

VOLUNTEER APPRECIATION NIGHT CELEBRATION

Scrumptious food, great company, awards, lots of candy and cool parting gifts—what more could you ask for!

The evening of February 24th, 2017 marked the annual Volunteer Appreciation Night dinner hosted by the City of Beaverton Emergency Management Program

for its beloved volunteers. The evening was full of cheering, kudos, heart felt sentiment and laughter—in addition to lots and lots of eating.

Starting off the evening's program was Acting Captain Adam Spang of the Beaverton Police Department, providing revellers with an update on the future Beaverton Safety Center building.

A special presentation was then made by Emergency Management Program Manager, Mike Mumaw, to both David Bennett and Rachael Wright for their



Photo courtesy of Stan Houseman

extraordinary service and contribution to the Beaverton CERT Program.

Also recognized that evening for their shining example of volunteerism in 2016 were Claudia Steiner-Fricke and Ann Skaugset when they both received the Glenn Perry award.

Rounding out the evening was CERT Group Supervisor Lyndon Moore, III, as he addressed the bright future of Beaverton CERT and expressed his appreciation and gratitude for the awesome volunteers assembled at the dinner.



Photo courtesy of Stan Houseman

THE GLENN PERRY AWARD

For those unfamiliar with the Glenn Perry Award, here's a brief description. Established in 2005 in memoriam of Beaverton CERT volunteer, Glenn Perry, this award honors his exemplary character and volunteerism. Individual CERT volunteers are bestowed this honor by the Beaverton Emergency Management Program to recognize their outstanding contribution of leadership, compassion, knowledge, and pursuit of excellence.

Congratulations to the 2016 Glenn Perry Award recipients, Ann Skaugset and Claudia Steiner-Fricke!

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DID YOU KNOW?

As of August 2016, in Washington County, you're able to text to 911 if you're unable to make a voice call. They want you to call if you can, text if you can't. For more information you can visit this website <http://www.nwtext911.info/faq/>

QUIZ: Do you remember...

Time for a quiz about START Triage! Take the quiz and see if you recall some of your CERT training. Do you need to brushup? Or, are you able to remember your training like it was yesterday? These questions are meant to make you think about what you've learned.

Do you remember?

Question 1

What's the first step of CERT Triage in a disaster environment?

Question 2

What are the four categories of priority that victims are put into and what color are they associated with?

Question 3

What's the last step of CERT Triage?

Question 4

What type of Personal Protective Equipment (PPE) should you have on you when performing triage?

Extra Credit Question

What does RPM stand for in START Triage?

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

OR you can [click here](#)

EVACUATION !

By Cathy Crandall

"There's an emergency at the dam, you need to get out!"



For the people downstream of the Oroville Dam in California, this was not a movie script or a drill. The time to prepare was short and the potential danger severe.

What if you had to leave home or work with very short notice?

What would you wish you had done or thought of before the crisis occurs?

While this evacuation was different from a widespread disaster because it was possible to drive out of the zone of danger, some pre-planning might have helped.

Here's my wish list:

- I'd like to have a full tank of gas. Gas stations might not be open or available during the time we'd have to evacuate. Idling on a jammed freeway with a near-empty gas tank just adds stress to an already difficult situation. We try to keep at least a half tank of gas in our vehicles and a gas can in the garage to top off if necessary.
- I'd like to have my cell phone fully charged. I'll want to be talking or texting to my family members who are not in the same car with me, particularly to reach our predetermined out-of-the-area contact/place to meet. A charger that works in the car would be nice. I try to remember to charge my phone every night.
- I'd like to have my important information pre-

loaded onto a flash drive so I could grab and go. This might include passwords, insurance



policy information, photos I don't want to lose. (I admit we need to get going on this.) It would also be great to have a little cash on hand in case there is a power outage and credit cards won't work.

- I'd like to have some snacks and water in my car to make it more comfortable while we are sitting in traffic. We do this but our downfall is remembering to rotate!
- I'd like to know where I could get good information about what's going on. Did you know the City of Beaverton has an emergency radio station? It's at AM 1610.
- I'd like to have a plan in place as to where I was going. If I was separated from my family and couldn't converse with them, where would we meet? Am I well enough acquainted with my area to have alternate routes in mind?

These are just some thoughts to get the conversation started in your household. For more tips on emergency evacuations, see <https://www.ready.gov/evacuating-yourself-and-your-family>.

Safety first, people!

