

SUNSHINE: THE GOOD, THE BAD, AND THE UGLY



Summer is here and along with it comes the sunny and warmer weather, sometimes MUCH warmer, aka, hot. This hotter weather can be good, but also bad, and sometimes, down right ugly.

*Sunshine for gardens– yay!
Sunburns and sweating– boo!
Heatstroke and fires- yikes!*

In this month's newsletter, the theme is warm weather safety. Whether you're out having fun in the sun, working or doing something CERTy, there are ways for you to protect yourself and those around you from the bad and ugly of hotter weather.

Some of our CERT events take place during the warmest times of the year, so it's important that you come prepared if you're going to be out in the heat. When you're packing your Personal Protective Equipment (PPE), you should be looking at what kind of gear will keep you safe from the sun's rays as well as keeping you cool. Clothing with Ultraviolet Protective Factor (UPF) is ideal. You can read more about it [here](#).

Not all CERT events require you to wear your helmet, but that doesn't mean you shouldn't have a hat on to protect you from the sun beating down on your head. Getting a sunburn on your scalp can ruin your day really fast.

On the day of an outdoor CERT event, wear your sunscreen (why do I hear my mother's voice every time I type that), bring your sunglasses, and slathering on lip balm with SPF is always a good idea. Also, you might want to consider bringing a bandana that you can wet and put around your neck or on your head to cool you off.

If you're not told that water will be available to you at the event or exercise, then make sure you bring something to keep you hydrated. And remember, if you start feeling like the sun is getting to you, let another CERT know and get help. The sun and heat of summer can be brutal and melt even the hardest of CERTs. There's no shame in staying safe and taking a sun break.

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RADIO FIELD DAY 2017



Just a few pics for you to see what emergency radio field operations look like from my visit to the 2017 ARRL Field Day in Winkleman Park on June 25th.



DID YOU KNOW???

We all know sunscreens are a must when going out into the sun in the summer months if we want to protect our skin. What you may not know, however, is that sunscreens can be flammable.

Holey flaming moley Batman!

Sunscreen and ignition aren't something you usually think of as going together, but the potential is there, especially with aerosol sprays. To avoid becoming a flambé this summer, the Food and Drug Administration (FDA) recommends you make sure to check your sunscreen (both spray and non-spray) to see if it says "Flammable" on it. Insect repellants, hairsprays and some other spray products can contain flammable ingredients as well.



If your favorite sunscreen is flammable and you can't live without it, make sure you stay away from open flames. BBQ grills and campfires are fairly obvious sources of open flames, but don't forget about candles, fireworks and anything else that sparks while being lit—for example, cigarettes.

I checked out the FDA's sunscreen [website](#) and these are my take-aways below:

- They recommend a broad spectrum sunscreen of SPF 15 as the minimum you should have on when heading out into the sun (SPF of 30-50 if you're fair-skinned).
- It's best to stay out of the sun when it's most intense from 10am to 2pm.
- Apply your sunscreen 30 minutes BEFORE you go out into the sun. It needs time to get working to it's maximum protection level.
- There is no such thing as waterproof sunscreen. Water resistant, yes, waterproof, no. The FDA says, "The labels are required to state whether the sunscreen remains effective for 40 minutes

or 80 minutes when swimming or sweating, and all sunscreens must provide directions on when to reapply."

- If you read your sunscreen container label, you'll see that it says, "Protect the product in this container from excessive heat and direct sun." So don't leave it in the sun or in your car when it's hot out. If you have to have it out with you, stick it in a cooler or wrap it in a towel.



If you're interested in finding out what [the UV index](#) is where you are at any time of the day, you should check out this EPA phone app. It's available for both iPhone and Android <https://www.epa.gov/enviro/uv-index-mobile-app>

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

DEFEAT THE HEAT

Eight Ways to Chill

By Cathy Crandall

As summer heats up, we do several things to manage our body temperature and surroundings, often without even thinking about it. If you find yourself suffering from the heat, a thoughtful strategy might help you keep your cool. Here's a checklist of things to consider:

1) Head for the Shade: we all know we feel cooler in the shade than in the heat of the sun. In addition to natural shade, you can make your own with a big brimmed hat or umbrella. If there's an outdoor activity, put up a shelter.

2) Drink Up: the body's principal method of cooling is the evaporation of sweat off the skin. Sufficient fluid must be available for this process, so drinking water is vital. Don't want to pound down a gallon of water? Eat juicy fruits which also provide the fluid necessary for staying cool.



3) Feel the Breeze: moving air aids in evaporation, so we feel cooler if there's a breeze. If the day is very still, you can create your own airflow with a fan.

4) Summer Styling: I have a white t-shirt that has a dark colored design on the back. When I am out with my back facing the sun, I can feel the temperature difference between the light and



dark colors. Take a break from black when it's hot. Also, loose clothing helps air circulate around your skin, which in turn aids the evaporation of sweat.

5) When's Your Workout?: plan activities that you know are going to cause you to work up a sweat earlier or later in the day when the ambient temperatures are cooler.

6) Cool Cooking: plan meals that don't require a lot of cooking, at least in the kitchen. One reason barbeques are popular in the summer is because all the cooking heat is not trapped in the house. Cook outside if you can or enjoy a nice salad. Eating less seems to keep me cooler and eating outside in the shade is as good as dessert.

7) Age Into It: It seems that for every major heatwave, we hear about an elderly person dying. Thermoregulation can be an issue for the elderly, and remembering the management tips mentioned above might be a challenge for both kids and older adults. Keeping an extra watch on the young and the old in times of high temperatures is a good idea.

8) Take a Chill Pill: if you find yourself cranky in the heat like I do, remember that in dealing with others they might have the same problem. Try to maintain a good attitude about the heat by remembering last winter's many snowy days!



