



Your Encinitas CERT February 2019 Newsletter
Series III, Volume II

If you would like 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

February 4

Encinitas CERT Winter Academy – Class 1
6:00p.m. @ Encinitas Community Center, 1140 Oakcrest Park Dr. **See article below for complete schedule.**

February 12

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

February 26

Encinitas CERT General Meeting – **All Encinitas CERT members are encouraged to attend.**
6:00p.m. @ Encinitas Community Center, 1140 Oakcrest Park Dr.

NEXT MONTH...

March 12

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).

FEBRUARY GENERAL MEETING

It's time for our first General Meeting of 2019. It also seems like a good time for everyone to join the discussion regarding some changes within Encinitas CERT and the rest of the local CERT community. Our new Board president Dave Tostenson will have some important announcements. We will have a presentation by the Trauma Intervention Program (T.I.P.). We will also be discussing our future and a more active role for the members of Encinitas CERT.

Encinitas Community Center, 1140 Oakcrest Park Dr. February 26, 6:00 p.m.
Please plan on attending. This involves all of us and our future.

If you are planning to attend this meeting please RSVP to info@enccert.org so that we'll know how much food to provide.

TIME FOR A CULTURAL BREAK

February is Museum Month in San Diego, sponsored by Macy's. You may remember this from last year. All San Diegans during the month of February get 50% off admission at more than 40-member museums of the San Diego Museum Council. It doesn't matter where your interests lie; art, history, aviation, music, local or international focus, there's literally something for everyone!

Some of the choices include destinations right here in Encinitas, such as the San Diego Botanical Garden (aka, Quail Gardens), and the LUX Art Institute. Other destinations include; Coronado Museum of History & Art, Women's Museum of California, Living Coast Discovery Center, San Diego Natural History Museum, San Diego Children's Discovery Museum, Birch Aquarium at Scripps, San Diego Art Institute, USS Midway Museum and many more!

Passes can be purchased starting February 1 at any Macy's in San Diego, Temecula and the Imperial Valley Macy's. Click on the link below for a full list of participating museums and Macy's locations.

The closest Macy's is in Carlsbad: the Shoppes in Carlsbad, 2559 El Camino Real, 92008. Open until 11pm.

<https://www.sandiego.org/members/museums/san-diego-museum-council/events/museum-month-half-off-admission.aspx>

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

Information provided by the Consumer Financial Protection Bureau (cfpb)

Question: What should I consider when dealing with an insurance adjuster?*

Answer: Once your insurance claim is received, the insurance company may send out an adjuster to look at the property damage and help you through the claims process. In many states you can also hire public adjusters. A public adjuster represents you as the claimant, but will charge you a percentage of your settlement.

Be careful if you chose to hire a public adjuster. Be sure the adjuster is licensed to do business in your state. Avoid adjusters who come from out of state or who knock on your door looking for business.

Other warnings signs to watch for are:

- Adjusters who charge big upfront fees. Don't pay a lot before you know if the adjuster is going to help you. Many states put a limit on fees.
- The adjuster refers you to a contractor. Dishonest adjusters will sometimes work with contractors that give them kickbacks.
- Avoid any adjuster or advisor who asks you to make a false or inflated claim. This is fraud against the insurance company.
- Avoid hiring a public adjuster who asks you for a suspicious amount of personal information. Some con-artists may pose as adjusters to steal your personal information.

