

CERT NEWS



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April 2023

RECENT WEST PIERCE CERT EVENTS...

CERT MEMBERS ASSIST WITH FILLING SANDBAGS FOR DAY ISLAND AND SUNSET BEACH RESIDENTS



On January 13th, 18th, and 20th, volunteers from West Pierce Fire & Rescue CERT arrived at Cirque Park to help serve their community. King tides were being predicted to begin on January 20th. After seeing what happened to Day Island and Sunset Beach after the king tide in December of 2022, the West Pierce Emergency Management Coalition decided to give free sand and sandbags to Day Island and Sunset Beach residents. CERT was requested to help. The CERT members filled the sandbags and loaded them into cars. In total, 432 sandbags were given out to residents. Thank you, West Pierce Fire & Rescue CERT!

QUARTELY TRAINING ON TRAUMA ASSESSMENTS

On January 25th, fellow CERT's gathered at Station 20 for continuing education on assessing trauma victims. Captain Dave Emmons provided important instruction on how to properly conduct a triage, how to maintain hygiene when working with a trauma patient, and how to establish a medical treatment area in the event of a major disaster.



EMERGENCY FOOD NETWORK REPACK

On January 26th, February 17th, March 29th and April 6th, West Pierce CERT volunteered at the Emergency Food Network. On January 26th they helped fill 296 grocery bags with different combinations of food, snacks, and fruits. On February 17th CERT packed 1,800 pounds of rice. On March 29th CERT made 496 boxes in preparation for EFN future projects and on April 6th CERT members boxed 5,000 pounds of potatoes.



The EFN repack program provides food to 75+ food pantries, meal sites, and shelters in Pierce County. EFN depends on volunteers to transform bulk food shipments into family size portions

Here is a look at all of the events West Pierce Fire & Rescue CERT has been involved in since the start of the year.

Green=Training

Yellow=Response

Purple=Public event

White=Role Payers

Event	Meeting Date	# Returning Volunteers	# New Volunteers	# Hours
Sand Bag Fill	1/13/2023	3		8.5
Sand Bag Fill	1/18/2023	5		13.5
Sand Bag Fill	1/20/2023	3		8.25
CERT Stellacoom Meeting	1/19/2023	8		12
Stellacoom Radio Net	1/23/2023	3		1.5
CERT Quarterly Training	1/25/2023	20		45
Emergency Food Network	1/26/2023	3		6
Emergency Food Network	2/17/2023	4		11
Stellacoom Radio Net	2/28/2023	4		2
CERT 48	2/28 - 3/18	1	15	295
CERT 48 Drill Victims	3/18/2023	12	3	51.5
EFN	3/29/2023	3		9.00
EFN	4/6/2023	3		10.00
TOTAL Volunteer Hours:				473.25

Upcoming CERT Events..

Stop the Bleed

On April 26th from 5:30 – 7:30 PM at Station 21 with Verna Lily (MRC). Space is limited, if you have had the training, please request to be added to a waitlist so those who haven't taken it get the chance. To register please email me at Aidan.Rotondo@westpierce.org

EFN Hunger Walk

West Pierce CERT will have a team for the 2023 EFN Hunger Walk on May 6th from 8-11AM at Fort Steilacoom Park 8714 87th Ave SW, Lakewood, WA 98498. <https://runsignup.com/Race/Register/RaceGroup-1?raceId=69925> .To join the CERT team, search "West Pierce CERT." Registration is \$20, if you would like to join!

If financial barriers are stopping you from participating, please email Rachel.Adler@westpierce.org

Healthy Kids Day

The YMCA is having their annual Healthy Kids Day on April 29th from 9:30AM -1PM at the Lakewood YMCA. CERT volunteers will be sharing CERT and prep information to families of Pierce County. The event is free to the public

EFN Repack

We need at least 7 CERT volunteers per day to help repack bulk food items into smaller, family-sized portions or sort and pack rescued produce for distribution to food pantries. All volunteers over the age of 18, must [fill out this volunteer application](#) prior to volunteering with EFN. If you have previously filled out a volunteer application, you do not need to fill it out again. For more details and/or to sign up, please email me at Aidan.Rotondo@westpierce.org.

Wednesday, May 10, 9:00 am — 11:30 am

Friday, May 19, 12:00 pm — 2:30 pm

CERT 49 Role Player

If you would like to be a role player on June 10th for CERT 49, please email Aidan.Rotondo@westpierce.org. We ask that that role players arrive at around 9:00-9:30 AM. You should expect to be on the drill ground from 11:00 AM- 1:00 PM. Lunch will be provided

CERT TEAM 48



Congratulations to CERT 48 for graduating on Saturday, March 18th. Thank you CERT 48 for all of your hard work and for taking time out of your day to become better prepared to help yourself and others in case of a emergency. Welcome to the CERT community!

