



Your Encinitas CERT February 2018 Newsletter Series 2, Volume 2

In this month's edition we continue our five part series, with Part 4 of 'Are You prepared For a Disaster?' If you want to submit an idea or an article, let us know at newsletter@enccert.org. All submissions are subject to review and editing by the editorial staff. If you missed Part 1 thru 3 of 'Are You Prepared For a Disaster', or want to check out older issues of the newsletter, they can be found under the 'Members' section of our website. Or just click [here](#).

UPCOMING EVENTS

February 13

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. @ Encinitas Community Center

NEXT MONTH...

March 13

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. @ Encinitas Community Center

March 26

Are You Ready? Presentation – Residents of Encinitas and neighboring cities are welcome.
6:00p.m. @ Encinitas Community Center

For the most current and updated event information always check the [website calendar](#).

Recurring Amateur Radio Nets

Amateur radio operators are encouraged to participate in the Coastal CERT Nets, held the second and fourth Thursdays of each month at 7:00 PM. We start on the Del Mar repeater 446.880 – (114.8 PL) and then move over to 146.550 (simplex).

ENJOYING LIFE IN SAN DIEGO

Well this month's newsletter kicks off with something that has nothing to do with CERT. Nada! February is Museum Month in San Diego. The San Diego Museum Council and Macy's have teamed up once again for Museum Month, giving interested individuals a chance to discover what's new at more than 40 area museums with savings only seen once a year.

Some of the choices include destinations right here in Encinitas, such as the San Diego Botanical Garden (it's still Quail to us locals), and the LUX Art Institute. Other destinations include: The Japanese Friendship Garden, Maritime Museum of San Diego, Women's Museum of California, San Diego Natural History Museum, Birch Aquarium at Scripps, California Surf Museum, The Fleet Science Center, The San Diego Air & Space Museum and many more!

Tickets can be purchased at any Macy's in San Diego, Temecula and the Imperial Valley Macy's. Enjoy half-off to all of the participating museums all month long! Click on the link below for a full list of participating museums and Macy's locations.

<https://www.sandiego.org/members/museums/san-diego-museum-council/events/museum-month-half-off-admission.aspx>

Are You Prepared for a Disaster? Part 4 of 5

FOOD AND FOOD PREP

There are a variety of options for food. It is easy enough to pick up a couple of extra cans of soup whenever you go to the store. Consider some canned vegetables and/or fruit, maybe some rice or peanut butter. Many stores like Costco have canned salmon or canned roast beef. Some folks like to include granola bars. **Be aware of expiration dates!** Write them down if you need to and check them quarterly or even monthly if you want to be extra vigilant. This applies to your stored water and any medications as well!

If you are forced to leave your home, some of the previous suggestions won't be practical. You don't want to load yourself down with canned foods. Folks that like to camp will sometimes buy military rations (MRE's) or freeze dried meals. (FYI: the freeze-dried meals are surprisingly good.) If stored properly the MRE's will keep for 5 years or more, and the freeze-dried meals are good for up to 30 years.

If your utilities are off, how are you going to cook or even boil water? A camping stove is an option. Modern camp stoves are smaller, lightweight, and use either propane or wood. Bear in mind that cooking over a wood fire is best done with a cast iron skillet. Modern aluminum skillets may warp due to the heat. Have extra food on hand for your pets.

BUGGING OUT

You may have seen news stories that discuss disaster preparedness, in which it is not uncommon to see a trash can being used as a storage medium for disaster supplies. They can store quite a bit, but if at any point it becomes necessary to leave your home, they can be difficult to transport. Consider also having additional supplies set aside in a backpack. Not a large hiking pack, rather a "bag" about the size of your CERT gear bag.

Having a bag packed is more than just helpful. If there is a forced evacuation, then the faster you can get out of your home and the area, the better. The sooner you're gone, the closer you will be to the front of the traffic jam. If you haven't prepared for this eventuality, the anxiety you'll feel is likely going to affect you physically in addition to your memory and your decision-making. You will forget to grab many important items on your way out the door.

Some of that anxiety can be mitigated if you have prepared ahead of time. For instance, having a bag prepared for every member of your family. If you have children (and they are big enough to carry a small bag) include a change of clothes, one or two things to keep them entertained (small, like a coloring book) and a few small items that everyone might need to use like toothbrushes, toothpaste, etc. The idea is to try to bring what you **need** and spread out the "burden" a little.

