



Your Encinitas CERT August 2018 Newsletter
Series 2, Volume 8

This edition of the newsletter concludes our first year! Hopefully you’ve found it informative, motivating, and/or educational, but we hope you have enjoyed it so far! If you want to submit an idea or an article (and we really hope you will), let us know at newsletter@enccert.org. All stories, articles and other submissions are subject to review and editing by the editorial staff. ...and never forget, You Can’t Predict, But You Can Prepare!

UPCOMING EVENTS

August 15*

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome. *Moved from August 14.
5:30p.m. @ Encinitas Community Center

August 15

~~CPR Class @ Encinitas Fire Dept., Station 5, 540 Balour Drive.~~ **THIS CLASS IS FULL.** To see a list of future classes follow this link → → → [Click here.](#)

NEXT MONTH..

September is Emergency Preparedness Month!

September 11

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

September 29

Skills Refresher Class with Captain Josh Gordon
9:00a.m. – Location and topic TBD

September 30

Oktoberfest Street Fair – Located on Mountain Vista Dr. between El Camino Real and Wandering Rd.
Starts at 8:00a.m.

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

If you want to know what’s happening around town, take a look at what is on the City’s calendar, [click here!](#)



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).



THE CERT ACADEMY

The various CERT chapters throughout San Diego County received the unpleasant news last year that due to recurring major fire activity in the latter half of the year (not to mention hurricanes), the fall County Wide Drill was being discontinued. Bad news for all of us wanting to take part in a really outstanding training opportunity.

Well, the wildfires have struck again. The Fall Academy has been discontinued, possibly permanently due to continued wildfire activity throughout the state. Until such time as the Fall Academy resumes (and hopefully it will at some point), Arnie Lewin has assured us that active members who wish to keep their skills sharp, will have the opportunity to attend a

comprehensive drill in the fall, which would also benefit those who need to keep their DSW card current. The date has not yet been set, however you can count on our reporters to get you the information as soon as it becomes available!

WILD-FIRE POTENTIAL

The National Significant Wild-Land Fire Potential Outlook’s, Predictive Services (that’s a mouthful), is expecting an “Above Normal” fire potential for coastal California this year, based on abnormally dry conditions on the U.S. Drought Monitor. This condition is expected to last at least until October. To peruse the report yourself, [click here](#).



A KING’S TREASURE

It’s been almost one hundred years (1922) since Howard Carter uncovered what is arguably the greatest historical discovery of the twentieth century. You have the rare opportunity to see some of the treasures of King Tutankhamen, the boy King. The exhibition is taking place at the California Science Center in Los Angeles and runs through January 2019.

Over one hundred authentic pieces (some of which have never left Egypt before) are being featured in the exhibit, *King Tut: Treasures of the Golden Pharaoh*. How often do you get the opportunity to see true royal treasures? AAA members can enjoy a 20% discount on admission, whether you purchase your tickets online or at the door. Just don’t forget your card! The California Science Center also features the Space Shuttle Endeavour exhibit, an IMAX theater, various live shows and demonstrations, and much, much more! Make a day or two of it! <https://californiasciencecenter.org>

The California Science Center is 100% handicapped accessible!

California Science Center, 700 Exposition Park Drive, Los Angeles 90037 (323) 724-3623

Hours: 10a.m. to 5p.m. Last entry time for the exhibit is 3:30p.m. Open daily except Thanksgiving, Christmas and New Year’s Day.

King Tut Ticket pricing:	Regular Price	AAA Member Price
Adult (18 – 64)	\$29.95	\$23.95
Seniors (65+)	\$26.95	\$23.95
Students (13 -17, College students w/ ID)	\$26.95	\$17.95
Children (4 – 12, 3 and under free)	\$19.50	\$17.95



THE QUARTERLY REMINDER

Well it seems strange to think that we are already in the third quarter of 2018, but it’s true. ☹️ Once a quarter we like to remind our members to take a few moments and check out your CERT gear. And as long as you’re at it, take a look at any emergency supplies you have set aside. Check for damage, expiration dates, etc.

