



CERT ALERT

Fall 2019

Contents

CERT 44 - 1

**Meet Some CERT
44 Members - 2**

**Alia's Earthquake
Presentation - 3**

Shakeout Drill - 5

**Puget Sound
Energy Quarterly
Training - 6**

Fall Safety Day - 8

**Serena's AmeriCorps
Member Training -7**

**Mark Your
Calendar - 8**

CERT 44

September 9- 28
2019



CERT 44 was a very passionate class from the start. They soaked up all the information that was being given to them, and used what they had learned and applied it at Drill Day.

There were people from all different kinds of backgrounds. There were 3 participants who are high school students who participated in the WPFYR youth academy, members who had military experience, and people who were just interested in knowing how to protect their loved ones and community in case of a disaster in this class. The diversity made the experience richer. It gave everyone a chance to see from new perspectives and learn from each other. The fire drill seemed to get everyone excited and set the tone for the rest of the training sessions. Everyone showed up ready to learn about new skills, and put them to the test.

The instructors emphasized to stay with your partner! CERT 44 realized during drill day how easy it can be to leave your partner, and that was one of their biggest takeaways.

Drill Day would not have been so successful without the volunteer victims and the moulage artists who chose to spend their Saturday morning with us. Thank you so much for volunteering your time!

Above: CERT 44 participants practice P.A.S.S on Fire Safety day.

Right: CERT 44 practices treating "red" victims at the September 28th Drill day.



Meet Some of the New CERT 44

Andrew and Cheryl Anderson

Both Andrew and Cheryl Anderson are Realtors with John L. Scott Tacoma-University Place, Notary Signing Agents, Business owners as well as parents. They have a cat and a violent chug dog.

They enjoy body building with hopes to compete in the future. They love to get away to the beach, read a lot of books, take a lot of classes, and attend a lot of seminars.

Andrew and Cheryl were introduced to CERT when they were looking for a first aid and CPR class and stumbled across the WPFR CERT program. When they were homeowners they practiced self-sufficiency. They are constantly around the public, and thought this would give them a good opportunity to volunteer and serve when needed.

Q. What was the most valuable thing you got out of your Basic CERT training experience?

A. “The opportunity to be of service to our community and skills to know what we are doing to be of help. We would like to say thank you to everyone. We are very grateful.”



Joe Marlow

Joe Marlow was born and raised in Pierce County and he loves living in the PNW. He married his wife who he met in elementary school and they have two kids. Joe works as a manager at State Farm Insurance. He loves to get outdoors and does a lot of hiking, and likes to run quite a bit. As a family, they spend a lot of time with friends and family. Joe took the CERT program to learn basics about what to do if a major catastrophe happens and how he can support others around him. Part of him also wanted to learn more medical information in case something were to happen while he was hiking. He also wanted the experience knowing he works in an office of about 1500 employees.

Q. What was the most valuable thing you got out of your Basic CERT training experience?

A. “Hard to say, but in general the hands on experience was the best. I appreciated the experience to use a fire extinguisher in case I ever need to in a real life situation. Thanks again to everyone who help put this program together. Thought it was a great experience and look forward to other future trainings.”

Logan Wight

Logan is an outdoor enthusiast who is involved in the Mountaineers and Scouts. He is also a husband and father. He loves to spend time outdoors; camping, climbing, cycling, and sailing. He learned about the CERT program a few years back at Duck Days and wanted to learn more about how to better protect his family in case of a natural disaster.

Q. What was the most valuable thing you got out of your Basic CERT training experience?

A. “I really enjoyed the triage drill we had at the fire house training station. Over all I do feel more equipped to help my neighbors if something big happens. Thank you providing this service in my community. The instructors were great resources.”

Alia's Earthquake Presentation



Alia was teaching at Miyazaki Elementary school in Japan at the time of the magnitude 9 earthquake on March 11, 2011. It is the fifth biggest earthquakes recorded in the world. During this earthquake, Japan had shifted four meters. This terrifying earthquake lasted 4 minutes, but what felt like forever to Alia.

