

## ANNUAL MAYDAY EXERCISE ON THE HORIZON

If you missed out on this amazing training opportunity last year like I did, make sure you mark your calendar now for May 13th. I'm sooooo not missing it this year.

Last year's large scale earthquake simulation event at the Westbrook neighborhood was a resounding success. MayDay has been an annual Beaverton CERT event for years, but this was the first one covering an entire neighborhood.

Don't be intimidated by the scale of this event. It's a training event designed for you to learn how to put your CERT skills to



Photo courtesy of Stan Houseman

effective use. You're not judged and it's not a competition. Lynne Blanchard, a Spring 2016 CERT graduate and MayDay

Continued on page 6

## TEEN CERT NOW IN BEAVERTON

Teen CERT is officially happening in Beaverton. Merlo Station Community High School and Levi Anderson Learning Center are two Beaverton area schools that included Teen CERT pilot programs in their March curriculum.

Although this program follows the CERT Basic training curriculum, the teenage students learn the material in 70 to 90 minute blocks and First Aid/CPR/AED certification is added in. An impressive 26 teens completed the March course and are now eligible to join their local CERT program, provided that they attend with a parent.

"We will be evaluating how things went with the two pilot programs and prepare for possible additional offerings

in the fall and next spring," explains Beaverton's Emergency Management

Program Manager, Mike Mumaw. Another consideration in the program's future is financial. "The City [of Beaverton] currently subsidizes the PPE [Personal Protective Equipment] and some of the training costs for the programs," Mumaw explained, "but the goal will be for the schools to take on those costs at some point in the future if the programs continue."

With over 12,000 high school age teenagers in the Beaverton School District, that makes for some fantastic potential for additional emergency preparedness and response in the city of Beaverton.



## IN THIS ISSUE...

ANNUAL MAYDAY EXERCISE ON THE HORIZON p1

TEEN CERT NOW IN BEAVERTON p1

DID YOU KNOW??? p2

QUIZ: DO YOU REMEMBER...p2

KNOT OF THE MONTH p2

CATHY'S COLUMN p3

NEW NEW NEW p4

PROJECT DAY p4

FOOD THOUGHTS p5

UPCOMING EVENTS p6

CERT CONTACT INFO p7

NEWSLETTER INFO p7



# DID YOU KNOW???

April 23-29 is National Volunteer Week in the US. This week of recognizing and celebrating the extraordinary contribution of the Nation's volunteers has been a yearly event since its inception in 1974. You can read more about how you can participate at this link:

<https://ww2.pointsoflight.org/nvw>

## QUIZ: Do you remember...

Quiz time! Let's see how much you remember about your light search and rescue training. Don't despair if you draw a blank on any of these questions, you can always study up or refresh your memory by sitting in on one of the Basic Training classes. Do you remember?

### Question 1

Search and rescue consists of three separate operations, what are they?

### Question 2

What are the markings you draw on a wall near the door of entry, before and after you search a structure?

### Question 3

When gathering facts for the first step of the sizeup, what are the factors you should be considering?

### Question 4

What are four specific things you can do to keep yourself safe during all search and rescue operations?

### Extra Credit Question

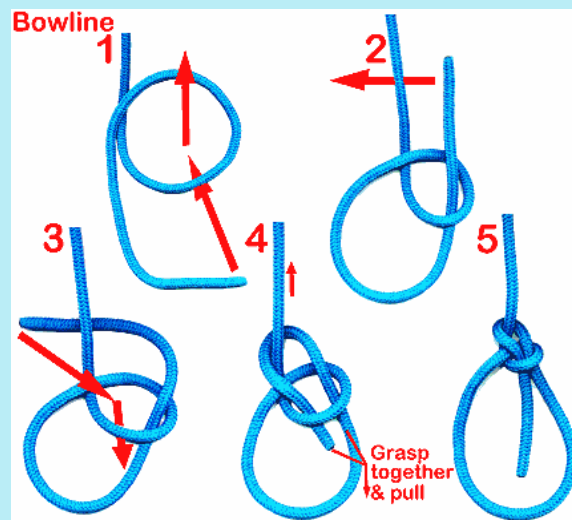
For a five person team in a leveraging and cribbing operation, what are the four assigned organizational positions?

You can find the answers to this quiz in your CERT Basic Training manual.

OR you can [click here](#)

## KNOT OF THE MONTH: Bowline

Called the King of Knots by some and the Most Useful Knot in the World, by others, the Bowline knot is gonna be your best friend in the land of knots. A simple knot that leaves you with a loop at the end, the Bowline is easy to tie and untie.



