



CERT ALERT

WELCOME

What a busy past few months! CERT 40 graduated in September. October and November were filled with team meetings, Shift Happens, the Great Washington Shake Out and communication drill, Fall Safety Day, Quarterly Training and participation in the Western State Hospital Wellness Fair. ***Whew! Read through to learn about all of these events.***

We have the privilege of recognizing a member from each of our teams in this installment of "CERT Members in Action." Find out how Nate Hart (UP North), Nate Savage (East Lakewood), and Eddie Smith (West Lakewood) used their skills to help others in the community. Strong work West Pierce CERT!

2019 will be the **TEN YEAR** anniversary of West Pierce CERT! We have had FORTY classes to date resulting in **700 CERT trained local citizens!** Check out "Celebrating a decade of West Pierce CERT" starting in this issue and see what we have planned to celebrate this milestone anniversary!

CONTENTS

CERT 40	2
2019 - Celebrating a decade of West Pierce CERT	3
CERT MEMBERS IN ACTION	5
West Pierce Fire & Rescue First Aid/CPR Classes	6
CERT Group Team Meetings	8
EVENTS with CERT Participation	9
T-Shirt Design Contest	12
MARK YOUR CALENDAR	13



CERT 40 – Key Topics Learned

Preparing your disaster preparedness kit

- Commercial water filters do not filter out viruses or chemicals. Be sure to read what is filtered out before you purchase one.
- Look to buy long lasting dry goods in the bulk food section of your local grocery store.
- Ask your doctor and insurance carrier about having a supply of medications to put in your kit.
- Consider purchasing a fire proof envelope to store important documents. Copies of these documents in your kit will work as well.
- Store your kit in something that is easy to carry, like a backpack, and keep it near an exit in your home for easy access if you must leave quickly.



Preparedness at work and school

- Ask your employer and school about their emergency plans. Know what the plan is and share it with co-workers and your children
- Practice your plans!

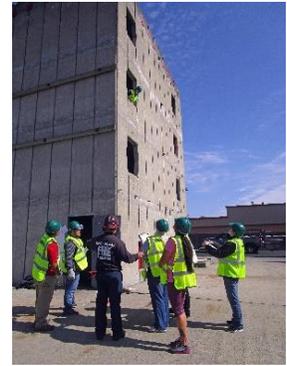


When activated to assist

- CERT Sizeup Step 1 – GATHER FACTS! Do a 360 recon with your partner. Check the building to determine if it's safe to enter while looking out for potential hazards apart from the building.

Ensure you are working with your partner.

- **DO NOT** lose your partner. Keep in contact whether through verbal communication, if light is available, or touch, if it is dark. You may need to slow down or speed up to stay with your partner. Losing your partner could mean injury for either or both of you or others.
- Maintain contact with your team. Confirm what you have done and your next assignment before moving on.



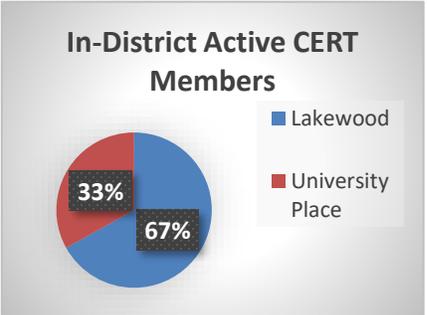
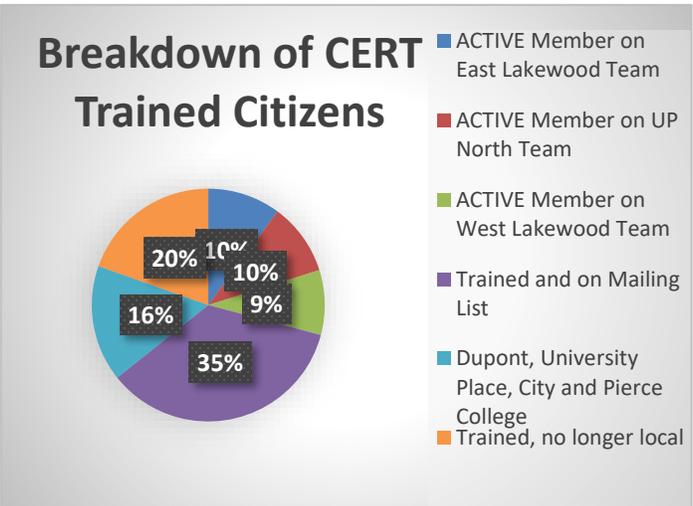
**Here's to FORTY West
Pierce CERT Classes!**
Community Prepared.
Community United.