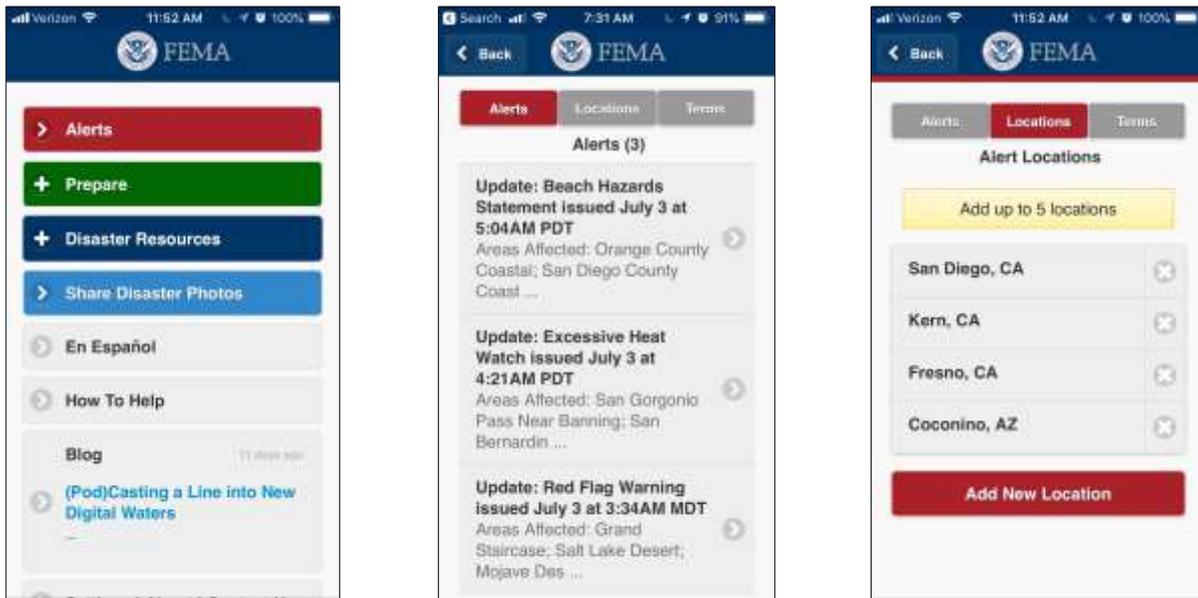
- Do you know where your CERT gear is?
- Have you checked it recently to make sure that nothing is damaged and everything is in good working order?
- Is there anything broken or worn? Replace it a.s.a.p. Damaged gear will be of little or no use if you have to deploy.
- Have you added anything that is perishable (batteries, water, medications, food or snacks) and have they expired?
- Have you considered upgrading any of your gear? (i.e.: headlamp, gloves, 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? Please, share them!

This article will reappear in October.