During her presentation Alia recounted what it was like to experience such a terrifying event. She tends to liken the feeling of earthquakes to turbulence on an airplane, but she says that that does not even begin to describe it. She remembers hearing a groaning and rumbling of “the earth shrieking in rage” as she characterizes it. Alia recalls hearing glass breaking, her student’s desks scraping the floor, things from falling, and the alarms with a robotic female voice announcing that there was an earthquake and to take cover. Alia cowered under a desk, gripping onto her rolling desk chair so that it would not hurt her or roll and hurt someone else. These four minutes were the most harrowing four minutes in Alia’s life.

After the shaking had begun to subside, they evacuated the building. The school nurse led everyone out with evacuation flags, and the robotic female voice’s announcement switched to “please evacuate” rather than “to take cover”. At this time, Alia had seen her students coming out with their faces streaked with soot. She began to panic thinking that there had been a fire as well, but it turned out that they were doing a science experiment with soot before the earthquake had hit.

At the time of the earthquake snow was coming down creating another challenge that the students and teachers faced. The kids and teachers had left the building, entering the snowy and muddy schoolyard in their “indoor shoes”. Once someone had determined that the auditorium was safe, they had moved in there and waited for the kids to be picked up by their parents or other parents who routinely looked after their neighbor’s kids due to work schedules. No kid was allowed to go home to be an empty house.

Once the kids were picked up, it was time for Alia to go home and see how her home handled the earthquake. She tried to clean her apartment but could not see anything because of how dark it was. She had found a flashlight but unfortunately it was out of batteries, so Alia sat shaking in the dark. There was a knock at her door, and the other teachers from her program had decided to stay at one apartment altogether for the night. Alia then grabbed some blankets and left.



Members of the Japanese Ground Self-Defense Force in rescue and recovery operations in Ōfunato, Iwate prefecture, Japan, after the March 11, 2011, earthquake and tsunami.



During the tsunami in Japan

Alia's Earthquake Presentation continued

There were seven of them crowding into one apartment. They ate food like tuna on crackers that required no cooking. While at her friend's apartment, Alia's phone had rang. It was one of her Prefectural Advisors trying to find out if she was safe. The phone lines were really unsteady, and working only sporadically, making it hard to understand each other. At that point, all seven of the teachers in that apartment tried making calls or sending emails but nothing would go through. That night they tried to keep each other warm and spirits up amidst the constant aftershocks. She remembers large aftershocks waking them up as soon as they had started to fall asleep.

The next morning, Alia and her friend had went to see if any of the shops were open. They arrived first at a shop that was closed but already had a very long line outside the doors of people waiting. They turned around and tried a different supermarket. They had approached one that had a sign on the door that said they would open at 10 AM to sell water, instant ramen, candles, etc. The line outside of this store was much shorter and Alia ended up waiting for 40 minutes until the store had opened. The supermarket would only let five people in at a time, and the area between the two sets of doors was crammed with emergency rations and two register stations' consisting of one person with a calculator and another making change. Alia and her friend had gotten their five allotted items, and as soon as they left the line had grown to be through the parking lot to the street.

On Saturday, Alia realized that her phone was starting to get reception but that her battery was dying. She started to charge her phone in the car, and began to listen to the radio as she charged her phone, and read emails that had come in over the last day. Alia managed to send an "I'm safe" email to her parents, but the other replies she had typed would not send. So for her last ditch effort she connected to the internet on her phone, went to Facebook and posted a status update to let everyone know she was alright. She had also found many posts from other people who cared about her and worried about whether she was safe or not.

On Sunday, Alia spent the day cleaning up the mess that the earthquake had caused in her apartment. She had no electricity or heat, and her food was starting to run low. Being around people was the only thing keeping her sane during these hard times.

On Monday, she was told to go into work as usual. She had spent the morning cataloguing the damage to the school. During lunch she was given rice balls made by one of the teachers, and then she was sent home after lunch. That evening, Alia was able to get through to her parents on her phone. She spent 20 minutes on the phone reassuring her parents and her brother that she was okay.

