



Your Encinitas CERT April 2018 Newsletter Series 2, Volume 4

In this month's edition, it's Academy time once again! If you need to renew your DSW card, see the articles below. If you want to submit an article or an idea for 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.

UPCOMING EVENTS

April 3

Spring CERT Academy Begins

6:00p.m. @ Encinitas Community Center, Room 120

April 9

Registration for County Drill opens today!

April 11

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

5:30p.m. @ Encinitas Community Center

April 17

CPR Class @ Encinitas Fire Dept., Station 5, 540 Balour Drive. *See the February newsletter for details. Click [here](#).*

5:00p.m. – 9:00p.m.

April 21

Spring CERT Academy – Final Drill

8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16930 Four Gee Rd. 92127

April 28 - 29

Encinitas Spring Street Fair

All Day – on PCH south of D Street

NEXT MONTH...

May 8

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

5:30p.m. @ Encinitas Community Center

May 19

County Drill – **Register starting on April 9th. Details below.**

8:00a.m. – 2:00p.m. @ some place not too far away!

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).

APRIL BOARD MEETING – DATE CHANGED

The date for the April Board meeting has been changed from Tuesday, April 10 @5:30p, to Wednesday, April 11 @5:30p.
That is all.

ENCINITAS - SOLANA BEACH - DEL MAR - RANCHO SANTA FE PICNIC

On **June 9th**, the coastal CERT groups are getting together for a little fun in the sun. We hope to make this an annual or maybe even semi-annual event! **Please save the date.** This will be a lot of fun and a great opportunity to reconnect with folks you haven't seen in a while, as well as an opportunity for our recent academy graduates to get to know the group. Fun and good food await you! This is a family event, so spouses and kids are welcome! More details next month!

****THE SD EMERGENCY APP****

There are many apps and website links that will undoubtedly be useful either before or after a disaster. However we have to single out this one app as possibly the most useful. It may, in fact, be the most important app you can have on your phone. Case in point: during the Lilac fire, the SD Emergency app was giving constant information on: updated Red Flag warnings, containment updates, evacuations, road closures, shelter locations, where to go for FEMA assistance, etc. For many this was undoubtedly a very helpful tool to have.

Remember the gas leak in the Mission Valley area just last month? There were warnings, evacuation notices, shelter location information made available via the app. Presumably, some folks were tipped off by the app before receiving information from another source, not to mention those people who were able to avoid the area altogether thanks to the app. All Encinitas CERT members are urged to get this app.

This app is provided for free by the San Diego County Office of Emergency Services. Click on the appropriate link:

<https://itunes.apple.com/us/app/sd-emergency/id561733287?ls=1&mt=8> - for iPhone or iPad

<https://play.google.com/store/apps/details?id=org.CountyofSanDiego.SDEmergency> – for Android

THE QUARTERLY REMINDER

At the beginning of every quarter you will see this article. 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 else 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 (batteries, 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 in July.

MARCH ‘ARE YOU READY?’ PRESENTATION

The AYR presentation on March 26 was quite an event! More than 60 residents were on hand to take in Arnie Lewin’s presentation. It was the same outstanding presentation we’ve all come to know and expect. In addition, CERT members on hand were able to sell quite a few disaster kits and equipment in addition to fielding questions regarding both disaster preparedness and CERT.



The next ‘Are You Ready?’ presentation will be in September. We will provide you ample notice via the newsletter in addition to the calendar on our website. Make sure to tell your friends and neighbors!

FIRE RESISTANT LANDSCAPING

Living in Southern California can sometimes be a mixed bag. There are a wide variety of climates, which result in a wide variety of nearby outdoor activities available to locals. The flip side of the coin for most of us (according to Sunset Magazine’s ‘Western Garden Book’) is that we live in a desert. For those of you that may not have known, it is true. As a result, for many years now the subject of drought tolerant landscaping has become a popular topic.

Unfortunately, those who look into lowering their water consumption aren’t always thinking about fire resistant landscaping options. These are not necessarily mutually exclusive goals, far from it. The plants, many of them flowering are in some cases fire resistant and in other cases fire retardant. Surprise! When combined with a planting strategy, which employs different zones around your home, you can reduce the threat from a wild fire. Unfortunately there is no way to calculate the difference, but anything you can do to help yourself out is probably worth doing. Isn’t it?!

Here are a few websites to check out.

University of California, Homeowner’s Wildfire Mitigation Guide, click [here](#).
Davey, Proven Solutions for a Growing World, lots of good ideas, click [here](#).
Cal Fire’s ‘Ready for Wildfire’ site, plenty of good ideas here also, click [here](#).