2019 – Celebrating a decade of West Pierce CERT

West Pierce CERT began as Lakewood CERT in 2009 when Lakewood Fire District graduated CERT 1 on April 18th. Since that time, West Pierce Fire & Rescue (WPFR) has held 40 CERT classes, partnering with the cities of Lakewood and University Place, Dupont, Steilacoom, Camp Murray, and Pierce College employees to train 700 local citizens, including those residing outside the district, in basic disaster response.

Active CERT Members are those who have completed CERT training, continue to participate in two training events or one training event and one public event a year, and are on a team of CERT members who are willing to be activated by WPFR should the need arise. Of our 187 active West Pierce CERT members, 68% (127) reside within Lakewood and University Place. The majority of our other active West Pierce CERT members live out-of-district in Tacoma, Steilacoom, and Spanaway with a few members living in Gig Harbor, Olympia, Fircrest, Eatonville, Federal Way, JBLM and Orting.



The 700 trained CERT members have volunteered over 19,000 hours since April 2009. This year will be an all-time record with over 3000 hours volunteered. Marilyn Snider and Judith Browne, both CERT 3 graduates, have volunteered a minimum of 31 hours every year since 2009, volunteering a total of 454.85 and 428.33 hours over the last nine years. Ten West Pierce CERT members have each volunteered over 100 hours: CERT 1 – Joane Hatch (138 hours) and Bruce Elrod (127.60 hours), CERT 2 – Karen Lebeter (169.1 hours) and John Murphy (126.5 hours) who still follow us on Facebook from Indiana, CERT 4 – Roger Anseth (138.05 hours) and Lydia March (115.5 hours), CERT 7 – Judi Vose (125.08 hours), CERT 9 – Mike Batnick (129.5 hours), CERT 25 – Karen Kolley (106 hours) and CERT 26 – Anne Gardner (138.91 hours). We have some recent CERT graduates who are well on their way to joining these illustrious folks who have helped make West Pierce CERT what it is today.

**Here's to 2019 and TEN YEARS
West Pierce CERT!**

Community Prepared. Community United.

2019 – Celebrating a decade of West Pierce CERT

We will highlight CERT classes over the next year starting with our first four classes in this issue! CERT 1 had 21 attendees. They graduated on April 18, 2009. CERT 2 had 13 members, graduating in July of 2009. Joane Hatch and Bruce Elrod, CERT 1, and John Murphy and Karen Lebeter, CERT 2, made up the CERT Advisor Group, providing input on trainings and community activities to host and participate in. CERT 3 was unique in that all 15 class attendees resided in the Tillicum and Woodbrook areas. CERT 4, with 13 attendees, graduated in November 2009. These CERT members participated in the CERT Expo, All-City Tailgate Party, SummerFEST, and National Night Out and assisted during the Memorial Procession for the Four Fallen Lakewood Police Officers. Some members from each of these four CERT classes remain active in West Pierce CERT today! John Murphy still follows our West Pierce CERT Facebook page from Indiana!

CERT 1



CERT 2



CERT 3



CERT 4



Lakewood All-City Tailgate Party



Attending CERT Expo



CERT assisting at the Memorial Procession for the Four Fallen Lakewood Police Officers



Nate Hart – CERT 33, March 2017

It was just after the sun had started to set in May of this year when I was confronted with a situation I was not expecting and will never

forget. Driving up the road a few blocks from my house on the way to the YMCA. I saw a young girl of maybe 14 lying face-down on the side of the road, unmoving and half in a ditch. Without thinking I pulled my car over and jumped out leaving the headlights on and door open. I ran up to her about the same time another man was making his way over to us. I signaled for a woman in her car looking at the scene to call 911 for help. She told me she was, and I thanked her. The man looked at me and said "she's not moving, should we turn her over?" I said yes and that's what we did. Her eyes were wide open and unblinking. There was absolutely no response from her and she had a massive hematoma the size of half a tennis-ball on her forehead. I immediately thought she may have been hit by a car and left at the scene. I did a head-to-toe assessment of her and couldn't tell if anything was broken. There was no blood that I could see, so I tried to check her pulse. She was wearing a sweatshirt that made it difficult to get to her neck, so I held her wrist, and found nothing. I put my hand directly above her mouth to see if I could feel any air coming out of her lungs. I felt nothing and couldn't see her chest moving either, so I thought she may be dead, or close to it. The other man and I were constantly asking her questions this whole time, "What is your name? Can you tell us what happened to you? Have you taken anything? Any drugs or pills?" and so on.

