

MAYDAY 2017 RECAP



Photo courtesy of Dale Martin, Jr.



Photo courtesy of Stan Houseman

Above photos: (Left) MayDay 2017. (Right) CERTs at the command station ready to be deployed.



Photo courtesy of Dale Martin, Jr.



Photo courtesy of Todd De Bow

Above photos: (Left) Incident Command. (Right) Teams working at simulated multi-vehicle crash.



Photos courtesy of Todd De Bow

Above photos: (Left) Crash "victims". (Right) Medical tent with CERTs treating crash "victim".

Saturday, May 13th, CERTs, Hams, Westbrook home owners and volunteer actors assembled in the Westbrook neighborhood to experience the annual Beaverton

Continued on page 8

IN THIS ISSUE...

MAYDAY 2017—RECAP

FIELD DAY 2017 p2

CERT REGIONAL EXERCISE
p3

DID YOU KNOW? p4

BEAVERTON CERT HAMS
p4

CATHY'S COLUMN p5

QUIZ: Do you remember?
p6

KNOT OF THE MONTH p6

FOOD THOUGHTS p7

UPCOMING EVENTS p8

CERT CONTACT INFO p9



FIELD DAY 2017

If you're a veteran amateur radio operator (ham), then your eyes just started sparkling when you saw the words "Field Day", but for the rest of us, there's puzzlement and probably the image of people with radios out in a field of grass. Yes, this is a radio event. But WAIT! Before you say to yourself "Oh, it's a radio thing and I'm not a ham" and then your eyes glaze over and you move on, you don't have to be into radios to find this event interesting.

Field Day is about emergency preparedness and you don't have to be a ham to participate.

In the world of amateur radio operators, this is THE event of the year. In late June, 40,000 plus hams are expected to participate throughout North America. It's basically a chance to test their emergency preparedness as radio operators and as emergency radio stations. The task is to successfully set up and operate an emergency radio hub to communicate locally, nationally and internationally if power is out and they don't have a building for shelter.

This means the team has to get creative. Raising antennas up in trees and over obstacles so they can get radio waves to travel across thousands of miles from a field is no simple task. Our Beaverton Emergency Management Radio team is going to be



WWW.ARRL.ORG

out in Winkleman Park testing their preparedness on June 24-25. This is your opportunity to get to see what an emergency radio field station is all about and even possibly man a radio (with their help and supervision of course) and talk to someone in another state or country.

As part of the challenge of Field Day, the American Radio Relay League (ARRL) gives these radio operators the task to operate their stations for 24 hours straight, contacting as many other stations as possible, so our Beaverton team will be out camping overnight on the top of Sexton Mountain for the two days of the event. They welcome all CERTs and non-CERTs to come visit. You can even go camp if you like. If you want to help them get set up or tear things down after the event, you can sign up on the CERT website calendar. The address is [Winkleman Park](#) 10139 SW 175th Ave, Beaverton OR 97007. If you're going to be out of town that weekend, but want to check out the Field Day happening in your vicinity, you can use the ARRL Field Day locator at <http://www.arrl.org/field-day-locator>.



2017

CERT



SEPTEMBER 16TH, 2017

PREPARE TO GET REAL

**A NEW, REALISTIC TRAINING EXERCISE
A NEW LOCATION**

You don't want to miss this event and space IS limited.
So register now:

Beaverton CERTs can register on the Beaverton CERT website
Questions? Email emergmngmail@BeavertonOregon.gov

Registration opens June 1st and closes September 4th, 2017

WHEN: Saturday, Sept 16th, 8:00am-5:00pm (Check-in at 7:00am)

WHERE: Tektronix, Building 38 Zworykin Ave, Beaverton, OR 97005

THIS EXERCISE IS MADE POSSIBLE BY A FEDERAL HOMELAND SECURITY GRANT

DID YOU KNOW???

Did you know TVF&R was the first fire department in Oregon to implement the life saving phone app PulsePoint?

Every year about 300,000 people suffer a cardiac event. The amount of time it takes to start CPR is crucial to survival. Minutes count. It was a Fire Chief of the San Ramon Valley Fire Protection District who realized there had to be a way to alert CPR/AED trained help who were close by to a patient, thereby getting them CPR faster. The end result of that realization was the PulsePoint app. Since 2013 TVF&R has been a proponent of the life saving GPS application for mobile devices.

What does the app do?

Pulsepoint subscribers with CPR training are sent an alert triggered by 911 when Fire EMT's

or paramedics are dispatched for a cardiac event if it's within a quarter of a mile of their location. It's important to note that the

PulsePoint

RESPOND



app only notifies subscribers of public cardiac events, they're not sent to private homes or locations.

Using advanced GPS technology, the application also notifies the subscribers who are alerted to the location of nearby AED's registered with TVF&R. For this reason, TVF&R asks local businesses, schools and other public sites with AED's to check their AED webpage and make



sure they're listed. You can contact TVF&R via email if it's not listed and get the AED into the database. (aed@tvfr.com) Learn more about TVF&R and PulsePoint and how to get the app at this link:

<http://www.tvfr.com/index.aspx?NID=295>

Thank you to CERT team member Margaret Downen for bringing this life-saving mobile app to our attention.

