

MAYDAY 2017 CERT EXERCISE IS HERE



Photo of MayDay 2016, courtesy of Stan Houseman



Photo of MayDay 2016, courtesy of Claudia Steiner-Fricker

MAYDAY EXERCISE: Basic information

*Please note: Registration is now closed.
Deadline was April 30, 2017*

Date of event: Saturday, May 13, 2017

Check-in time:

7:00 am for Medical Team
7:30 am for CERTS

Exercise end time: 2:30pm followed by
hotwash

Weather: Exercise will happen rain or
shine so dress for the weather

Location: Westbrook Neighborhood
14255 SW 6th Street
Beaverton, OR 97005

Parking: Park along SW Normandy and
SW 6th Street

Breakfast and lunch will be provided

Not sure what to pack in
your gear bag? [Click here](#)

For those of you who registered for MayDay, get excited, because it's looking to be an awesome exercise on Saturday, the 13th. I've been able to sit in on a meeting and work session with the planning committee and I can tell you, they're working super hard to make sure you have a great time practicing your CERT skills at MayDay.

Things are going to be a bit different this year at the exercise, so if you were there last year, be prepared for new challenges.

It's time to CERT up!

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TEEN CERT GRADUATES BEAVERTON CERT BASIC TRAINING

Last month I reported that TEEN CERT had come to Beaverton through two pilot programs, one at Merlo Station High School (MSHS) and the other at Levi Anderson Learning Center (LALC).

I had the opportunity in April to join Lyndon Moore, Beaverton CERT Supervisor, David Bennet, our former Beaverton CERT fearless leader and Jim Mockley, Beaverton CERT Ham Radio Unit

orchestrated the exercise which had the teens performing search and rescue throughout the gymnasium and its adjoining rooms.

I couldn't help but be impressed by how well the teenagers worked together to figure out what to do about my simulated head injury and then continued on to search for David in another room. I would have

to their duties with focused determination and became natural leaders. As any CERT knows, exercises like these are huge learning experiences. It's not about doing things perfectly, it's about putting your skills to use the best way you can and learning how to do it even better next time.

All in all, they were conscientious about treating the victims with care and getting the job done and done well. Based upon what I saw of the exercise that day, I can't help but think both Morris and Bates had to be incredibly proud of their TEEN CERT's performance.

I was so impressed by this group of Teen CERTs that I reached out to the Principal of MSHS, Mary Jean Katz, where the other TEEN CERT pilot program was being taught by Mike Mumaw, Beaverton Emergency Manager. For those curious about what prompted the school to offer the TEEN CERT program to its students, Katz said that after finding out that many of the students were interested in being in a helping profession, she wanted to provide them the opportunity to build on that. She



CERT Graduation Day Spring 2017. The Hand family, James, Jackie and Jacob (TEEN CERT graduate from LALC), join LALC Principal and veteran CERT, Lisa Bates in front of the TVF&R North Ops facility in Aloha on April 22nd.

victims for their field exercise at the end of their TEEN CERT program. The TEEN CERT program trainer, Ted Morris, and LALC Principal and CERT member, Lisa Bates,

paid money to see how that went because last I saw, his victim card said he was a 39 year old pregnant woman.

Some of the trainees really took

Continued from page 2

added, "We are always looking for courses where students can learn important skills in a real-world context. Teen CERT provides that. Students clearly understand the relevance of what they're learning and can take their learning right into their homes and community." As the principal at MSHS, Katz mentioned she hopes the program will build on the teens' desires to serve as well as foster their self-esteem. I asked her what she found most impressive or surprising about the MSHS students' performance in the TEEN CERT program and she responded by saying, "I'm



impressed by how seriously the students took the training. They know that these are adult skills, and they rose to that level."

One such teenager rising to take on adult skills is TEEN CERT graduate, Jacob Hand. He took to the training at LALC so seriously, he wanted to continue his training with Beaverton CERT. The policy of

Beaverton CERT is such that a teenager under 18 must have a parent accompany them for the training. Hand's parents, James Hand II and Jackie Tillotson Hand, both decided to take the training and so Beaverton CERT was fortunate to gain not just one new member, but three. The Hand family became official CERT members on April 22nd when they all graduated the Spring 2017 Basic Training class. Congratulations to the Hands and welcome to the team!

KNOT OF THE MONTH: The Midshipman's Hitch

Like last month's Bowline knot, the Midshipman knot makes a loop at the end of your rope and has a cool nautical name. Unlike the loop from the Bowline knot, the Midshipman knot makes an adjustable loop which can be tied and untied underload—pretty awesome!

