

Issue December 2015



The Beaverton CERT Newsletter



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Beaverton CERT Newsletter

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Chairman's Corner

Kevin Cameron Steps Down as Training Team Lead

Helping a group of people in learning, practicing and perfecting a skill is not an easy task. Just ask a teacher. CERT training has its own challenges and Kevin has done an excellent job by selecting and executing a large variety of training sessions for Beaverton CERT. The quality, quantity and variety of training offered to CERT members has increased dramatically under Kevin's leadership.

Kevin has asked to step down as the training team lead to pursue other necessary aspects of his life. We will miss his focus and his expertise.

Thank you, Kevin, for all your efforts. We wish you well. Added thank you's to those that have assisted Kevin with CERTs training.

From the Editor:

Wishing you all a very Merry and Safe Holiday Season. Please be extra cautious as you drive, cook, and decorate. And always carry a mylar (emergency) blanket. They fit in your pocket and are inexpensive. Get one for everyone! Stay warm. And a Happy and Healthy New Year!!!



EVENTS

POTLUCK! & Christmas Tree Lighting

Each year the City of Beaverton decorates a BIG tree south of the Library.

The lighting ceremony is on Friday, December 4th from 5:00PM - 8:00PM.

CERT provides crowd management and lost child/parent services for the event.

This year during the event, CERT is having a holiday POTLUCK to celebrate our year.

ALL CERTs and HAMs ARE WELCOME!!

Bring whatever food you like, or just come because there is ALWAYS plenty of food.

We will feed the Beaverton Police working the event.

Have fun chatting about the year and families and spend a little time patrolling the event.



It is a "Come when you can" event so you can arrive and leave on your schedule.

There may be a surprise for those that attend!

Hope to see ya'll there.

Featured Article: Go Bags by Mike Stump

The two questions most often asked of me are,

“What kind of Emergency First Aid Kit should I buy” and “What’s in your Go Kit”.

In this article I want to offer my thoughts on the first question and save the second question for another time. Usually I answer the first question with “ well, that depends because everyone has differing needs and practices; every First Aid Kit is going to be different”. Also, how the kit will be used will alter the contents as well.

Let me give you an example.

Currently I own five medical kits. Two I usually keep in my car, one in the house and two in my disaster supplies. In the car, one is a small one-time use kit with a few band-aids, ointment and such. The other is a Basic Life Support (BLS) kit with the equipment I would use as an Oregon EMT when responding to a medical call. Obviously the BLS kit is bigger and full of items not needed for a simple scrape or minor cut.

So what about a kit in between; what about an Emergency First Aid kit.

For that I want a kit that meets the need not only for cuts and bruises, but also for burns, bone and joint injuries and the pain associated with injuries. Then there is always the need for clean water and protection from the wet and cold.

Below is a small kit I put together for a friends as a starter kit for their preparedness supplies to be carried in their car. This list should be read as “a kit to build your own kit”.

Personal Emergency First Aid Kit:

1 - First Aid kit from www.sosproducts.com:

2 – 4” x 5yd Gauze Roll

2 – Triangular Bandage

15 – 4”x4” Gauze Pad

1 - Pair Nitrile Gloves

1 – 5” x9” Abdominal Pad

2 – 2” x 5yd self-adhering bandage (Coflex or Vet-Wrap)

3 – 0.9g First Aid/ Burn Cream packet

8 – 0.5g Triple Antibiotic Ointment packet

15 - packet of 2 200mg Ibuprofen

25 – 2” x 2” Alcohol prep towel

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1 – Life Straw

1 – Keychain Escape tool (belt cutter, Glass punch in one)

5 – 18 hour Body/hand warmer

3 – 52" x 84" Emergency Mylar Blanket

1 – 52" x 82" Emergency Mylar Sleeping Bag

Total cost for this kit is about \$48.00 with the biggest cost being for the LifeStraw(\$20). Add to this list you personal medications, fluffie's food and any items you want to include like rope, blanks, just-about-anything and I think you will have a good start to a disaster Aid kit. What ever you do, do something to prepare today.

Happy Holidays to All,

Mike Stump - EMT
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MYN and Program Outreach

Since Quake Up, we have continued to receive calls about Map Your Neighborhood, and disaster preparedness in general, in fact quite a few are coming from HOA's, community and special interest organizations. This is great news and we already have some speaking engagements lined up beginning in January 2016.

Recently I was given a "nudge" to take on the task of coordinating the outreach for CERT, MYN and Take 5 to Survive. In other words, David's 3-Legged Stool. Right now I am looking for volunteers to sit down and help with the initial planning phase. If you think you might be interested, please contact me. I would like to schedule a meeting towards the end of January.

Have a safe and happy holiday season!

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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 November 30th to Rachael at: CERT.BeavertonOR@gmail.com