

# What's Up with Estero Fire Rescue

Estero



FIRE RESCUE

Community News Edition

January, 2008  
Volume 2, Issue 1



## Fire Chief's Corner

Dr. Jeffrey Lindsey, Fire Chief

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### Upcoming Events

- ◆ Jan 15 - Consolidation White Paper Presentation
- ◆ Jan 16 - Open House Station #2 8005 Sweetwater Ranch

Happy New Year! It is hard to believe another year has passed. We all look to the New Year with opportunity and hope. 2008 is going to be another eventful year for Estero Fire Rescue. On January 15, 2008 at 6:30 p.m. the Board of Commissioners of Estero, San Carlos Park, and Bonita Springs Fire Districts will meet at the Three Oaks Banquet Center on Three Oaks Parkway just north of Corkscrew Road. At the meeting, the three Fire Chiefs of the Districts will present a white paper on consolidation. The Boards will then have the opportunity to give direction to the three Chiefs on how they want us to proceed. The three districts already work together on a number of programs and procedures to give the respective communities the best emergency service delivery for the best dollar. At the meeting, you will be able to learn more about these ventures along with other potential paths for the three Districts to work together in the future. The meeting is open to the public and there will be opportunity for public input.

January 29, 2008 is another big night in January for Estero Fire Rescue and the State of Florida in general. Of course, there is the Presidential Primary Election; however, a constitutional amendment is on the ballot regarding tax reform. I would strongly encourage each of you to learn as much about the amendment as possible before voting on this amendment. Being informed of the pros and cons of any issue is always an important factor in making the best choice.

Lastly, I would like to invite each of you to our Open House at the Coconut Point Fire Station on Wednesday, January 16 from 4:00-7:00 p.m. It is located just north of Coconut Point Mall. This is a time that we open our doors in a formal sort of way to meet the community and give the community a chance to stop by and see the station, equipment, and meet the firefighters.

In closing I would like to wish every one a safe and prosperous new year!

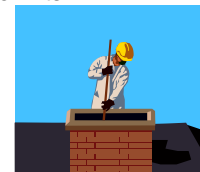
### Keep Warm Safety

Heating equipment is a leading cause of home fires during the months of December, January and February, and trails only cooking equipment in home fires year-round.

- Install your stationary (fixed) space heater according to manufacturer's instructions or applicable codes or better yet, have it installed by a professional.
- Plug your electric-powered space heater into an outlet with sufficient capacity and never into an extension cord.
- Keep portable heaters at least three feet away from anything that can burn.
- Turn off space heaters when you are not in the room.

Don't forget your fireplace and chimney when doing a safety check.

- Make sure your fireplace has a sturdy screen to prevent sparks from flying into the room. Allow fireplace and woodstove ashes to cool before disposing in a metal container, which is kept a safe distance from your home.
- Have your chimney cleaned and inspected annually BEFORE the cold weather hits.





## Meet your EFR Commissioners - Barbara Akins, Treasurer

Commissioner Barbara Akins became a member of the Board in February of 2004 and currently serves as the Board's Treasurer. She is the current President of the Estero Civic Association.

A tireless community leader, Mrs. Akins was recognized as the Estero "Village Visionary" for 2007 at the "All Play and

No Work" Party at the Villages of Country Creek Clubhouse on Monday, March 19, 2007 for her contributions to Estero's quality of life. She continues to be an important part of the Estero Community.

Originally from Texas, Mrs. Akins now resides in Spring Run in the Brooks.

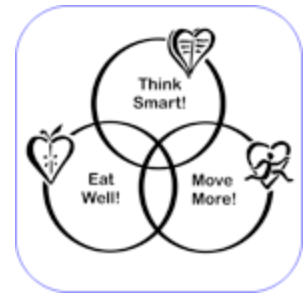
## What's your New Year Resolution?

It happens every year ~ the beginning of a new year and a new resolution. If you chose to be a healthier you in 2008, you are among the majority of Americans. The American Heart Association estimates that 66% of adults are overweight, increasing the risk of heart attacks and other health related problems. We, at Estero Fire Rescue, know this statistic very well. Over 75% of the calls run by the department are health related calls with many being heart related.

January 21 to January 25 is Healthy Weight Week and the perfect time to set those goals. Here are some tips from the American Heart Association ([www.americanheart.org](http://www.americanheart.org)) to help you be successful in the New Year. As always, consult your physician before beginning any exercise regimen:

### Think Smart - Find a New Start

Planning -- not sheer willpower -- is the key to losing weight for good. When you plan your day-to-day activities to support your efforts, you will find it much easier to reach and maintain your target weight. Think about how your current behavior fits with your planning. If you see a disconnect, find ways to change that behavior at the first opportunity. Planning is crucial to success.



### Move More

Experts agree that diet alone is not enough to keep you fit and trim over time. Healthcare professionals have found that the best predictor of whether people will regain lost weight is whether they make physical activity a regular part of their lives. If you are committed to breaking the yo-yo cycle—if you don't ever want to regain the weight you lose—it's important to get used to moving more.

### Eat Well

Good food and good health: They *do* go together! Eating well is much more than following a diet plan until you've lost weight—it is the commitment you make to choose foods wisely.

And remember to set small, measurable goals and build in rewards when you reach them, such as a new pair of running shoes! Here's to a healthier you!!

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### Fire Commissioners

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Sam Levy, Vice Chair  
Gayle Sassano, Secretary  
Barbara Akins, Treasurer  
Bob Morris

### Deputy Chiefs

Richard Patrick, Support Svcs  
Tom Siegfried, Fire Marshal  
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