On Tuesday, Alia was back at her base school talking with other teachers, when a father of one of the students pulled in with a truck filled with delivery donations from Glico. It was crate after crate of drink cartons and packs of pudding. The meeting room was filled with enough donations to give the 96 students, 5 varieties of things, with enough extra for the teachers to take home a sizeable amount of the donations.



Alia had decided five days after the earthquake that it was time for her to leave due to the uncertainty that she would not be exposed to the remnants of the nuclear disaster in Fukushima. She decided she was going to take a train and a plane to Okinawa to stay with college friends who were living on the military base there. Her journey there was a long and difficult experience considering she had to stop at the hospital due to stress, dehydration, and borderline malnutrition.

Once she had reached Naha, she met her friend from college at the airport and they took her back to their home on the military base. Alia recalls sleeping in a warm bed that night "that wasn't moving from the force of the earth: something that so many take for granted but for [Alia] it was the most wonderful thing".

CERT Shakeout Communication Drill

Team	Drill Response %	Picture Response %
East Lakewood	28%	7%
West Lakewood	43%	22%
University Place North	22%	9%

Overall, the communication drill went well however, there is always room for improvement. Our percentages were lower this year than they were last year.

We loved seeing all of the pictures posted on Facebook, and congratulations to our contest winner, Shelli Scifers, who won a survival kit in a pail! We had a good turnout of people responding to their team leaders and posting on their pictures on the Facebook group page.

Total % Responded to the drill 37%

Total % who sent a picture 16%

For next year, we want to make it clearer that you should check in with your team leader when they send you the text or email and then post to Facebook because this is a communication drill, **and** want to get you and your team leader used to communication if there were an actual emergency. So for example, when you get the Shakeout Drill text, you would: Respond to your team leader and then post your picture on Facebook, that way we can test both forms of communication.

An Earthquake-Ready Home

Steps to ensure your home and family are prepared for an earthquake.

Your Home Is Structurally Sound

Homes that are tied together from the roof to the foundation are much more likely to remain standing during an earthquake. This creates a continuous load path that helps hold the house together.

Most newer homes are built with a continuous load path, which is like a chain that ties the house together from the roof to the foundation.

WHAT IS A CONTINUOUS LOAD PATH?

This method of construction uses a system of wood, metal connectors, fasteners, and shearwalls to connect the structural frame of the house together.

Your Home Has Been Retrofitted

If your home was built prior to 1985, it may need to be retrofitted. A seismic retrofit strengthens your home's structural frame, including:

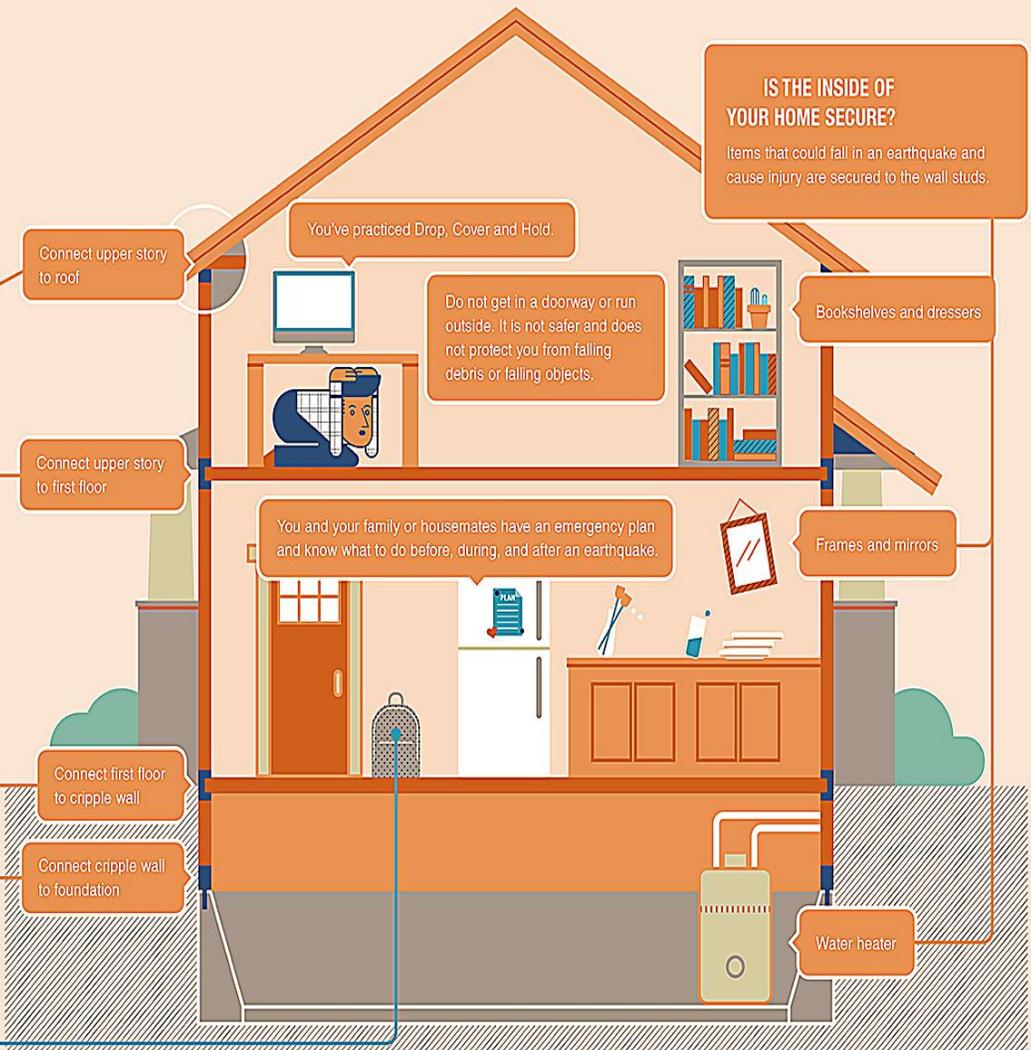
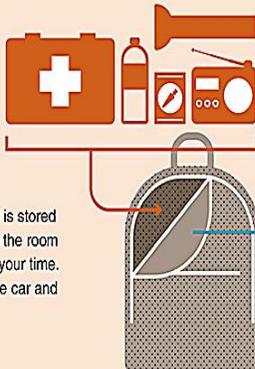
- ▶ Your home is bolted to the foundation.
- ▶ The cripple wall is reinforced.
- ▶ The cripple wall is attached to the first floor.

Your Family Is Prepared

You have a disaster supplies kit that includes:

- ✓ Food
- ✓ Water
- ✓ A radio
- ✓ Flashlight
- ✓ First aid kit

Your emergency kit is stored near the exit and in the room you spend most of your time. Also keep one in the car and one at work.



Sources
www.safestronghome.com
www.earthquakecountry.info
www.redcross.org
<http://fmi.wa.gov/emergency-management-division/hazards/earthquake>
www.shakeout.org



Puget Sound Energy Presentation

Natural Gas Awareness and Electric Safety



On October 23, 2019, Greg Parkinson gave a presentation to CERT members on natural gas awareness and electric safety. He came with a “high voltage demonstration”. It was an 8 foot display board that shows power lines energized up to 12,000 volts. The demo showed safety hazards around power lines, and the arcs and sparks that could be seen in certain situations.

Takeaways include:

- Safety Rule #1: Don't rescue unless the power is off!
When any accident involving electricity happens, although it is tempting to help, you have to make sure the power is off otherwise you are in danger of getting burned by a high voltage of electricity
- Stay 10 feet away from high voltage electricity and 30 feet away from a downed power line
- There are only two ways to safely connect a generator-
 1. Plug directly into it
 2. Use a transfer switch
- Call 811 before you dig – free “Call Before You Dig Hotline”- to avoid potential hazards when striking or digging around underground utilities
- If you smell natural gas- leave immediately, do NOT turn on or off any equipment, and call 911 from a neighbor's house.
- Identify and locate your gas shut offs

