



Your Encinitas CERT January 2018 Newsletter Series 2, Volume 1

Happy New Year fellow CERT members! This month the City Council will be officially recognizing Encinitas CERT for our role in disaster preparedness and your presence is requested! See the article below for details. Also in this month's edition we continue our five part series with Part 3 of 'Are You Prepared For a Disaster?' If you missed Part 1 or 2, or want to check out older issues of the newsletter, they can be found under the 'Members' section on our website. Or just click [here](#).

UPCOMING EVENTS

January 9

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

January 24

Encinitas City Council recognizes CERT – All Encinitas CERT members are welcome. Please Join Us!!
6:00p.m. @ Encinitas City Hall, 505 S Vulcan Ave.

NEXT MONTH...

February 13

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.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).

Kidde Fire Extinguisher Recall

If you have purchased a Kidde Fire Extinguisher that features a plastic handle and nozzle or the push-button 'Pindicator' style fire extinguishers click on the link below. The extinguishers have more than one issue, and one death has been reported. Over 37 million fire extinguishers and 134 different models are part of this recall. The dates of manufacturer are as recent as September of this year, and go all the back to January 1973. The Consumer Product Safety Commission is recommending that consumers contact the manufacturer for a free replacement and instructions on how to return the defective product.

Individuals that don't want to return their defective units are urged to dispose of the units in a safe manner. You can take your extinguisher(s) to Encinitas Fire Station #4 in 2011 Village Park Way for disposal. If there is no one there, they can be left at the front door. For more information about the affected models, click the link below.

<https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and>

A big thank you to Dan Drogichen for the heads up on this recall!

ENCINITAS CERT TO BE OFFICIALLY RECOGNIZED

The Encinitas City Council will be acknowledging Encinitas CERT's involvement with the city, at the City Council meeting on the 24th of this month. This is a "more the merrier" kind of event and your presence is requested. This is an acknowledgement of time spent preparing, training, and educating ourselves as well as the public.

The Council meeting starts at 6p.m. at City Hall, 505 S Vulcan Ave. You are welcome to wear your CERT vest or CERT t-shirt. After the recognition, please join us at Mr. Peabody's Bar & Grill for an unofficial get together. Complimentary appetizers will be provided. Mr. Peabody's is located at 136 Encinitas Blvd., on the west side of I-5, between Subway and the Jolly Clean Giant Laundromat.



EDUCATING ENCINITAS

As many of you may know, Arnie does a semi-annual presentation called 'Are You Ready'. It's goal is to educate the people of Encinitas about the various types of disasters that are likely to occur here and hopefully inspire them to start preparing for them. What some of you may not know is that David Tostenson, our Board Vice-President, also does this presentation on an as requested basis. He has spoken to church groups, businesses, professional groups, and has helped to educate hundreds, if not thousands of people in our fair city over the years.

Unfortunately, David has decided to hang up his microphone, and step out of the spotlight. While he will continue in his role as Board VP, we owe him a very big thank you for not only helping to educate so many people, but for being the face and voice of Encinitas CERT to so many that never knew we existed.

So, it is time for a new era to begin. We are looking for someone to continue doing this presentation for the people of Encinitas. Maybe a couple of someones. Don't think that you will have to start from scratch. David will gladly train you. You can learn from the Jedi Master himself.

THE QUARTERLY REMINDER

At the beginning of every quarter you will see this article. It may vary, and it may not. The idea being that we all take a few moments, check out our CERT gear, make sure everything is in good shape (maybe even go through anything you set aside for emergencies and check expiration dates, etc.) and repair or replace as needed.

- Do you know where your CERT gear is?
- Have you checked it recently to make sure that nothing is damaged and everything is in good working order?
- Is there anything broken or worn? Replace it a.s.a.p. Damaged gear will be of little or no use if you have to deploy.
- Have you added anything that is perishable (water, food or snacks) and have they expired?
- Have you considered upgrading any of your gear? (i.e.: headlamp, gloves, spare respirator, etc.)
- Have you considered adding new gear or supplies? (i.e.: water, batteries, first aid supplies, etc.)
- Do you have items in your bag (or ideas for items) that you find to be useful? Share them!