Like most best friends, it's pretty reliable, but it also has a few annoying tendencies that you have to watch out for. Although you can actually tie a Bowline with one hand, you can't tie or untie it when it's underload. Also, if the knot is not underload, it can potentially shake free and become untied—EEEEK!

Don't judge it too harshly for that though, it's benefits as a bestie far outweigh its shortcomings. Make sure you learn this one because I can pretty much guarantee you that you'll find a time in your life that you'll be glad you know it. <http://www.animatedknots.com/bowline/#ScrollPoint>

How to Tie a Bowline Knot

Bowline







# IT'S CHANGING SEASONS IN THE NORTHWEST, SO WHAT JACKET SHOULD I WEAR?

By Cathy Crandall

Longer daylight, blooming flowers, singing birds - aah, must be spring in the Pacific Northwest. As we transition from winter's chill to, umm, spring's chill, consider your coat.

Two factors of springtime put our comfort at risk: cool temperatures and moisture. Whether you get soggy from precipitation or perspiration, those springtime temperatures might feel downright nippy. Selecting the right jacket for a 72 hour kit or CERT exercise is just as important for comfort and safety as a warm coat in winter.

## Waterproof vs. water-resistant

If you are looking for truly waterproof, think poncho or rain slicker. To stay dry while just standing around, these are up to the task—and cost very little money. Any exertion at all, though, and your slicker might be



as slick inside as it is outside. If the temperature drops while you are disagreeably damp, at the very least, you will be uncomfortable.

A better option for the active wearer is a jacket rated “waterproof and breathable.” This type of rainwear does double duty: rain stays out, and sweat slips through to the outside world. If you're planning any activity that



gets limbs and lungs pumping, this is the gear for you.

Some manufacturers rate their outdoor gear with numbers describing water pressure tests and moisture transfer. Without getting too technical, any major brand considers a jacket “waterproof” when its water resistance is sufficient to keep out driving rain. The downside is that you'll have to shell out bigger bucks for this type of jacket. And, as you may have guessed, being out all day in a downpour means your coat will be wet. Then you have to pay attention to what you have on under the coat.



“Water-resistant” gear can also be breathable. A water-resistant jacket - windbreakers and featherweight jackets, for example - can manage a brief shower. If precipitation lingers or blows sideways, all bets are off.

So remember: choose the right jacket for our “springish” days and stay dry out there!



## NEW NEW NEW

### GeoTeam Coordination Manager

The GeoTeam Coordination Manager (GTCM) is a new role in our organization. The GTCM will function as a support position for the GeoTeam Coordination Unit Lead, Aaron Stiner. The GTCM is empowered to substitute for the GeoTeam Coordinator if the need should arise.

Our new GeoTeam Coordination Manager is Jo Speight. Here's an introduction:

**Jo Speight** — Growing up as an army brat, I've traveled all over the world. My family moved to the Beaverton area when I was in high school, and there is no other place I'd rather live.

As a 10+ year resident of Central Beaverton, local small business owner, and insurance risk professional, community emergency preparedness is a personal passion. In addition to holding several insurance risk management designations, I completed my CERT training in 2015 and have really enjoyed participating in the additional learning opportunities and sharing that information with friends and family.

I'm happy to serve as the GeoTeam Manager and look forward to growing our CERT community and empowering our neighbors to manage their own

### VOLUNTEER OPPORTUNITIES

If you are a good note-taker, reliable, and discreet, please consider being the scribe for the monthly Steering Committee meetings (2nd Tuesday of every month, 6:30-7:00 pm). Responsibilities include taking detailed notes during the meeting, typing them up, and emailing them to Steering Committee within a week after the meeting.

We are in need of a host or hosts for our monthly Roundtable meeting (2nd Tuesday of every month): Arrive at the EOC 6:20 - 6:30 pm, make coffee and set out cups & things, and from 6:45 to 7:05 call the elevator for arriving CERTs.

The Support Team needs data entry help. If you are discreet, accurate, and detail-oriented and can spare a few hours a month, please consider volunteering.

For more information or to volunteer, contact Ann at [askaugset@beavertonoregon.gov](mailto:askaugset@beavertonoregon.gov)

## PROJECT DAY

For anyone wondering, what's a "Project Day"? It's a day on which the EOC needs our members help getting an important something done.

Most recently, we helped with the EOC computers. These are the desktop and laptop computers you see at various stations around the EOC when you're in the training room or conference rooms. In the event of a disaster or emergency, if the building is still standing, these computers will be vital for communication between the ICS team members.

