



WEST PIERCE CERT Alert!

CERT Class 33 Completed

Congratulations to all CERT 33 members for completing their training!



CERT Awarded \$5,000 in Grant Funding

CERT was recently awarded a \$5,000 grant thanks to State Farm Insurance. This type of funding allows West Pierce Fire & Rescue to continue training CERT members, both new and experienced.

The West Pierce CERT program received \$5,000 from the State Farm Companies Foundation and their Good Neighbor Citizenship Grant. The Foundation focuses on charitable grants that build safer, stronger, and better educated communities. State Farm values the importance of keeping neighbors safe and directs funds towards disaster preparedness.



State Farms' mission aligns with CERT's goal of doing the greatest good for the greatest number. The grant money will go towards holding an additional CERT class in 2017. A big thank you to the Foundation for their time, consideration and gift. The West Pierce community will benefit greatly from their generosity!

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Disaster Preparedness Day is Saturday, April 29!

Lakewood YMCA from 10am - 1pm





CERT Alert!

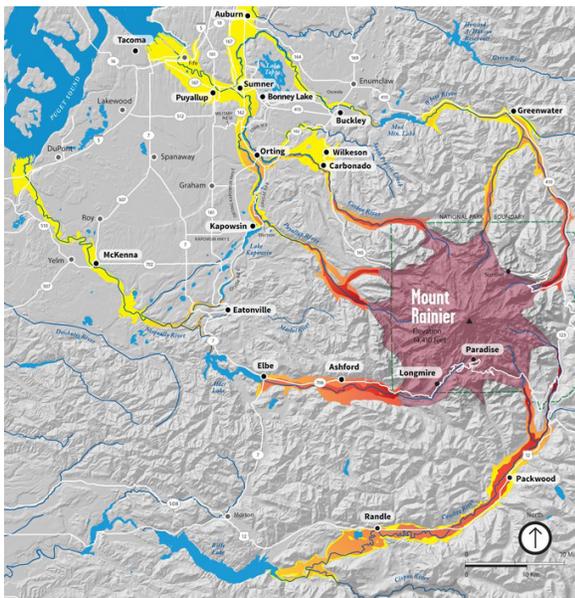
Preparing for Mount Rainier

Peggy LovellFord from Pierce County Department Emergency Management spoke at the January Quarterly Training about Mount Rainier’s hazards and how to prepare.

Lahars are one of the biggest hazards that will come from an eruption of Mount Rainier. If you are in Mount Rainier National Park, pay special attention to all evacuation signs. Fortunately, the West Pierce area is not likely to be directly impacted by a lahar. There will, however, be an influx of people evacuating the hazardous areas into West Pierce, which could potentially put a strain on local resources.

Mount Rainier ash is not toxic, but will be dangerous to those with respiratory diseases. Listen to news bulletins from officials regarding a specific ash fall in your area. To protect yourself while outdoors or while you are cleaning up ash that got indoors, wear an N-95 mask.

Develop an evacuation plan and a sheltering plan for your entire household. Review the plans



Mount Rainier lahar hazard map



annually and make sure everyone understands them. If authorities tell you take shelter where you are, keep listening to your radio or television until you are told all is safe or you need to evacuate. Local authorities may evacuate specific areas at greater risk in your community.

Sheltering in Place

Close and lock all windows and outside doors. Turn off all heating and air conditioning systems. Remember to close the fireplace damper. Go to an interior room without windows and be sure to bring your radio and emergency supplies. Don’t forget your pets!

Resources

Check out Pierce County’s Mount Rainier Volcanic Hazard Reponses Plan:
<http://www.co.pierce.wa.us/943/Emergency-Plans>
Mt. Rainer Resource Page:
<http://www.co.pierce.wa.us/3730/Mount-Rainier-Active-Volcano>

Emergency Information

Radio: KIRO 97.3 FM/ KOMO 1000 AM
TV: PCTV Channel 22-Comcast (other local stations as available)
Pierce County Blog:
<http://blog.piercecountywa.org/emergency>
Twitter: @pierceco

Active Shooter in the Workplace

“Active Shooter” is a headline that floods the news and our lives on a regular basis. On February 8th, Pierce County Sheriff’s Deputy Dan Hacker gave an informative presentation on work place safety and how to prepare for and survive an active shooter situation.

