

BEAVERTON EMERGENCY MANAGEMENT VOLUNTEERS

NEWSLETTER

DECEMBER 2019

2019 CERT YEAR IN REVIEW

from our CERT Group Supervisor
Claudia Steiner-Fricker



As we wind down to the end of the year, it's a good time to reflect on what Beaverton CERT has accomplished in the last twelve months. We have been very busy indeed!

Three of our members became Certified CERT trainers bringing the total to eight Beaverton CERT volunteers certified by the State of Oregon Emergency Management to teach the CERT Basic Training course. This is much to the relief of Mike Mumaw who doesn't have to teach the majority of the classes anymore!

We had 87 CERT Basic Training graduates join the team this year. This means we have more CERT members in the CODE RED system to activate in a call-out. It also

means we have more CERT members who can take advantage of the additional training we offer throughout the year including refreshers of basic training, and the opportunity to expand their preparedness knowledge and learn new skills.

We have amazing GEOTeam leaders who worked hard in 2019 to engage CERTs in their areas. They have a challenging job. Each geographical area is different with different challenges to overcome. The work they have done, and continue to do, lays the groundwork for creating a resilient and self-sufficient community in the face of a disaster.

We offered twelve advance training

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*Photo Left by
B.Barrett:*

*2019 Fall Basic
CERT Training
Graduation.
Medical
Treatment
Area station.*

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classes throughout the year that included Stop the Bleed, Construction and Management of a Medical Treatment Area, CERT Leadership Training which is a FEMA certification course, and Building Tarps and Shelters to name just a few. All of this is thanks to the the incredible effort of the Training Unit.

Photos by B.Barrett:

CERT Training on building shelters.



In May, we introduced Medical Countermeasures: Point of Dispensing (POD) training. The goal is to train enough CERTs to stand up and staff a POD in the event of a public health emergency. We will endeavor to provide this important training twice a year, in the spring and fall.

We established a Moulage team this year! Moulage is, of course, mock injuries and having our very own team is a tremendous asset, not to mention cost-saving because now we won't have to hire it out for our large exercises. Thanks to grant funding, our team has had the opportunity to take their training to the advanced level. Grant funding has also provided us with a well-stocked

moulage kit. Expect to see life-like injuries next year that will enhance the training experience!



*Photo left by B.Barrett:
Advanced Moulage Training*

We participated in twelve outreach and city events in 2019. CERTs provided crowd management at city-sponsored and other large events when the Beaverton Police Department asked us to be extra eyes and ears. Our partnership with the Police continues to thrive and they have come to rely on us for the big city events like Night Market, Flicks at the Fountain and the Tree Lighting.

Word has spread about the work we do in the community and we are faced with the difficult decision of prioritizing the events we are asked to help with, unfortunately, saying no to some so as not to over commit our team members. This is, once again, an example of the dedication and desire to serve our community that our CERT volunteers bring.

To break it down and put in perspective, we have volunteered a lot! As of this writing, our members have logged 4,175 volunteer hours in 2019 and the final count will not be completed until the end of January next year! We have two dedicated CERT volunteers who log hours into the database, so as you can imagine, this is a very time-consuming process.

I am very proud of the team members that work tirelessly and with great dedication to keeping this organization moving forward. The volunteers I encountered as a new CERT motivated me to participate more.

Great job everyone! Individually we can do a little bit of good. Collectively we can do the greatest good.

I wish all of you peace, love, and light this holiday season.

See you next year!

Claudia Steiner-Fricker, Group Supervisor, Beaverton CERT



BEAVERTON CERT GEOTEAMS

ORANGE GEOTEAM

Hello Orange People!

I want to thank everyone who was able to make an Orange Team meeting in 2019.

What can we, as Beaverton CERT members in the Orange area, do to prepare for an upcoming disaster? While it is great to be able to make sure I'm safe, then head to the nearest flagpole to help others, I know in my heart that most of my nearest neighbors are not ready for a disaster.

Rats. I won't be able to leave my street because NO ONE IS READY.

Therefore, while I plan to have quarterly team meetings for anyone who is interested, I would like to offer my services to fellow Orange team members to implement the Map Your Neighborhood program. Please let me know when you would like me to talk to your neighbors to prepare for disasters. How many neighbors? Even if you can only get two or three houses as a start, I'm willing to come to your meeting to talk about how to organize. I can get materials from the CERT office.

Second, I want to challenge all the Beaverton CERT members in the Orange area to get your emergency toilet kit. You need a 5 gallon bucket, toilet seat lid that will attach to the bucket, construction weight waste bags, and as a bonus, wood pellets. Disease is the biggest problem most communities have after a disaster. Hey, with the holidays here, it makes a great gift, one I'm giving to my own family members (he he). Here is a link to information on the twin bucket system: <https://www.phlush.org/nine-actions-for-you-to-take/diy-christchurch-twin/> and you can [click here](#) for the PDF of the "What To Do With Pee And Poo After A Major Earthquake" flyer.