The ICS team needs to be able to pull up their position specific profile on any one of those computers, so a volunteer team lead by David Bennett established something like 21 profiles on them. The profiles were for positions such as "EOC Command", "EOC Damage" and "EOC Logistics". As part of the profile establishment process, Outlook and printer drivers were installed as well as any MS Office apps that were missing. The computers needed to be set and ready to go in the event of an emergency.

At the end of the day, volunteers had given a combined effort of 32.5 hours of their time for this vital project. A huge thank you goes out to those volunteers for their computer volunteerism awesomeness. And a special hand clapping for David Bennett as he spent hours and hours before and after the Project Day to prepare and then follow up.

If you're interested in participating in future Project Days, keep your eyes peeled for an email blast.

## MAYDAY! MAYDAY! I NEED MORE ENERGY!

We've all been there. It's a long day. A meal is still a ways off in the future and we're losing our oomph. When your get up and go has gone up and went, it's great to be able to just reach into your bag and take out a tasty little snack to help you power your way through until mealtime.

With CERT's fantastically awesome Mayday exercise event just around the proverbial corner (Yes, that was a shameless plug for attendance), it seems like a good time to think about what you're going to do if you lose steam while participating in

this, or another awesome, multi-hour long training extravaganza.

Snacks that potentially boost your energy level are going to be high in complex carbs and protein. If properly packaged, some of these snacks, like granola bars, nuts, protein bars and trail mix, can be stored for up to about 1 year, so you can also keep them in your CERT bag for emergencies and other training events. If storage isn't a concern, there are also plenty of fresh, yet portable snack options to put that bounce back in your step.

### Fruit and nut bars

High in protein and crunchy goodness, however, they can also be high in sugar and calories, so watch for those if it's an issue for you. There are some brands that don't have added sugar and keep the ingredients nice and simple. You're should be looking at getting about 5-10 grams of protein from a fruit and nut bar.



### Nuts & seeds

Two particular nuts & seeds are standouts when it comes to energy snacks, almonds and pumpkin seeds. Per ounce, both of these have great protein, 6 grams for almonds and 5 grams for pumpkin seeds. And, as if that weren't enough, you also get high amounts of Vitamin E and healthy fats AND they curb your appetite! So much awesomeness in such a little package.

### Energy bites

If you like to make your snacks at home, you can try [this recipe for peanut butter energy bites](#). Each bite has 5 grams of protein and it's made of simple ingredients and is super easy to make—no baking involved either.

### Protein bars

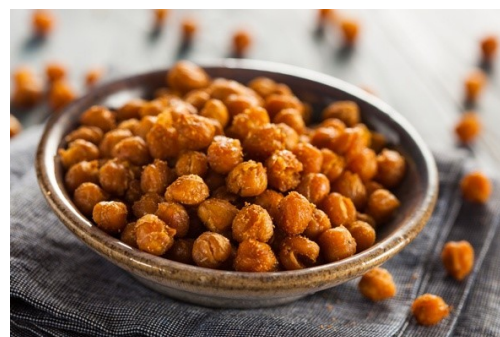
Really high in protein (10-30+ grams), these are particularly great if you skipped a meal and need some extra protein power. Like the fruit and nut bars, these bars have the potential to have lots of sugar and calories, so beware. Also, check the label for sugar alcohols and gluten and whey (for those who don't do dairy) in case you're intolerant of any of those ingredients. The last thing you want is for your digestive tract to be upset while you're trying to remember what it is that you're supposed to be marking on the front of a house during search and rescue. Try [this simple 3-ingredient recipe](#) to make your own protein bar or [this recipe for chocolate mint bars](#) — Yum!

### Trail mix

So of course, pumpkin seeds and almonds are great to have in a trail mix for the reasons mentioned above. You can also add pistachios and walnuts as well as dried fruits and dark chocolate chips and still keep it healthy. As always with the dried fruit, try to get unsweetened if possible in order to keep the added sugar down. The only real downside to this option is that trail mix can be pretty high in calories, so you should keep serving size around a handful.

### Jerky

Beef, turkey, chicken and salmon are some of the common jerky you can find in stores. Convenient and high in protein (up to 9 grams per ounce), jerky makes an excellent snack. Some of you may be able to make your own jerky, but if you get store-bought, keep an eye on the added sugar and artificial ingredients.



