



CERT ALERT

CERT 37



Cinco de Mayo marked the graduation of CERT 37! Eighteen local citizens were added to the ranks of West Pierce CERT. We had a significant contingent of attendees who work in security at Western State Hospital as well as attendees who experienced first-hand 9/11 and the Nisqually earthquake. Please welcome our new West Pierce CERT members!

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CERT 37 – Key Topics Learned

- Your safety is first and foremost! Then, save as many people as you can.
- Perform a 360 of the building before sending teams inside. Make sure the building is safe for entry. Use sight, sound and touch during your 360.
- If a window is vibrating, DO NOT make entry. A vibrating window means that a building is prime to collapse. Entering this building will put you at risk.
- Brian’s rule of thumb – Keep hazardous areas within your thumbprint to ensure you are far enough away to avoid any potential danger related to the area.
- Marking a building should only be done if the building is entered. This marking can be done on the street if the front of the building is not visible from the street. If you cannot enter a building due to heavy damage or safety to self, even if people are inside, document your findings to inform professional first responders when they arrive.
- After completion of voice triage put your “greens” to work if you can. Ask them for information about potential building inhabitants and assistance with evacuation of other people.
- Saving people is paramount. Do not argue with those who do not want your assistance, help those who do.
- Don’t enter a building for the sole purpose of retrieving someone’s fingers, limbs, etc when there are still people who are alive and trapped in the building. Remember, life over limb.
- Choose your words carefully. People will react in a number of ways during and after a traumatic event, which may hit a nerve with you. Remind them that people are working to do all they can for them. Remember calm repetition and be like a duck, water off the back, in response to what they may say or give. Give them grace in their time of need.
- When encountering a language barrier, treat people as if they are deaf. Do not talk slow and loudly.
- When you have an adequate number of CERT members, divide into teams:
 1. Search/Recon (Assigned your fastest people) – The function of this group is building assessment and victim count
 2. Triage – This team will tag people based on the severity of their injuries as red, yellow, green or black and white.
 3. Harvest – This team will extricate victims.

Remember these team assignments are fluid. Strong, effective and positive communication is needed when these roles overlap.



CERT 37 – May 2018



Migdalia (Miki) Colón-Carlson



Hi!!! My name is Miki. I've lived in Washington state off and on for most of my life. My dad was in the military for all of my childhood, so I can't even count how many schools I went to. I took JROTC all through high school and would have joined the military upon graduation if health issues did not keep this from happening. Currently, I work full time in an indoor office/ warehouse environment. I'm married to my best friend and love of my life, who just graduated from CERT 37 as well!

I first found out about CERT when I came to the Station to purchase a helmet and saw a bulletin board and flyer for CERT. I was instantly interested and their awesome volunteer, Valerie, told me more about the class. I knew CERT was totally my thing and immediately called my wife to tell her I was signing us both up! I wish I knew about West Pierce CERT sooner as I would have taken it long ago.

A majority of my interests have to do with survival stuff, disaster preparedness, really bright flashlights, pocket knives, The Zombie Apocalypse, and firefighters because they are pretty cool. Other than that I fill my days by hanging out with my wife, my dog (he's my baby), and candles that smell delicious. I like cute animals, small things, turtles, bunnies, frogs, cider tasting, food trucks, parks with lakes and volunteering. I like watching The Lord of the Rings, The Walking Dead, Fear The Walking Dead, Stranger Things, Animal Planet, National Geographic. I enjoy hiking, campfires, camping, off-roading, going to the range, waterfall hunting, playing with my dog, making homemade dog treats, online shopping, bike riding, longboarding, kayaking, paddle boarding, tubing, crabbing, road trips, taking naps, borrowing my adorable nieces and nephews, going out to eat, (I love French fries, especially from McDonald's), and margaritas. Seriously, French fries and zombies were in my wedding vows! Now, I love being part of West Pierce CERT!



Brian Bouton's saying, "Slow is smooth and smooth is fast," will always stick with me.