I look forward to hearing ideas from my fellow Orange team members in 2020 as to what you want out of the Orange team.

Thyra Bishop

Orange Team Leader

teamorangecert@gmail.com

Any information or messages the GeoTeam Leads are wanting to add to the newsletter are posted in this section.

You can find contact information for your GeoTeam Lead on page 9. If you're not sure what color your GeoTeam is, you can send an email to:
certmembers@beavertonoregon.gov



WINTER STORM PREPAREDNESS



****RE-RUN OF NOV/DEC 2017 NEWSLETTER ARTICLE****

Last year, we got walloped by winter storms. I don't think anyone has forgotten the last snowpocalypse. This year, we may not get hit by the extreme weather again, but forecasting is unpredictable in the Metro area, so it pays to be prepared. I went to the Ready.gov website to see what their recommendations are for preparing for winter weather and found the following information under "Snowstorms and Extreme Cold". Not only is there info on what to do before a winter storm, but also during and after it hits.

“Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous or impassable and close or limit critical community services such as public transportation, child care, health programs and schools. Injuries and deaths may occur from exposure, dangerous road conditions, and carbon monoxide poisoning and other conditions. “

-Ready.gov

To prepare for possible snowstorms or extreme cold weather, Ready.gov suggests that you:

- Make a [Family Communications Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Make an [emergency kit](#) for at least three days of self-sufficiency.
- Keep space heater safety in mind: Use electric space heaters with automatic shut-off switches and non-glowing elements. Remember to keep all heat sources at least three feet away from furniture and drapes.
- Make sure you have a cell phone with an emergency charging option (car, solar, hand crank, etc.) in case of a power failure.
- People who depend on electricity to operate medical equipment should have alternate arrangements in place in case power is out for an extended period of time.
- Plan to check on elderly/disabled relatives and neighbors.
- Plan to bring [pets](#) inside.
- Know where the manual release lever of your electric

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garage door opener is located and how to operate it in case you lose power.

- Fill a gallon container with water and place them in the freezer to help keep food cold.
- A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services.

PREPARE YOUR HOME:

- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the warm air inside.
- Make sure you have a working carbon monoxide detector.

- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- Learn how to [shut off water valves](#) (in case a pipe bursts).
- Insulate your home by installing storm windows or covering windows with plastic from the inside to

PREPARE YOUR VEHICLE:

- Fully winterize your vehicle: Have a mechanic check antifreeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.
- Keep an [extra emergency kit specifically created for your car](#). In addition to the basic essentials, consider adding a portable cell phone charger, ice scraper,

DURING SNOWSTORMS AND EXTREME COLD

- Stay indoors during the storm.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule and your route; stay on main roads and avoid back road shortcuts.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat and cover your mouth with a scarf to reduce heat loss.

COLD RELATED ILLNESS

- **Frostbite is a serious condition that's caused by exposure to extremely cold temperatures. If you detect symptoms of frostbite, seek medical care.**
 - a white or grayish-yellow skin area
 - skin that feels unusually firm or waxy
 - numbness
- **Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures.**

Warnings signs of hypothermia:

- **Adults:** shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech drowsiness
- **Infants:** bright red, cold skin, very low energy



- If you notice any of these signs, take the person's temperature. **If it is below 95° F, the situation is an emergency—get medical attention immediately.**

AFTER SNOWSTORMS AND EXTREME COLD

- If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. Text **SHELTER** + your **ZIP code** to **43362** (4FEMA) to find the nearest shelter in your area (e.g., SHELTER20472)
- Bring any personal items that you would need to spend the night (such as toiletries, medicines). Take precautions when traveling to the shelter. Dress warmly in layers, wear boots, mittens, and a hat.
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.



DEFINITIONS OF WINTER WEATHER WATCHES AND WARNINGS

- **Freezing Rain** - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- **Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- **Wind Chill** - Windchill is the temperature it "feels like" when you are outside. The NWS provides a Windchill Chart to show the difference between air temperature and the perceived temperature and the amount of time until frostbite occurs. For more information, visit: <http://www.nws.noaa.gov/om/winter/windchill.shtml>.
- **Winter Weather Advisory** - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening. The NWS issues a winter weather advisory when conditions are expected to cause significant inconveniences that may be hazardous. If caution is used, these situations should not be life-threatening.
- **Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information. The NWS issues a winter storm watch when severe winter conditions, such as heavy snow and/or ice, may affect your area but the location and timing are still uncertain. A winter storm watch is issued 12 to 36 hours in advance of a potential severe storm. Tune in to NOAA Weather Radio, local radio, TV, or other news sources for more information. Monitor alerts, check your emergency supplies, and gather any items you may need if you lose power.
- **Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.
- **Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- **Frost/Freeze Warning** - Below freezing temperatures are expected.

FREE ONLINE ICS TRAINING COURSES FROM FEMA

The Incident Command System (ICS) is an integral part of CERT functioning during an emergency. Understanding ICS structure and operation is, therefore, an important part of CERT training. New Beaverton CERTs are required during training to complete ICS 100, ICS 200 and IS 700. For those CERTs who graduated before this requirement, we strongly encourage you to take these three free online courses from FEMA.