Find out ahead of time where local shelters are. In Encinitas the main shelter is the Encinitas Community & Senior Center, 1140 Oakcrest Park Drive. Typically, schools and churches are sometimes used as shelters. Check the Red Cross website for shelters in the area. Listen to your AM/FM radio to find out where shelters are located after the fact. KSON 97.3 FM, KOGO 600 AM.

If you are lucky enough to have family close by that are unaffected and able to take you in, you may wish to take advantage of the opportunity. If you do, consider taking some or all of your emergency/disaster supplies with you so as not to burden to your hosts. They may come in handy especially if it takes more than just 72 hours for services to be restored and the recovery effort to start.

BUG OUT BAG

It was mentioned in the previous section 'Bugging Out' that you should try to "spread out the burden" when packing your bug out bags. Write out a list of the things you believe you and/or your family should have. If you haven't done this before, you are liable to end up listing more items than you can hope to carry. Try and keep the list short (and your bag a little lighter) by finding items that serve a dual purpose, such as a multi-tool. It does take a little time and research, but it is absolutely worth it.

Some ideas for a bug out bag include:

- a change of clothes
- a poncho instead of a rain jacket
- a small first aid kit
- a flashlight or a headlamp, and an extra set of batteries
- space blankets
- something for a headache or an upset stomach
- any medications you need
- a list of medications you or your family members are currently taking so they can be refilled if necessary
- Kleenex (travel packs)
- toothpaste and toothbrush(s)
- TP or baby wipes
- cash, small bills
- do you wear glasses?
- don't forget sunglasses
- anti-bacterial gel or hand wipes
- consider a battery that can charge your phone
- sun block
- a lighter

There are numerous ideas about what should go into a bug out bag. YouTube alone has thousands of videos on the subject. Assemble your bug out bag as you see fit. Then see how much it weighs. Is this something you could carry for a few miles if you needed to? If it feels too heavy, look at what's in it, and reevaluate your list. Is everything on your list something that is needed? If carrying a small pack doesn't sound appealing, consider a small suitcase. Carry-On size. They usually have wheels and a handle. That should ease the burden as well.

Every couple of months, take a look at your supplies. Check expiration dates on those items that have one. Make sure all of your battery-operated items are working and that nothing is damaged.

WHERE ARE YOU GOING?

So you've got your bags packed. Now what? Do you have a plan? If you aren't going to a shelter, consider having a "Bug Out" destination. Decide where you are going to go and how you are going to get there. Maybe even an alternate destination. Also consider more than one route to get to each of your choices. Since an emergency/disaster can happen at any time, if you aren't at home when it occurs and you can't get home because of traffic, road closures, etc., having a preselected meeting point will be helpful. Having a bug out bag in your vehicle is also highly recommended!

THE NEW SOP, NEW POSITIONS, AND NEW OPPORTUNITIES

The Board has been working hard on a new Standard Operating Procedures (SOP) document. The document is essentially complete and we are waiting for the Encinitas CERT Operations Group (Chief Spaulding, Cpt. Gordon, and Arnie) to approve the document before we can implement it.

There are many positions that will need to be filled. The complete list of positions and the associated responsibilities will be available for viewing on our website once the SOP has been approved. We are hoping that the approval will come in time to include in next month's newsletter.

In addition, more training is on the horizon. In addition to our refresher training sessions with Captain Gordon, we will start working on things like scene set-up, radio usage and protocol, and much more. Stay tuned!

CITY COUNCIL RECOGNITION

Well, for those of you that didn't make it to the City Council Meeting, boy did you miss out! All attendees received a signed "Mayor's Certificate of Recognition" for our contributions to the education of the citizens of Encinitas in disaster preparedness and mitigation. Battalion Chief Michael Spaulding was in attendance as well, and at the Mayor's request, spoke to the assembled citizens about what CERT is and does, as well as the "passion" we volunteers have for our city.



Once the presentation was made and photographs taken, Chief Spaulding personally handed out the certificates to all CERT members in attendance. The Board would like to thank Chief Spaulding for attending and being part of this special occasion, as well as Encinitas Fire Chief Mike Stein who was also in attendance. We couldn't be more pleased with the support shown by our sponsors!