Work Place Safety

Many of us have dealt with a hostile person, whether it be in a working environment or a personal experience. There are simple steps that you can take to pacify an agitated person. First and foremost **stay calm**. Responding by being rude often only escalates the situation. Typically the person is not upset with you, try to not take their behavior personally. If they are in fact upset with you, get someone else involved as soon as you can. Try to use your best listening skills, as the upset person usually just wants to vent and be heard. By patiently listening, asking questions to clarify and summarizing what they have said, you often can defuse the situation. If at any moment you feel threatened, make an excuse to remove yourself from the situation by saying, “You know, I just thought of something that might help,” or “Oh my gosh, hold that thought,” and get help from another employee or the police.

OODA Loop

Developed by Colonel John Boyd, Deputy Hacker explained the continual decision cycle of **Observe, Orient, Decide, and Act** or OODA Loop. When you observe something, then orient yourself to it, and suddenly it changes (because you observe it again), you have to re-orient yourself. Ultimately, you want to impact the bad guy’s OODA Loop. Every time you change something (e.g., moving, yelling), it buys you more time. His OODA Loop has to restart. Your OODA Loop can be truncated (i.e. shorter or quicker) by visualization, planning and practice. You don’t have to be super-fast with your OODA Loop, you just have to be faster than your opponent. (Hacker, Dan. “OODA Loop.” February 2017. Training handout.)

Run - Hide - Fight

If you even find yourself in an active shooter situation, you must think and act quickly to survive. Visualize ahead of time an escape plan for the locations you frequent. If you can escape, **run!** Leave your belongings behind and help others if it is reasonable. Warn others to stay away from the area and call police from a safe location immediately. When escaping isn’t an option, **hide!** Get out of view of the shooter and lock doors or block entry to the place you are hiding. Remember to silence your phone and stay still and quiet. If you are seen and can’t escape, **fight!** Visualize ahead of time what items can be used as a weapon to incapacitate the shooter. Don’t hesitate and fight like your life depends on it.

Tips

Deputy Hacker gave a few tips to keep you safer in the event of an active shooter. If you work in a building that has hard floors, think about keeping Crisco and cat litter in your office. Hear me out, if you hear an assailant coming and you are unable to escape, pour Crisco on the floor outside of your office door and quickly lock the door. When they assailant reaches your door they will not have easy access as it will be slippery, hopefully they will move on. Once the building is secure, pour kitty litter on the Crisco and exit safely (Crisco did not sponsor this article). If you have carpet in your office, get a wooden wedge and hammer in nails at an angle. Secure a piece of rope to the wide end. If you are unable to escape and must hide in your office, close your door and kick the wedge under the door. The nails will grip the carpet, making it nearly impossible for anyone from the outside to gain entry. Once the building is secure and you are able to escape, pull the wedge out by the rope.



CERT Alert!

Meet Your CERT Members!

It's always nice to be able to put a face with a name, as well as why our CERT members decided to become involved. Please join us in learning more about Jim Hewitt and Kathleen Colson!



Jim Hewitt

Tell us about yourself.

I am married, one kid, our rescued Schnoodle (Schnauzer/Poodle), Max. My wife Donna has four kids that are all grown and six grandkids. Currently

I'm the Raw Material Buyer for Brown & Haley (Almond Roca). I have 18 years of experience as a US Armor Officer, with some experience in Emergency Management. I worked in an EOC during the 2011 Tsunami/Nuclear incident in Japan and as the Logistics Officer and as the Future Ops Officer for Joint Task Force-Homeland Defense in Hawaii.

What are your hobbies and interests? What do you do for fun?

I enjoy motorcycling, camping, shooting at the range, and taking our "kid" (dog) to the dog park. I used to ski prior to a knee issue but still enjoy general fitness and am a fan of football, soccer, baseball and MMA. I practiced 2 years in Japanese sword (batto-jutsu / iaido) using live blades.

Why did you decide to take our CERT program?

To be engaged in my community and to gain the knowledge to help my family and friends. While in the Army, a co-worker mentioned becoming CERT qualified and I didn't take the opportunity. When I read about West Pierce CERT, I had to take it. In these times I think the more self-reliant and self-sustaining we are, the more good we can do for family, then friends, neighbors and the community.

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

I think without CERT, communities will not do well in a large scale disaster. The resources and knowledge was valuable and great. The single most valuable thing was to remember and apply the CERT goal of doing the greatest good for the greatest number.



Kathleen Colson

Tell us about yourself.