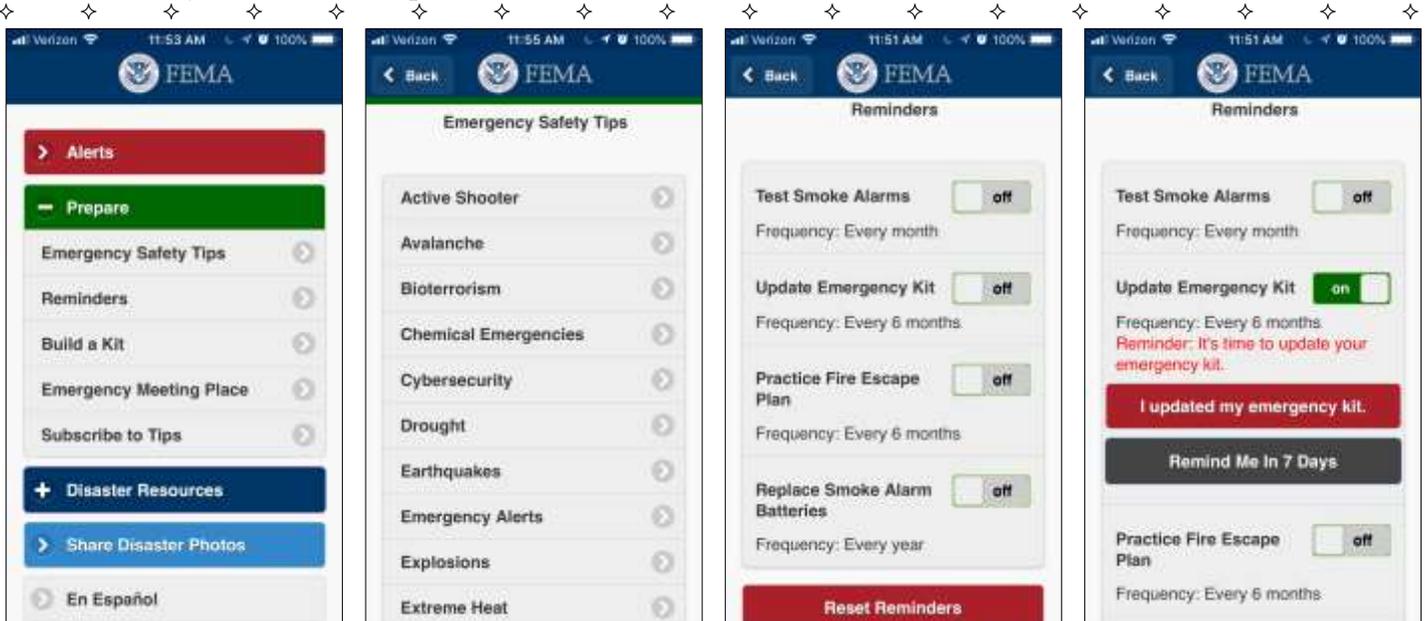
THE FEMA APP

We have mentioned the FEMA app on a few occasions, usually as a “must have” that everyone should have on his or her smartphone. But it has been suggested by one of our members (Thank You!) that we delve into said app and see exactly what it has to offer and why it is a “must have” for your smart phone.

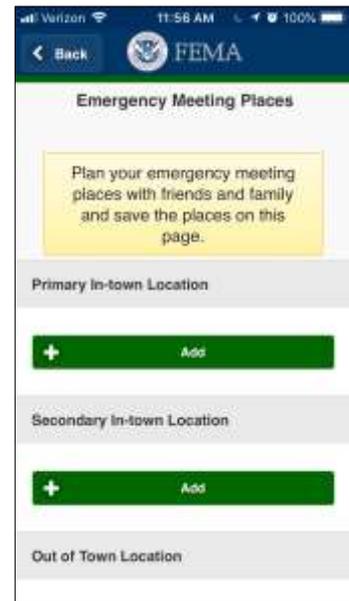
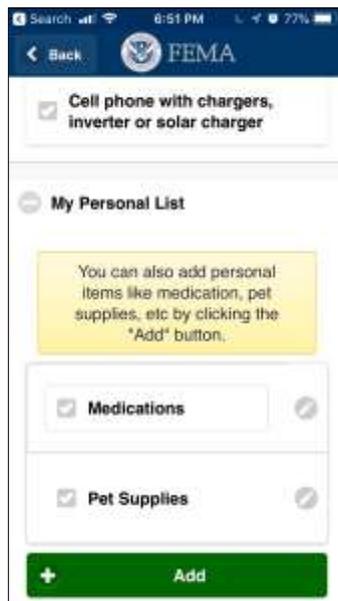
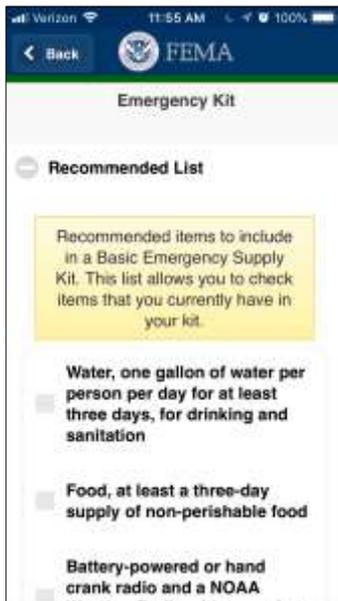
The main menu of the app is straightforward. It also has an option for Spanish speaking folks. So if you know anyone whose English skills might make the use of an “English only” app a problem, then absolutely recommend this app to them. Just tap on “En Español” and the entire app changes to Spanish!