This article will reappear on April 1. No fooling!

Are You Prepared for a Disaster? Part 3 of 5

SHELTER IN PLACE

In the past, some people have been lucky enough to not just survive a disaster, but have been able to avoid evacuation and stay in their homes. Staying at home or ‘sheltering in place’, is an option depending on the type and severity of the emergency/disaster you encounter. If you have prepared for a disaster and are able to shelter in place, your ability to cope with your circumstances will be greatly improved.

However, if you are able to shelter in place, don’t be complacent. Continued awareness of the situation in your area is important as it may be necessary to leave your home at some point, quite possibly with little or no notice. For information after a disaster, there are a few options. If your electricity hasn’t been knocked out, tune in to local TV news broadcasts for information. The county’s emergency/disaster website, www.sdcountyemergency.com is an excellent source for information as well. If you have lost your electricity, you can use your landline phone to call 211: again, a great source of information. These two radio stations, KSON 97.3 FM or KOGO 600 AM, are dedicated to providing information after a disaster.

Try to find a radio that also includes access to weather stations. This can keep you informed of weather issues that may affect you. One or more fire extinguishers are also advisable.

Hopefully the idea of being prepared for a disaster is of interest of you. Ideally, if you had your own network, with a couple of your neighbors, you would be in a position to help and support one another. Attempting to go it alone can be very trying.

SUPPLIES FOR SHELTERING IN PLACE

A lot of the items you may need or want are things you probably already have. But let’s look at things you should have. These will be items that will be set aside for an emergency, not for daily use. Don’t get into the habit of dipping into your emergency supplies when you need something.

Flashlights/Headlamp: Have at least 2 or 3 on hand. Also consider having candles and/or glow sticks. Preserve those batteries!

Radio: Just a standard AM/FM radio with weather stations, as mentioned above. Also have an extra set of batteries.

Batteries: Look at the devices you will be using in an emergency situation, and make sure you have at least two sets of batteries for each. Make note of any expiration/use by dates.

Food: Try to have a good mix of carbs, protein, produce and fiber. Try to avoid too much canned food as they usually have a high salt content. This will make you thirstier and increase your need for water. Don’t be afraid to include some comfort food. Just don’t get carried away. Make note of any expiration/use by dates.

Water: As mentioned last month, water is very important. You probably don’t realize how much water you use during an average day. Washing, cooking and drinking. After an emergency it will be important to keep an eye on your water. If you set aside enough water so that each member of your household has 2 gallons of water per day, you should fine. Personal hygiene is important, but in an emergency situation, bathing is more of a luxury. If you need to bathe, use the water sparingly. Make note of any expiration/use by dates.

First-Aid Kit: A basic first-aid kit is a good start. However you’ve had some training regarding various scenarios like bleeding, shock, splinting, etc. In addition to the Band-Aids and alcohol wipes, have gauze bandages on hand. Rolled gauze, tape, splints, space blankets or wool blankets, cold compresses, a couple Ace bandages, Advil, Tylenol, Pepto-Bismol, a triangular bandage, nitrile gloves, Neosporin, hydrocortisone cream . . . and whatever else you can think of.

Make note of any expiration/use by dates

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. If you prefer rechargeable batteries to alkalines, then on the first of every month, charge all of your rechargeable batteries. Also consider keeping a list of your supplies and associated expiration dates. It's a lot easier to check the list than dig through all of your supplies.

HOW ABOUT A SEMI-ANNUAL REMINDER?

There are a lot of things we forget to do. Aren't we all guilty of writing out the wrong date after the first of the year? How about forgetting to set your clocks ahead or back an hour the night before the change.

We may not be able to help you get the date right (it's 2018 by the way) but there are some things we may be able to help you with. Really!

