



# Newsletter

KALAMUNDA BUSHFIRE READY GROUPS



Hi Everybody,

Since the last newsletter, the ground fuel has been quickly drying out, just a reminder that we are still in the restricted fire season where a permit to burn is required up to the 30<sup>th</sup> November.

## **BURNING PROHIBITED: 1 December - 31 March**

NO Burning allowed

This includes the 1 x 1 x 1 metre pile

Report all signs of smoke to 000

So by now you should have almost finished cleaning up and your property made bush fire ready for this season. Judging by the queue and pile of green waste at the Walliston Transfer Station some extensive activity is in progress by residents, don't forget you are also entitled to a couple of waste bins. This is also the time to undertake a test of your communication trees to make sure you are all able to communicate with each other,

remember to inform your street coordinator if you change your mobile or house number and also work number, also if through circumstances you have elderly parents that you are looking after at your home, let the street coordinator know so that if you are at work the rest of the group are aware that there is someone there that may need help. Further to that if you are heading off on a holiday let the street coordinator know with a contact number so they can just give your house the once over when passing by.

Just remember that although you have a communications tree in place that it does have its limitations and depends on each member being contactable, more and more groups are using SMS sent out in a group format and this does get through to all members in most cases.

Remember also that the street coordinator is a volunteer role and we as facilitators appreciate all those coordinators who have taken the bull by the horns to take on the role and keep the group informed, at no time does this mean that the street coordinator has a duty of care to every member, we all as residents of the City of Kalamunda must realise that community resilience is the key word that we are all responsible for our own actions in a time of need so bear that in mind, if you see a fire let the street coordinator know after you have rung 000.

**Fire Plan:** Now is the time to take the Fire Plan off the fridge door and read through it with your family especially the children as it has already been proven that kids in their pre- teens and teens do think about things that you may have not even thought of.

At a recent Community Engagement we were approached by a little girl who declared that if she caught on fire she knew what to do, when prompted she said she would roll over and use a blanket to put the fire out, we asked how she knew that and declared she was taught that in Kindy so there you go.

### OUR BE SAFE AND LEAVE EARLY PLAN

**1 WHEN** will we leave?

Waiting to see flames before you evacuate is too late. There is only a limited number of fire trucks, so you cannot depend on one being there to defend you and your family. You have to make your own decisions.

**2 WHERE** will we go?

Choose a safe place, like the home of a family member or friends that live away from the fire zone.

**3 WHO** will we call?

Make sure you call someone when you are leaving and when you get to your location, so they know you are safe.

**4 WHICH** way will we go?

**ROUTE 1:**

**ROUTE 2:**

**ROUTE 3:**

Fires can come from any direction and paths can quickly become blocked. Choose more than one route to your safe place. If you don't have more than one route, pick another safe place.



**YOU CAN'T OUTRUN  
IT, OR OUTLAST IT.  
SO TAKE 5 MINUTES  
TO OUTSMART IT.**

**5 MINUTE  
FIRE  
CHAT**



For those that do not have a Fire Plan and still many do not as they maintain that they intend to leave so don't need one, so the answer to that is wrong, you do need a plan, it doesn't have to be a complex one and the 5 minute fire chat pack will guide you through to a simple check list plan of 7 lines to keep everything simple, so if you haven't got one let us know or slip into the City of Kalamunda and pick up one there.

If you are computer savvy then get into your web browser and type in [www.dfes.wa.gov.au/firechat](http://www.dfes.wa.gov.au/firechat), answer a few simple questions and download your Fire Plan (See above).

If you have decided to leave and leave early you still need a plan, and we recommend this as a tree across your escape route could have dire consequences.

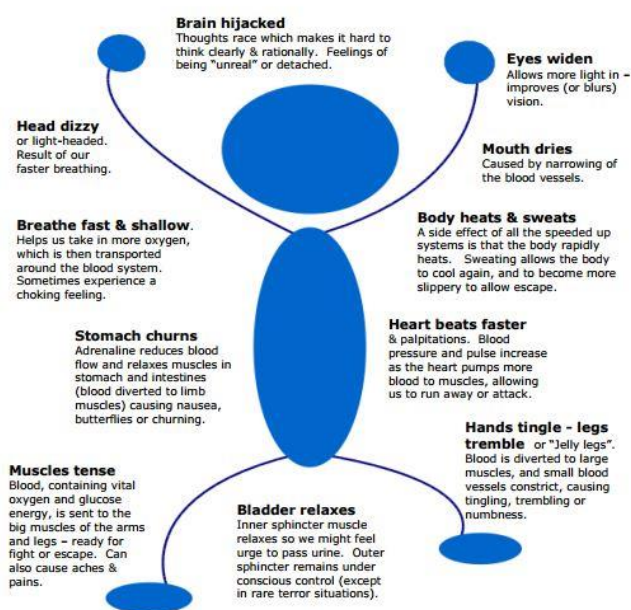
So if you have made that decision to leave and leave early and have a plan, consider also making up a plan for staying and defending, the tree across the road, or rapid approach of the fire may make that decision for you, so it is advised to read up on the section 2B of your 5-minute fire chat pack.