Thank you to all the firefighters, staff and volunteers! The West Pierce CERT class was great and I had lots of fun. I'm so glad that my wife and I were able to attend. This class should be mandatory for each grade school graduation. I recommend it to everyone.



John Murphy – CERT 2, July 2009

I first learned of CERT when I was working as a Firefighter/Paramedic in the Bay Area when the Loma Prieta earthquake occurred. I was wondering who all these people in green hats and helmets who were showing up to help out. It was a great experience. I decided to join Lakewood CERT, the origins of West Pierce CERT, when I moved up to Washington because of this experience and my desire to give back to the community. I became very involved with CERT. My favorite memories were partnering with Tacoma CERT to do a drill at an old elementary school and attending the Citizens Corps Expo, first as a participant and then as an evaluator. I served on the Lakewood CERT advisory board and educated the community and local officials about the importance of CERT. My efforts with Lakewood CERT were recognized at the 2010 Governor's Outstanding Volunteer Award Ceremony. I continued my involvement with CERT when I moved to Indiana, serving as instructor and founder of multiple programs in my area.



I love that there is a job for everyone in CERT and the confidence that it can build in people! Everyone has different strengths that can be utilized in CERT. While in Indiana, I had a lady in an electric scooter register for CERT training. She was going to withdraw from the course after the first class. I convinced her to at least complete the course before she decided if CERT was for her or not. She ended up becoming very active in our CERT program! She would put a fire extinguisher in her front basket, drive up to a fire and extinguish it, she would assist with cribbing, and she made a great volunteer victim, teaching others how to evacuate a disabled person. She even recruited others with disabilities to join our CERT program! The same can be said of taking on the Incident Commander position, which some people may be nervous to take on. I tell them not to short change themselves. Jump in the deep end and do it! You know this material. You know what to do. You got this! I am glad to watch CERT continue to grow.



Debi Stumpp – CERT 9 February 2011

I serve in the National Guard, 34 years strong, and will continue as a civilian employee at Camp Murray when I retire. The importance of community involvement and continued learning was stressed to me by my school while obtaining my Master's in Emergency Management. I joined West Pierce CERT for this reason. I loved the training I received. Even though I currently reside in Thurston County, I still feel connected to West Pierce CERT through my employment at Camp Murray. I have also shared what I have learned with the Disaster Assistance Relief Team I joined in Thurston county. My involvement in West Pierce CERT has also demonstrated to me how much our community members are committed to involving their time and keeping updated on how they can assist themselves and other in the event of an emergency or disaster. We all need to stay prepared and active in our training so when the unexpected happens we are better able to assist ourselves, our families, and our community. My favorite West Pierce CERT memory was doing a daylong exercise at Western State Hospital. What a great hands on training experience! In my free time I make wall hanging quilts, cross-stitch, play video games, read, and take long walks in my neighborhood.

Preparedness: Three Days and Beyond – March 7, 2018

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Deputy Dan Hacker returned in March to discuss preparedness with local citizens and CERT members. Being prepared is not just prepping for a big disaster, it can be invaluable in times of labor strikes, terrorism, epidemics, and war, when access to resources may be affected. Deputy Hacker discussed his “Rules of Three”. Your goal in being prepared is to survive, not thrive. You should gather the resources and skills you need to make it through a difficult time.

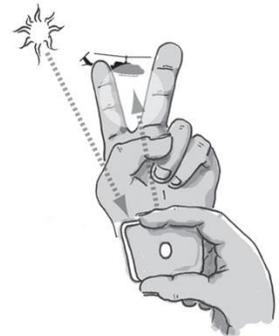
RULES OF THREE

- 3 Minutes without oxygen
- 3 Hours without shelter
- 3 Days without water
- 3 Weeks without food
- 3 Months without hope.