BEAVERTON CERT HAMS

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.





What's In Your Coverage?

By Cathy Crandall

Earthquakes, landslides, flooding, windstorms: things we prepare to deal with as disasters in our area. But when the disaster is over, will you be able to return home?

If you live in a home that is insured, you might think all is well. Your friendly insurance adjuster will be along to help you get your house back to pre-disaster condition, right? Well, maybe.

Insurance on homes started out as "fire insurance." What that fire insurance policy *must* cover is governed by Oregon law, and it is pretty much only damage by fire. A "fire" insurer can add other coverages to the provisions required by Oregon law and most insurance companies do, but even an "all perils" homeowners policy may not insure as much as you might think. Oregon law does not prevent insurers from *excluding* disaster-type damage from coverage.

An example of a common exclusion is for "Earth Movement" defined as "any loss caused by, resulting from, contributed to or aggravated by earthquake; landslide; mudflow; sinkhole; erosion; the sinking, rising, shifting, expanding or contracting of the earth." Pretty broad, right? That's not an accident: your insurer doesn't want to pay for earthquake damage.



Here's another one: "We [the insurer] do not cover loss caused by or resulting from flood, surface water, waves, tidal water or tidal waves, overflow of streams or other bodies of water or spray from any of these whether or not driven by wind." Again, this sample policy language is very broad. An insurance company I'm aware of used a similar exclusion to deny coverage for water in a basement this winter following our heavy rains.

And how about damage from wind? While coverage for windstorms might be included, if the wind becomes a hurricane, higher deductibles might kick in.

So what can you do to prepare?

First, read your policy, particularly the section describing what is not covered. Your insurance policy is a contract and the language in any contract is important. Having worked with the insurance industry for many years, I know that insurance policy language is not easy to read. However, many resources on the internet can help. Try googling portions of your policy language for explanations of what the terms or phrases mean. If you have an insurance agent, they may be helpful, depending on the policy provision.

If you are concerned that your policy doesn't cover what you thought, you might be able to purchase additional coverage to do so. Earthquake coverage is available, although normally with a very high deductible. Flood insurance may also be purchased either through an insurance company or from the federal government.

Remember, don't end up with a hospital gown when what you really wanted was a big fluffy bathrobe! Check your policy to see what's covered.

QUIZ: Do you remember...

Quiz time! In Unit 6 of the CERT Basic Training manual, we covered some ICS fundamentals. Let's see what you can recall... Remember, 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.

Question 1

What does ICS stand for? [CERT Manual 2011 p6-4]

Question 2

ICS is a part of NIMS. What does NIMS stand for and why was it created? [CERT Manual 2011 p6-10]

Question 3

In a basic CERT ICS structure, who is the Incident Commander or Team Leader on a scene? [CERT Manual 2011 p6-4]

Question 4

What are the four main command functions on the ICS Organizational Chart underneath the Incident Commander? [CERT Manual 2011 p6-5]

Question 5

When CERTs mobilize for a rescue operation, what is the first question that should be asked? [CERT Manual 2011 p6-12]

Extra Credit Question

What are the CERT tasks that should be performed based on the level of damage of a structure? [CERT Manual 2011 p6-13]

You can find the answers to this quiz

in your CERT Manual 2011

OR you can [click here](#)

KNOT OF THE MONTH: Rope safety stuff!

I was looking at some rope safety on the animated knots webpage and found some info there that had me saying, "I did not know that." It occurred to me that I'm probably not the only one in that boat and the info is important, so this month, instead of a knot, I'm going to share some knotty info about rope safety.

I'm pretty sure we all want to keep what appendages we have, so I want to point out obvious rope safety for people like me who get easily distracted when doing just about anything.

Pay close attention to not only the knot you're tying, but the line of the rope as well. You don't want to find yourself with a foot or finger in a loop of a knot or rope line that's about to go taut—Yikes!

Another point of rope safety worth saying is, **never try to control a rope that is heavily loaded with your bare hands.** Make a couple of turns around a post or cleat if you can.

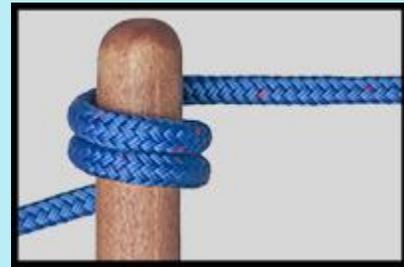


Photo from animatedknots.com

Also, since you should have your snazzy CERT gloves with you, use them because rope burns and dropping critical loads can really ruin your day.

Did you know that knots weaken your rope's strength?

