

Issue 16
Fall/Winter
2013/2014

Doing the greatest good for the greatest number

Something to Consider...

Let me start by saying that 2013 was a heartfelt year of change for NC CERT. We lost two dynamic leaders. First we lost NC CERT's first team leader, Dan Serrano, to cancer and in June 2013 our Team Coordinator/Trainer, Steve Dillard, resigned. As they say we, NC CERT continued forward. Scott Robinson, who has been with our team from the beginning, took the hat of coordinator/trainer along with Mike Sosamon, and they are both doing a great job.

I remember feeling uncertain as to what was going to happen. We had some ups and downs but through it all, 2013 ended up being a very memorable and WAY AWESOME YEAR!!

We had two big academies with a 90% graduation rate. The graduates for academies 5 & 6 have been a blessing and a big step in the right direction for our team.

I mean, we had trainings, drills and were given a direction of what one of our main purposes was going to be as NC CERT. Steve Dillard, Scott Robinson and Mike Sosamon started training us to give rehab to NCFD and NCPD when needed. Our first taste of this was on March 19, 2013 when we were activated for an Active Shooter Drill at Sweetwater High School. We set up our rehab area by the football field and waited. We got to see both NCPD and NCFD teams at work. We also got to see NCPD's SWAT vehicle and got to see both agency personnel in action. NCFD set up the triage area and began to process the students that had been rescued from campus, then victims were separated by triage category and then sent to the hospital with AMR. Reading and training on how to run a triage area sounds easy, but boy – when you are actually on an exercise where you are doing the triage – that is another story.

In 2013 I witnessed people who didn't really know one another outside of the class learn to work together and learn from each other's experience, training, and knowledge. We learned what we, as NC CERT can learn to do – especially and foremost, making a positive statement to our neighborhood, communities and City.

There are so many ideas out there – so many that when I hear them or read about them on-line I lose my original thought and get overwhelmed – especially now with our most recent additions, graduates from the 5th & 6th academy, I am blown away by their passion.

I want to thank our die-hard members from the 1st, 2nd, 3rd & 4th academies. All of you who have stuck with NC CERT from the beginning are an inspiration and a blessing because when there was no one else, we could always count on all of you to pitch in when we needed you. And a huge THANK YOU to the 2013 5th & 6th Academy graduates for all of your support, ideas and friendship. I mean, WOW! What a shot in the arm!!! All of you are amazing!!

We ended 2013 by adding two more trainers from NCFD FF, Jeff Bogle and Michael Mejia. I met Jeff during our last quarterly training drill and he was as excited as we were during the drill. I want to thank both Jeff and Michael for their help in our training and welcome them to our team.

I know that as a leader, I am learning how to lead our team and I hope not to let you down, but since I am new at this, all I can do is learn and work with you. My mind now races with all kinds of things that need to be done so that our team can grow and function as a well-oiled machine.

FUSION. That is what has happened to NC CERT. And as we grow, there will be more of us to learn with and from. This is what being a team is all about.

I just hope to buddy up with as many of you as possible during our future training sessions. I believe that when you buddy up with someone, you both learn about each other and learn to work with one another. I look forward to 2014 and what it offers to NC CERT.

Happy New Year to ALL OF YOU!!! May your Health, Safety and Family prosper!!!

TTFN!!

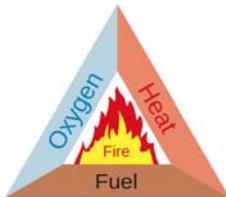
Sonia Caravantes
Team Member & Leader

WHAT IS FIRE?

Fire requires the following three elements to exist:

- **Heat:** Heat is required to elevate the temperature of a material to its ignition point. Sources of heat include matches, stoves, sparks, etc.
- **Fuel:** The fuel for a fire may be a solid (e.g., coal, wood, paper, cloth, hay, etc.), liquid (e.g., gasoline, kerosene, alcohol, paint, cooking oil, etc.), or gas (e.g., propane, natural gas, butane, etc.). The type and quantity of the fuel will determine which method should be used to extinguish the fire.
- **Oxygen:** Most fires will burn vigorously in any atmosphere of at least 20 percent oxygen. Without oxygen, most fuels could be heated until entirely vaporized, yet would not burn.

Note: these three elements, called the “fire triangle,” create a chemical exothermic reaction, which is fire.



PUTTING OUT FIRES

Above all else, remember your training!! Only those trained in the proper use and maintenance of fire extinguishers should consider using them when appropriate. We are not trained firefighters. If you do not have the proper fire extinguisher it is better to leave the premises.

