

Issue August 2015



The Beaverton CERT Newsletter



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Beaverton CERT Newsletter

Editor
Rachael Wright

Design & Layout
Claudia Steiner-Fricker

Fall CERT Training is now open for enrollment. If you have family, friends, or neighbors who wish to sign up, please direct them to: <https://apps.beavertonoregon.gov/secure/cert/schedule.aspx>

You are welcome to join us to refresh your Basic CERT Knowledge. If you are already a CERT member, please email CERT.BeavertonOR@gmail.com with the classes you'd like to attend.

Session 1 Wednesday Sep. 02, 2015 6:00 PM 9:00 PM
Beaverton Community Center 12350 SW 5th Street, Beaverton, Oregon

Session 2 Wednesday Sep. 09, 2015 6:00 PM 9:00 PM
TVFR Regional Training Center 12400 SW Tonquin Rd, Sherwood, Oregon

Session 3 Wednesday Sep. 16, 2015 6:00 PM 9:00 PM
Beaverton Community Center 12350 SW 5th Street, Beaverton Oregon

Session 4 Wednesday Sep. 23, 2015 6:00 PM 9:00 PM
Beaverton Community Center 12350 SW 5th Street, Beaverton Oregon

Session 5 Wednesday Sep. 30, 2015 6:00 PM 9:00 PM
TVFR Regional Training Center 12400 SW Tonquin Rd, Sherwood Oregon

Session 6 Wednesday Oct. 07, 2015 6:00 PM 9:00 PM
TVFR Regional Training Center 12400 SW Tonquin Rd, Sherwood Oregon

Session 7 Wednesday Oct. 14, 2015 6:00 PM 9:00 PM
Beaverton Community Center 12350 SW 5th Street, Beaverton Oregon

Session 8 Wednesday Oct. 21, 2015 8:00 AM 12:00 PM
TVFR Regional Training Center 12400 SW Tonquin Rd, Sherwood Oregon





KNOW YOUR RISK

Know the terms:

- **Excessive Heat Watch** Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.
- **Excessive Heat Warning** Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105- 110°Fahrenheit) ready.gov/hea
- **Heat Advisory** Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105°Fahrenheit). ready.gov/heat

Reduce Heat Impact

- Consider spending the warmest part of the day in temperature controlled buildings such as libraries, schools, movie theaters, shopping malls, or community facilities.
- During extreme heat, eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.

- Make water your beverage of choice during extreme heat. Here's why, it prevents dehydration, heat stroke, and more. So keep the caffeine at bay and guzzle some good ol' H2O.
- Make the right fashion choices during extreme heat. Dress in loose-fitting, lightweight, and light-colored clothes. Avoid dark colors because they absorb the sun's rays.
- Have to work outside? Use these Heat Safety tips. Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

- During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345).

- Did you know: High heat and humidity cause the body to work extra hard to maintain a normal temperature. Stay indoors with air conditioning.
- Too hot to play outside? Ready.gov/kids offers plenty of games and activities that will help children learn and prepare for emergencies as they play!
- It's going to be a hot one! Is your family prepared for outdoor activities this summer?
- Don't forget about your pets. Share these tips from the Humane Society to keep pets safe in the heat

Summertime in the city

Did you know that urban residences are at greater risk of the effects of prolonged heat than rural and suburban residences?

ready.gov/heat #BeatTheHeat

Food Safety

Keeping food safe can be critical during an emergency. The following infographic tells you how to keep food safe to eat during everyday. For more information on how to keep safe during an emergency, click [here](#).



"Danger Zone" (40 °F - 140 °F)

Leaving food out too long at room temperature can cause bacteria (such as *Staphylococcus aureus*, *Salmonella* Enteritidis, *Escherichia coli* O157:H7, and *Campylobacter*) to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone."

Keep Food Out of the "Danger Zone"

Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.

- Keep hot food hot — at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold — at or below 40 °F. Place food in containers on ice.

Cooking

Raw meat and poultry should always be cooked to a safe minimum internal temperature (see graphic). When roasting meat and poultry, use an oven temperature no lower than 325 °F.