At most of our bush fire ready meetings we have spoken of the adrenalin rush you might experience when suddenly you find yourself well and truly out of your comfort zone, so have a look at the diagram below and see what you can experience during that adrenalin rush and the importance of having that plan to keep you focused when the brain is not sending the right signals and also the need to leave early and avoid this experience.

### **ALARMING ADRENALINE !**

#### **The body's alarm system**

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.

**Emergency Pack:** You will find a list of items in the 5 minute fire chat pack, if you haven't a portable radio in your kit it's advisable to have one so you can tune into 720 ABC, just remember you also have a car radio when you are mobile.

If you took the time during winter your important documents should all be together in one place for a quick grab and depart and maybe also copied on to a memory stick.

Items that people tend to forget are:

- Medication and scripts, you may already have your prescriptions kept at the chemist shop just in case you forget your medication.
- Clothes for the kids, parents have been known to throw a change of clothes in for themselves overlooking the children.
- Pets: Some food, water, and bedding. Remember pets are not normally catered for or allowed at refuge centres, however animal welfare volunteers usually do appear with cages, bedding, food etc
- Precious old photos. Perhaps scan and put these on a usb stick!

# Emergency Kit

## Preparing an emergency kit for your family

Having an emergency kit will help your family prepare for an emergency.

An emergency kit provides essential items for your family's short term survival whether you choose to stay at home or need to relocate to a safer place before, during or after a natural hazard such as cyclone, storm, flood and bushfire.

### Start your Emergency Kit with the following items

- ☐ Portable, battery operated AM/FM radio with extra batteries
- ☐ Waterproof torch with extra batteries
- ☐ First aid kit and manual
- ☐ Bottled drinking water (to last at least three days for each person)\*
- ☐ Canned or non-perishable food items and can opener (to last at least three days for each person)\*
- ☐ Copies of important documents. Scan copies of these documents and save them on a USB memory stick or CD to include in your kit. Keep these items in sealed plastic bags
- ☐ Survival plan with emergency contact phone numbers

\* You may require food and water for your family to last more than three days depending on your location and family's needs



**All family members need to know where your emergency kit is kept.**

Check and update the contents of your emergency kit every 12 months. Use a birthday, anniversary or special date as a reminder for your family to do this every year.

Additional items may be included in your emergency kit. If you do not have enough space in your kit, make a note of where to find the extra items in your home so you can collect them quickly. Place this note in your emergency kit.

- ☐ Spare cash in case ATMs do not work
- ☐ Debit cards, credit cards, prepaid phone cards and coins for phone calls
- ☐ Mobile phone and charger
- ☐ Medications, prescriptions, toiletries and sanitary supplies
- ☐ Special items for infants, elderly or people with special needs
- ☐ Spare house and car keys
- ☐ Pet food, water and other animal needs
- ☐ Change of clothes for everyone including warm jumper, waterproof jacket, hats, gloves and closed-toed shoes or boots stored in plastic bags
- ☐ Cooking gear/eating utensils, portable gas stove/BBQ, container for boiling water
- ☐ Whistle and pocket/utility knife

If you have visitors during an emergency, you should consider supplies for them also.

### Did you know?

If you are relocating to an evacuation centre due to a cyclone/flood you must take your own bedding/sleeping bags, food and supplies with you. In most cases these will NOT be provided for you.



Government of Western Australia  
Department of Fire & Emergency Services



**PREPARE ACT SURVIVE**

## RECENT EVENTS: Pickering Brook

We would like to thank those people that took the time to come along to our 2<sup>nd</sup> Street Meet at the Pickering Brook Primary School Car Park we also had representative from the City and members of our brigade there to show support and help with the sausage sizzle which wouldn't have happened without the generous Kalamunda Toyota BBQ trailer which came equipped with sausages and buns, so thank you Kalamunda Toyota.





Thanks also to our brigade members who gave their time a week before door knocking over 100 homes to get the word out to as many Pickering Brook residents as possible which ended up with a good turn out on the day.

#### RECENT EVENTS: High Wycombe

A big thanks to the residents of Brae/Brand Streets High Wycombe that took the time to come along and talk to us, we were down there supporting the DFES Fire and Rescue crews from Welshpool Station.



## COMING EVENTS:

Our pre-season events are nearly over as the season kicks in, there is one event we shall be attending and that it below.

### Kalamunda Men's Shed Open Day

**Date & Time:** Saturday 14<sup>th</sup> November – 10:00 am to 4:00 pm

**Location:** Falls road, Lesmurdie

Come along there is a lot happening and some bargains to stock up on for Christmas, also stop and have a chat to us we'll be there supporting the Men's Shed.

It is never too late to get your group together for a meeting and allow us to bring you up to date with a few new items. Sample a sausage and pick up a Burn SMART manual and other resource material while you are there.



So, until December stay safe and remember we are here to assist if you have any queries. Our property walk throughs are available free of charge, just give either of us a ring. Until then stay safe

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