The first menu item is “Alerts”. Under the Alerts menu you can find any current alerts. However, in order to have those alerts show up, you must go to the “Locations” tab first and enter the areas you wish to monitor. Locations are selected by state, then county. You can select up to 5 locations.

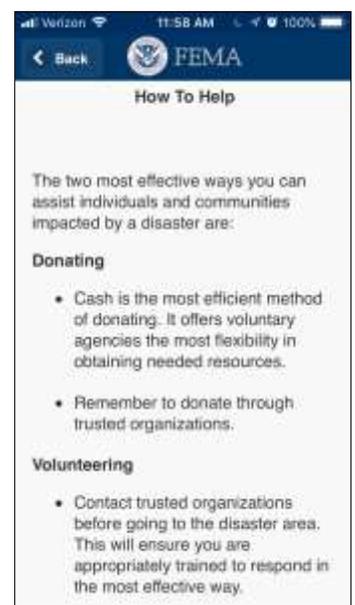
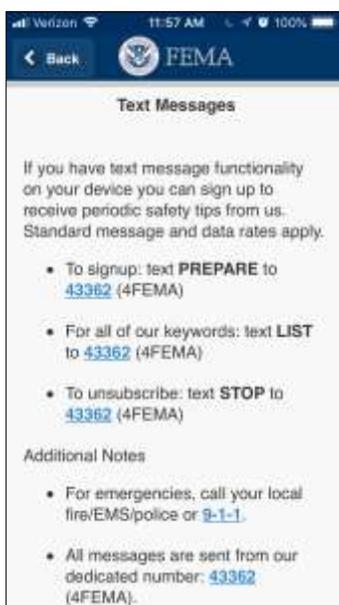


The next menu item is “Prepare”. First under the Prepare menu is ‘Emergency Safety Tips’. There are 29 categories, including Bioterrorism, Drought, Extreme Heat, and Power Outages among them. Each category offers various tips on coping with each scenario, including what you should do before, during and after each one. Definitely worth a look! Next is ‘Reminders’. There are four options to choose from. Once you turn on one of the reminders it will give you the option to delay for a week or to begin the 6-month “countdown”.



Next we have the ‘Build a Kit’ menu. It has many of the items that have been discussed in this very newsletter, set up in a checklist format. At the end of the checklist is a section called “My Personal List”. Here you can add other items that you wish to include in your emergency kit.

Next is ‘Emergency Meeting Places’. It could be that during or after a disaster you may have to leave your home. In the event that one or more of your family members aren’t home when a disaster strikes, a prearranged meeting place is a smart idea. A secondary meeting place isn’t a bad idea either. It is also recommended that your primary and secondary locations be in opposite directions. FEMA also recommends a third “out of town location” for everyone to meet up.



‘Subscribe to Tips’ is a great feature that allows you to receive safety tips from FEMA for a variety emergency scenarios, even preparedness tips, sent directly to your phone via text message (standard rates apply). The next menu category is ‘Disaster Resources’. This section is all about assisting those who need help after a disaster, after evacuating or suffering some damage to their home. It includes shelter locations, online application process for government assistance, phone numbers to contact FEMA, and any available local FEMA ‘Disaster Recovery Centers’.

‘Share Disaster Photos’ allows you the option to submit photos of affected areas directly to FEMA via the app. They do have guidelines for taking and submitting photos, so take a look before you consider unleashing you inner Ansel Adams. The last item is ‘How To Help’. Money is always welcome among groups like the Red Cross. As CERT members we’ve already taken care of volunteering!

THE SWITCHFOOT BRO-AM

Not surprisingly, our volunteers had fun at this year's 14th Annual Switchfoot Bro-Am, talking to lots of folks, enjoying the live music, and just generally enjoying the festival atmosphere. The Switchfoot Bro-am is a free event that benefits, Stand Up for Kids, Challenged Athletes Foundation, and Feeding San Diego among other organizations.



Early morning, before the craziness



Lots of folks, lots of fun!

Our Event Coordinator, Brie Cardosa had the brilliant idea that we should purchase some sunglasses to pass out to those in attendance (it did take place on the beach). There was a catch though. In order to get the free sunglasses (that are green and emblazoned with the CERT logo) people had to post pictures of themselves on their Facebook or Instagram pages, and boy did it pay off! Nothing like having a captive audience so we can explain to them about CERT and preparedness, not to mention some great advertising!

