



ISSUE January 2017

# NEWSLETTER

## New Officers Elected

On January 10, 2017, the Beaverton CERT Steering Committee held elections for new officers.

On the recommendation of the Steering Sub-Committee for Bylaws, an additional officer position was added to narrow the span of control, and the secretary position was eliminated, to be absorbed through other functions.

The titles of Chairman and Vice Chair were also changed to reflect the standard Incident Command Structure (ICS) used by Beaverton CERT and Emergency Management.

The Steering Committee approved these changes and a vote was held.

The Election Results:

**Group Supervisor**  
Lyndon Moore

**Deputy Supervisor of Support**  
Ann Skaugset

**Deputy Supervisor of Programs**  
Claudia Steiner-Fricker

## Spanish CERT Phrases

Hello Fellow Cert members. My name is Angel Garcia and many of you know me. I've been a CERT member since 2006. In the last couple of years I've been part of the team that teaches the condensed Spanish version of CERT called Listos. We've had great success and the Spanish community appreciates that we are teaching them many of the basics of first response.

Still we have a very large Spanish community in Washington County and more than likely when an event occurs you will run into some of them. So I've take a few words and phrases that we would most likely use and listed them below for you to use. Yes, you will still sound funny but the message will be understood. I've done my best to include the phonetic pronunciation. If you see me in around, feel free to practice these on me.

Yo me llamo \_\_\_\_\_ yoh meh yahmoh  
- My name is \_\_\_\_\_

Estoy aqui para ayudar - estoy ahqui pahrah ahyudar - I'm here to help

Como se llama -- comoh seh yahmah  
- What is your name?

Donde tienes dolor - dondeh tee\_eh\_nes dolor - Where are you in pain?

Venga conmigo - vengah conmeego - Come with me

Sientese - see\_entehseh - sit down

Por favor - por\_fahvor - please

Ayudar - Ahyoudar- help

Peligro - Peh\_lee\_gro - Danger

Si pueden oir mi voz, por favor vengan aquí - see pooeden oer mee voz, por favor vengan ahquee - If you can hear my voice come here.

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## A Message from Your New Officers

When I moved to Oregon in late 2010 from the Seattle area, I never imagined I would be working amongst some of the most prepared, resourceful, and professional community volunteers in the Pacific Northwest. Moving to Beaverton has provided me a fresh start in my career, and when I joined Beaverton CERT in the spring of 2012, I wanted to give back to the community in a practical and impactful manner.

Over the previous four years, I have had a unique opportunity and front row seat to some of the best real-world, hands-on training available thanks to David, Ted, Mike Stump, and Mike Mumaw. I have been fortunate to have worked alongside a lot you and learned along the way. I am proud of each and every one of you who wears the vest and provide valuable service to our community.

For every public event, activation, community outreach, training exercise, HAM radio check-in, medical practice session, EOC project, and volunteer hour we put in only makes us stronger as a team and prepares us to come together in the time of need.

I am honored by this opportunity to lead Beaverton CERT into the new year and continue our forward momentum. Together through all our hard work and effort, we can make our community even more resilient, and I look forward to serving you all in the new year.

Thanks

Lyndon Moore  
Beaverton CERT  
24hr Mobile: 971-708-4711

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I graduated from the CERT Basic Training course in the fall of 2013. After graduation I began attending Steering Committee meetings to find out more about the organization and discover how my abilities and desires best fit into the picture. And I took David Bennett's saying to heart: "What do volunteers do? Whatever they want".

In 2016 I was involved in projects to redesign the Emergency Management and CERT webpages, rewrite the CERT database, audit data in the CERT database, revise CERT governing documents, and document a procedure for CERT involvement in running the Basic Training course. This year, the new area of Support covers those projects and more, such as organizing monthly Roundtables, putting together monthly newsletters, handling logistics, sending email to CERT members, and fielding queries from the public.

I believe delegation is a good thing and a good manager makes sure their staff has what they need in order to do their job. My personal goals as Deputy Supervisor of Support are to foster teamwork, initiative, confidence, and pride in one's accomplishments, as well as creating layers within the Support area by cross-training and ensuring essential functions have back-up.