By this point, many people had pulled over and gathered around to see what was happening. A woman yelled "I think someone needs to do CPR!" I realized that was my next and only other move. I told them I was a volunteer with the Fire Department and knew what I was doing. In addition to the CERT classes and quarterly trainings, I am CPR certified. My dad was a Firefighter and EMT many years ago and I learned at a young age what to do in a stressful situation and how to remain calm. I couldn't help but think people are probably recording this and I'm going to show up on someone's Facebook, I got right in her face and stared into her emotionless eyes and asked one last time for her to respond... and she did. She couldn't hardly speak or move, but at least I knew she was breathing. A little girl found a backpack down in the ditch, and opened it looking for I.D. upon request but what she found was an empty fifth of tequila and an empty container of some kind of recreational drug mixture. It was shortly after this time the Paramedics got to the scene. After I quickly relayed as much information as I could they put her on a stretcher, got her in the truck, and drove away. I'm not sure what exactly happened to her. If I was to take a guess I would say she was intoxicated and either stumbled into the road and got bumped by a car, or tripped on the slope of the ditch and fell hard, hitting her head on the concrete and knocking herself out. The combination of having a depressed respiratory system from the alcohol, being unconscious and lying on her stomach, must have made it hard for her to draw breath. The fact that we came along and got her turned over and reactive may have saved her life. I'm not sure, but at least we did something. Always be prepared and do not be afraid to take action when someone needs help. That is my story, thanks for reading.





Eddie Smith – CERT 35, October 2017

Eddie Smith works in security at a local bingo and gaming establishment. His supervisor contacted us via Facebook Messenger on October 2nd to relay the facts of an event that had occurred a few days prior. At 8:40 am on Wednesday, September 29th, a customer at their facility had a heart attack. Eddie, along with other security officers and employees, quickly assessed the situation and began CPR. All employees are trained in First Aid/CPR and AED use, which was utilized to administer one shock during this event. The customer

responded positively to these efforts just as crew from the Tacoma Fire Department arrived. The customer was able to be rushed into surgery. On Tuesday, October 2nd, the staff at the bingo and gaming facility were informed that the patient was awake and moving her arms, having two broken ribs from CPR and making it through surgery. Great job Eddie and team on rapid patient assessment and treatment to get this customer to the care they needed in a prompt manner!

West Pierce Fire & Rescue First Aid/CPR Classes

CPR and AED use are not taught in CERT as the goal of CERT is to do the greatest good for the greatest number of people in the shortest amount of time. However, that should not stop anyone from taking a First Aid/CPR and AED class to learn these life-saving skills. West Pierce Fire & Rescue offers this class the second Saturday of every other month starting in January. This \$60.00 class is free to CERT members with an active CERT badge. Over ten active CERT members have taken advantage of the program this year! Our partnership with Providence St. Joseph Health Global Partnerships has made it possible to provide the July and November class attendees with CPR barriers masks to carry should the need arise. If you would like to sign up for January's class please call 253.564.1623 to register. If you do register for the class, please attend so active CERT members do not lose the advantage of learning these live-saving skills for free!



Nathan Savage – CERT 37, May 2018



I was housesitting my Uncle’s house on Steilacoom Lake. My wife, then my fiancé, and I were lying in bed when we heard yelling out on the lake around 2:00 am. We went out on the dock to get a better idea of what was going on. It was extremely foggy and cold. We could hear people talking to each other. I yelled out, “Are you ok?” “No”, they responded, “We are (expletive) dying here, our canoe sunk!” I yelled back, “How many of you are there? Can you come to the sound of my voice?” “Two”, they responded as they struggled to swim towards the sound of my voice. My now wife called 911 from the dock as I ran into