PROTECT THY SELF

Personal Protective Equipment 101 with Todd De Bow

Just look at all the cool stuff you missed out on if you didn't go to the February Saturday training event with Todd!

If you're not sure what level of Personal Protective Equipment (PPE) you need or maybe you're thinking you might need to upgrade your gear, this class is a must see.

Todd is a compendium of personal protective gear knowledge AND there's loads of gear for you to touch, feel and try on— It's almost like a PPE Expo show.



Photo courtesy of Steve Morris



Photo courtesy of Steve Morris

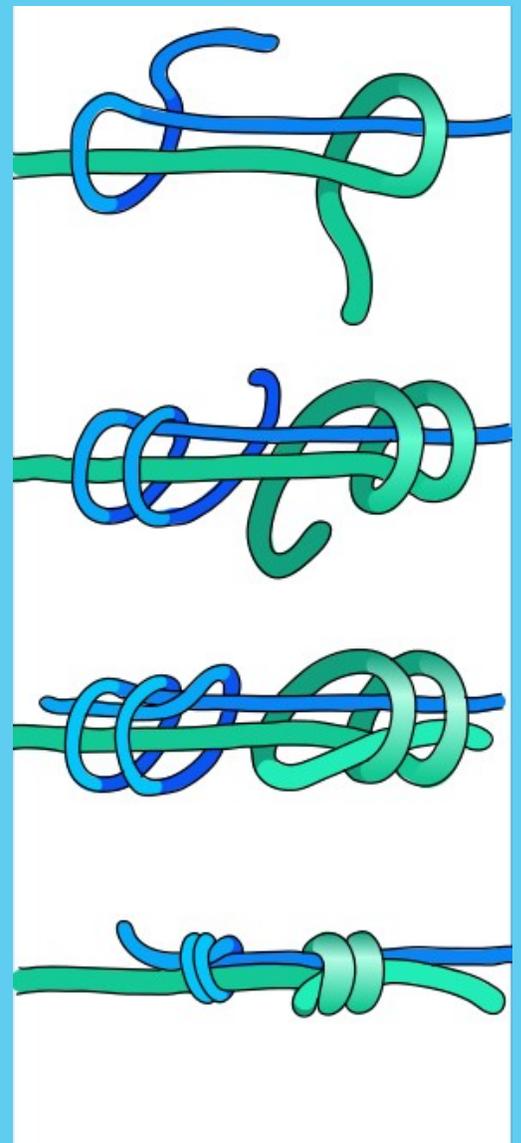
Our fearless Group Supervisor, Lyndon Moore, surveys the table of Personal Protective Equipment (PPE) at the February 25th, CERT Training.

This kind of knowledge is great for everyday use in addition to emergencies. Whether you're new to CERT or experienced, this is a great opportunity, so keep an eye out for Todd's next PPE class.

KNOT OF THE MONTH:

The Double Fisherman's Knot

WHY THIS KNOT IS AWESOME... If you ever find yourself having two short ropes, but really needing one longer one, the Double Fisherman's knot is your hero. Also called the Grapevine Knot, this knot is a "bend" which means it's used to join two lengths of rope. The image on the right shows how to tie a Double Fisherman's knot. Keep in mind this will be a tight knot and you may never get it undone, but hey, you can always cut it apart. To see a video on how to tie this incredibly useful knot, check out <http://www.animatedknots.com/doublefishermans/#ScrollPoint>



REUNIFICATION TEAM UPDATE:

Many of you on the Reunification Team have been asking when our next Reunification event will happen. There have been personnel changes in the Beaverton School District that have caused some delays and regrouping. Stay tuned.



NEW NEW NEW

MEMBER SERVICES UNIT LEAD:

BARBARA BARRETT— Though I'm not originally from Beaverton, I've spent most of my life here. I have a Journalism degree from U of O and Wildlife Science degree from OSU.

Spring of 2016 was my CERT graduation date and since that time, I've joined the CERT Medical team and received my license in Amateur Radio (K17EHY). Very recently, I took on the Blue Geo Team Lead as well as the Member Services Unit Lead out of a desire to work for and support my fellow CERT team members.

Please feel free to contact me or just come up and introduce yourself.

OPPORTUNITIES ABOUND WHEN YOU JOIN THE TRAINING UNIT

By joining the Training Unit, you'll have the opportunity to:

1. Take your knowledge of CERT to a new level. There's no better way to learn the material than by teaching it.
2. Deepen your understanding of ICS procedures in a real world context by planning classes and large-scale exercises.
3. Increase your ability to help the Beaverton CERT organization with detailed knowledge of what supplies and equipment it keeps on hand.
4. Expand your special skills and knowledge. You may have picked up shortcuts and tricks from CERTs of other agencies during previous exercises; imagine what useful tips and ideas you would hear in higher-level planning meetings.