The Bro-Am looks to be an addition to our 'outreach' efforts to support the community as well as educate folks about how to prepare themselves for disasters and get our name out there! Thanks to all involved including Karen Koblentz, Alan Zimmelman, Don Dea, Holly Goldstone, Doan Hohmeyer, and Brie Cardosa

If you wish to learn more about this wonderful organization, follow this link → → → <http://broam.org>

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## VOLUMINOUS ART

### TREASURES FROM SAN DIEGO'S UNIVERSITY LIBRARIES

Starting back in March, the Mingei International Museum has been featuring "treasures" from UC San Diego, San Diego State University and the University of San Diego library archives. This exhibition is "celebrating the art of the book", showcasing the various volumes from each library collection. This collection highlights the centuries old practices of book design, typography, binding and printing. The oldest book on view is a manuscript from the 1200's.

Many of the books were printed during the first 50 years after Johannes Gutenberg's revolutionary breakthrough with movable type. In addition, to honor his San Diego legacy, the museum is featuring a Dr. Seuss book with an original drawing by Theodore Geisel himself.

Mingei International Museum, 1439 El Prado San Diego 92101  
March 10 – September 3, 10 a.m. – 5 p.m., Closed Mondays

Adults \$10; Seniors (62+), Youth (6-17), Students and Military (w/ID) \$7; Children (5 and under) free.  
Third Tuesday of the month, free admission. <https://mingei.org>

As it turns out, we had an extra article from last month that dealt with coping with summer time temperatures. So, since it's still relevant, here ya go!

## **TIPS TO BEAT THE HEAT**

Aging and Independence Services offers Cool Zones to help older adults keep cool during hot summer days. But there are other things people can do to beat the heat

- Slow Down. Be your most physical during the coolest part of the day, usually between 4-7 a.m. Pace yourself when engaging in physical activity.
- Stay indoors as much as possible. If air conditioning is not being used, stay on the lowest floor. Keep shades down and blinds closed, but windows slightly open.
- Go to Cool Zone sites on hot days.
- Electric fans do not cool air, but they do help sweat evaporate, which cools your body.
- Take a cool shower, bath or sponge bath.
- Avoid using the oven
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect away some of the sun's heat.
- Air out hot cars before getting into them.
- Never leave children or pets inside vehicles at any time, even with the windows cracked. Temperatures inside a vehicle can reach lethal levels no matter what the weather is like.
- Drink more fluids than usual even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine; they make the heat's effects on your body worse.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- If you take diuretics, ask your physician about a lower dosage during hot weather. If it is safe to do so, leave windows open at night. Open windows on two sides to create cross ventilation.
- Place a piece of cardboard covered in aluminum foil in sunny windows to reflect sunlight and heat away from the house.
- Vacuum, clean or replace (air-conditioner) air filters regularly for maximum cooling efficiency.
- If affordable, install outdoor awnings or sunscreens.
- Call your physician if you feel you may be experiencing a heat-related illness.

Taken from the County of San Diego Health and Human Services Agency website, <http://coolzones.org>

We are unveiling a new feature in our little newsletter. Some of the Board members have made suggestions about articles and various sources of information that they felt would be beneficial for our monthly endeavor. Let's call it, "Board Thoughts". On second thought, let's not. How about, some suggestions! This is a section that is for anyone, even you!

We're not too proud to admit that we could use a little assistance with the newsletter. It's not always easy find things to write about without repeating the same thing every few months. Okay, enough whining! This month we have a recommendation from our Treasurer, Loyd Wright, (aka, the Minister of Finance) which comes from FEMA's, Ready.gov website, which has more information about disasters and preparedness than can be imagined. Thanks Loyd!

## EVACUATION

### Plan to Evacuate

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances.

