



Your Encinitas CERT January 2019 Newsletter
Series III, Volume I

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 never forget: You Can't Predict, But You Can Prepare!

UPCOMING EVENTS

January 8

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

NEXT MONTH...

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 are encouraged to attend.
6:00p.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).

SAN DIEGO COUNTY OFFICE OF EMERGENCY SERVICES

Last year we had the opportunity to tour the County's Office of Emergency Services (OES). It was exceptionally insightful and educational. It provided for a better understanding of the entire process of how OES and various first responders around the county approach and deal with different disaster scenarios in San Diego County.

Some of those who attended felt this should be an annual event. Some even felt it should a semi-annual event, providing that OES agrees of course. We would like to know what you the member think. Does the idea of touring OES appeal to you? Is there another place or facility you think we should consider? Send us your ideas to; newsletter@enccert.org.

HAVE YOU HEARD?

Dave Tostenson, our new President needs some support. We still need a Secretary. Everyone has the opportunity to not only help our CERT chapter grow, but if you feel that there are things that need improving or changing, you can be that voice of change! New blood is not only welcome but necessary.

Meetings are on the second Tuesday of each month, 5:30pm at the Community Center, and are between an hour and a half to two hours long, sometimes less.

As you may recall from last month's newsletter, Dave has already announced that he is stepping down from the Board and is only planning on serving through the end of March. All members are welcome to apply for the President or Secretary positions. Please come to the January Board meeting, Tuesday, January 11 to be considered for either of these positions.

So, who wants to be a Board Member? If you haven't considered it before, consider it now.

FROSTBITE?

Frostbite isn't something that residents of Encinitas typically have to worry about. But many of us do from time-to-time travel to much colder parts of the country for recreation or to visit friends and family. So here are some insights from the Centers for Disease Control and Prevention.

Who is most at risk?

- People with poor blood circulation
- Those not properly attired for colder or extremely colder temperatures

Recognizing frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin – frostbite may be beginning. Any of the following signs may indicate frostbite:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

- Get into a warm room as soon as possible
- Unless absolutely necessary, do not walk on frostbitten feet or toes – this increases the damage.
- Immerse affected area in warm – not hot – water (the temperature should be comfortable to the touch of unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or heat of a stove, fire place, or radiator for warming. Affected areas are numb and can be burned easily.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

If you want to see the original article, follow this link; <https://www.cdc.gov/disasters/winter/staysafe/frostbite.html>

If you want to read about other winter related issues, or just want to see what the CDC recommends for any number of emergency scenarios, here is a link to their website; <https://www.cdc.gov>

THE QUARTERLY REMINDER

At the beginning of every quarter you will see this article. It may vary, and it may not. 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 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 April.

THE NEW WINTER ACADEMY!

For those of you that need a training opportunity in order to re-CERTify, we are proud to announce the first WINTER TRAINING ACADEMY! Okay, it's not really that exciting, but it does give some of us the chance to attend the Final Drill in order to maintain our "active" status. Below is the schedule. If you have questions about the renewal process click on the following link to read through the instructions!

<https://www.enccert.org/members/cert-dsw-card-renewal-procedures>



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

To register or for additional information, please contact alewin@encinitasca.gov

Revised: 01/02/2019

DEALING WITH FINANCIAL ISSUES AFTER A DISASTER, PART 3 OF 4

Information provided by the Consumer Financial Protection Bureau (cfpb)

Question: What should I know about using contractors to rebuild after a disaster?*

Answer: When considering using contractors to fix or rebuild your home, you will want to get bids from several local, established contractors.

Here are some more tips for finding, hiring and working with contractors:

- Avoid contractors who are working door to door, come from out of state, don't provide an address and phone number, or refuse to show identification.
- Ask if the contractor has the required licenses. Ask for the license number and use your state licensing agency's website** or hotline to make sure it's valid.
- Check with licensing agencies to see if the contractor has a history of complaints.***
- Never pay in advance.
- Never pay in cash.
- Never provide personal financial information, such as checking account, credit card or debit card numbers. You might be told this will speed up payment to start the repair process. Don't believe it.
- If you Have to borrow to pay for repairs, don't let contractor steer you toward a particular lender.
- Never sign anything before carefully reading it.