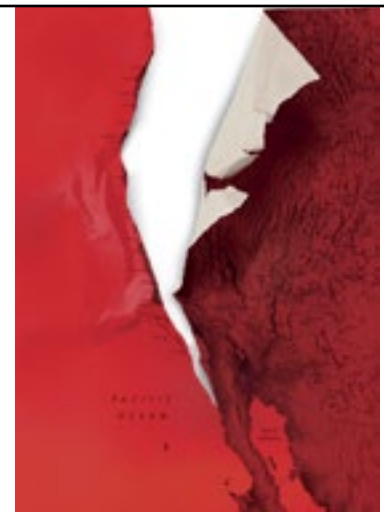
If you aren't going to serve hot food right away, it's important to keep it at 140 °F or above.

Storing Leftovers

One of the most common causes of foodborne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. For this reason leftovers must be put in shallow containers for quick cooling and refrigerated at 40 °F or below within two hours.

Reheating

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly.



Bit of a long article from the New Yorker, but if you're up for it, check out

[The Really Big One](#)

If you'd like to submit a CERT-related article, pictures from recent events, preparedness product review, survival recipe... for September's CERT newsletter, please submit by August 30th to Rachael at: CERT.BeavertonOR@gmail.com

Food Safety Questions?

Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline (1-888-674-6854)**. The Hotline is open year-round



Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at www.fsis.usda.gov.

Send E-mail questions to MPHotline.fsis@usda.gov.

Ask Karen!

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.



Mobile phone users can access m.askkaren.gov

Pregunteleakaren.gov

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

The USDA is an equal opportunity provider and employer. Revised October 2011

EVENTS

EVERY FRIDAY IN AUGUST

Flicks at the Fountains!
5:30pm 11pm



We have come to own this event. Its up to us to keep an eye on our neighbors and keep them safe. We'd like to get at least 10 people, but 20 would be even better.

There will be pizza and water.

This is a great opportunity for all our recent graduates, both Fall 2014 and Spring 2015. We will practice Comm skills, how to deal with lost child/lost parent, working in teams, and keeping our EYES OPEN!!!

Bring CERT ID, Vest, flashlight

August 7 Big Hero 6 | PG

August 14 Song of the Sea | PG

August 21 Guardians of the Galaxy | PG 13

August 28 Jurassic Park | PG 13



August 25th Emergency Management Area Buildout

On Tuesday, August 25th we will be building our new Emergency Management area in the Griffith Drive building. We need a couple of people to help with the initial build at 8:00 am and then add additional people around 10:00 am as things get going and there is more for people to do. 4755 SW Griffith Drive (Beaverton Police Department). Please bring your CERT ID.

Click [here](#) to sign up.



August 29th
Map Your Neighborhood
Information/Captain Class
2pm to 4pm

Meet in the Vose Room at the Beaverton Community Center (Sw Hall & 5th across from the Library) Learn more about the Map Your Neighborhood Program and Neighborhood Preparedness.

To invite non CERT neighbors, please email mynjudy@gmail.com

August 29th PPE/Bloodborne Pathogens - 1pm to 5pm

Meet in the Community Room of the Beaverton Community Center- Learn about Personal Protective Equipment, how and why we should use it and Bloodborne Pathogens and how to protect yourself.

CONTACT INFORMATION

General Inquiry/Steering Committee Secretary/FacebookAdmin/Gmail Admin/Newsletter Editor	Rachael Wright	CERT.BeavertonOR@gmail.com
Steering Committee Chairman	David Bennett	dbennet@beavertonoregon.gov
Steering Committee Vice Chairman	Lyndon Moore	lmoore@beavertonoregon.gov
Map Your Neighborhood	Judy Janowitz	mynjudy@gmail.com
Beaverton CERT Radio Team	John Tornblad, Lead	n7jdt@beavertoncertradio.org
	John Hunt, Assitant Lead	k7sii@arri.net
Beaverton CERT Medical Team	Harold Crawford, W-EMT	haroldcrawford@comcast.net
Training Coordinator	Kevin Cameron	k4mcameron@comcast.net
Gray Team	Bill & Darlyne O'Dell	bodell22@comcast.net
Orange Team	Jerry Burn	teamorangecert@gmail.com
Red Team	Ann Skaugset	mckaymom@gmail.com
	Stan Houseman	housemanquality@yahoo.com
Blue Team	Todd DeBow	todd_debow@yahoo.com
Teal Team	Alan Ludlow	alanl6@yahoo.com