### Before an Evacuation

- Learn the types of disasters that are likely in your community and the local emergency, evacuation, and shelter plans for each specific disaster.
- **Plan** how you will leave and where you will go if you are advised to evacuate.
  - Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
  - If needed, identify a place to stay that will accept **pets**. Most public shelters allow only service animals.
  - Be familiar with alternate routes and other means of transportation out of your area.
  - Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- **Develop a family/household communication and re-unification plan** so that you can maintain contact and take the best actions for each of you and re-unite if you are separated.
- Assemble supplies that are ready for evacuation, both a "go-bag" you carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a personal vehicle.
- If you have a car:
  - Keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
  - Make sure you have a portable **emergency kit in the car**.
- If you do not have a car, plan how you will leave if needed. Make arrangements with family, friends or your local government.

### During an Evacuation

- A list of open shelters can be found on?
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your **emergency supply kit**.
- Leave early enough to avoid being trapped by severe weather.
- Take your pets with you, but understand that only service animals may be permitted in public shelters. **Plan how you will care for your pets in an emergency now**.

*continued on next page*

## EVACUATION -CONTINUED

- If time allows:
  - Call or email out-of-state contact in your [family communications plan](#). Tell them where you are going.
  - Secure your home by closing and locking doors and windows.
  - Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
  - Leave a note telling others when you left and where you are going.
  - Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
  - Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for road hazards such as washed out roads or bridges and downed power lines. Do not drive into flooded areas.

### After an Evacuation

If you have evacuated for the storm, check with local officials both where you're staying and back home before you travel.

- Residents returning to disaster-affected areas after significant events should expect and prepare for disruptions to daily activities, and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case of power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines: they may be live with deadly voltage.
- Stay away and report them immediately to your power or utility company.
- Only use generators away from your home and NEVER run a generator inside a home or garage, or connect it to your home's electrical system.

<https://www.ready.gov/evacuating-yourself-and-your-family>



## EDITORIAL

By Doug Cochrane

### RE-DEDICATION

In the article titled ‘The New SOP, New Positions, and New Opportunities’ in the February newsletter, it was mentioned that the Board had updated/rewritten our Standard Operating Procedures (SOP) document. The SOP is currently being reviewed by the Encinitas CERT Operations Group (Chief Spaulding, Captain Gordon, and Arnie Lewin). We were going to wait for the SOP to be “Blessed” before beginning practice sessions, but there is no telling how long the process will take. Besides, the training/practice material is coming right out of the training manual. So no need to delay for an untold number of months before we begin. (Stay tuned for more information on additional practice sessions.)

There are many positions that will need to be filled. Some are leadership roles, but most are not. A few of the leadership positions report directly to the Board. Ideally there will be more than one of you interested in each of the various positions. Some redundancy would be helpful.

This is going to require a great deal of assistance from each of you. Can we count on you? I wonder. If previous events were to be used as a barometer of our member’s interest in taking part and being part of a whole, I would have to guess that very few will volunteer. That is saddening. I joined CERT because I liked what the organization represents and its goals. However, the indifference that seems to have pervaded our membership is disconcerting and has caused our CERT chapter to stagnate.

Too many events have come and gone without the members of Encinitas CERT willingly getting involved. Fire Captain Josh Gordon has been conducting ‘refresher’ classes for us for over a year now, to help us keep information we learned in the academy from being lost. Typically less than half of you attend. Only 8 showed up for the cribbing class in March.

Street Fairs are another example. Only 2 hours of your time is required. Yet the membership seems to be content to not get involved and let the Board members “deal with it.” If everyone volunteered to work the Street Fairs, then you would only have to work 1 two-hour shift a year. Literally! **FYI:** you will never be asked to work alone, and if you need to be trained on the info that we pass out to the public, someone will gladly “show you the ropes”, myself included.

There are a handful of you who do volunteer for different events (Street Fairs, etc.), but nobody expects these folks to be the only ones, nor to show up at every event.

Then there is the Board. In January of this year we let you know that our Board Secretary had stepped down and asked for a volunteer to fill the position. We waited. And hoped. Finally, in June, it was a brand new academy graduate that “came to the rescue”.

The Board is happy to work on your behalf in trying to make Encinitas CERT the best it can be. But do you really expect 5 or 6 people to bear the burden of doing all the work that is required?

*Question:* How can our organization grow and thrive without participation from its members?