Becoming prepared can feel overwhelming and cost consuming. Deputy Hacker recommended beginning by making a three-day survival pack for your car as it is typically with you wherever you go. This pack can be useful during a disaster and also in emergent situations such as a car crashing down an embankment where it cannot be seen from the roadway. In addition to the necessary items for your pack (water, food, clothes, radio, first aid kit) highlights included:



- Having printed instructions of how to use every item in the pack
- Keeping a paper labelled “HELP” which you can place in a window if needed
- Having an old CD/DVD to use as a signaling device
- Having a headlamp instead of a flashlight to be able to use both hands
- Having vaseline-caked cotton balls to use as a fire starter.
- Having plain (no chocolate or anything that melts since it is stored in your car) lightweight granola bars for your meals in case you need to travel by foot.
- Utility knife
- Clothesline/cord.



Once prepared for three days, you can slowly build up your storage at home for a minimum of one week and, preferably, up to four. Preparing out to four weeks, apart from adding more food and water, is essentially adding any required medications, communication, security, and energy source measures. Adding more food can be done inexpensively by purchasing canned food at a dollar store. Interestingly, microbiological tests of non-punctured canned food found on a 100-year old sunken ship found that it was safe to eat. MREs (meals-ready-to-eat) and freeze dried food also last extended periods of time yet are more expensive and can require water for use. In regard to water, consider purchasing a water pasteurization indicator or WAPI. This will allow you to conserve energy as it will indicate the temperature at which the water is pasteurized and safe to drink. Don't forget about hygiene and sanitation. Have a way to discard waste and consider purchasing a solar shower bag. Being able to stay clean is comforting and helps limit the spread of disease. Learn how to make a rocket stove or a solar oven to be able to have an energy source for heat and cooking. The biggest tool in being prepared is your brain. Take classes and watch videos on the internet to gain knowledge and skills in gardening, security, first aid, and other measures that will help you sustain yourself in the time of an emergency or disaster.

APRIL QUARTERLY TRAINING

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Ropes

Our beloved CERT instructors, Mark Giron and Brian Bouton, both Rescue Technicians, taught our April Quarterly Training on Ropes. West Pierce Fire & Rescue divides ropes into two categories:

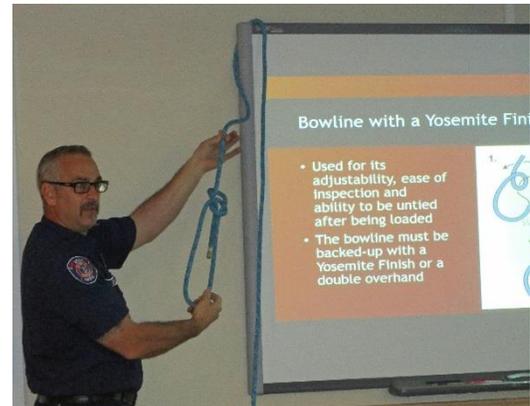
1. Utility – for moving equipment
2. Life Safety – for moving people.

Here are tips Mark and Brian shared on general rope care and use to maintain its strength and integrity.

- DO NOT walk or stand on your rope.
- Avoid leaving your rope in the sun.
- Clean and hang your rope to dry after every use. One drop of dish soap in a bucket of water can be used to clean your rope.
- Avoid creating twists and knots in your rope when you are putting it away for storage.
- Inspect your rope to ensure there are no breaks, tears, weak parts or other defects before use.
- When a rope must go over an edge using something to protect it from damage like carpet, cardboard, clothes or doormats.
- Alternate the “A” and “B” ends of your rope between uses so one end is not always at the top.
- When working with your buddy, if one prepares the rope for use, the other should verify all connections and knots as a secondary back up for safety.
- The best way to use a carabiner is to have it with the short side on top and the longer side on the bottom.

Mark and Brian recommend that CERT members have a rope of a minimum of 100 to 150 feet in length in their preparedness kit. Kernmantle rope was the one recommended for use as well as steel carabineers. Avoid purchasing pretty colored aluminum carabineers for utility or life safety use.

West Pierce CERT gives a big shout out to Mark Miller, CERT 35 and a West Lakewood Team Leader, for assisting the class with the hands-on training! We look forward to hosting another Ropes training course as understanding how to tie the knots taught in the class takes a lot of practice!