I live in the Red Team area with my husband of 26 years, 21 year old daughter, 17 year old son, two dogs, three cats, and a 5-foot long ball python. I like to read, do jigsaw puzzles, and crossword puzzles. These things make me happy: A well-executed plan, working as part of a highly-efficient team, word play, vibrant colors, and sparkly things.

I look forward to meeting and working alongside all of you, and to serving CERT members, and the organization as a whole, to the best of my ability.

Ann Skaugset

After graduating CERT basic training in the Spring of 2015, it didn't take long before I realized that sitting around waiting for a disaster (with fingers crossed that I would remember my training when it happened), just wasn't going to cut it. I felt compelled to do more and get involved. So shortly after graduation, I joined the Map Your Neighborhood team and subsequently was tapped to head up outreach.

Getting to know so many of you as I have, and experiencing first hand your energy, passion, and dedication is the affirmation that I made the right decision.

CERT allows me to sleep better at night knowing that I have the ability to take care of my family and my neighbors when disaster strikes. What does tend to make me toss and turn, however, is when I start thinking beyond my house and the boundaries of my neighborhood. It's when visions of a CERT in every neighborhood, and every neighborhood a Map Your Neighborhood, occupy my thoughts with the scope and magnitude of the work yet ahead; to do the greatest good for the greatest number.

Everything we do as an organization that furthers our training, that creates partners and engages neighborhoods, bolsters our capacity to respond to and recover from disaster.

I am a life-long resident of Oregon, having grown up in Cedar Mill. I've been married to my very patient and tolerant husband Brad for 35 years coming up in June. We have three daughters and four grandchildren, and they have informed us that when the Big One hits, they'll all be coming to our house! My husband is resigned to the fact that eventually, our supplies will usurp the cars spot in the garage.

When I'm not filling my garage with supplies, I garden, spend time with the grand kids, and plan to start a new hobby - repurposing old windows and doors. Of course I'll have plenty of time.....

With that, it is both an honor and a privilege to have been elected to help lead Beaverton CERT going forward.

Warm Regards,  
Claudia  
503-608-9735

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## Family of 4 Food Poster Project

Outreach is looking for some volunteers for a fun project.

We are going to create a poster that will show how much food is required for a family of four (with school age children) for one week after a disaster. This poster will be on display at our outreach booth for community events.

This project will take four stages to complete. We are currently looking for volunteers to start the first stage which is research.

How many daily calories are required to sustain a family of four during a disaster for one week? What types of non-perishable foods will they need to have in their emergency kit? These



questions and more will need to be answered.

(Photo from USDA)

Stage I will culminate in a list of the various food types and quantities. The list will serve as a guideline for people to use and will not include consideration of special dietary requirements.

The remaining stages will be assembling the supplies, doing a photo shoot and creating the poster.

We will also create and test recipes from the provisions with the "winning" recipes making it into a disaster recipe booklet.

If you are interested in working on this project please contact Claudia, [claudasteinerfricker@gmail.com](mailto:claudasteinerfricker@gmail.com)

# Start the New Year With “Class”

By Cathy Crandall

**I**t's a new year and maybe you'd like to brush up on your knowledge and skills as part of your New Year's resolutions. Our CERT program offers good continuing education, but here are some things you can do from home (yes, in your pajamas, I won't tell).

FEMA currently has 196 independent study courses. The list of courses can be found at <https://training.fema.gov/is/crslist.aspx>. The choices are a bit overwhelming, but to get started you may want to look at IS 100, Introduction to Incident Command Systems, IS 200, ICS for Single Resources and Initial Action Incidents, and IS 700.A, National Incident Management System (NIMS), An Introduction. And how about IS-317: Introduction to Community Emergency Response Teams as a refresher for the CERT training you have already received?

If you have a particular interest, there is a search box to see if your interest is covered.