This type of knot is called a hitch, but don't confuse it with the "Taut Line Hitch" as that knot's a little bit different and not as secure as the Midshipman's Hitch. One of the common uses for this type of knot is to secure the guy lines of a tent, another is to secure loads on a vehicle. You're able to make the line nice and taut by sliding the knot up and down while it's underload. Note that slippery fiber rope may not be as secure over time. You can find more information and a video on how to tie this super useful knot if you click on the image to the left.



QUIZ: Do you remember...

Quiz time! Let's see how much you remember about your Disaster Medical Operations Part 2. 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

The establishment of a centralized medical treatment site would include what 4 areas?

[CERT Manual 2011 p4-9]

Question 2

Proper personal hygiene is critical in the treatment of victims. What are some of the steps you can take to maintain your individual hygiene? [CERT Manual 2011 p4-2]

Question 3

The main treatment for open wounds has three basic steps, what are they? [CERT Manual 2011 p4-25]

Question 4

It's recommended that the "Immediate" and "Delayed" treatment areas be close to each other. Can you recall three reasons why this would be? [CERT Manual 2011 p4-11]

Question 5

Determining the location of a treatment area should included which two overall considerations? [CERT Manual 2011 p4-6]

Extra Credit Question

What is the bleach to water ratio for purifying water for use on wounds?

What is the ratio if the water is cloudy or dirty?

[CERT Manual 2011 p4-3]

You can find the answers to this quiz
in your CERT Manual 2011
OR you can [click here](#)

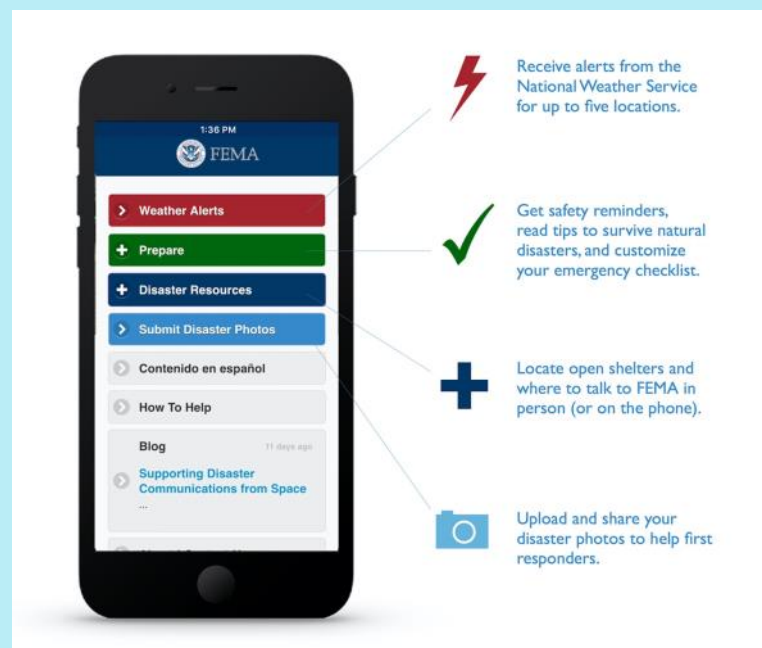
DID YOU KNOW???

Did you know you can be impacted by "Space Weather"? Do you want to know what to do if you are? Well you can find out what to do before, during and after a Space Weather event on FEMA's mobile application. You can even learn what "Space Weather" is, and yes, it's actually a real thing.

This free app is available from FEMA for Android, Apple and Blackberry mobile devices. A host of disaster information will be at your fingertips no matter where you are (so long as you have your mobile device). There's also a feature called "Reminders" which will alert you when to do things like testing your smoke alarm and replacing batteries or updating your emergency kit. How cool is that!

I have read that they're currently experiencing some issues with the Weather Alerts feature functioning properly but FEMA says they're working on the problem and people loved the feature prior to that.

So if now you're thinking, this app is awesome, I want it. Or, if you're only mildly interested, but want more info, you can get both at this link: <https://www.fema.gov/mobile-app>



Big Wind, No Power? Here's Help

By Cathy Crandall

A low-pressure system makes its way into the metro area. The breeze picks up and soon, gusts of wind are bending treetops and snapping fence posts. As trees and limbs fall to the ground, power lines go with them. Sound familiar?

A comparatively minor emergency, but what do we do now? The power is out and people might be hurt. As long as your phone or tablet is charged, one source of guidance is the Red Cross first aid app.

While "first aid" brings to mind medical issues, there's medical and a lot more to this app.

It gives advice what to do ahead of emergency situations, what to do during and how to recover after. Power outage is one of the topics covered, along with concussions and broken bones and much more. Some of the topic coverage includes a short video or other graphic.