- When was the last time you changed the batteries in your smoke alarm(s)?
Do you have a smoke alarm? Couldn't hurt!
- When was the last time you changed the batteries in your Carbon Monoxide Detector(s)?
Do you have a Carbon Monoxide Detector? Couldn't hurt!
- When was the last time you checked the pressure in your vehicle's tires?
- When was the last time you checked your vehicle's oil?
- For that matter, when was the last time you had it changed?
- When was the last time you had your 'annual physical'?
- Do you have emergency/disaster supplies?
- When was the last time you checked the expiration dates on your perishables (water, food, batteries, etc.)?
- Do you have emergency/disaster supplies in your vehicle?
- When was the last time you checked the dates on those?

You may have read through this list and wondered "what the hell does this have to do with CERT!" Well, not much to be honest. But it does relate to you. If you've been reading the 'Are You Prepared For a Disaster' series in this newsletter, you may recognize some of the references.

Maybe we are being a little selfish, but keeping our members in a preparedness frame of mind is just our way of trying to ensure that each of you are around for a good long while! We would like to maintain a happy and healthy membership!

HAVE YOU HEARD?

Our beloved Board Secretary (not bored secretary) has stepped down to focus her efforts on another non-profit group. If you haven't met Lori, she's smart, funny, and great with details and was an integral part of our Board. Please join us in thanking her for her service to the Board as well as to Encinitas CERT in general. If you are interested in helping our organization (which won't require too much of your time, maybe a couple of hours a month) we would certainly appreciate your time. So who wants to be a Board Member (*not a bored member*)? There is nothing boring about serving on the Board. If you haven't considered it before, consider it now. We're fun, and we have cookies!

ARE YOU A PREPPER? ARE YOU CONSIDERING BEING A PREPPER?

Prepper's are a misunderstood, misrepresented group. Prepper's basically are folks that want to be ready or "prepared" for disasters. This would seem to be something we as a group can relate to. We do have a semi-annual presentation called 'Are You Ready'. It's very informative and Arnie does a great presentation, and it's all about preparedness. There are some folks who do tend to get carried away with the whole process, but for many of us, it's very much like being in CERT, but a little more personally focused. You know: *the part about taking care yourself and your family*.

If you are a prepper or are considering taking the plunge, check out Prepare magazine. Like a lot of things related to "preparedness" they may cover a little more than may suit you, but there is quite a bit of useful information. The magazine is available in standard print form or as a digital magazine. The content is slightly different in the two versions. The digital version is free. The print version is \$29.97 a year for a bi-monthly subscription. Take a look!

<http://www.preparemag.com/#>

CORRECTION

In last month's article titled "As Long As We Are Talking About Being Prepared", we mentioned the Aqua-Tainer 7-gallon water container. It was mentioned that it did not have a spout for pouring your water. But it does. We know it's not earth-shattering news but we want to provide you with helpful and ACCURATE information. Cheers.

REMINDER OF THE MONTH

CERT SIZE-UP*

Size-up is a continual process that enables professional responders to make decisions and respond appropriately in the areas of greatest need. CERT size-up consists of 9 steps and should be used in any emergency situation.

CERT Size-up Steps

The 9 steps of CERT size-up are:

1. Gather facts. What has happened? How many people appear to be involved? What is the current situation?
2. Assess and communicate the damage. Try to determine what has happened, what is happening now, and how bad things can really get.
3. Consider probabilities. What is likely to happen? What could happen through cascading events?
4. Assess your own situation. Are you in immediate danger? Have you been trained to handle the situation? Do you have the equipment that you need?
5. Establish priorities. Are lives at risk? Can you help? Remember, life safety is the first priority!
6. Make decisions. Base your decisions on the answers to Steps 1 through 5 and in accordance with the priorities that you established.
7. Develop a plan of action. Develop a plan that will help you accomplish your priorities. Simple plans may be verbal, but more complex plans should always be written.
8. Take action. Execute your plan, documenting deviations and status changes so that you can report the situation accurately to first responders.
9. Evaluate progress. At intervals, evaluate your progress in accomplishing the objectives in the plan of action to determine what is working and what changes you may have to make to stabilize the situation.

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 2, 'Fire Safety and Utility Controls', page 12.

...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

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