Is this the year you get or upgrade your ham radio license? Study and take practice tests at <https://ham-study.org/>. Once you get the license, take a look at the offerings at <http://www.arrl.org/courses-training> (many of these classes require payment of a fee). Also check out the materials at Dave Casler's YouTube site for "how to's" and equipment videos: <https://www.youtube.com/channel/UCaB-tYooQdmNzq63eID8RaLQ>.

For basic disaster preparation information, you might try a class from the University of Pittsburgh offered through Coursera at <https://www.coursera.org/learn/disaster-preparedness>. This course material is free, but if you want a certificate of completion, you must pay. There's a lot of good information here, however, the material is very general, so may not completely coincide with what we were taught in CERT training.

The Map Your Neighborhood videos are online at <https://www.youtube.com/playlist?list=PLA218D92E24E04C53> or by searching Tigard CERT, Map Your Neighborhood.

If you haven't instituted this program in your neighborhood, you can take a look to see what's involved, or if you have, it's a good refresher to go through the videos again.

May the New Year see you taking the next step to get yourself, your family and your community better prepared. Remember, every morning, you are already "dressed" for class!

# Calendar

Sign up at [beavertonoregon.gov/CERTM](http://beavertonoregon.gov/CERTM)  
Trouble logging in?  
Contact Ann Skaugset [askaugset@beavertonoregon.gov](mailto:askaugset@beavertonoregon.gov)

Feb. 14-- Monthly Steering Committee Meeting 6:30-700PM 3rd floor conference room 4755 SW Griffith Dr. Beaverton

Feb. 14 -- Roundtable 7:00PM-9:00pPM All CERT members welcome.

**Beaverton Emergency Management**  
**Mike Mumaw**  
[mmumaw@beavertonoregon.gov](mailto:mmumaw@beavertonoregon.gov)  
General info: [CERT@beavertonoregon.gov](mailto:CERT@beavertonoregon.gov)

Group Supervisor	Lyndon Moore	<a href="mailto:lmoore@beavertonoregon.gov">lmoore@beavertonoregon.gov</a>
Deputy Supervisor of Support	Ann Skaugset	<a href="mailto:askaugset@beavertonoregon.gov">askaugset@beavertonoregon.gov</a>
Deputy Supervisor of Programs	Claudia Steiner-Fricker	<a href="mailto:claudiasteinerfricker@gmail.com">claudiasteinerfricker@gmail.com</a>
<a href="#">Radio Unit Lead</a>	Jim Mockley, W7JMM	<a href="mailto:jmockley@me.com">jmockley@me.com</a>
Medical Unit Lead	Harold Crawford, W-EMT	<a href="mailto:rharcoldcrawford@gmail.com">rharcoldcrawford@gmail.com</a>
Training Unit Lead	Todd DeBow	<a href="mailto:todddebowl2@gmail.com">todddebowl2@gmail.com</a>
Outreach Coordinator	Claudia Steiner-Fricker	<a href="mailto:claudiasteinerfricker@gmail.com">claudiasteinerfricker@gmail.com</a>
Gray Team	Bill & Darlyne O'Dell	<a href="mailto:bodell22@comcast.net">bodell22@comcast.net</a>
Orange Team	Jerry Burn	<a href="mailto:teamorangecert@gmail.com">teamorangecert@gmail.com</a>
Red Team	Ann Skaugset	<a href="mailto:mckaymom@gmail.com">mckaymom@gmail.com</a>
	Stan Houseman	<a href="mailto:housemanquality@yahoo.com">housemanquality@yahoo.com</a>
Blue Team	Todd DeBow	<a href="mailto:todddebowl2@gmail.com">todddebowl2@gmail.com</a>
Teal Team	Alan Ludlow	<a href="mailto:alanl6@yahoo.com">alanl6@yahoo.com</a>

If you'd like to submit a CERT-related article, pictures from recent events, preparedness product review, survival recipe... for the March CERT newsletter, please submit by Feb. 20th to Ann Skaugset [askaugset@beavertonoregon.gov](mailto:askaugset@beavertonoregon.gov)