You're able to go to the links on the right to get to the corresponding ICS course. Once there, click the link on the right-hand side of the page in the box with the name "TAKE THIS COURSE" that says "Interactive Web Based Course". Once you're done with the training, you can study more or take the final exam. To take the final

exam, you'll need to go to this link <https://cdp.dhs.gov/femasid> and register with FEMA to get a "Student ID" or SID. This will allow you to get a certificate of completion for each individual online course you take once you've passed the course's test. When you're ready to take the test, go to the box on the right-hand side of the page that says "TAKE FINAL EXAM" and click on "Take Final Exam Online".

[ICS 100.c- Introduction to Incident Command System](#)

[ICS 200.c- ICS for Single Resources and Initial Action Incidents](#)

[IS 700.B- National Incident Management System \(NIMS\) An Introduction](#)



BEAVERTON COMMUNICATIONS GROUP

hosts a weekly, Monday night (8pm) net on 444.750 MHz with a positive offset and tone of 123.0 Hz."

UPCOMING EVENTS/TRAININGS

Monthly Steering Committee Meeting	January 08, 2020 6:30-7:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	January 14, 2020 7:00 - 8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT Saturday Training-	January 25, 2020	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Steering Committee Meeting	Feb 05, 2020 6:30-7:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Feb 11, 2020 7:00 - 8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005

For more upcoming events in 2020, please log on to the CERT website at:

<https://apps2.beavertonoregon.gov/Secure/eocvolunteers/login.aspx>

HOW TO RESET YOUR USERNAME/PASSWORD

For the Beaverton EM Volunteer Website

If you're already on the Beaverton EM Volunteer login page, click on "Forgot Username/Password". Or click this link below.

<https://apps2.beavertonoregon.gov/Secure/eocvolunteers/loginreset.aspx>

1. You will now see a page where you can enter your first name and last name as well as your birthdate. Enter that information and then click on the green "GO" button. This will start the reset process.
2. Next, you'll see a page with a green button reading: "RESET USERNAME/PASSWORD". When you click on it, you'll be sent a link to

your email address that's on file in the CERT database.

3. Click on the link sent to you in your email inbox and you'll be taken to a webpage that allows you to choose a new username (you can keep the default one if you want to) and/or new password.
4. Once you do that, you'll need to click on the green button: "UPDATE LOGIN DATA". It will take you to the login page. Enter your username and password and you should be able to login. You can repeat this process anytime you forget your username or password in the future.



[Login](#) [Class Schedule](#)

CITY OF BEAVERTON EMERGENCY MANAGEMENT VOLUNTEER LOGIN

Welcome!

This login is for individuals who have registered as a City of Beaverton Emergency Management Volunteer. Users are able to enroll for or cancel from upcoming classes and events, manage their personal profile, connect with other CERT volunteers, and access the CERT knowledge base of publications and links.

Important Note:

Android devices may not be compatible with this website. The navigation drop-down menus may not appear. Navigation through the site map will be required.

Important Note:

The link to "Nearby Volunteers" has been removed pending review over privacy concerns.

October 25, 2019

 (Move the mouse over the icon)

Login (for registered users)

Username:

Password: (4-16 alphanumeric characters)

[Register \(Create Login\)](#) | [Forgot Username/Password](#) | [Help](#)

EM VOLUNTEER LEADERSHIP CONTACT INFORMATION

EXECUTIVE COMMITTEE

CERT Group Supervisor	Claudia Steiner-Fricker	certsupervisor@beavertonoregon.gov
CERT Deputy Supervisor of Support	Vacant (Interim=>Barbara)	certsupport@beavertonoregon.gov
CERT Deputy Supervisor of Programs	Susan Watterson	certprograms@beavertonoregon.gov
Communications Group Supervisor	Mark Holady	commsupervisor@beavertonoregon.gov
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W7BVRT Station Manager	Jim Mockley, W7JMM	certradio@beavertonoregon.gov

UNIT LEADS & SPECIALISTS

CERT Documentation	Vacant (Interim=>Barbara)	certsupport@beavertonoregon.gov
CERT GeoTeam Coordinator	Vacant	certgeoteam@beavertonoregon.gov
CERT Logistics	David Bennett	certlogistics@beavertonoregon.gov
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Comms Logistics Coordinator	Ron Magnus	ron.magnus@gmail.com
Comms Specialist	Pat Roberson	w7pat@arrl.net

CERT GEOTEAM LEADS

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Orange Team	Thyra Bishop	teamorangecert@gmail.com
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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
<https://www.beavertonoregon.gov/561/Emergency-CERT>

NEWSLETTER EDITOR:

CERT Member Services Unit Lead
 Ideas, comments, questions or concerns regarding
 the newsletter can be sent to
certmembers@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 **503-629-6400** or email emergmngmail@beavertonoregon.gov