*Answer:* **It can’t.**

I’m hopeful that **all of you** still have an interest in being members of Encinitas CERT. However, I do realize that there may be those of you who do not. While we don’t want to see anyone leave our ranks, no one will fault you decide that CERT isn’t a good fit for you.

However, if you are one of those who still wants to be part of Encinitas CERT, and see it grow and thrive, then be warned, we’ve got some work to do. I believe that we can be exactly what we are meant to be, the people our community need us to be when disaster strikes. But it is going to take some time and effort from everyone. I believe we can make ourselves into the type of CERT team that other CERT groups will try to emulate.

As the title of this editorial suggests, I’m asking everyone to re-dedicate themselves to Encinitas CERT and its goals. There was something that inspired each of you to become a member of CERT. Serving your community, working with like-minded people, being able to see to your families needs in emergency conditions, whatever it was, I’m sure it is still there. Let it inspire you, again.

If it is to be, it is up to us, all of us!

## REMINDER OF THE MONTH

### SAFETY DURING SEARCH AND RESCUE OPERATIONS\* - PART 1 OF 3

#### **CERT Search and Rescue Sizeup**

Like every other CERT operation, search and rescue requires sizeup at the beginning of the operation and continually as long as the operation continues.

Sizeup Steps:

1. Gather facts
2. Assess damage
3. Consider possibilities
4. Assess your situation
5. Establish priorities
6. Make decisions
7. Develop a plan of action
8. Take action
9. Evaluate progress

#### **CERT Search and Rescue Sizeup Checklist**

##### **Step 1: Gather Facts**

###### *Time*

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- Does the time of day or week affect search and rescue efforts? Yes  No   
How?
- 

###### *Type of Construction and Terrain*

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- What type(s) of structure(s) is (are) involved?
  - What type(s) of construction is (are) involved?
  - What type(s) of terrain is (are) involved?
- 

###### *Occupancy*

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- Are the structures occupied? Yes  No   
If yes, how many people are likely to be affected?
  - Are there special considerations (e.g., children, elderly)? Yes  No   
If yes, what are the special considerations?
- 

###### *Weather*

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- Will weather conditions affect your safety? Yes  No   
If yes, how will your safety be affected?
  - Will weather conditions affect the search and rescue situation? Yes  No   
If yes, how will the search and rescue situation be affected?
- 

###### *Hazards*

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- Are hazardous materials involved? Yes  No   
If yes, at what location?
  - Are any other types of hazards involved? Yes  No   
If yes, what other hazards?
-

**Step 2: Assess and Communicate the Damage**

- For structural searches, take a lap around the building. Yes  No   
Is the damage beyond the CERT's capability?
  - If yes, what special requirements or qualifications are required?
  - Have the facts and the initial damage assessment been Yes  No   
communicated to the appropriate person(s)?
- 

**Step 3: Consider Possibilities**

- Is the situation stable? Yes  No
  - Is there great risk or potential for more disaster Yes  No   
activity that will impact personal safety?  
If yes, what are the known risks?
  - What else could go wrong?
- 

**Step 4: Assess Your Own Situation**

- What resources are available with which you can  
attempt the search and rescue?
  - What equipment is available?
- 

**Step 5: Establish Priorities**

- Can a search and rescue be safely attempted by CERT members? Yes  No   
If not, do not attempt a search and rescue.
  - Are there other, more pressing needs at the moment? Yes  No   
If yes, list.
- 

**Step 6: Make Decisions**

- Where will deployment of available resources do the most  
good while maintaining an adequate margin of safety?
- 

**Step 7: Develop Plan of Action**

- Determine how personnel and other resources should be deployed.
- 

**Step 8: Take Action**

- Put the plan into effect.
- 

**Step 9: Evaluate Progress**

- Continually size up the situation to identify changes in the:
  - Scope of the problem
  - Safety risks
  - Resource availability

\* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 5, 'Light Search and Rescue Operations', pages 4, 5, 6 and 7.

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

Encinitas CERT Board

Doan Hohmeyer, President    Dave Tostenson, Vice President    Holly Goldstone, Secretary    Loyd Wright, Treasurer  
Doug Cochrane

If you do not wish to receive the newsletter, reply to [newsletter@enccert.org](mailto:newsletter@enccert.org).