Do you know where the nearest hospital is? The app can tell you. Want to quiz yourself to see



Photo courtesy of American Red Cross

what you know about anaphylaxis? The app can do that. Do you know how long your freezer food will last? Try the app.

Unlike the FEMA app, there are no weather alerts, but both of the apps try to tap into social media (the FEMA app by sharing photos and the Red Cross app by "sharing stories"). The Red Cross app appears to be fully functional without any internet connection. Although much of the Red Cross information is very basic, it might be enough for you or your loved ones to get by. It might also be time to think about a battery-powered cell phone charger if you don't already have one.

The app is free and available in Spanish for Android and Apple devices.

Check it out and be better prepared for the next big wind, or whatever mother nature has in store for us. <http://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps>

Or text: "GETEMERGENCY" to 90999





BEAVERTON CERT HAMS

NEW NEW NEW

40 New Members for Beaverton CERT

2017 Spring Basic Training Class concluded on April 22 with a graduation exercise at the North Ops Station for TVFR. Beaverton CERT



gained 40 new members. Congratulations to all of the graduates and welcome to the team!

Don't be shy about attending meetings and events, or asking lots and lots of questions. The Member Services Unit is all about supporting team members, so if you feel sort of lost or confused or curious about something regarding your involvement with the team, email me.

Seasoned members please, please, please make sure you introduce yourselves to the new members if you get the opportunity. You're a great source of knowledge and support for new members.

Barbara Barrett
Member Services Unit
bbarrett@beavertonoregon.gov

A message from your Team Lead, Jim W7JMM :

I would like to remind the Beaverton CERT Radio Team Members of some important dates and events.

May 9 Monthly CERT Roundtable

May 17 Wash. County Emergency Communications Test

May 28 Rose Festival Half Marathon

These events are excellent opportunities for training and participation.

CERT graduates on the Radio Team can sign up for the communications test on May 17th on the CERT website and for Radio Team members who are unable to sign up on the website, send an email to Beaverton Emergency Management at mailboxmayoremergencymanagement@beavertonoregon.gov



I would like to encourage all CERT Radio Team members to sign up ASAP for the Half Marathon. You can follow the instructions [here](#).

We need a solid turn out for the ROSE FESTIVAL HALF MARATHON! This event is high visibility in our community and it's the first time ever for Beaverton to host the Rose Festival Half Marathon...Lets make this event a safe and successful time for all.

BEAVERTON CERT RADIO TEAM hosts a weekly net on 147.380 MHz or 443.750 MHz with a positive offset and tone of 100 Hz. We are also on Echolink at K7RPT-R repeater.

Also, please be sure to have our 70cm repeater WB7CRT programmed for use. The frequency is 444.750 MHz with a positive offset and tone of 123.0 Hz.

YOUR GEAR BAG:

The Basics of What to Pack

Pretty much everyone can guess that they're going to need to pack their CERT mainstays like safety helmet, CERT vest, eye protection, gloves and 4-in-1 tool, but as for what else to pack, that may be less clear. Of course you're going to potentially need more or less depending on what you're doing and your personal needs, but there are some basics to consider.

Click [here](#) or on the image of the pack to the right to get a list of a basic CERT pack. Also, keep an eye out for upcoming CERT gear demonstration opportunities.



HOW TO LABEL YOUR CERT VEST

In an effort to keep CERT vest labeling consistent, we now have some official “where to’s” for the passport tags and CERT patch. Although the two vests below look alike at first glance, they’re actually made by two different manufacturer’s and vary slightly.

The latest version is the one on the right. You can tell this if this is your type of vest by just checking the lower pockets. If they have no Velcro flaps, then it's your vest. If you've been a

CERT member for a long time, your vest may be different from these two examples below.

The placement is still essentially the same for all vests. When possible, the CERT patch should be attached on the upper left side of your chest. The passport tags should be affixed to the upper right side of your chest. In the case of these two vests, the passports can be attached to the reflective strip. You can sew your CERT patch on, or you can attach it using sticky back Velcro strips.



FOOD THOUGHTS...



Do you know how many calories you have set aside in your kit for an emergency disaster situation?

Are you certain it's enough?

Many of the kits people have are based on the calories you need to survive, HOWEVER, that might not be enough for a disaster situation.

Consider this: Surviving means you're not physically exerting yourself, basically you're sitting around waiting to be rescued. The US Coast Guard has done studies on minimum levels of food and water needed under pure survival

conditions and recommends a minimum of 800 calories per day. This is where there big "however" comes in, if you're in a disaster situation, you're not going to be just sitting around. You could be evacuating, digging through debris, trekking long distances, searching and rescuing along with your CERT team. You're potentially going to need more calories than someone who's just sitting in a lifeboat waiting to be rescued.