A big thank you to our moulage artists Kevin and Steph and also our drill victims for making March 18th's drill day feel and look real allowing CERT 48 to use the knowledge and skills they learned throughout the course.



Earthquake hits Turkey and Syria on February 6th.

On February 6th, a 7.8 magnitude earthquake struck Turkey and Syria. Tens of thousands of people were injured and more than 50,000 lives were lost. This is a reminder of how sudden, dangerous, and tragic an earthquake can be.

<https://www.nytimes.com/2023/02/10/world/middleeast/earthquake-turkey-syria-toll-aid.html>

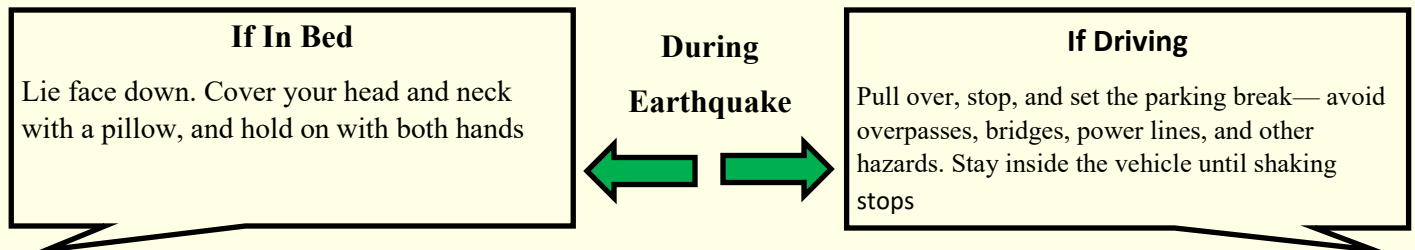
Remember when you feel shaking **Drop, Cover, and Hold On!**



DROP onto your hands and knees wherever you are. This position protects you from being knocked down and allows you to stay low and crawl to shelter nearby.

COVER your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. If there is no nearby shelter, crawl next to an interior wall away from windows. Stay on your knees; bend over to protect vital organs.

HOLD ON until shaking stops. You want to move with your shelter as it shifts. If you do not have shelter, hold on to your head and neck with both arms and hands.



What not to do during Earthquake

DO NOT run outside or to other rooms during shaking. Being anywhere near an outside building wall is dangerous as these are often the first parts of a building to collapse in an earthquake. Stay inside if you are inside. Stay outside if you are outside.

DO NOT stand in a doorway. Modern houses are no longer built in a way in which door frames are strong enough to withstand the effects of an earthquake. It is safer for you to seek shelter under a table.

For more earthquake preparedness information:

<https://www.westpierce.org/prepare-year-october-earthquake-preparedness/>

<https://www.dnr.wa.gov/programs-and-services/geology/geologic-hazards/earthquakes-and-faults?>

Upcoming CERT Class

Need a CERT Course Refresher? You are always welcome to audit a class for a Review, be sure to tell your friends about our CERT program. Below is the schedule for our next session in May. Just be sure to inform the CERT Coordinator of your attendance!



Spring Training Session May 23-June 10, 2023

Tuesday evening, 6:00 – 9:00pm	Thursday evening, 6:00 – 9:00pm	Saturday, 10:00am – 2:00pm
May 23 Disaster Preparedness & CERT Organization <i>Location: WPFR Fire Station 20 10928 Pacific Hwy SW</i>	May 25 Fire Safety <i>Location: WPFR Fire Station 21 5000 Steilacoom Blvd SW</i>	
May 30 Disaster Medical 1 <i>Location: WPFR Fire Station 20 10928 Pacific Hwy SW</i>	June 1 Disaster Medical 2 <i>Location: WPFR Fire Station 20 10928 Pacific Hwy SW</i>	
June 6 Light Search & Rescue <i>Location: WPFR Fire Station 21 5000 Steilacoom Blvd SW</i>	June 8 CERT Organization & CERT Psychology <i>Location: WPFR Fire Station 20 10928 Pacific Hwy SW</i>	June 10 EXERCISE <i>Location: WPFR Fire Station 21 5000 Steilacoom Blvd SW</i>

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WEST PIERCE FIRE & RESCUE

3631 Drexler Drive West
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8:30 a.m. – 4:30 p.m.
253.564.1623 Business
www.westpierce.org/preparedness
www.facebook.com/westpiercecet