I am a mom of two beautiful daughters. My husband and I were together almost 22 years and he was killed in a car accident by a drunk driver June 2014. He

was the passenger in the car. Life changed for us forever by a poor choice and in an instant. We had a business in Auburn as well but that I closed due to his death. I also was a student at Pierce College Puyallup finishing up my degrees where my daughter (Running Start Student) and I graduated together five days after his death. I was part time at Pierce College Puyallup for about two years in Campus Safety during this time. They are my extended family and one of the most amazing group of teammates, students, and faculty. In September 2016, I was hired full time at Pierce College Fort Steilacoom Facilities and Operations Department as an Administrative Assistant. I still get to work with Campus Safety, just in a different capacity now, different campus, and with another group of amazing people and at a very fast pace. I absolutely love Pierce College, the Lakewood community, and my job. I truly cannot be more thankful and blessed.

What are your hobbies and interests? What do you do for fun?

I love to scrapbook but very rarely find the time in the last couple of years. My interests are helping others and traveling. There is nothing more rewarding than helping others. You see what a difference you can make and it reminds you of how blessed your life really is which helps you get through those tough times. I love to travel. My favorite place is Hawaii and Bonneville Hot Springs Resort in Washington. In the last two and

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(Kathleen Colson continued) a half years, I haven't really done anything regularly, but I did take a 3-week road trip with my daughters after we lost their dad, which was one of the best things ever.

Why did you decide to take our CERT program?

It was part of my new job requirements for my position. I am also responsible for our EOC at the Fort Steilacoom Campus as well as trying to get our Emergency Management Program to be better integrated on campus, improved upon, and evolve. I was able to take CERT with two of my other teammates which is has been great! The CERT Program is so important to be trained in when working at a school. We have a very lean crew that wear many hats but our District Director, as well as Pierce College as a whole, knows how important it is to educate, train, and stay on top of being prepared to better serve our students, staff, and our community.

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

Courage and confidence. I was pushed out of my comfort zone to take this course. My husband always was my "safety net" in the event of any emergency. I had our ER bin/kit and that was it for me. I was good with the earthquake drills at Pierce College and helping with that. Otherwise I depended on my husband for everything else since that was his thing. He was good at emergencies and good under pressure but fear immobilized me. Now I have to be able to handle an emergency, not only for myself and daughters, but for my school. It was the push I needed to step out of my comfort zone because this is my life now. I cannot expect someone else to save me. I need to take responsibility for myself, and the better prepared I am, the better off I will be and the better I will do. Valuable skill I learned: I learned how to put out a fire with a fire extinguisher! That was awesome and not scary like I made it in my head! Super excited about that!! P.A.S.S.

Thank you to both Jim and Kathleen for sharing their stories and we are excited to have them as CERT members!

Spring into Preparedness!

Spring Cleaning

While you are cleaning out your closets, garages and cupboards, take the opportunity to do a little spring cleaning on your disaster kits. Check see if your food, water or hygiene supplies have expired and replace any items that need to be replaced. Change out seasonal clothing and add items you may need for spring or summer, i.e. sunscreen. Review your family and communication plans and make any necessary updates.

Don't forget the outdoors! Trim those limbs and clean those gutters. Spring storms and high winds can damage property and/or cause injury.



Spring Travel

Spring can be a difficult season for driving. The Pacific Northwest experiences a lot of rain, be sure to replace your windshield wiper when need. If the rain is coming down hard and your wipers can't keep up, pull over and wait for the weather to improve.

With the weather warming up, pedestrians are out and about and bikes become more popular. Be aware and share the road.



CERT Alert!

Upcoming Events

CERT Quarterly Training: Mock Response Drill

Wednesday, April 26th at 6 - 8pm
West Pierce Fire & Rescue Station 20
10928 Pacific Highway SW, Lakewood 98499
RSVP is required. Please contact rachel.adler@westpierce.org

Disaster Preparedness Day

Saturday, April 29th at 10 am - 1 pm
Lakewood YMCA
9715 Lakewood Drive SW, Lakewood 98499
Volunteers needed. Please contact rachel.adler@westpierce.org

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May 30th - June 17th
West Pierce Fire & Rescue Station 21
5000 Steilacoom Blvd SW, Lakewood 98499
Victims are needed for June 17 drill. Please contact rachel.adler@westpierce.org

Duck Daze / Open House

Saturday, June 3rd from 10 am - 1pm
West Pierce Fire & Rescue Station 31
3631 Drexler Drive W, University Place 98466
Volunteers needed. Please contact rachel.adler@westpierce.org

For more information on the Pierce County Preparedness Academy, please visit:
<http://www.co.pierce.wa.us/index.aspx?NID=4949>