EVENTS with CERT Participation

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WA State Citizens Corps Leaders' Summit

A number of our CERT Team Leaders and members attended the Washington State Citizens Corp Leaders' Summit held at Pierce College on Saturday, March 17th. The event began with a panel of those involved with the response to the train derailment that occurred on December 18, 2017. Many lessons for improvement need to be learned from this tragic event in which many were severely injured and others lost their lives. CERT members educating their community on the importance of personal disaster preparedness is one way we can pay homage.

Do the best you can until you know better. Then when you know better, do better. – Maya Angelou



Pierce County Department of Public Health Mass Medication Exercise

A number of our CERT members participated in this drill held in April. The goal of the drill was to dispense medication to one thousand patients of various ages and medical conditions within one hour. Our CERT members went through several rotations, getting to “play” a different patient each time. Overall, 928 “patients” were dispensed the medications they needed within the one hour time period. The Pierce County Department of Public Health will host a similar drill again two more times this year. Please check out the “You’re your Calendar” section of the CERT Alert! for more information!

Disaster Preparedness Day 2018

West Pierce CERT hosted the 12th Annual Disaster Preparedness Day in conjunction with Healthy Kids Day at the Lakewood Family YMCA. West Pierce CERT volunteers educated over 460 attendees on the importance of preparedness. Kids and grown-ups alike were able to build their own first aid kit, learn about earthquake safety in the home, and visit other agencies to be entered in a raffle for fabulous prizes. Supplies for the “Build Your Own First Aid Kit” table were provided by Providence St. Joseph Health Global Partnerships. Supplies from this organization were also utilized to make 157 first aid kits; 133 of which were given out for free to attendees. Forty attendees expressed interest in taking CERT Training, some of which have already signed up for our CERT class in June!

Be sure to volunteer for this fun event next April or swing by to check it out for yourself!



Join the WP CERT Emergency Communication Group

A **West Pierce CERT Emergency Communication Group Facebook page** has been created to serve as the primary arena for CERT emergency communications. The purpose of the group is to share emergency information during and after a major disaster. Some of the information shared following a disaster may not be appropriate for a public page. While we should all be cognoscente of what information we are sharing in this group, we know that all members have taken the WP CERT class and know the expectations. Here you can share damage assessments, upload pictures of damage/hazards in your neighborhood and share other vital information. Not only will this give West Pierce an idea of what is going on in the district, but it will also connect other CERT members who may be nearby and can help! This virtual space is ideal because updates can be continuously posted and read by everyone in the group without hindering the mobility of any party. Facebook can be accessed from anywhere there is a mobile device with internet connection. Text, picture, and video posts can all be put on the Group Facebook page, allowing for a wider variety of information to be shared.

In order to post anything in the West Pierce CERT Emergency Communication Facebook Group, members will have to create their own Facebook accounts and request to join the group. Therefore, all Communicators should consider creating a Facebook account and develop a working knowledge of it. All other CERT members should also consider creating accounts in order to receive updates and share information.

Please follow these steps before the event of a disaster:

Gain Access to West Pierce CERT Facebook site and Emergency Communication Group

- a. Once you are signed in, type **“West Pierce CERT”** in the search box.
- b. Once on the **West Pierce CERT** click the “like” button on the top of the page.
- c. Click on **“Groups”**
- d. Next to **West Pierce CERT Emergency Communication Group**, click **“join.”** A request will be sent for approval. This is to ensure that only WP CERT members are in the group.
- e. You will now receive updates from **West Pierce CERT** about upcoming trainings and event on the main page. All emergency communication should be held on the **group** page.
- f. Be sure to sign into Facebook to check on CERT updates at least weekly.

While you are on the West Pierce CERT Facebook page, check out our recent reviews and give us one of your own!

https://www.facebook.com/pg/westpiercecrt/reviews/?ref=page_internal



Great instructors, anyone at any level can help once you are trained. If you are on the fence, get in a class.