*taken verbatim from the Consumer Financial Protection Bureau website: <https://www.consumerfinance.gov/ask-cfpb/what-should-i-consider-when-dealing-with-an-insurance-adjuster-en-1523/>

California Department of Insurance; information on Public Insurance Adjusters: <http://www.insurance.ca.gov/0200-industry/0050-renew-license/0200-requirements/public-adjuster/Public-Insurance-Adjuster.cfm>

CERT WINTER ACADEMY

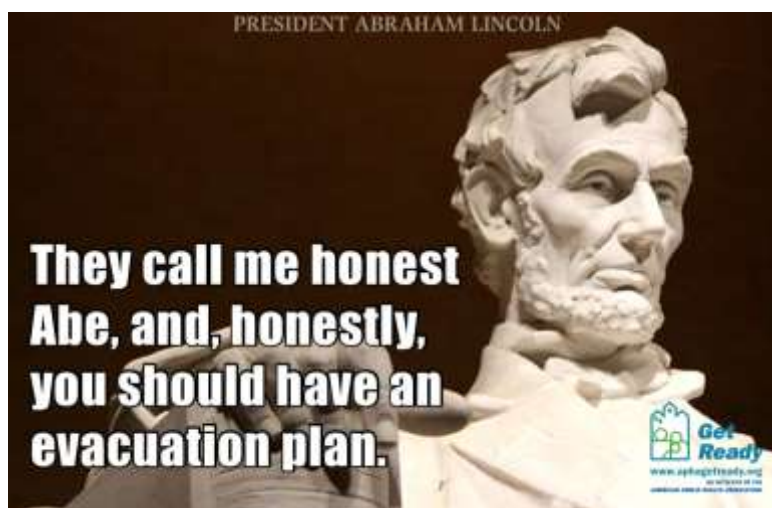
Below is the schedule for the next academy. If you need to renew your CERT/DSW card, the Final Drill will be on Saturday February 23. If you want monitor any of the classes, feel free. No reservation is needed.



2019 Spring CERT Academy

Del Mar, Elfin Forest, Encinitas, Rancho Santa Fe and Solana Beach

Date and Time	Location	Topics
February 4, Monday 1800 to 2100	Encinitas Community Center, Room 142b SE Corner of Encinitas Blvd and Balour Drive, Encinitas	Orientation, Disaster Preparation, CERT Organization
February 9, Saturday 0900 to 1400	Rancho Santa Fe Fire Station No. 2, 16930 Four Gee Road, San Diego 92127	Medical, Part 1 and 2, Search and Rescue
February 13, Wednesday 1800 to 2100	Rancho Santa Fe Fire Station No. 2, 16930 Four Gee Road, San Diego 92127	CERT Psychology, Terrorism
February 16 Saturday 0900 to 1400	Rancho Santa Fe Fire Station No. 2, 16930 Four Gee Road, San Diego 92127	Fire Suppression, Cribbing
February 23, Saturday 0900 to 1400	Rancho Santa Fe Fire Station No. 2, 16930 Four Gee Road, San Diego 92127	Final Drill



PARTICIPATION

An Editorial

By Doug Cochrane

PLEASE READ

IMPORTANT

PLEASE READ

For quite some time now, we have been suffering through a participation drought. Most members don't want to lend a hand with street fairs and that's fine; we usually have enough volunteers to get by. We had a picnic last June that relatively few people attended. If you didn't, you should have. It was a lot of fun.

Less than half our membership shows up for quarterly training. **That's not good.** Aside from the fact that you will need these skills if and when we are asked to deploy, the value of the training that is being offered simply can't be measured; it could save a neighbor's life or a loved one's life or your own. It sure seems to me that it's worthwhile to invest the small amount of time and effort to be prepared in the event of a major disaster.

To be clear, we don't just need you to be involved because of our core mandate to support the Fire Department after a disaster; we need your participation to help maintain and expand our CERT chapter.

Your thoughts, your ideas, your life experiences, your ingenuity, your creativity. We need the diversity and skills that all of you possess. That's what makes any group strong. I have encountered too many people who don't feel that Encinitas CERT is worth their time because, "it seems like we just aren't ready", so they withhold their participation. I can understand that feeling, but unfortunately, it doesn't get us any closer to our goals.

The Board does what it can but they are just people, imperfect, and fallible and may not see what you see. I can relate to the frustration some people may feel about where things stand, but I can't understand keeping it to yourself.

