



Your Encinitas CERT March 2018 Newsletter Series 2, Volume 3

In this month's edition we conclude our five part series, with the final installment of 'Are You prepared For a Disaster?' Also, for those who want to brush up on training, the Spring Academy is next month! Dates listed below. If you want to submit an idea or an article, let us know at newsletter@enccert.org. All stories, articles and other submissions are subject to review and editing by the editorial staff. If you missed Part 1 thru 4 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

March 13

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

March 14

Shelter Training – *see article below for more details*

8:00a.m. – 5:00p.m. @ San Diego County Office of Emergency Services, 5580 Overland Ave. 92123

March 26

Are You Ready? Presentation – Residents of Encinitas and neighboring cities are welcome.

6:00p.m. @ Encinitas Community Center

NEXT MONTH...

April 3

Spring CERT Academy Begins – *see article below for more details*

6:00p.m. @ Encinitas Community Center

April 11

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.

5:30p.m. @ Encinitas Community Center

April 28 - 29

Encinitas Spring Street Fair

All Day – on PCH south of D Street

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).

Are You Prepared for a Disaster? Part 5 of 5

EXERCISE

Yes, EXERCISE! Now we aren't taking about hitting the gym (which isn't a bad idea.) Your physical condition is important especially if you are forced to walk to the nearest shelter as opposed to driving. You will also be carrying a pack or pulling a tote. Consider taking walks! Your doctor will love you for it! It's light exercise and it accomplishes quite a bit. Maybe not so much in the way of cardio, but it will help build strength in your legs and some endurance depending on the length of your walks. Maybe take a walk wearing your bug out bag. Get used to the weight of it. You'll not only be helping yourself, you'll also be helping your family. And isn't that the point?!

PROTECTION

This can be a controversial topic.

And honestly, it may not end up being an issue. Many people have experienced a variety of disasters without additional threats to their person. There have been circumstances however, when a disaster displaces large numbers of people who have no food, no shelter and no resources. Such people may have no ideas about where they can go for government assistance. This could possibly be the catalyst for aggressive behavior. And it is quite understandable. Desperation.

This would also apply to folks who are otherwise fine, but have no provisions set aside. Whether it's someone who is single or someone who is married with kids to take care of, desperation can motivate people to act in ways they normally wouldn't.

Protecting yourself isn't just about whether you chose to arm yourself. In the section on 'Sheltering in Place' it was mentioned that having a small network of neighbors who share your interest in preparedness would be beneficial for an emergency scenario. You may want to be selective about who you discuss your preparations with.

First, mention it in passing that you heard about putting supplies aside for an emergency, and see how they respond. If they seem to share your interest, continue discussing the topic and if they appear to have the same level of interest that you do, then share your ideas with each other, eventually leading to working together or networking.

It may sound like paranoia, but people who know that you **have** prepared, and haven't taken steps to be prepared themselves, will probably come knocking on your door after a disaster. If you feel you are in a position to help, then by all means, do so. Just remember it will tax your supplies. Three days of supplies could be gone in 1 or 2 days.

How you chose to physically protect yourself and your family is a personal decision. For some it may be quite difficult. Whether you are a pacifist or someone who is prepared to 'take steps' to protect your family, each decision has its price.

There are various ideas about how to defend yourself should the need arise. Some people like knives or baseball bats, stun guns, pepper spray and of course firearms.

Encinitas CERT cannot and will not make any recommendations about how or when you should protect yourself or your family. If you have questions about using weapons for self-defense, contact the Sheriff's Department.

If you are someone who chooses to use a firearm to protect themselves and their family, take the time to learn how to properly and safely use the weapon if you haven't already done so. A firearm safety class is a must! Otherwise you are just as much a danger to yourself and your family as any would be attacker. Also, the gun laws of this state should be familiar to you before you even consider this particular option.

Obviously some type of martial arts background might be helpful if the need arises. Getting involved in martial arts would also help with being in shape for an emergency as was discussed in the section on Exercise.

VEHICLE

If you are faced with a forced evacuation, you could find yourself sitting in traffic for hours. This is not the time to be trying to refuel your vehicle. Always keep an eye on your fuel gauge. Make sure it is always at least half full. Whenever you're out running errands or on your way home from work, take 5 minutes to stop at the gas station and top off your tank. A locking gas cap isn't a bad idea either.

Having some supplies in your vehicle is another good idea. Items such as duct tape, spare wiper blades, an extra quart of oil (especially if your vehicle tends to burn oil) among other things. A lot of people keep a spare pair of sneakers in their vehicle. Water can be useful for keeping you hydrated or refilling your radiator if it boils over.

