to keep in your car or as part of your household preparedness kit. The kits include a mylar blanket, rain pouch, whistle, light stick, sanitary hand wipes, high calorie food bar, and six water pouches.

The kits will be distributed to residents only on a first come, first serve basis. If you have already received your kit at a previous KFPD event, please allow your neighbors a chance to be prepared also. Again, proof of Kensington residency will be required; two kits per household.



KFPD BOARD OF DIRECTORS:

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

KFPD STAFF:

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

KFPD Receives State Legislature Resolution



FDAC President Jim Hill presents Chief Maples with the Legislature's Resolution

In April of this year, Chief Lance Maples was presented with a Resolution from the President of the Fire Districts Association of California (FDAC) recognizing the Kensington Fire Protection District as a *District of Distinction*. KFPD is thrilled to receive this honor from the California State Legislature which recognizes the accreditation that KFPD received from the Special Districts Leadership Foundation late last year. KFPD is only the 12th *District of Distinction* in the state.

Change Your Clock—Change Your Battery

As we approach the fall season and daylight savings, we would like to remind you to change the batteries in your smoke detectors when you adjust your clock. This applies to the spring time also—we recommend changing smoke detector batteries every six months.



Vial of Life Program—Get Yours Now!

Our new Vial of Life program has received an enthusiastic reception from the Kensington community. Call us at 510/215-4450 or email kensingtonfirepd@aol.com and we would be happy to send you one too!

The **Vial of Life** program is a nationally recognized program that assists emergency medical workers when responding to and treating individuals during home medical emergencies. The Vial of Life contains the medical history of an individual needed by the responding emergency medical personnel, such as: existing medical condi-



tions, allergies, medication currently being taken, emergency contact information, and resuscitation wishes. This important medical and patient information is placed on a standardized form, and placed in a baggie, which is stored on your refrigerator.

When you have a medical emergency in your home—police, fire, and EMS personnel will look on your refrigerator door for a Vial of Life magnet and baggie. Upon seeing this magnet on your refrigerator door, they will retrieve the completed information from the baggie. This information will assist responding emergency medical personnel with previous medical history, medications and other related information that may be used in the treatment of you or your family member. The kit consists of an information form, baggie and magnet. If multiple persons have Vial of Life kits in the same household it is a good idea to include a photo in the envelope with the medical information to insure the proper identification of each patient.

Tri-City Safety Day at the El Cerrito Plaza

Saturday September 18th marks the annual event of Tri-City Safety Day! Tri-City Safety Day is sponsored by Albany, El Cerrito, and Kensington and highlights the participating agencies and their various roles in everyday safety in the

communities that we serve.

Please bring the kids and come by the El Cerrito Plaza between the hours of 11:00 a.m. to 3:00 p.m. (in front of Lucky's) to see safety demonstrations, talk with fire and police personnel, and visit with

Sparky the Fire Dog and McGruff the Crime Dog. We look forward to seeing the whole family at Tri-City Safety Day!



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 resumes from 1:00 until 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

\$25 fee for CPR and a \$25 fee for First Aid.

To register, call (510) 215-4450 or email kensingtonfirepd@aol.com.



Fall 2010 CPR/First Aid

Schedule

Oct. 16	El Cerrito
Nov. 20	Kensington
Dec. 11	El Cerrito

2011 classes will be scheduled during the month of December. You can check our website at www.kensingtonfire.org/comm_prog.shtml.

Join The Great California Shakeout!

The 2010 Great California ShakeOut is occurring state-wide on Thursday, October 21st at 10:21 a.m. It is a good idea to organize your group and participate in this state-wide event.

The California ShakeOut drill started in 2008 and is held on the third Thursday of October each year. The purpose of the drill is to help Californians get ready for big earthquakes, and to prevent disasters from becoming catastrophes. The drill only takes 3 minutes (the

length of strong ground motions from a major earthquake).

How Can I Participate?

You can register your neighborhood, family, business or school at www.shakeout.org. This website will also give you more in-depth information on the event and tips on planning for participation with your group.

More than 6.9 million Californians participated in the 2009 ShakeOut, practicing “Drop,

Cover, and Hold On” and other

aspects of family, school and organizational emergency plans.

For 2010, Californians are also encouraged to “Secure Your Space” meaning your building and the stuff inside of it, particularly heavy or tall furniture that can fall and injure or trap people.

The Great California ShakeOut is organized by the Earthquake Country Alliance.



Spotlight on The Arlington Earth Quakers

The 200 block of Arlington Avenue is an excellent example of a neighborhood that practices emergency preparedness together.

The Arlington Earth Quakers have been organized as a neighborhood group for 15 years. They hold an annual Saturday morning meeting within their block and distribute a newsletter amongst the neighbors. They often invite either the fire department or the police department to discuss emergency preparedness at their meetings.

The Earth Quakers have done much to prepare themselves for a major seismic event. The neighborhood has stored emergency supplies and rescue equipment in an accessible spot. Certain neighbors have volunteered to be in charge of specific roles (e.g., first aid, radios, etc.) and The Earth Quakers have all shared appropriate personal information so that everyone in the block can be accounted for in a catastrophic event, and neighbors know who may likely need assistance.

The Earth Quakers were the only registered group in Kensington to participate in the Great California Shakeout in 2009 and are planning on participating again on October 21st. They use the event as an opportunity to practice a neighborhood search and rescue.

While The Arlington Earth Quakers aren't the only organized neighborhood in Kensington, we sure can learn a lot from their example!

Sign Up for CERT Boot Camp



KFPD's CERT program has been extremely popular this year. While we reach the end of our 2010 training sessions, we wanted to remind you of one

more opportunity to attend the CERT Boot Camp. CERT Boot Camp is designed to provide information to 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, November 13 from 8:00 a.m. to**

5:00 p.m. at the Kensington Community Center, 59 Arlington Ave., Kensington.

To sign up for Boot Camp, call 510/215-4450, email kensington-firepd@aol.com or check the CERT website at www.elcerritokenningtoncert.org.

New sessions of the full CERT training and Boot Camp will be scheduled for 2011 in December.

KENSINGTON FIRE PROTECTION DISTRICT

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217 Arlington Avenue
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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

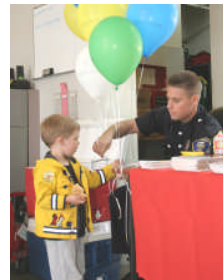


Fire Prevention Month Open House

KFPD's annual Fire Prevention Month Open House has been cancelled and will not take place in Kensington this year due to anticipated construction on the Public Safety Building.

However, the El Cerrito-Kensington Fire Department will be holding an Open House on **Saturday, October 9th** at Station 72 just down the Arlington (1520 Arlington Blvd, near Madera School) from **12:00 noon to 4:00 p.m.**

Drop by the Fire Station to meet your local firefighters, take a tour of



Engineer/Paramedic Crumpacker shares a balloon with a young Open House participant.

Station 72, learn fire safety prevention tips for you and your children, and enjoy some refreshments!

In addition, firefighting staff that are certified in car seat installation will be on hand to assist you with your infant or child car seat. No appoint-

ment is necessary on this date only. Needs will be met on a first come, first serve basis.

If you need car seat installation on a different date, please contact us at 510/215-4450 to schedule an appointment.

We hope to see you there!



Engineer Halligan gives car seat instruction to a parent.