



Your Encinitas CERT November 2018 Newsletter
Series 2, Volume 11

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 always remember, You Can't Predict, But You Can Prepare!

UPCOMING EVENTS

November 13

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

November 17

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

November 18

Encinitas Fall Street Fair. *Volunteers needed! See article below!!*
9:00a.m.

November 22

Happy Thanksgiving!

NEXT MONTH...

December 4

CPR Class @ Encinitas Fire Dept., Station 5, 540 Balour Drive. *See the city's webpage for details. [Click here.](#)*
5:00p.m. – 9:00p.m. An R.S.V.P. is required as space is limited!

December 11

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'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).

November there is only one Coastal CERT Radio Net, November 8th.



IMPORTANT FIRE SEASON INFORMATION

San Diego County area fire chiefs are preparing for a potentially dangerous peak fire season due to historically dry fuel conditions. Residents are reminded to take all precautions and be ready to evacuate if needed.

Firefighters can determine the potential fire severity of a fire season in large part by measuring “live fuel moisture” levels. Collected samples of specific native plants are placed in a machine that can measure the moisture the sample contains.

UPDATED - RAINY WEATHER INFORMATION

Last month's article 'Prepare For Wet Weather' stated, "If you want to check the tread of the tire, take a penny and place the edge of it upside down in the groove between the treads. If you can see the top of Lincoln's head, you need new tires." Well, new information taken from AAA's Westways magazine suggests that when it comes to wet weather, a better rule of thumb is to use a quarter. The difference? 1/16 of an inch! A 2018 AAA study determined that the additional tread depth improves wet weather handling. So, if you see the top of George's head, it's time for tires!

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## THE FALL STREET FAIR

It's time for the third (and last) Street Fair of the year. Street Fairs are a valuable resource for us. In addition to talking to folks about the steps they can take to be prepared for disasters, it's a GREAT place to find new recruits for our Encinitas CERT group. Some of you joined CERT after speaking with us at a street fair! Remember?!

We would love to see some new faces working the Street Fairs! It isn't difficult. It's always fun (believe it or not), and we have proof! Take a look; <https://youtu.be/XeiuJnMmq-o>. We only need you to be there for two hours, although you're welcome stay longer if you wish. Plus you are at the Street Fair! Once you finish your two hours, or before you start, you've got lots to see, lots to do, lots of stuff to eat and drink! The Street Fair runs from 9 am to 4 pm.

Our Event Coordinator Brie Cardosa would love to hear from you. Help a sister out and sign up today! [brie@enccert.org](mailto:brie@enccert.org)

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DEALING WITH FINANCIAL ISSUES AFTER A DISASTER, PART 1 OF 4*

Information provided by the Consumer Financial Protection Bureau (cfpb)

Question: If I have been affected by a natural disaster, what should I do in the days immediately following it?

Answer: The checklist below will help guide you through some of the financial decisions you will need to make as soon as possible following a natural disaster.

- If your home, car or property was damaged by the storm, contact your insurance company to start the claims process.
- Ask for a copy of your insurance policy if you don't have one available. It will help you verify your coverage.
- Damage to your home does not stop your responsibility to pay your mortgage. So you should contact your mortgage servicer and tell them about your situation.
- If you don't have a monthly mortgage statement or coupon book with you, search the [Mortgage Electronic Registration System \(MERS\)](#) or call them toll-free at 1-800-680-6377 to find the company that services your mortgage.
- Take a look at your income and savings and determine how much money you have available to pay bills and creditors.
- If your income is interrupted and you don't think you will be able to pay your credit cards or other loans, be sure to contact your lenders as soon as possible. Explain your situation and when you think you will be able to resume normal payments. The important thing is to make the calls **before** your next payments are due.
- If you are in a presidentially declared disaster area, you may qualify for [disaster assistance](#). Check with the [Federal Emergency Management Agency \(FEMA\)](#) for more information.
- If your home is damaged to the point that you can't live in it, contact your utility companies and ask to suspend your service. This could help free up money in your budget for other expenses.
- Take a look at your bills and set priorities. Your mortgage, rent, and insurance payments should stay high on your list.

*taken verbatim from the Consumer Financial Protection Bureau website; <https://www.consumerfinance.gov/ask-cfpb/if-i-have-been-affected-by-a-natural-disaster-what-should-i-do-in-the-days-immediately-following-it-en-1513/>

TIME CHANGE

As you are probably aware, November 4 is when we set all our various time-keeping devices back an hour. It is also recommended that every time we have a time change that you change the batteries in your smoke and carbon monoxide detectors. It's also a good time to check the status of any disaster provisions you have set aside.

Just remember, 'Set your clocks, Check your stocks'!

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## OCTOBER GENERAL MEETING

By George Schneider of Solana Beach CERT

The October General meeting was held jointly on Monday, October 22<sup>nd</sup> with Encinitas CERT. The topic was to let all members know what the various Community CERT Teams were doing now, and plans for the future. It became clear that each community had a different activity level and different goals, based on each community's size, support of CERT, and organizational structure. Encinitas Vice President Dave Tostenson, reviewed the results of a survey of Encinitas members, and specified what kind of activities they felt were important for the group.

Encinitas is continuing to provide courses that qualify towards annual training. They continue to receive extra funding by virtue of being a registered non-profit, but this calls for maintaining a board of directors, and they're looking for new people to fill the positions on the board.