What do **you** want? Is there something that you as a member Encinitas CERT feel is missing? Something that is causing you to feel that it isn't really worth your time and energy, or is there something else that you feel is wrong? Communication isn't important just for couples. If you don't share those things that you feel are a problem, then how will the issue(s) ever get resolved?

At our General Meeting, Tuesday February 26, we will all have an opportunity to voice our thoughts about our CERT chapter. **I urge everyone of you to attend.** There will be a lot to discuss, so start thinking about your questions, your wants, your desires and bring them to the General Meeting.

If you can't wait until the General meeting, feel free to discuss it with the Board directly at our next meeting on Tuesday February 12, at 5:30 pm at the Community Center. Our monthly Board meetings are always open to all of our members.

If attending a Board meeting doesn't sound appealing then feel free to contact me directly. If you want to get a cup of coffee, and discuss your thoughts and ideas, I more than welcome the opportunity to listen. Or if you prefer, just send me an email.

Please understand that these opinions are my own and in no way represent the feelings/opinions of the Board of Directors of Encinitas CERT.

I hope to see you all at the General Meeting next month!

Warmest regards,

Doug Cochrane
Vice President
Board of Directors
Encinitas CERT
mrdncsd@me.com

BE PREPARED FOR A POWER OUTAGE

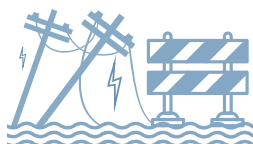
Extended power outages may impact the whole community and the economy.



FEMA

FEMA V-1008/May 2018

A power outage is when the electrical power goes out unexpectedly.



May disrupt communications, water, transportation



May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services



Can cause food spoilage, water contamination



Can prevent use of medical devices

PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.



Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.



Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.

PROTECTING YOUR PRIVACY – PART 2

Last month was the first installment of what we hope will be helpful, usable information. Illegal hacking is a threat to us all. While we are happy to share this information with our members, PLEASE feel free to share anything that you may know of that would be beneficial to the rest of us! This may not be part of the CERT mandate, but it does involve the same principals of being prepared and assisting the community in order to prevent personal disasters.

• Tighten Google Privacy -Tweak the Settings

Go to My Account to control what data about you is being collected and how it's being shared. In particular, go to the 'Personal Info & Privacy' section to review Location, Search, and YouTube Search History. You can delete records one entry at a time or all at once, and if you'd like to, you can prevent Google from recording data going forward. Privacy Checkup lets you control what shows up on Google+, the social network.

• Prepare Your Laptop for an Outing – Deploy Your Firewall

Heading Out? Maybe going to Starbucks to surf the web, have some coffee, maybe meet up with friends? Protect yourself from the lowlifes who want to hack your computer. Turn on your firewall. Check the settings on your Mac or Windows based computer and ensure it is turned on before venturing out into the digital jungle. On Windows machines go to Control Panel> Windows Firewall. On a Mac go to System Preferences> Security & Privacy.

• Combat Snooping Gadgets – Outwit Your Smart TV

Automatic Content Recognition (ACR) systems built into many televisions transmit data to analytics companies that may use it for marketing. You've already paid for your TV with money. If you don't want to pay again with your data, hunt through your TV's "smart" settings for the feature – which may be called Live Plus, or SynPlus, or anything but ACR – and turn it off.

• 10 Minute Email

Need one-time access to a website that asks for your email address, but not the associated spam that usually comes with it? Try using a site like 10minutemail.com. You get a functional email address that self-destructs in 10 minutes. And if you haven't received a reply in ten minutes, you can keep adding 10 minutes until you do!

The Consumer Reports online article can be found here:

<https://www.consumerreports.org/privacy/66-ways-to-protect-your-privacy-right-now/>

This article also appeared in the November 2016 issue of Consumer Reports Magazine

A big thank you to Doan Hohmeyer for passing on this information!

YOUR CAR BATTERY

If you can't remember the last time you checked or replaced your vehicle's battery, now is as good a time as any. If you are a AAA member, it's as easy as a phone call. On the road, at work or at home they will come to you and test your battery for free! If your battery does need replacing, AAA has a three-year warranty on the batteries they sell. Other good options for a new car battery include Batteries Plus and Costco.