*taken verbatim from the Consumer Financial Protection Bureau website; <https://www.consumerfinance.gov/ask-cfpb/what-should-i-know-about-using-contractors-to-rebuild-after-a-disaster-en-1517/>

**California's Department of Consumer Affairs, Contractors State License Board website; <http://www.cslb.ca.gov>

***Contractors State License Board contact info; http://www.cslb.ca.gov/About_Us/Contact_CSLB.aspx

WHILE WE'RE AT IT, HOW ABOUT A SEMI-ANNUAL REMINDER?

There are a lot of things we forget to do. Aren't we all guilty of writing out the wrong date after the first of the year? How about forgetting to set your clocks ahead or back an hour the night before the change. We may not be able to help you get the date right (it's 2019 by the way) but there are some things we may be able to help you with. Really!

- When was the last time you changed the batteries in your smoke alarm(s)?
 - Do you have a smoke alarm? Couldn't hurt!
- When was the last time you changed the batteries in your Carbon Monoxide Detector(s)?
 - Do you have a Carbon Monoxide Detector? Couldn't hurt!
- When was the last time you checked the pressure in your vehicle's tires?
- When was the last time you checked your vehicle's oil?
- For that matter, when was the last time you had the oil changed?
- When was the last time you had your 'annual physical'?
- Do you have emergency/disaster supplies?
 - When was the last time you checked the expiration dates on your perishables (water, food, batteries, etc.)?
 - Do you have emergency/disaster supplies in your vehicle?
 - When was the last time you checked the dates on those?

Helping you to prepare, or stay prepared, is just our way of trying to ensure that you are around for a good long while! We would like to maintain a happy and healthy membership!

PROTECTING YOURSELF FROM RADON

The EPA is promoting January as National Radon Action month. You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

For more information, follow this link: https://www.epa.gov/radon/national-radon-action-month-information?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

PROTECTING YOUR PRIVACY – PART 1.5

By Gregory Harris

I read through your newsletter last week (December issue) and I was a little perturbed by the part on ID theft. As someone in IT (and by extension, computers and Internet) for the last 25+ years, I have to add my input. Simply put, ID theft is based on a way of life and a sharing of data that most people do by default. LifeLock is not going to solve your problems -- at least not all by itself -- it's a blunt instrument that blocks credit checks and the like. It doesn't prevent the data leakage that enables malicious actors in the first place.

A few simple steps everyone needs to take are:

- Lock down your social media sharing. Your friends know how to find you.
- Go into Facebook and shut off ALL public sharing of your photos, birth date, friends list, etc. That's prime fodder for ID theft. Even your friends don't need to see your friends list.
- Make your birth date and phone number private so no one can see them.

STOP USING THE SAME PASSWORDS ON EVERY SITE!

I can't tell you how often I see that, and it is a great way to let bad guys grab everything you own. Yes, I know you don't like to remember all those passwords. Use a password manager -- they're built into Google Chrome, Opera, and Mozilla Firefox and they'll sync across devices. Just be sure to set a master password, which is the only one you will need to remember and make it really good.

Speaking of good passwords, we need to stop using that term and start using the term *passphrase*. If you're using a password manager, set it to the maximum length and complexity for each site. Hey, you don't need to remember it, so if a site allows for a 56-character password with special characters and numbers, go for it!

And if a site offers 2-step or multi-factor authentication (MFA), use it! MFA means that once you type your password correctly on a site, you will receive a text (or another 2nd verification step). That prevents anyone from logging in with just your password (or passphrase). All reputable email services offer this.

Guard your email password with your life. If someone gains access to your email account, they can pretty much change any password you have.

