



The Beaverton CERT Newsletter



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Beaverton CERT Newsletter

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HAVE A PLAN

by Cathy Crandall

We CERT members are an interesting bunch. For most folks, preparation for disasters is as much fun as buying a cemetery plot. We know, eventually, we all are going to need one, but wow, who wants to even think about it? As CERT members, we've voluntarily stepped up to have a look into the window of emergency and disaster preparedness. Some of us have gone right in the door of that abandoned house.....

With the training we've received, we have the responsibility to be prepared to take care of ourselves. And while we can't control what others do, our influence as CERT members extends to our families, neighbors, friends and community.

The foundation of our personal preparation is to plan. It's hard to "be prepared" when you don't know what "prepared" is for you. Gather your family, invite a friend to lunch, or even sit by yourself to think about the potential problems in our area and those issues that might be particular to your situation. After outlining those, think through: If this event or condition happens, how will I/we respond? If you are in a household with more than one person, who will do what? How will we communicate?

A disaster plan should start with the minimum to sustain life - water, food, shelter, sanitation - and build from there to various levels of comfort. Look at other problems, short of a disaster, likely to impact your household, yard, neighborhood.

Mayday

By Todd DeBow

Mayday 2016 was a huge success this year. The exercise was held at the Westbrook neighborhood in Beaverton.



This year's exercise was split in to two halves with the first half being a Cascadia Event. A 9.0 earthquake! CERT members had the privilege to search real homes this year and develop the direction of the exercise.

The second half of the exercise incorporated refresher training at different stations and well received by all whom participated.

The Westbrook HOA were very pleased with how the exercise went and how CERT personnel handle themselves as professionals.

Westbrook HOA would be more than happy to host a CERT training exercise again.



CERTs checking on a house with a Map Map Your Neighborhood HELP sign.

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Although there are many resources to help you make a plan (FEMA, Red Cross, State of Oregon, Washington County), your plan should match your life: it will be as unique as you and your circumstances are. It's great to get ideas from others, but their lives are not yours.

And that thing about being unique? Life circumstances are going to change, too, so that means we all will need to revisit the plan on a regular basis. Make an appointment on your calendar. If nothing has changed, you're done. Hey, that's one benefit of having a monotonous life!

Wherever you are in your preparation, resolve now to take the next step, whether it is to make a plan, revisit your plan or be the motivator who helps someone else make a plan. Only if we are personally prepared can we effectively serve neighborhoods and community.

And as someone once said: "He who has the biggest go kit, wins!"

Highlights from KGW's coverage of Mayday



Rodney Rogers, PIO talks to the reporter



Harold Crawford, Medical Team Lead



No, those aren't CERTs practicing a line dance..... it's grid search training on June 18th at the park on Griffith Dr!

Thank you Todd and Lyndon for teaching this valuable skill, and especially for all the quarters we got to keep!



In the event we are activated to help BPD search for a walk-away, these CERTs will be able to lead CERT teams in those efforts.



OUTREACH

CERT
Take 5 to Survive
Map Your Neighborhood

National Night Out is August 2nd!

Join us for a fun night at the Beaverton park across from the library from 6:00PM to 8:00PM.

We will chat with folks stopping by our table about CERT and hand out preparedness info.

Last year we were very busy with all the people who came by our table.

Please sign up on the CERT calendar.

Picnics in the Park

These were well attended by the community. We handed out a lot of preparedness material and talked to a lot of folks about getting ready for any type of emergency large or small.

Special thanks to Judy Janowitz, Lyndon Moore, Gail Petrasek and Wael Khalifa for helping out!

July Speaking Engagements

Stephanie Terrace HOA

Cottage at the Woods HOA

Sportsman's Warehouse -
Tannasbourne.

Extreme Heat Requires Advance Preparation

From Ready.gov

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

Read more [here](#)

Awesome Earthquake Lock for Cupboards

At the July Round Table, Gary Gross introduced us to a very cool gadget he discovered on a recent trip to Japan.

An earthquake lock for cupboards.

This is not like the childproof lock that you have to remember to release before opening the cupboard. No, this you install and forget.

When the ground starts to shake, it self-latches to prevent the contents of your cupboard from spilling out all over the place!

Thank you Gary for sharing this new and helpful gadget.



This is only available through Amazon.com Japan [here](#)

1. Click the link above which will take you to amazon.co.jp
2. Change the language setting at the bottom of the page to English
3. Create your amazon co.jp by clicking "Your Account" on top right of the page
4. Click "New to Amazon?" "Create your Amazon account" and fill in the necessary information
5. Click the above latch product page and change the quantity from 1 to 8 and click "Add to Cart"
6. Total amount shows JPY14,616 - approximately \$138.00 (If you register your Oregon address at account creation, this price may be higher. Shipping charge is around JPY2,442 - \$23.00).
7. Click Proceed to Checkout
8. At the review order screen, please check "Shipping Address" on left shows the right information
9. Click "place your order".

Calendar

Please sign up for the following events by logging in at beavertonoregon.gov/CERTM

July 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11 Picnic in the Park Au- tumn Rigde 5:30PM- 7:30PM	12	13	14 Picnic in the Park Center Street Park 5:30PM- 9:30PM	15	16	17
18	19	20	21	22	23 Beaverton Night Market The Round Plaza 5:00PM- 10:30PM	24
25	26	27	28	29	30	

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 National Night Out 6:00PM- 8:00PM	3	4	5	6	7
8	9	10	11	12	13 Beaverton Night Market 5:00PM- 10:30PM	14
15	16 MYN Captain Training 6:30PM- 8:30PM	17	18	19	20	21
22	23	24	25	26 Flicks at the Fountain 5:00PM- 10:00PM	27	28
29	30	31				

CONTACT INFORMATION

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If you'd like to submit a CERT-related article, pictures from recent events, preparedness product review, survival recipe... for the August CERT newsletter, please submit by July 25th to Rachael at: CERT.BeavertonOR@gmail.com