Gasp I did not know this! It's also safest to consider even a new knot-free rope to have a breaking strength of about 50% of what it's rated. That rating is known as the Design Factor (DF) and it's usually between 5:1 and 12:1. The higher the rating, the stronger the rope. If your load is critical or live, you should be using the 12:1. That means the rope's breaking strain is 12 times the weight of the load.

This seems like a good time to mention recoil. **When you have a rope under tension from a heavy load, never stand under, in line with or in the general path of it.** Snapback when a rope under tension breaks is unpredictable and can potentially end in a very serious injury.

So what's the take away from all of this? *Respect the rope as well as the knot!* Let's be careful out there.

FOOD THOUGHTS...

Last month we looked at emergency food in the form of high calorie rations or energy bars. Those are wonderful and serve their purpose to keep us alive, but I'm just not sure I could eat them for more than a couple of weeks before I was ready to sell my soul for a bowl of soup. So, this month I decided to think about food that was still ready to serve and therefore might be a good option for your food cache in longer-term emergency situations.

I'm not claiming to have the best list, or even a complete list of options available. The foods below are merely suggestions for additions to your emergency food storage. Next month I'll look at food that requires water to prepare.

Peanut Butter- Unless you're allergic to peanuts, this is a great and tasty option for your emergency food storage cache. It's got protein, fat and carbs with

calories galore (100 grams of peanut butter provide 588 calories). All you really need is a spoon to enjoy peanut butter, but it's also a great ingredient for a huge variety of recipes, from savory to sweet. Just keep in mind, its shelf life is about 1 year on average (much shorter for natural peanut butter), so you'll need to rotate your stock.



Canned meat- Whether you choose, beef, pork, chicken or fish, this option is likely to contain more than its fair share of sodium which will make you thirsty, so don't go hog wild eating it. When you partake of meat in a can, you're getting important protein, fat and calories in a long lasting and rodent-proof container. The meat is already cooked, so it's ready to eat.

Canned cheese- Yeah, I didn't know it was a thing either! It's a source of protein and calcium and most have a long shelf life. Look for the ones that have the most calories per ounce and low sodium. I must admit that cheese in a meal during an emergency situation would be HUGE for my morale.

Nuts and seeds- It's not surprising that nuts and seeds are food you might want to put in your emergency food stores. High in calories with healthy fats, fiber, vitamins, and minerals, they're a champion for disaster nutrition in a small package. Use unsalted nuts and seeds to avoid adding to thirst. Can, bottle or freeze both nuts and seeds to extend their shelf life. Nuts that are highest in calories are Pili nuts and Macadamia nuts.



Canned liquids- Pineapple and vegetable juices are nutritional and help keep you hydrated. Other liquids to consider storing are evaporated milk, condensed milk and canned coconut milk. Coconut milk can be used in cooking to help conserve drinking water stores when preparing such things as rice or making a stew or soup.

Candy bars- Now at first, this might sound like a bad idea, but think about it. They're calorie dense comfort food in a convenient wrapper. Reese's Cups, Snickers, PayDays, chocolate bars with almonds, I could go on and on. This isn't a license to shovel sugar down your throat in the name of survival, but in a crisis and in limited quantities, they'd be incredibly comforting.

Raisins- Sure, they're not pretty, but they're a calorie dense fruit loaded with fiber, potassium, iron, and other essential nutrients. Besides being gluten-free and having plenty of health benefits, they're compact, lightweight and have a long shelf life.

CERT MayDay Exercise. The weather wasn't always cooperating that day, but the CERTs were powering through whatever came their way. Come to this month's Roundtable meeting on June 13th for a full MayDay recap with Claudia Steiner-Fricker. See time and location details in Upcoming Events.

If you're interested in learning more about how drones, like the one at the MayDay exercise, are used for emergency management, come to the June 10th presentation by Ric Stephens or visit his PCC Drones facebook page for more information on drone training <https://www.facebook.com/groups/PCCDrones/>



Photos courtesy of Todd De Bow

Above photos: (Left) Emergency remote drone flying overhead for search and rescue. (Right) CERT members gathered back at the clubhouse for the exercise hotwash.

UPCOMING EVENTS

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 6:00-7:00pm	3rd floor conference room 4755 SW Griffith Dr. **This month will be a closed session with voting members only.**
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 19 6:00pm-7:30pm	Camille Park
Broadway Street Festival	Jun 24 1:00-6:00pm	Broadway Street, Beaverton
Help Set Up or Tear Down for Radio Field Day	Jun 24 9:00am-4:00pm	Winkelman Park - 10139 SW 175th Ave, Beaverton, OR 97007
Wilderness First Aid - Day 1	July 08 8:00am-5:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Wilderness First Aid - Day 2	July 09 8:00am-5:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Steering Committee Meeting	July 11 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	July 11 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beaverton Night Market	July 22 6:00-10:00pm	Beaverton Round Plaza

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	ljmstump@gmail.com

UNIT LEADS

Medical	Harold Crawford, W-EMT	rharoldcrawford@gmail.com
Training	Todd DeBow	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

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
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