GEOTEAM COORDINATION LEAD:

AARON STEINER— I have lived in the Pacific Northwest for more than 20 years, and Beaverton has been my home for the past four – I cannot imagine living anywhere else. In the spring of 2013, I graduated from Portland Community College with an Associate's Degree in Applied Science in Emergency Management with Highest Honors. It was my second attempt at college and I am proud of my achievement. One lesson I learned that sticks with me is that for every hour you spend on mitigation, you save nine hours in recovery. I have successfully applied this concept many times to both my personal and professional life.

Although I had opportunities to pursue a career in the Emergency Management field out east (where there are more frequent natural disasters) I chose to stay in Beaverton. Currently, I am attached to a CBRNE Task Force within the Army National Guard (CBRNE = Chemical, Biological, Radiological, Nuclear, and Enhanced Explosives). This position has enhanced my practical and cognitive knowledge of Emergency Management systems for the past three years.

I graduated from Beaverton CERT Basic Training at about the same time I graduated from PCC. I enjoy working with and training volunteers and I look forward to giving back to the Beaverton community by sharing what I've learned. I look forward to working with all of you as we build a stronger, more resilient community.

5. Gain the advantage of getting to know the names and faces of first responders and CERT personnel from neighboring agencies while planning & carrying out Mayday and Regional exercises. It's a great opportunity to network and show your stuff if you're wanting to get more involved in leadership.

Email Todd De Bow, Training Unit Lead at todddebowl2@gmail.com to join the Training Unit.

FOOD THOUGHTS...

So let's say you're really organized and have a great stash of food for an emergency situation. Do you know what you're going to make with all those cans and boxes of food?

Okay, okay, with a can opener and an eating utensil, you're going to be able to eat, but after a few days of that, you just might want something more palatable. Thinking about what meals you could make without heat can potentially help you



to determine what foods you might want to have in your stash before an emergency occurs. The recipe on the right, "Easy Orange Curry Chickpeas", was a winning recipe in the American Public Health Association's "Get Ready Emergency Stockpile Recipe Contest".

Easy Orange Curry Chickpeas

Submitted by Jess Apfe of Berkeley, Calif.

Serves 2

Ingredients

- 1 (15oz) can low-sodium or no-salt added chickpeas, drained
- 1 (11oz) can mandarin oranges, drained (save about 2 tablespoons of juice)
- 2 tablespoons raisins
- 2 tablespoons slivered almonds (optional)
- 2 tablespoons mandarin juice (saved from draining the oranges)
- 2 tablespoons olive oil
- 1 1/4 teaspoons curry powder
- 1/4 teaspoon cinnamon
- Salt and pepper to taste

Directions

1. Drain canned chickpeas and mandarin oranges. Save 2 tablespoons of juice from oranges to make the dressing.
2. Combine chickpeas, oranges, raisins and almonds in a medium-size bowl and toss together.
3. Pour over chickpea mixture and toss to coat.

[Click here for a printer friendly version](#)

UPCOMING EVENTS

Monthly Steering Committee Meeting	Mar 14 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Mar 14 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT Training - topic to be determined	Mar 25 9:00am-12:00pm	to be determined
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 7:00-8:30	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Training Opportunity - Helper/Victim at Basic Training Course Final Exercise	Apr 22 8:00am-12:00pm	TVF&R Training Facility, 12400 SW Tonquin Rd, Sherwood, OR
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 May Day Disaster Exercise	May 13 8:00am-4:00pm	West Brook HOA
Rose Festival Half Marathon	May 28 7:30am-12:00pm	Southridge HS starting point

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 De Bow	todddebow12@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		
Blue Team	Barbara Barrett	bbarrett@beavertonoregon.gov
Gray Team	Bill & Darlyne O'Dell	bodell22@comcast.net
Green Team	Vacant (Interim=>Claudia)	
Orange Team	Jerry Burn	teamorangecert@gmail.com
Red Team	Stan Houseman	housemanquality@yahoo.com
Teal Team	Alan Ludlow	alanl6@yahoo.com
Yellow Team	Vacant (Interim=>Claudia)	

NEWSLETTER EDITOR: Barbara Barrett

If you'd like to submit a CERT-related article, pictures from recent events, a preparedness product review, a survival recipe, and so on 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