-Anthony Williams, CERT 36



MARK YOUR CALENDAR

- **Team Meetings**

EAST LAKEWOOD: Monday, May 21th from 5:30 pm to 6:30 pm at Station 20, 10928 Pacific Hwy SW

WEST LAKEWOOD: Tuesday, May 22nd from 6:30 pm to 7:30 pm at Station 20, 10928 Pacific Way SW.

UP NORTH: Thursday, May 24th from 6:30 pm 7:30 pm at Station 31, 3631 Drexler Drive West

Please bring your TL lists, radios and any other teams items you may have (packets, maps, etc.)

- **Duck Daze**

June 2, 2108, 10:00 am to 1:30 pm

Station 31, 3631 Drexler Drive West



- **Health Department Exercise**

Volunteers are needed to act as residents for a mass medication and accination exercise drill.

Tuesday, June 26, 2018, 5:00 pm to 8:00 pm

Sumner High School, 1707 Main St, Sumner, WA 98390

Please sign up here: www.SignUpGenius.com/go/60B0C4AA4AB23A7FD0-fullscale

- **CERT 38**

June 4 – 23, 2018

Monday and Wednesday evenings at Stations 20 and 21.



- **Quarterly Training – Cribbing and Leveraging**

Wednesday, July 25, 2018, 6:00 pm to 9:00 pm

Station 21, 5000 Steliacoom BLVD SW

Please RSVP by July 16, 2018. Class is limited to 40 participants.



- **CERT 39** (This CERT class is being held specifically for City of University Place employees.)

June 25-27, 2018



- **Summerfest**

Saturday, July 14, 2018

Fort Steilacoom Park

More details to follow on the need for volunteers



- **NW Citizens Corps Expo**

Saturday, August 4, 2018, 7:00 am to 5:00 pm

Renton Technical College, 3000 NE 4th Street, Renton, WA 98056

Registration will open in June. More details to follow then



MARK YOUR CALENDAR

- **Volunteer Victims needed for CERT Drill Days at Station 21!**

CERT 38 Drill Day on Saturday, June 23, 2018
from 9:00 am to 1:30 pm.

CERT 39 Drill Day on Wednesday, June 27, 2018
from 8:00 am to 12:00 pm.

This is a great way to learn more from a different perspective!
Current CERT members may audit any of the upcoming CERT classes. **You must inform Valerie or Rachel** if you desire to audit a class or be a volunteer victim. This is for everyone's safety and to assist in tracking of volunteer hours.

CERT 37 Volunteer Victims



The 2018-2019 AmeriCorps Citizen Preparedness Coordinator positions is accepting applications. The position will support the West Pierce mission by assisting in the community preparedness movement. The AmeriCorps member will work with citizens to prepare for and respond to emergencies in their communities. The Coordinator will work a full-time schedule, with hours varying to include evenings and weekends. The member may attend school and/or work another job during off hours. It is recommended the member have access to a vehicle.

Applications must be submitted at the following website:

<https://my.americorps.gov/mp/listing/viewListing.do?id=74074&fromSearch=true>

You are encouraged to apply prior to the submittal closing date. Interviews will occur throughout the application period, and selection of a Coordinator could be made prior to August 11, 2018.

Details:

- Service Start Date: September 1, 2018
- Service End Date: July 15, 2019
- Minimum age of 18
- Monthly stipend of \$1,307.82 (before taxes), Educational Award of \$5,920 after completion of service (1,700 hours), childcare (if eligible), health coverage and training. Uniforms are required and provided by West Pierce Fire & Rescue.

Please visit the weblink above full details about the program, requirements, benefits and application procedures.

VALERIE MARMOLEJO
AMERICORPS/CERT COORDINATOR
253-983-4580 | 253-582-7912 fax |
VALERIE.MARMOLEJO@WESTPIERCE.ORG



RACHEL ADLER
EMERGENCY PREPAREDNESS COORDINATOR
253-983-4564 | 253-582-7912 fax |
RACHEL.ADLER@WESTPIERCE.ORG