- It is very important **to identify the type of fuel** feeding the fire to select the correct method and agent for extinguishing the fire.
- Never use water on a fire unless you know what is burning. Water conducts electricity which could spread the problem and cause more shorting in the equipment. Water will also carry burning oil, gas, and other petroleum products into new areas to ignite.

Remember your “PASS” training if you use an extinguisher:

- **STEP 1: PULL.** Pull the pin. This will also break the tamper seal.
- **STEP 2: AIM.** Aim low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire. Note: Do not touch the plastic discharge horn on CO2 extinguishers; it could get very cold and may damage skin.
- **STEP 3: SQUEEZE.** Squeeze the handle to release the extinguishing agent.
- **STEP 4: SWEEP.** Sweep from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 through 4.

Safe Water Sources

- Melted ice cubes.
- Liquids from canned goods such as fruit or vegetables.
- Water drained from pipes. To use the water in your pipes, let air into the plumbing by turning on the faucet in your home at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the home.
- Water drained from the water heater. To use water in your hot-water tank, be sure the electricity or gas is off and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve at the tank and turning on the hot-water faucet. After you are notified that clean water has been restored, you will need to refill the tank before turning the gas or electricity back on. If the gas is turned off, a professional will be needed to turn it back on.

Information from Citizen Corp/FEMA website.

TID BITS.....

REMEMBER -

Set aside enough money for your family to get by for three days if you cannot get home, banks and ATMs are unavailable, power is out, etc. The money should be in the form of cash, traveler’s checks, and a roll of quarters (to use in pay phones) or vending machines).

Records in a Disaster Supplies Kit

from FEMA website

Keep copies of essential household records in a disaster supplies kit so they are handy if you need to evacuate. What records should you keep close by?

Think about the records you would want to take with you if you suddenly had to evacuate your home during a disaster. These records should go into a disaster supplies kit that you could grab either on your way out of your home or bring with you into the safe room if you go there. Consider making copies of all the records you have stored in your bank safe deposit box or home safe and put them in a portable, fire-resistant, water-proof box that you keep nearby at all times. (You might even want to keep irreplaceable keepsakes and photographs in this box.)

Other records to keep in your disaster supplies kit might include:

- Letter of instruction to your loved ones in case you are not there to help them through a disaster (see Protecting Your Loved Ones for more information about writing a letter of instruction)
- Federal and state tax returns (if you have room, store all of your returns here, but if not, at least keep the three most recent ones in the kit)
- Copies of important medical information, including your health insurance card, doctor's name and phone number, immunization records, and prescriptions (including prescriptions for glasses and contacts)
- Home improvement records
- Inventory of your possessions
- Warranties and receipts for major purchases
- Appraisals of jewelry, collectibles, artwork, and other valuable items
- Credit card records
- Retirement account records
- Recent checking, savings, and investment account statements
- Rental agreement/lease and/or mortgage documents
- Recent pay stubs and employee benefits information
- List of emergency contacts, including doctors, financial advisers, and family members

I always go to the Citizen Corp/Fema websites to see if there is anything new on being prepared. I go through the KIT lists and compare with mine. If I see something that didn't make it to my list—I like to add it. Sometimes it is the little things we put on the back burner that end up biting us in the end—so by going over our lists, we can cover more a little at a time—than a lot in a hurry and last minute.

Like—for important papers—yes, get the originals ready but also try scanning copies to your flash drive. Makes it a lot easier to carry. I have 4 thumb drives for pictures, one for each family member, another one for important documents and another one for music.

I know that a lot of this information is repetitive, but it is also necessary—there are people who never thought about this and where to begin or what steps to take.

I will keep adding till eventually everyone I know has their kits ready.

TTFN!!!

Sonia Caravantes

NC CERT Member & Team Leader

Unsafe Water Sources

- Radiators, Hot water boilers (home heating systems).
- Water from the toilet bowl or flush tank (if treated).
- Water beds. Fungicides added to the water or chemicals in the vinyl may make water unsafe to use.
- Swimming pools and spas. Chemicals used to kill germs are too concentrated for safe drinking but can be used for personal hygiene, cleaning and related uses.

Suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. *Got purifying tabs or bleach?*

Here are a few local spots where you can get some of this stuff:

Fires Etc.: 2190 Main Street, San Diego 92113 (619)– 525-7286

Ready 5: 9865 Businesspark Ave., San Diego 92131 (858) 837-9401

<http://www.ready-five.com>

Survival Mode: Al Frischer (760) 396-6474 survivormodelkits.com

Or sales@survivalmodekits.com

Garry Gison has also added links to other sources on our Facebook Page: National City CERT. Check them out.

Recommended Supplies to Include in a Basic Kit:

From FEMA website

Emergency Supplies:

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

Managing Food Without Power

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
- A manual can opener and food can

- A camping gas stove burner
- Pelets of dry ice (for cooler—if available)

FOOD

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.
- DON'T FORGET: PITCHER TO MIX POWDERED MILK

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

From Citizen Corp website

NC CERT AT THE TOWER OF TERROR

October 31, 2013. It was dark, screams could be heard coming from the forbidden tower. At times a child would survive the walk through as long as the parent carried them to safety. Clinging desperately with eyes closed, lips trembling in the suspense of being followed outside by one of the characters that live in the Tower of Terror.

The Tower of Terror has become one of National City's favorite HAUNTS. Everyone enjoys it—even the Ghouls have a night out!!!

There were about 2500 people who enjoyed the Tower of Terror. NC CERT members helped with crowd control and also got to have a surprise training session on using radios. I don't know who was scarier— the Ghouls in the Tower or the team members on radios (for their first time).

It was good clean fun for the families that stopped by and the participants working the events found they now had new tales to tell by the campfire...

Sonia Caravantes

6th ACADEMY GRADUATES Welcome Aboard!!

Our 6th Academy has finished with a total of 32 NC CERT graduates that have joined our team. This team also has a few teenagers complete Teen CERT. They all deserve a big hand for stepping up to learn light search and rescue and first aid.

The enthusiasm from this team is outstanding and shows that there are many National City residents that want to learn more about preparedness—not only for themselves and their families but also for their neighborhood, community, school and city.

Welcome ABOARD!!!

6th Academy Graduates applying all techniques learned for their final search and rescue drill.



SIXTH ACADEMY GRADUATING CLASS



NC CERT THIRD ANNUAL POTLUCK MIXER

DECEMBER 19, 2013

[E-mail](#) [Author](#) [Print Story](#) [RSS Feed](#)



Star News article by Robert Moreno

Feb. 15, 2014 issue

TEENS TRAINED TO HELP IN EMERGENCIES

The city of National City's community emergency team that assists people affected by disasters and emergencies in the city is now training teenagers to help in these situations.

The city's Community Emergency Response Team (CERT) has been in existence for two years, but for the first time last September, the academy included teenagers.

Walter Amedee, a National City firefighter and CERT program manager, said the idea of including teenagers started when he would often turn away high school students seeking community service hours at the fire station because there was nothing for them to do.

"It occurred to me if we trained these teens to become CERT members we're actually teaching them something that hopefully, as they become adults, and if we had a disaster like an earthquake, they can do something," Amedee said.

To equip themselves for an emergency or disaster, CERT members go through fire extinguisher training, basic medical preparedness training, training on how to prepare an emergency kit and how to coordinate with the city's Emergency Operations Center.

"We train them on the type of disasters that can occur and what they should do before, during and after," Amedee said.

Amedee said he decided not to strictly have a teenage CERT course, instead incorporated teenagers into the same classes with the adults.

He said last session there were 16 teens and 27 adults taking CERT courses.

A benefit to mixing the teenagers with the adults Amedee said is that they make it a family affair.

"Some of them brought their family members, it was a whole family that came and they go through the program too," he said. "That was an added bonus that we didn't even think of, that these teens are bringing in their family members."

The program requires each individual to complete a total of 24 hours of training.

Classes are one day a week for three hours for eight weeks.

Amedee said he didn't have to adjust the way he teaches the course for teenagers to understand the curriculum.

"There isn't really much of a difference," he said. "The course is actually the same."

Parents just need to sign a waiver allowing their teen to participate in the program, he said.

At the completion of the academy, each individual will receive a certificate that says they are CERT qualified.

If a member wants to continue and be an official CERT member for the city, they would need to go through a background check with the city and be sworn in by the City Clerk's Office.

Amedee said so far there haven't been any emergencies that required the teenagers involvement.

He said having fully-trained community members will make his job easier should a disaster happen.

"We, as a city, know that if we had a major disaster like an earthquake, we would not be able to deal with the disaster on our own," he said. The CERT program is free to the public.

Amedee said the fire department pays its firefighters overtime to teach a CERT class.