Downed Power Lines

- They can still be energized. Energized lines can charge the ground that it is in contact with and could electrocute you so it is important to stay at least 30 feet away.
- Call 911 or the serving utility serving the location if you come across a downed power line
- Don't drive over downed power lines- they can be energized and even if they are not, they can get entangled with your car causing more problems
- Stay in your car if a downed power line hits your car. Do not leave your car until you know that the line is de-energized and safe.
- If you must leave your car, jump away from the car and land with both of your feet together. – Do NOT touch the car when opening the door, if you do you can become a conductor for the electricity to run through – after you jump out of the car, shuffle away to safety (heel to toe (your heels cannot pass your toes))

<https://youtu.be/fLVzvMTgGDY> - follow this link to watch a video about what to do if a downed

The CERT table at Fall Safety day was very successful. We had 3 full pages of signup sheets, and gave out tips on how to be prepared in case of an emergency. We also had an Earthquake Hazard Hunt game for the kids to play that came with prizes for them to win at the end.

Our “Build Your Own First Aid Kit” table was very busy with kids and parents building mini first aid kits, with alcohol wipes, antibiotic ointment, a band aid, and even a piece of candy to make you feel better after you’ve gotten hurt! The kids seemed to love making their own little first aid kit.

Thank you to our volunteers!

Anne Gardner – CERT 26

Dan Small – CERT 32

Jim Hewitt – CERT 33

Mike Batnick – CERT 9

Beth Miller – CERT 11

Neely May-Sipes – CERT 42

Wendy Huber – CERT 35

Roger Ansteth – CERT 4



Serena’s AmeriCorps Member Training



A little bit of background on what AmeriCorps is: AmeriCorps is often referred to as “the domestic Peace Corps”. The biggest difference being that AmeriCorps members are committed to service within the U.S. while all Peace Corps assignments are overseas. There are different programs within AmeriCorps aimed at preparing for disasters, increasing academic achievement, mentoring the youth, fighting poverty, sustaining national parks, and much more.

My training was in Wenatchee, and I met people who were doing all kinds of different service projects, and even people who this was their second term with AmeriCorps. There were projects ranging from a group who worked with kids during an after school program to teach them about hygiene and nutrition, and a girl who worked with the wildlife, and teaching kids about nature, to another group that worked with the Red Cross helping homeless veterans. There are so many different AmeriCorps programs. At this training, it was cool to see the age range of people volunteering their time. There was a diverse group of people at this training.

I attended three workshops while I was there. One was about leadership skills and learning what kind of skills you have and how to use them most effectively. I found out that I have skills relating to a very detail oriented person, and that I am likely to think about all sides of a problem, which seems very in tune with CERT and what is needed when you are dealing with an emergency. Another workshop I attended at this training was about communication, empathy, and cultural humility. In this class we talked about a lot of the things that we talk about during the CERT psychology part of class. Like how empathy is different than sympathy, and how to be caring and compassionate while someone is dealing with something traumatic rather than saying phrases like: “everything will be ok” or “it could be worse”. The last workshop taught me about how everyone comes from different walks of life, and that there are different communities with different resources within them.

Mark Your Calendar

Annual CERT Holiday Potluck



December 4 from 6-8pm at Station 20.

Bring your friends and family and your favorite holiday dish. **Bring a canned good for a food drive and receive an extra raffle ticket!** Please RSVP to Serena or Rachel by November 25 so we can get an accurate headcount.

CPR/ First Aid Class

January 11, 2020 from 9am to 5pm at Station 20. Call 253-564-1623 to register and mention you are an active CERT member to have the fee waived.

Quarterly Training

January 22 from 6:30-8:30pm at Station 20. Skill set Round Robin. RSVP to Serena or Rachel.



CERT 45

March 3-March 21, 2020 every Tuesday and Thursday evening from 6-9pm and Drill Day on Saturday, March 21 from 10am-2pm.

Classes will be held at Station 20, 10928 Pacific Hwy SW and Station 21, 5000 Steilacoom Blvd SW.

Please email Rachel or Serena if you wish to audit the class or volunteer to be a victim at Drill Day.

Serena Rotondo

AmeriCorps/ Citizen Preparedness Coordinator

253-983-4580 | 253-582-7912 fax |

serena.rotondo@westpierce.org



Rachel Adler

Emergency Preparedness Coordinator

253-983-4564 | 253-582-7912 fax |

Rachel.adler@westpierce.org