Contact AAA for battery check at 1-877-614-7254

Roadside Assistance in U.S. – 1-800-222-4357

Roadside Assistance in CA – 1-800-400-4222

<https://www.batteriesplus.com>

<https://www.costco.com>

REMINDER OF THE MONTH

FIREFIGHTING RESOURCES*

The most common firefighting resources are:

- Portable fire extinguishers
- Interior wet standpipes

Other resources include confinement and “creative resources.”

Fire Extinguishers

Portable fire extinguishers are invaluable for putting out small fires. A well-prepared home or workplace will have at least two portable fire extinguishers of the appropriate type for the location.

Keep in mind that the type of fuel that is burning will determine which resources to select to fight a fire.

Because portable fire extinguishers are most common, this section will focus on them.

Types of Fire Extinguishers

There are four types of extinguishers:

- Water
- Dry Chemical
- Carbon Dioxide
- Specialized fire extinguishers

FIRE TYPE	EXTINGUISHING AGENT	EXTINGUISHING METHOD
Ordinary Solid Materials	Water Foam Dry Chemical	Removes heat Removes air and heat Breaks chain reaction
Flammable Liquids	Foam or CO2 Foam Dry chemical	Removes air Breaks chain reaction
Electrical Equipment	CO2 Dry Chemical	Removes air Breaks chain reaction
Combustible Metals	Special agents	Usually removes air
Kitchen Oils	Chemical	Usually removes air

Extinguisher Rating and Labeling

Portable fire extinguishers must be rated and approved by the State fire marshal and Underwriters Laboratories (an organization that sets safety standards for manufactured goods). They are rated according to their effectiveness on the different classes of fire. Their strength and capability must also be labeled by the manufacturer.

The label contains vital information about the type(s) of fire for which the extinguisher is appropriate.

Extinguishers that are appropriate for Class A fires have a rating from 1A to 40A, with a higher number indicating a higher volume of extinguishing agent.

Extinguishers that are appropriate for Class B fires have a rating from 1B to 640B.

No number accompanies an extinguisher rated Class C, D, or K.

The C on the label indicates only that the extinguisher is safe to use on electrical fires.

Extinguishers for Class D fires must match the type of metal that is burning and are labeled with a list detailing the metals that match the unit’s extinguishing agent. These extinguishers also do not use numerical ratings.

REMINDER OF THE MONTH - CONTINUED

Extinguishers for Class K fires are designed to supplement fire suppression systems in commercial kitchens. They spray an alkaline mixture that, when combined with the fatty acid of the burning cooking oil or fat, creates soapy foam to hold in the vapors and extinguish the fire.

Water Extinguishers

Common characteristics of water extinguishers include:

- Capacity. Standard size is 2.5 gallons.
- Range. Standard range is 30-40 feet.
- Pressure. Standard pressure is 110 pounds per square inch (psi).

Chemical Extinguishers

Dry chemical extinguishers are most common.

- Dry chemical extinguishers have a sodium bicarbonate base and are effective on Class B and C fires.
- Multipurpose dry chemical extinguishers have a monoammonium phosphate base and are effective for Class A, B, and C fires.

Common characteristics of dry chemical extinguishers include:

- Capacity. Approximately 10-20 seconds discharge time.
- Range. Standard range is 8-12 feet.
- Pressure. Standard pressure is 175-250 psi.

While still in use, carbon dioxide and other specialized extinguishers are becoming less common.

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 2, 'Fire Safety and Utility Controls', pages 17, 18, 19 and 21.

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

Encinitas CERT Board

Dave Tostenson, President Doug Cochrane, Vice President **Your Name Here**, Secretary Loyd Wright, Treasurer
Alice Jacobson, Doug Jones

If you do not wish to receive the newsletter, reply to newsletter@enccert.org.

