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KVFD Dispatch

Proudly Serving Clear Lake Shores, Kemah, and the Lazy Bend Communities

May 2005



Summer Safety – Beat the Heat

It's that time of year again. When the sun has come back out and the temperature is rising. It's time for all of us to get out and enjoy the Spring and Summer weather on the Gulf Coast. There is one thing that we should consider before going out and enjoying the Boardwalk, the beach, or even working outside. That thing is HEAT!

Here are a few tips from your Kemah Fire & Rescue friends before you venture out into the warmer climate.

Take some preventative action! Drink plenty of fluids. It's recommended that you drink eight to ten glasses of water a day. Occasionally, intersperse that with a commercial sports drink. This will replace the electrolytes that your body loses when you are sweating.

Wear light-colored, loose-fitting clothes. Tight clothing may reduce your body's ability to sweat and move. Restricted movement can cause cramping faster than normal. Additionally, wear a hat to cover your face and neck. Sudden prolonged exposure to wind and sun can cause your skin to burn and blister.

Use a sun block, especially if you are fair skinned. The higher the sun block number, the more protection it will provide. Use it liberally on your neck, arms, legs or any exposed skin the sun will hit. Don't forget your ears and nose!

Plan your activities with some rest periods. Too much sun can sap your energy. Plan a rest period in the shade or

air conditioning if possible. Also, plan your outdoor activities during cooler parts of the day like early morning and late evening.

Watch each other for signs of heat stress. If someone gets a cramp, it's a sign of heat illness. Other signs to look for are profuse sweating, beat red skin, heavy breathing, excessive thirst, fatigue, mental dullness, and headache. Worse, if someone quits sweating they are suffering from heat stroke. If this is not immediately treated, it is a life-threatening emergency. Call for Emergency Medical help immediately!

Enjoy your summer on the Boardwalk but remember to follow these easy steps and you will have fun in the sun all summer long!

By T. Wayne Lockett
Training Officer Kemah Fire & Rescue

Keep in Touch

Keep in touch with us online at <http://www.kemahfire.com>. Sign up to receive and send e-mails on issues, events, etc. Visit our online calendar for upcoming events and take part in online polls. Learn more about your fire department and let your voice be heard!

Upcoming EVENTS

On Saturday, May 21st, we will host an OPEN HOUSE kicking off National EMS Week. We will have FREE food and drinks available and also will offer blood pressure screenings and other

useful health related information. Come join us from 11-4pm.

Member Q&A

Name: Gerald Looper

Occupation: Car Transporter

Years of Service: 3 ½ with KVFD

Favorite Movie: The Alamo (2004)

Favorite Pastime: Fishing

Dream Vacation Spot: Aruba

Fantasy Dinner Party: I would like to have the chance to have dinner with my Grandfather once again. He passed away before Janny and I married and I would like the two of them to meet

The best advice I ever received: Never expect any more out of people than you are willing to give of yourself

Cowboys or Texans? Cowboys... do they still have a team? Texans, of course!



Every month we will feature a different KVFD member for this section. You can submit questions for this section to newsletter@kemahfire.com.

Make a difference in your Community- Join KVFD today! 281-538-5727

Chief's Report: Bay Area Firefighters Association

Bay Area Fire Fighter's Association

In our Bay Area community, we may not often recognize the work of our Volunteer Fire Departments, but we are confident they are here to protect us and serve whenever they are called. In our unique part of the Houston suburbs, we have the benefit of being meshed with several cities that all share a common culture and atmosphere. When it comes to serving our community, our firefighters often look to our neighbors for aid, and they also respond to calls from them in return. In order to promote a more formal approach to this mutual aid among our local Fire Departments, we are excited to announce the formation of the Bay Area Fire Fighter's Association.

This organization, also known as BAFFA, is dedicated to the cooperation and standardization of mutual aid fire agencies in our Houston Bay Area. BAFFA members include the fire departments in the following cities: Friendswood, Kemah, League City, Nassau Bay, Pasadena, Seabrook, and Webster.

BAFFA is led by the Coordinators, who are the Fire Chiefs from the seven departments, and the Administrator, Chris Nelson of Nassau Bay. Together they are focused on fostering a setting where firefighters feel a common bond among the Bay Area agencies and receive firefighting and safety training that is standardized among the group.

To work toward these goals, BAFFA has initiated their first area-wide Recruit Academy for new firefighters. The Academy was developed by several of the training officers and includes 16 Recruits from Kemah, Nassau Bay, Seabrook, and Webster. It began on April 12, with classes held Tuesdays, Thursdays, and Saturdays, and will end with a Graduation celebration in June. Classroom and hands-on learning is provided in areas including Safety, Fire Science, Ladders and Hoses, Rescue Operations, and Fire Suppression, with instructors provided by the Bay Area agencies.

Although it's a young group, the Bay Area Fire Fighter's Association has a bright future ahead as it continues to bring our

Fire Departments together in a strong working relationship. We look forward to hearing more about BAFFA news and events and wish the Recruits well in their training Academy. For more information, please visit www.bayareafirefighters.com.

Fire Chief Larry Suniga

We are pleased to announce the hiring of the new Fire Chief and Fire Marshal, Larry Suniga. Larry has been active with Bay Area fire departments for over 20 years. He has been serving as the fire marshal for the city of Kemah for the last year and will continue in that role for our entire response area. In addition to acting as the Chief Operating Officer of the fire department, he will be offering additional services not previously provided for by KVFD such as arson investigation, building inspections, and code enforcement.

The fire department is committed to ensuring that we continuously improve the ISO rating for both Kemah and Clear Lake Shores. With the infrastructure improvements that are ongoing from WCID #12 and the initiatives the fire department has taken in the last few years, we are confident that the next survey will show marked change and result in lower insurance rates for the entire area.

Chief Suniga is anxious to work with the area governments, agencies, and neighboring fire departments. His vision and guidance will surely have a positive effect on the entire area. KVFD is confident that the enhancements initiated by the fire chief and the Emergency Services Board will result in increased fire protection and overall public safety.

Emergency Services Board

The Kemah Volunteer Fire Department is directed by an Emergency Services Board. This board is made up of representatives from the cities of Clear Lake Shores and Kemah, the community of Lazy Bend, WCID # 12 and the KVFD. The members of this board are as follows:

Clear Lake Shores

Vaness Hamilton
O.B. Thomas

Kemah

Greg Collins
Bill Kerber

KVFD

John O'Neil
Steve Ruthstrom

Lazy Bend

John Knox

WCID# 12

Bernard McIntyre
Matt Wiggins

As the Board of Directors of the Kemah Volunteer Fire Department, this board works to ensure that safety and suppression operations remain constant and effective. Additionally, they are charged with ensuring the fiscal responsibility of the department and to review and set both short and long term goals specific to the emergency services of this area. If you have any questions or would like to address an issue regarding the fire and EMS service of this area, please contact one of these board members. We value the opinions and input from the public and look forward to serving your needs. You can also address issues online via e-mail at esb@kemahfire.com.

Please join us for our EMS Open House at the fire station on Saturday May 21st from 11-4pm. Be safe and enjoy your summer!



www.kemahfire.com

Make a difference in your Community- Join KVFD today! 281-538-5727