As was mentioned in the post card and e-mail reminders as well as the previous newsletter, after the presentation, we all went to Mr. Peabody's Bar & Grill where proprietor (and CERT member) Brie Cardosa demonstrated what the definition of hospitality truly is! We were promised appetizers, but rest assured, no one needed to worry about what to have for dinner that night! Everyone left with a full belly and a big smile! A big thank you to Brie and her employees at Mr. Peabody's for making a great night even better!

SELF-ACTIVATION

Seems like the beginning of a new year would be a good time to say a few of words self-activation. It doesn't seem to be something that occurs with any regularity, thankfully, but we would probably be remiss if we didn't at least mention it.

The bottom line is, we have multiple "protections" available to us as DSW Workers/CERT Members. As long as we are participating in official training or have been activated following a disaster, all of those protections are in place. If you self-activate, they all go away. No medical treatment, and no liability protection.

The Encinitas CERT Operations Group would have the final word, but you would most likely be required to forfeit your DSW/CERT card, and you could face dismissal from CERT.

It just isn't worth it!

CPR CLASSES

The Encinitas Fire Department is offering CPR classes. Classes will be held on the dates listed below, from 5:00pm - 9:00pm at Fire Station #5 at 540 Balour Drive (across from the Community/Senior Center) in Encinitas. The classes are offered to Encinitas residents only and you must be 11 years of age or older to participate.

Class Dates:

February 15, 2018 - Thursday

April 17, 2018 - Tuesday

June 19, 2018 - Tuesday

August 15, 2018 - Wednesday

October 17, 2018 - Wednesday

December 4, 2018 - Tuesday

There is an administrative fee of \$18.00 (cash) per student to cover the cost of the CPR certification card. Classes are limited to 10 students each and students must register prior to the start of each class. To register, please call the Encinitas Fire Department at (760) 633-2815.

There will be reminders in the future newsletters about these classes. Special thanks to our Civic correspondent Dan Drogichen for providing this information.

SPRING ACADEMY ANNOUNCED!

If you have been thinking that it might be nice to brush up on a couple areas of your training then look no further. The Spring Academy is the perfect time to get the answers you need. Whether it's medical or triage questions, practicing cribbing or fire suppression or if you want to do it ALL over again, it starts on April 3. See the website for more details. [Click here for the link.](#)

NEW RECRUITS, HOPEFULLY!

On Sunday January 28th, Encinitas CERT was invited to take part in Bethlehem Lutheran Church's "Volunteer Fair". Apparently the church wants its congregation to participate in local volunteer groups. A truly original idea. Your Board members Doan Hohmeyer, David Tostenson and Doug Cochrane were there to represent all of us as well as our mission. We were able to get a number of folks to sign up for the spring academy! More members! Woo Hoo!

REMINDER OF THE MONTH

TEAM WELL-BEING*

HOW TEAM LEADERS REDUCE STRESS DURING THE INCIDENT

- There are steps that CERT leaders can take to reduce the stress on rescue workers before, during, and after an incident.
- Brief CERT personnel before the effort begins on what they can expect to see and what they can expect in terms of emotional response in the survivors and themselves.
- Emphasize that the CERT is a team. Sharing the workload and emotional load can help defuse pent-up emotions.
- Encourage rescuers to rest and regroup so that they can avoid becoming overtired.
- Direct rescuers to take breaks away from the incident area, to get relief from the stressors of the effort.
- Encourage rescuers to eat properly and maintain fluid intake throughout the operation. Explain that they should drink water or other electrolyte-replacing fluids and avoid drinks with caffeine or refined sugar.
- Arrange for a debriefing 1 to 3 days after the event in which workers describe what they encountered and express their feelings about it in a more in-depth way.
- Rotate teams for breaks or new duties (i.e., from high-stress to low-stress jobs). Encourage team members to talk to each other about their experiences. This is very important for their psychological health.
- Phase out workers gradually. Gradually phase them from high- to low-stress areas of the incident. For example, do not stand down and send home a team member that has just completed a high-stress operation; instead, assign them a low-stress responsibility so they can decompress gradually.
- Conduct a brief discussion (defusing) with rescue workers after their shift during which they can describe what they encountered and express their feelings about it.

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 7, 'Disaster Psychology', page 5.

...and remember, your comments and suggestions are always welcome!

Encinitas CERT Board

Doan Hohmeyer, President Dave Tostenson, Vice President **Your Name Here**, Secretary Loyd Wright, Treasurer
Doug Cochrane

If you do not wish to receive the newsletter, reply to newsletter@enccert.org.