Having a separate bug out bag in your vehicle is advisable as well. Bear in mind that if you are away from home when a disaster happens, and you're trying to get back to your family, you might be forced to walk depending on traffic and the condition of the roads.

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.

EQUIPMENT AND SUPPLIES

Obviously, as has already been mentioned, having supplies ready for an emergency/disaster is important, even vital. However, one thing to remember is the great preparedness trap. Many people really get into preparedness, and they buy a lot of equipment and supplies.

The problem is when folks buy various pieces of equipment and don't test them out and become familiar with their operation. An emergency/disaster situation is not the time to break out the instruction manuals (if you can find them) and find out how things work or worse, find out that there is another item you need to purchase for that new piece of gear to function.

Hopefully you found some or all of this information to be helpful. This was not intended to be an exhaustive list of ideas about how to prepare. Rather it is a starting point for those who have not yet started. If you have ideas about preparedness, share them with the rest of the class! That's one the reasons for this newsletter.

SHELTER TRAINING

Well, the news got us a little late at the news desk (although you did receive an email), but for those of you who would like to go through Shelter training, there is a class on the 14th of this month. You need to register by March 9th. This is the second of two classes. It runs from 8a.m. to 5 p.m. There will a couple of breaks and an hour for lunch.

To register, contact Julie Jeakle at, juliejeakle@sdcounty.ca.gov. Provide your name, email address and the name of your CERT program. The class is being held at the San Diego County Office of Emergency Services, 5580 Overland Ave.

COUNTY DRILL ANNOUNCED

Based on rumors around the newsroom water cooler, there will only be one County Drill this year. Furthermore, this is how things will be for the foreseeable future: just once a year. This year's drill will be on May 19 in the City of San Diego. You can register starting on April 9. A current CERT/DSW card is required to participate.

The county drill is also one the training events that qualify for your recertification of the previously mention CERT/DSW card. More details regarding the time and location when they become available.

THE ACADEMY AND DSW RENEWAL

April 3 - Orientation, Disaster Preparation, and Disaster Psychology

6:00p.m. @ Encinitas Community Center

April 7 - Medical Parts 1 & 2, Search and Rescue

8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16390 Four Gee Rd. 92127

April 14 - Fire Safety, Cribbing

8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16390 Four Gee Rd. 92127

April 17 - CERT Organization, and Terrorism

6:00p.m. @ Rancho Santa Fe, Fire Station 2, 16390 Four Gee Rd. 92127

April 21 - Final Drill

8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16390 Four Gee Rd. 92127

If you're feeling a little rusty, you can choose the appropriate class/topic to suit your needs, plus you'll have an instructor there to answer any of your questions. Whether it's one topic or the entire academy, keeping everything fresh in your mind will pay huge dividends when the time comes!

Those of you who need to renew your Disaster Service Worker credential, attending the final drill will satisfy that requirement.

DSW CARD RENEWAL INFORMATION

As mentioned above, the spring academy begins on the 3rd of next month. But those of you who are undoubtedly looking for an opportunity to renew your CERT/DSW card take note. April 21 is the Spring Academy Final Drill. It starts at 8:00a.m. @ Rancho Santa Fe Fire Station 2, 16390 Four Gee Rd. 92127.

With regard to renewing, Arnie has stated:

"You may remember last year around September, the hurricane season and the fire season robbed us our many of our resources and the decision was made to cancel our sponsorship of the County drill and to cancel our fall academy.

The decision was made to waive the training requirements for the calendar year 2017 if, and only if, that team member participated in an approved training for 2016. If that was the case, their ID/DSW card would be renewed. I will still renew cards for those who meet the above requirements. If they do not meet the requirements, the renewal requirements would be judged per person."

SPRING STREET FAIR

As you may have noticed in the calendar section, April 28 & 29 is the annual Encinitas Spring Street Fair. This is an excellent opportunity for us to get some exposure, enlighten our residents about disaster preparedness, tell them about the 'Are You Ready' presentation (which is about disaster preparedness) and hopefully recruit some new members!

If you haven't been part of the CERT street fair experience you're missing out. First of all, you get the opportunity to know other CERT members you may not have met, but secondly, the folks that stop by our booth are there for a reason. They are a very attentive group that really are quite interested in what they can do to help themselves out before and after a disaster or to learn more about CERT. To volunteer, please contact Brie Cardosa, brie@enccert.org.