**CALIFORNIA IS IN AN EARTHQUAKE DROUGHT,
BUT THE BIG ONE IS COMING . . . EVENTUALLY**

Southern California is well overdue for a major earthquake: it has been more than 300 years since there's been a big move on the San Andreas Fault line. Richard Aster, professor of geophysics at Colorado State University, refers to this as an "earthquake drought".

Seismologists believe that an earthquake with a magnitude of 7 or higher is likely by 2045. The highest probability is that it will occur on the San Andreas Fault. To learn more, check out the story. Click [here](#).

Thanks to our Vice President, Dave Tostenson for sharing this information.

FINAL DRILL & DSW CARD RENEWAL - REMINDER

Just a friendly reminder: the final drill is a great opportunity to satisfy your annual training requirement. Encinitas CERT members are required to participate in a qualified training event every calendar year. The Spring Academy Final Drill will be held at Rancho Santa Fe, Fire Station 2, 16390 Four Gee Rd. 92127 on April 21 starting at 8:00 a.m.

See the [Disaster Service Worker Card Renewal Procedures](#) page for all requirements. Click [here](#).

COUNTY DRILL - REMINDER

. . . and your second friendly reminder, the county drill is another great opportunity to satisfy your annual training requirement. To participate in the county drill on May 19th, you must register first. The registration window opens April 9th. At this point, the time and location have not been decided. For the latest information, always check the [website calendar](#).

A current CERT/DSW card is required to participate.

SPRING STREET FAIR IS BACK!

It is Street Fair time again, April 28 & 29, from 9a – 5p. If you've never been, man, you are missing out. There's a lot of fun to be had at the street fair. Live entertainment, international cuisine, arts and crafts, rides for the kids, and the famous beer garden (after your shift that is)! And a surprising amount of fun can be had at our CERT Booth! Seriously!

We need some volunteers to donate a paltry two hours of your time to promote CERT and disaster awareness, which includes promoting our 'Are You Ready?' presentation. It's also a good opportunity to sign up some new recruits! There's no such thing as too many CERT's! If you've never volunteered for the street fair before, don't worry. There are plenty of experienced CERT people there to help you acclimate, and you'll be an old pro by the end of the day! Ask our newest board member, he's volunteered for all the street fairs, honest! To sign up, contact our new Event Coordinator, Brie Cardosa at, brie@enccert.org.

ACADEMY SCHEDULE CORRECTION

Last month there was a change in the academy schedule that came after the March newsletter went out. Sorry for any confusion. The proper schedule is provided below. If you wish to attend any of the classes there is no need to register. Current CERT members may simply monitor any class, just show up!

April 3

Spring CERT Academy Begins – Orientation, Disaster Preparation, and Disaster Psychology
6:00p.m. @ Encinitas Community Center, Room 120

April 7

Spring CERT Academy – Medical Parts 1 & 2, and Search & Rescue
8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16930 Four Gee Rd. 92127

April 14

Spring CERT Academy – Fire Safety, and Cribbing
8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16930 Four Gee Rd. 92127

April 17

Spring CERT Academy – CERT Organization, and Terrorism
6:00p.m. @ Rancho Santa Fe, Fire Station 2, 16930 Four Gee Rd. 92127

April 21

Spring CERT Academy – Final Drill
8:00a.m. @ Rancho Santa Fe, Fire Station 2, 16930 Four Gee Rd. 92127

Attending the final drill will satisfy your annual training requirement.

REMINDER OF THE MONTH

EVALUATING A VICTIM DURING TRIAGE*

Step	Procedures
1	<p>Check airway/breathing. At an arm's distance, make contact with the victim and speak loudly. If the victim does not respond:</p> <ul style="list-style-type: none">• Position the airway.• Look, listen, and feel.• Check breathing rate. Abnormally rapid respiration (above 30 per minute) indicates shock. Maintain the airway and treat for shock and tag "I."• If below 30 per minute, then move to Step 2.• If the victim is not breathing after two attempts to open airway, then tag "DEAD."
2	<p>Check circulation/bleeding.</p> <ul style="list-style-type: none">• Take immediate action to control severe bleeding.• Check circulation using blanch test (for capillary refill) or a radial pulse test.<ul style="list-style-type: none">• Press on an area of skin until normal skin color is gone. Time how long it takes for normal color to return. Treat for shock if normal color takes longer than 2 seconds to return, and tag "I."• Or check the radial pulse.<ul style="list-style-type: none">• If present, move to step 3.• Note if the pulse is abnormal (rapid, thread, weak, etc.)• If absent, tag "I" and treat for bleeding and shock.
3	<p>Check mental status. Inability to respond indicates that immediate treatment for shock is necessary. Treat for shock and tag "I."</p>

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 3, 'Disaster Medical Operations-Part 1', page 22.

...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.