Cap spoke of Del Mar CERT's successful cooperation with the City to help staff the EOC and also told of the electronic data inputs the members can provide to the Center. Solana Beach, Del Mar, and Rancho Santa Fe continue to make the most of their assets by holding meetings and training together. Although the individual communities can't completely merge, this type of cooperation helps advance the membership's goals of team building and ongoing training. This October meeting continues the option of having those three communities join forces with Encinitas to get the most out of certain meetings.

Members present also asked, and received as much information as we had, about the CERT Chain of Command, how they support us, and what their goals appear to be. Certainly our development in the future depends upon our understanding and ability to address the Chain of Command about their needs and ours.

Our future also depends on training new members, and each community has long lists of people wanting to take the CERT Academy: Encinitas has about 200 on their list, Del Mar and Solana Beach have a list of about 100. Reducing the number of Academies from 2 per year to 1 means that only 30 new trainees are possible per year for all four communities. An enlightened observation from the members present was that, if Fall is a bad time for the second Academy, there's no known reason why it can't be held at some time when the Emergency Services aren't so busy. January and May, for example, still give good separation, but aren't during the worst of fire season.

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MEMBERSHIP SURVEY

By George Schneider of Solana Beach CERT

Last month, Captain Josh Gordon was giving a training session for Encinitas members, and asked each person there to respond with why they remain active with CERT. We haven't seen the results of that, but I realized that's a very inspired question, and I wish I'd been the one to think of that. We always ask why people leave CERT, but never why people stay, and that's the key to planning our future to have better retention and satisfaction for our members.

We asked the members at last month's meeting that same question. It wasn't difficult to digest the results. 6 of the answers specifically addressed ongoing training, both core curriculum and additional skills. 12 of the answers said simply that the members wanted to be the best they could be to help their families, neighbors, and community in time of need. The most inspiring one stated this: "If I could be of assistance and wasn't, it would be totally irresponsible. I've had decades of experience and I'm capable, so it's morally the right thing to do"

THE FLU – PREVENTIVE STEPS

Information provided by the Centers for Disease Control and Prevention (CDC)

Take Time to Get a Flu Vaccination

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.
- While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza.
- In addition; there is data to suggest that even if someone gets sick after vaccination, their illness will be milder.
- Everyone 6 months of age or older should get a flu vaccination every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October. Learn more about vaccine timing.
- For the 2018-2019 flu season, CDC and its Advisory Committee on Immunization Practices (ACIP) recommend annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccination (inactivated, recombinant or nasal spray flu vaccines) with no preference expressed for any one vaccine over another.

FYI: It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination is also important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Infants younger 6 months are at high risk of serious flu illness but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated.

Everyday Preventive Actions to Stop the Spread of Germs

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough and sneeze. After using a tissue, throw it in the trash and wash your hands.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

For more information, go to: <https://www.cdc.gov/flu/consumer/prevention.htm>

THE E.R.V. (THE CERT-MOBILE)

If you find yourself on El Camino Real in the next couple of weeks, take a gander at the ERV. Encinitas CERT was fortunate enough to have a local detailer volunteer to ‘beautify’ our retired Paramedic Van. It does look sensational!



Jose Junco of High Performance Auto Detail is truly at topnotch detailer. Earlier this year he was chosen to be one of a few people to detail the original ‘Air Force One’ jet! If you need to have your car detailed we would absolutely recommend Jose and High Performance Auto Detail! Here’s a link to his website; <https://highperformanceautodetail.com>

As long as we are on the subject of the ERV, the members should be aware that due to the prohibitive expense of maintaining the ERV, the Board has decided that is in our best interests to sell it. Unfortunately it has no real value to our organization. In the ten plus years that we have had this vehicle, no one has been able to come up with a use for it outside of a marketing tool. After reviewing the growing expense of hanging on to the ERV our treasurer has determined that we will run out of money in three years if we continue funding the vehicle.

If any of our members have any ideas about how to fund the ERV without the money coming out of our annual budget, please submit your ideas to newsletter@enccert.org.

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**REFRESHER CLASSES WITH CAPTAIN GORDON**

There has been some grumbling at recent events about the status of training events. Specifically, that the time, location and/or subject of the class does not get announced early enough, presumably so people can plan or decide whether or not they wish to attend.

First off, the classes are always on a Saturday morning at 9am. Secondly, it has been requested in the past in this very newsletter that you the members, let us know what areas you would like to focus on. A few of you have. Thirdly, part of the decision for “class subject” is based on how many people are required (and available) to provide the training. For those of you that were at the medical refresher last fall, you may recall there were 5 people including Captain Gordon that were involved.

The next refresher class will be on Saturday, November 17 at 9am. The location and subject will be announced a.s.a.p.

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THE SAN DIEGO COUNTY CERT COUNCIL

By George Schneider of Solana Beach CERT

This month we were privileged to have the minutes of the county CERT Council meeting shared with us. The council, we find, is a loose committee of about 20 members representing County and CERT agencies, and meets every two months. Their purpose is, of course, to give overall guidance for CERT development and deployment, and to decide on the use of county funds designated for CERT operations. The rep for all our Coastal communities is Arnie Lewin.

Among the topics was the concept of standardizing the CERT “Uniform,” specifically shirts or vests, and backpacks. The reason for improving standardization is to ensure the first responders can identify CERT members as authorized participants. With that in mind, we need to do something about the fact that non-CERT backpacks were issued at our last Academy.

That brought up discussion of items in CERT Backpacks. They went over a list of items that should be in each, some of which have never been issued to our members, so those, too, will be on a list for future purchase. They also talked about unacceptable items, and a standard they set was that knife blades must not be more than 2.5 inches in length.