Don't use public networks without a VPN (Virtual Private Network)! It's like a public restroom -- they might not be as clean as they look. If you can get on without a password, so can someone else and they may be able to see what you're doing. There are plenty of free VPN programs that work with a single click. FYI: A VPN enables users to send and receive data across shared or public networks as if their computer were directly connected to a private network.

Don't give out more information than needed. Many sites ask for more information than they need or require. Look for the asterisk indicating required info.

If someone calls you, claiming to be from a business or government organization, don't give them any information. Ask for their extension and call them back.

If someone calls claiming you have a computer virus, it's a scam. If you let them onto your computer, you *will* have a virus!

Back in the real world, shred your paper receipts, bills, and old statements.

A big thank you to Greg Harris for sharing his expertise. Hopefully everyone will make immediate use of this information!

WINTER RESIDENTIAL FIRE DATA -AT-A-GLANCE

While the winter months aren't as severe in San Diego as they are in other parts of the country, this is still pertinent information that we should all be aware of. If you have friends or family who live in colder climates you may want to share this information with them as well. CERT rule number one is safety. It doesn't apply only to training or deployments.

Topical Fire Report Series

November 2018 | Volume 19, Issue 7

At a Glance

Winter Residential Building Fires (2014-2016)

Each year, from 2014 to 2016, an estimated

108,200
winter residential
building fires

were reported to fire departments within the United States. These fires caused an estimated 980 deaths, 3,575 injuries, and \$1.9 billion in property loss.



Winter residential building fires accounted for only 8 percent of the total number of fires in the U.S., but they resulted in 30 percent of all fire deaths and 23 percent of all fire injuries.



At 43 percent, cooking was the leading cause of winter residential building fires. Small, confined fires accounted for 90 percent of these cooking fires.



Residential building fire incidence was collectively higher in the winter months of January, February and March, peaking in January at 11 percent.



Winter residential building fires occurred most frequently in the early evening, peaking during the dinner hours from 5 to 8 p.m., when cooking fire incidence is high.



Nonconfined winter residential building fires most often started in cooking areas and kitchens (20 percent).



In 51 percent of nonconfined winter residential building fires, the fire extended beyond the room of origin. The leading causes of these larger fires were unintentional or careless actions (19 percent), electrical malfunctions (14 percent), open flames (12 percent), and heating (9 percent).



The leading specific factor contributing to ignition in nonconfined winter residential building fires was a heat source too close to combustibles (16 percent).



Smoke alarms were not present in 22 percent of nonconfined winter fires in occupied residential buildings. Additionally, automatic extinguishing systems (AESs) were present in only 4 percent of nonconfined winter fires in occupied residential buildings.

These topical reports are designed to explore facets of the U.S. fire problem as depicted through data collected in the U.S. Fire Administration's National Fire Incident Reporting System. Each topical report briefly addresses the nature of the specific fire or fire-related topic, highlights important findings from the data, and may suggest other resources to consider for further information.

To read the full report, visit: www.usfa.fema.gov/data/statistics/reports.html.



National Fire Data Center
16825 S. Seton Ave.
Emmitsburg, MD 21727
<https://www.usfa.fema.gov/data/statistics/>

REMINDER OF THE MONTH
FIRE SIZE-UP CONSIDERATIONS*

A size-up of a situation involving a fire will dictate whether to attempt fire suppression and will help you plan for extinguishing the fire.

CERT size-up is a continual 9-step process that enables you to make decisions and respond appropriately, in the areas of greatest need. Evaluation of progress - Step 9 - may require you to go back and gather more facts.

Remember that the safety of individual CERT members is always the top priority. Effective fire size-up will allow you to answer all of the following questions:

- Do my buddy and I have the right equipment?
- Are there other hazards?
- Is the building structurally damaged?
- Can my buddy and I escape?
- Can my buddy and I fight the fire safely?

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 2, 'Fire Safety and Utility Controls', pages 16.

...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.

WORKPLACE REMINDER!