So how many calories do I need then?

To determine that answer, we'll need to consider what your Basal Metabolic Rate (BMR) is and your level of activity.

BMR is basically the speed of your metabolism, or how fast the life-sustaining chemical reactions are occurring in your body. If you want more in depth details about it, you can check [wiki here](#). BMR is effected by a bunch of different factors, but the major ones are gender, age, weight, height, and level of activity. The most commonly used equation to predict BMR is the Harris-Benedict method. The most recent revision of this calculation was in 1990



by Mifflin and St. Jeor. It's considered more accurate because it takes into account our modern lifestyles, so that's what I'm going with for now.

STEP 1 For BMR with the Mifflin-St. Jeor equation

Men	$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$
Women	$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

STEP 2

Little to no activity	Daily kilocalories needed = $BMR \times 1.2$
Light activity	Daily kilocalories needed = $BMR \times 1.375$
Moderate activity	Daily kilocalories needed = $BMR \times 1.55$
Heavy activity	Daily kilocalories needed = $BMR \times 1.725$
Very heavy activity	Daily kilocalories needed = $BMR \times 1.9$

If you're like me and don't want to do all that metric conversion and calculating manually, you can find a calculator [here](#) that uses the Mifflin St Jeor Equation.



How many calories will I potentially need for my family in a disaster?

Let's consider a hypothetical family of 4:

Dad- 40-year-old male, 6'0 and 200 lbs needs 2,552 calories with light activity

Mom- 40-year-old female, 5'5" and 150 lbs needs 1,858 calories with light activity

Daughter- 17-year-old female, 5'1" and 110 lbs needs 1,679 calories with light activity

Son- 15-year-old male, 5'4" and 120 lbs needs 2,049 calories with light activity

Based on the Mifflin-St. Jeor equation, they'll need to have 8,138 calories per day in their emergency kit. Emergency ration bars with a 5-year shelf life usually come in 3,600 or 2,400 calories. That means they'll need approximately 2 ¼ bars of a 3600-calorie bar or about 3 ½ bars of the 2,400-calorie bar per day for their family in a disaster situation. There

are, of course, tastier ways to consume your calories, but emergency rations are about surviving, not appeasing our inner foodie.

It's important to note that ration bars are not the same thing as survival food bars.

A few key features of the ration bars are: they're non-thirst provoking; they have a very long shelf life; and they can withstand extreme temperatures. None of those are true for survival food bars. However, survival food bars are high in protein, whereas the ration bars are not. The protein is going to get you through the physical exertion or activity you might encounter in a disaster situation. Just keep in mind, you're going to be needing water if you eat these and they don't necessarily give you the optimal survival balance of salt, fat, carbs, vitamins and minerals that ration bars can. Personally, I plan to have both types of bars on hand for an emergency.

What happens if I'm not getting enough calories?

Well for starters, most of us know we can get a bit cranky when we're not getting enough calories, but it can get far worse. Your BMR is all about life-sustenance, so functions such as breathing, blood-circulation, thermoregulation, nervous system and muscle contraction are all affected among other things. Therefore if you're not getting enough fuel for your body, you're likely to feel weak, tired, irritable, confused or disoriented, have poor judgement and be less able to

maintain your core body temperature. You might be saying to yourself, "I can't eat emergency ration bars every day for 2 weeks. Next month, I'm going to think about alternate food storage ideas in case we're faced with a famine." Ya Yf YbWhi cf Xjghfgh Uhcb"



UPCOMING EVENTS

Monthly Steering Committee Meeting	May 09 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	May 09 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT May Day Disaster Exercise	May 13 8:00am-8:00pm	Westbrook HOA
Washington County Emergency Communications Test	May 17 Time TBD	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Rose Festival Half Marathon	May 28 7:30am-12:00pm	Southridge HS starting point
Demonstration: Drones for Emergency Services	Jun 10 9:00am-12:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Picnic in the Park	Jun 12 6:00pm-7:30pm	Carolwood Park
Monthly Steering Committee Meeting	June 13 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	June 13 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Picnic in the Park	Jun 12 6:00pm-7:30pm	Carolwood Park
Broadway Street Festival	Jun 24 1:00-6:00pm	Broadway Street, Beaverton
Check-in at Radio Field Day	Jun 24 9:00am-4:00pm	to be determined

BEAVERTON CERT LEADERSHIP ROSTER

EXECUTIVE COMMITTEE & SPECIALISTS

Group Supervisor	Lyndon Moore	lmoore@beavertonoregon.gov
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Beaverton CERT operates within the Beaverton Emergency Management Program Office.

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Emergency Officer, Renate Garrison
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emergmngmail@beavertonoregon.gov
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**