### Roasted chickpeas

I included these because they seem kind of like an exotic option and also look soooooo yummy. Chickpeas, aka garbanzo beans, are actually a great source of protein and fiber, 7.5 grams of protein and 6 grams of fiber in just a half-cup serving. You also get a huge array of other vitamins and minerals. If you're feeling adventurous, try [this recipe](#) or google some others.



attendee had this to say about her experience at the exercise. "I'd just graduated from CERT Basic Training last April, so I wasn't sure if something like that would be beyond my skills. Turns out it wasn't and there were even quite a few of my classmates there. We learned things that day that only come from a hands on experience."

Whether you're brushing up on your skills or learning new ones, this training event provides you with a unique CERT experience.

Keep an eye out for the sign up for this super Cascadia type event. There will be more about it in next month's newsletter.

**2017 MAYDAY EXERCISE**  
**SATURDAY, MAY 13TH**



To see a video of the KGW news coverage of the 2016 Mayday exercise at the Westbrook neighborhood, click here <https://www.youtube.com/watch?v=eeRDvguuC5A>

## UPCOMING EVENTS

Monthly Steering Committee Meeting	Apr 11 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Apr 11 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Helper/Victim at Basic Training Course Final Exercise	Apr 22 8:00am-12:00pm	TVF&R North Operations Center, 20665 SW Blanton St., Aloha, OR 97007
CERT Training: Tactical Radio 101	Apr 29 9:00-12:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Steering Committee Meeting	May 9 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	May 9 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT MayDay Disaster Exercise	May 13 8:00am-4:00pm	West Brook HOA
Rose Festival Half Marathon	May 28 6:30am-12:00pm	Southridge High School starting point
Picnic in the Park	Jun 12 6:00pm-7:30pm	Carolwood Park
Monthly Steering Committee Meeting	Jun 13 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Jun 13 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005

# BEAVERTON CERT LEADERSHIP ROSTER

## EXECUTIVE COMMITTEE & SPECIALISTS

Group Supervisor	Lyndon Moore	lmoore@beavertonoregon.gov
Deputy Supervisor of Support	Ann Skaugset	askaugset@beavertonoregon.gov
Deputy Supervisor of Programs	Claudia Steiner-Fricker	claudiasteinerfricker@gmail.com
Operations Specialist	Mike Stump	1jmstump@gmail.com

## UNIT LEADS

Medical	Harold Crawford, W-EMT	rharoldcrawford@gmail.com
Training	Todd DeBow	todddebowl2@gmail.com
Outreach	Vacant (Interim=>Claudia)	
Radio	Jim Mockley, W7JMM	jmockley@me.com
GeoTeam Coordination	Aaron Stiner	astiner15@gmail.com
Member Services	Barbara Barrett	bbarrett@beavertonoregon.gov
Logistics	Vacant (Interim=>Ann)	
Documentation	Vacant (Interim=>Ann)	

## GEOTEAM LEADS

GeoTeam Coordination Manager	Jo Speight	jospeight@gmail.com
Blue Team	Barbara Barrett	bbarrett@beavertonoregon.gov
Gray Team	Bill & Darlyne O'Dell	bodell22@comcast.net
Green Team	Judy Janowitz Doug Knight	mynjudy@gmail.com dougwknight@gmail.com
Orange Team	Jerry Burn	teamorangecert@gmail.com
Red Team	Stan Houseman	housemanquality@yahoo.com
Teal Team	Alan Ludlow	alanl6@yahoo.com
Yellow Team	Susan Watterson	ssnwtrsn71@comcast.net

### Beaverton CERT operates within the Beaverton Emergency Management Program Office.

Emergency Manager, Mike Mumaw  
Emergency Officer, Renate Garrison  
Emergency Administrative Assistant, Kristi Beyer

Contact phone: 503-629-6400

emergmngmail@beavertonoregon.gov

<http://www.beavertonoregon.gov/561/Emergency-CERT>

### NEWSLETTER EDITOR:

Barbara Barrett, CERT Member Services Unit Lead

If you'd like to submit a CERT-related article, pictures from recent events, a preparedness product review, a survival recipe, etc... for the CERT newsletter, please send it to me by the 20th. I also welcome your ideas, comments, questions or concerns regarding the newsletter. You can send them to bbarrett@beavertonoregon.gov

**Accessibility information:** This information can be made available in alternative formats such as large print or audio tape. To request alternative formats, contact **Kristi Beyer** by calling 711-503-629-6400 or email [emergmngmail@beavertonoregon.gov](mailto:emergmngmail@beavertonoregon.gov)