SHELTER TRAINING – INTERESTING INSIGHTS

By George Schneider
Solana Beach CERT

Those of us who attended the Shelter Worker training at the County OES in February were surprised to learn that the situation with Shelter Workers has changed significantly.

The county no longer issues Shelter Worker cards, nor has any plans to call up volunteers to man shelters. Their primary plan is to have Red Cross man the shelters for them. But the Red Cross only has enough personnel to man about 3 shelters, so if the need exceeds that, county employees will be taken from other jobs to man the shelters.

CERT members might still be asked to perform shelter duties if, for example, if our local communities find need to set up a shelter, or if the need for shelters exceeds what both the available Red Cross and county personnel can operate. This would be done through a request to the CERT program managers, not directly to the individuals on record as being trained. So there is still value for CERT members to attend the training. Knowledge of what the shelters can do for victims, and an understanding of the network under which they operate, is valuable. We found the course to be an enlightening and fast-moving day of training.

One interesting fact that CERT members can help spread to the public is that no donations of any kind can be accepted at the location of shelters. Home-made food (such as brownies or lasagna) cannot be distributed by any government agency, and donations of professionally packaged food and water needs to be arranged through the county logistics department at the OES to avoid waste. The Salvation Army has been designated as the county's receiving agency for donated dry goods such as clothes and blankets.

Government agencies also do not accept monetary donations. They suggest that people who want to help in that way call 211 for potential recipients of those donations. For more information on the services of 211 or its social media equivalents see <http://211sandiego.org/>

There is still an opportunity for CERT members and other citizens who would like to be called when there is a need for shelter workers. This is by volunteering for the Red Cross, then pursuing a specialty in shelter training. Those who once found involvement with Red Cross to be onerous and expensive should look into it again; apparently they've streamlined their application process to make it much more user-friendly.

PLANNING FOR A FIRE

In a fire, seconds count. Seconds can mean the difference between residents of our community escaping safely from a fire or having their lives end in tragedy. That's why you should always remember this phrase; "Every second counts, Plan 2 ways out". It reinforces why everyone needs to have an escape plan. Some key points to remember/practice:

- Draw a map of your home with the members of your household. Mark two exits from each room and a path to the outside from each exit.
- Practice your home fire drill at least twice a year. Conduct one at night and one during the day. Include everyone in your household, and practice using different escape routes.
- Teach children how to escape on their own in case you are unable to reach them.
- Make sure the address number of your home is clearly marked and easy for the Fire Department to find.
- Close doors behind you as you leave. This may help to slow the spread of the fire, as well as the smoke and heat.
- Once you get outside, stay outside. Never go back into a burning building.

FYI: for those of you that might be considering changes to your landscaping (for fire safety reasons), the 33rd Annual Spring Home/Garden Show is being held at the Del Mar Fairgrounds March 2-4. For more Information, click [here](#).

REMINDER OF THE MONTH

DISASTER TRAUMA*

During a disaster, you may see and hear things that will be extremely unpleasant. Direct psychological trauma could result from:

- Your own personal losses
- Working in your neighborhood
- Assisting neighbors, friends, coworkers who have been injured
- Not feeling safe and secure

Vicarious trauma, which is also referred to as compassion fatigue or secondary victimization, is a natural reaction to exposure to a survivor's trauma. A person who identifies too strongly with a survivor may take on that survivor's feelings. Vicarious trauma is an "occupational hazard" for helpers.

Taking on the survivors' feelings as your own can affect your ability to do your job as a rescuer and can also have longer term impact. Taking ownership of others' problems will compound your own stress and impact your overall effectiveness.

Be alert to signs of disaster trauma in yourself, as well as in disaster victims and other survivors, such as fellow CERT members, so that you can take steps to alleviate stress.

POSSIBLE PSYCHOLOGICAL SYMPTOMS

Some of the types of disaster-related psychological and physiological responses that you may experience or observe others experiencing are:

- Irritability or anger
- Isolation and withdrawal
- Feeling stunned, numb, or overwhelmed
- Mood swings
- Denial
- Relationship conflicts/marital discord
- Self-blame or the blaming of others
- Fear of recurrence
- Feeling helpless
- Sadness, depression, and grief
- Concentration and memory problems

POSSIBLE PHYSIOLOGICAL SYMPTOMS

- Loss of appetite
- Diarrhea, stomach pain, or nausea
- Increase in alcohol or drug consumption
- The inability to sleep
- Headaches or chest pain
- Hyperactivity
- Nightmares
- Fatigue or low energy

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 7, 'Disaster Psychology', pages 2 & 3.

...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.