the boathouse to get life vests. I put on a life vest and my head light and jumped into the water with two extra life vests. As I was swimming out to them I could barely see the hand of one struggling above the water through the fog. The other person had their head above the water but was bobbing under for several seconds at a time. I grabbed the latter and handed him a life vest to hold onto and swam him towards shore, leaving him where he could at least put his feet down. I headed back out for the other victim. However, there were no signs of him. I dove several times in the spot where I saw him go down. I thought I barely touched his shoulder. My headlamp only worked so well underwater for visibility. I floated in the water above the area until the rescue personnel arrived and directed them to his location. The rescue personnel pulled the victim from the bottom. I assisted in lifting the victim onto the dock, where rescue personnel immediately began life saving measures. They tried valiantly, absolutely impressive, however, to no avail. He had been under for too long. The rescue personnel then checked me for any signs of hypothermia. The first victim did survive. Having my wife on the dock coordinating rescue personnel was absolutely beneficial to the rescue efforts, although she still has some lingering trauma from seeing the second victim’s hand go under the water and not come back up. West Pierce Fire & Rescue awarded me the Life Safety Citizen Award on April 22, 2012 for providing life safety interventions that positively impacted the safety and survival of one swimmer in a multiple victim water rescue incident prior to the arrival of their water rescue teams. My wife and I also met with the survivor and the victim’s family shortly after the incident who were appreciative of our efforts.



CERT Group Team Meetings

Each of our three teams came together with a primary focus of establishing back up Team Leaders/Communicators for their current Team Leaders/Communicators and discussion of ways to engage communication and cohesion between team members. About a quarter of each of the active teams were present at their respective meetings. Plans to engage communication and cohesion with the team include:

- Set a time and date for radio communication between members of your team to practice radio use and communication. UP North currently does a radio check every Monday night at 7:00 PM.
- All CERT related emails and text message sent out will have “CERT” as the first word in the subject line. Include the date and time in your text messages. This is good practice as in an emergency it could take hours to days for text messages to come through. Including the time and date in a text will ensure whoever you are contacting knows when you originally sent the message.
- April Quarterly Training next year will likely be replaced with team specific Drill days instead. Each Drill Day will be specific to one team, East Lakewood, UP North, and West Lakewood. The plan is to perform this at a local station or in the neighbor to gather facts on local damage as this would be similar to what CERT members are expected to do following a major disaster. The plan is for these events to occur in spring 2019.
- Teams are encouraged to meet on their own, apart from events put on by West Pierce, so they get to know each other. East Lakewood made the recommendation of have a monthly meeting were one of their team members presents on the skills they have so share knowledge and for the team to get to know each other better. At a minimum, East Lakewood has committed to an open monthly meeting were members can simply chat and get to know each other and their skills.
- Placards that can be placed in yards to designate homes where CERT trained citizens reside. This is a wonderful idea that will require further work to secure funding. At a minimum, CERT members can purchase CERT stickers online to put in windows, etc.

Team Leaders/Communicators

Team	Current Team Leader/Communicator	Back up Team Leader/Communicator
East Lakewood	Nancy Andersen	Joyce Holl and Scott Rathbone
East Lakewood	Judi Vose	Joshua Gates
East Lakewood	Meredith Russell*	
UP North	Brianna Godfrey	Candy Birk (Gig Harbor) and Victoria Hoy
UP North	Nate Hart	Garrett Pessemier
UP North	Mark Miller	Karen George
West Lakewood	Miki Colon-Carlson*	Athena Colon-Carlson and Christine Herber
West Lakewood	Anne Gardner	George Spence
West Lakewood	Jim Hewitt	

***New Team Leader/Communicator**

EVENTS with CERT Participation

Shift Happens

October 16, 2018



King 5 Reporter Glenn Farley took an evening to discuss earthquakes and tsunamis with Pierce County citizens. The informal presentation sparked dialogue on preparedness and ways in which to be better prepared. Attendees were able to gain preparedness insight from multiple agencies present including West Pierce CERT (who also gave advice on water sanitization), home retrofitting, radio communication, the Medical Reserve Corps, and the Pierce County Department of Emergency Management and Aging and Disability Resources, who hosted the event. West Pierce CERT had a strong showing with 12 members present of the approximately 40 attendees.



Drop, Cover, and Hold On! CERT ShakeOut and Communication Drill

October 18, 2018

West Pierce CERT held an earthquake and communication drill on Thursday, October 18th. Active CERT members practiced “Drop, Cover and Hold On!” and received an alert from their Team Leader to respond with their location and a selfie in the act to be entered to win a preparedness prize! Of 205 active CERT members contacted, 48% (99/205) responded. Of the 99 who responded, 40% (40/99) took a selfie of their “Drop, Cover, and Hold On”. The breakdown by teams was:

Team	Responded	Picture Taken
East Lakewood	46% (33/72)	36% (12/33)
Team Leader – Nancy Andersen	54% (7/13)	14% (1/7)
Team Leader – Judi Voise	75% (6/8)	100% (6/)
Team Leader – West Pierce	39% (20/51)	25% (5/20)
UP North	47% (33/70)	33% (11/33)
Team Leader – Brianna Godfrey	41% (11/27)	36% (4/11)
Team Leader – Nate Hart	53% (10/19)	10% (1/19)
Team Leader – Mark Miller	50% (12/24)	50% (6/12)
West Lakewood	52% (33/63)	39% (13/33)
Team Leader – Anne Gardner	78% (14/18)	57% (8/14)
Team Leader – Jim Hewitt	35% (7/20)	71% (5/7)
Team Leader – West Pierce	48% (12/25)	33% (4/12)



Drop, Cover, and Hold On! CERT ShakeOut and Communication Drill October 18, 2018

We also utilized our new private Facebook “West Pierce Emergency Communication Group” page. This private Facebook page is available only to active West Pierce CERT members. It serves as another form of communication to relay important information in an emergency, including pictures of damage in the local area. Members posted their earthquake preparedness selfies from home, work and abroad!



Congratulations Melissa, CERT 37, and Meredith, CERT 38! You posted some great safety selfies and were the winners of our preparedness prizes!



We even had participants from the Great Outdoors and Guam!

Fall Safety Day

October 20, 2018

Fall Safety Day was busy this year! West Pierce CERT prepared for the event by putting together over 250 hygiene/flu kits, gathering items for the “Build Your Own First Aid Kit” table, and preparedness prizes for those who participated in our Earthquake Home Hazard Hunt. Our nine volunteers helped give away all our kits, emergency waters (which we brought as back up giveaways) and had 66 local citizens join our CERT Training program interest list. Many thanks to all those who helped out, stopped by, and spread the word. We can’t wait for next year!



OCTOBER QUARTERLY TRAINING:

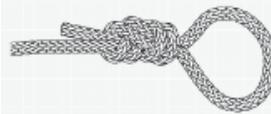
Ropes Part 2

October 24, 2018

We held our first ropes Quarterly Training in April and decided to revisit the subject for further review and more hands on experiencing in practicing our knots. Ropes fall into one of two categories: 1) Utility for moving equipment and 2) Life Safety for moving people. We reviewed that adding knots to our ropes decrease its strength. We learned that bends, used to secure two rope ends together, and hitches, used to secure a rope to an anchor or harness are two types of knots used for utility ropes only. Check out “Seven Essential Knots” on YouTube and continue practicing your knot tying techniques!



Figure 8 Loop



Round turn 2 half hitches



Bowline



Western State Hospital

Wellness Fair

November 1, 2018

West Pierce CERT was invited to participate in this Western State Hospital employee event. Several West Pierce CERT members work at Western State Hospital and we are looking to train more. With the assistance of Western State Hospital Emergency Management Director, Jocelyn "J" Hofe, CERT 6, and fellow employee Ryan Shuman, CERT 40, we had 39 employees join our CERT Interest List. We expect CERT 41 in February to have a large contingent of Western State Hospital Employees! Prepared to help the community at home and at work!



10th Anniversary West Pierce CERT T-Shirt Design Contest

John Murphy, CERT 2, developed the CERT shirt we sport today (with the slight change to West Pierce CERT from Lakewood CERT). To celebrate ten years and unite West Pierce CERT we are asking your help in designing a new logo for our shirts!



Get your creative thinking caps on and start sending in submissions. The deadline for submission will be **January 11, 2019**. This will give us time to pick a favorite by group vote and have them ready for the first graduating class! The CERT member with the winning design will be sporting some new CERT gear for **FREE!**



CERT Annual Holiday Potluck

Wednesday, December 5, 2018

5:30 pm to 7:30 pm

Station 20, 10928 Pacific Hwy SW, Lakewood, WA

Bring your friends, family and favorite holiday dish to enjoy!



Please RSVP by November 21, 2018 for an accurate head count for food and space!

First Aid & CPR Class

Remember active CERT Members can take this class for **FREE**

New classes will start in January and typically occur the second Saturday of the month every other month from 9:00 am to 5:00 pm at Station 20 , 10928 Pacific Hwy, SW, Lakewood

Call 253.564.1623 to register. Mention that you are a CERT member to have the fee waived.

Quarterly Training

Wednesday, January 23, 2019

6:30 pm to 8:30 pm

Location and topic to be determined

CERT 41

February 19 – March 9, 2019

Tuesday and Thursday evenings, 6:00 pm to 9:00 pm and Drill

Day on Saturday, March 9th from 10:00 am to 2: 00 pm

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



Please email Rachel or Valerie if you desire to audit the class or be a volunteer victim for Drill Day.

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