QUIZ: Do you remember...

Quiz time! In Unit 2 of the CERT Basic Training manual, we covered Fire Safety. 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

Can you name the 3 ways CERTs play a very important role in fire safety? [CERT Manual 2011 p2-2]

Question 2

What are the 3 elements that a fire needs to exist? [CERT Manual 2011 p2-4]

Question 3

When attempting to put out a fire with a portable fire extinguisher, you were trained to use the P.A.S.S. method which has 4 steps, what are they? [CERT Manual 2011 p2-25]

Question 4

Safety is always first in anything we do as CERTs. Can you name some of the safety considerations when it comes to fire suppression? [CERT Manual 2011 p2-27]

Question 5

It is extremely important to identify the type of fuel feeding the fire in order to select the correct method and agent for extinguishing the fire. What are the 5 classes of fire? [CERT Manual 2011 p2-5]

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

KNOT OF THE MONTH: The Double Overhand

Summer note: The summer sun is lovely, but it's hard on ropes, especially those that are synthetic. UV rays can damage and weaken some synthetic ropes (polyethylene and polypropylene, in particular). So it's always a good idea to store rope away from sunlight when possible.

The Double Overhand Knot is a type of knot that is known as a stopper knot. No, it's not glamorous and it's not going to be on the list of super knots, but, it's simple, reliable and it's useful. Stopper knots create a thick end on a rope to keep it from slipping through a narrow passage.



You might be asking, "What am I going to do with such a boring looking knot?". Well, you can use it to keep a knot such as the Bowline knot from shaking loose while it's not under load.



Or, you use it to provide a hand hold at the end of a rope. For example, the end of a rope used to ring a bell. This knot can also come in handy with sewing thread to put a nice little securing knot at the end of it.

So once again, it may not be a showy knot, but it's very useful in its own way. You can learn more about this knot and see a video how to tie one at this site:

<http://www.animatedknots.com/doubleoverhand/index.php>



NEWS NEWS NEWS

New Beaverton CERT Website Interface And Database

There will come a day in July when you log in to the Beaverton CERT website and things will seem a bit different. The first thing you'll notice is that you'll be asked to reset your username and password. *Why?* Because now we have a much more secure site. And the super good news is you'll be able to change your own password in the future if you forget it. Yay! You'll also be able to pick your username, but don't plan on using "MeSoCERTy", cause I'm taking that one!

Our new website is driven by a new database, which is known as the Emergency Management Database for Volunteers, or EMDV. It's been custom developed just for Beaverton CERT to replace the old database, CertPro. *Why replace that database?* Because, as our team has grown, we've needed a more efficient program that would allow us to make changes and adjustments now and in the future to serve our needs.

The new database and website are able to provide us with some features that members have been asking for. One of these new features is a proximity map called, "My Neighboring CERTs". It can be found in the drop down menu on the right side of the navigation bar where you see your full name. Scroll down to "About Me"



and you'll see another menu that lists "My Neighboring CERTs". This map allows you to find out who your neighbor CERTs are. Now you'll know who to look for when you go to the flag pole!

The new system, or EMDV, is more user friendly for team members and those team members in leadership roles. It should hopefully make for a better CERT website experience for everyone with easier access to information and keeping that information up-to-date.

You can read the detailed report on this project our Deputy Supervisor of Support, Ann Skaugset, sent out in an email [here](#).



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.

FOOD THOUGHTS...

Ideally, you would keep the food you store for an emergency in a climate-controlled and moisture free area away from sunlight. However, if you're like me, you don't have that perfect storage area. At this point you might be wondering; Should I be worried about my stored food during these hot summer months? The answer is yes, you should.

I'll be honest, before I started researching this issue, I assumed that, meh, it's in a can, it's fine no matter what temperature. Lo' and behold, that's not necessarily the case. It turns out that the USDA says that temperatures above 100°F can potentially damage your canned food. ****GASP****

The USDA recommends keeping them below 85°F (so much for storing food in my garage). Canned food in the tropic regions has to be specially manufactured for higher temperatures. Although the USDA says 85°F or less, many experts say even lower is better and to keep it below 70°F.



You might think the "Meal, Ready-to-Eat" or MRE's, as they're commonly called, would be un-phased by the heat but it can change the length of time that they're shelf stable. For example, when stored at 120°F, they're good for a month, but when stored at 60°F, they can be stored for up to 7 years. Now 120°F might not be an issue with food stored in your home, but keep it in mind if you have food stored in your car in a Go Bag.

Below are some things you can do to try to keep your food stores cool during the heat.

- **This first one is kind of a no-brainer--Keep them away from stoves and any other heat sources.**
- **If possible, move them to the coolest room in the house, preferably a cellar or basement. If you don't have that option, try a shaded northeast corner of your home.**
- **Use fans to keep the air circulating and cool off the room.**
- **Unless you're using LED lights that don't get hot, keep the lights off as much as possible.**
- **And of course, use your air conditioning if you have it to cool the room.**

UPCOMING EVENTS

Beaverton Night Market	July 22 6:00-10:00pm	Beaverton Round Plaza
Beaverton Sun Run	Jul 23 6:30AM-11:00AM	various
Basic Training for Radio Communications	Jul 29 9:00-11:00am	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
National Night Out	Aug 1 5:30-8:30pm	Beaverton City Park
Picnic in the Park	Aug 7 6:00-7:30pm	Autumn Ridge Park
Monthly Steering Committee Meeting	Aug 8 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Aug 8 7:00-8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Picnic in the Park	Aug 10 6:00-7:30pm	Center Street Park
Patrols for South Beaverton NAC Movie Night	Aug 11 5:00-9:00pm	Hiteon Park
Outreach for South Beaverton NAC Movie Night	Aug 11 5:00-9:00pm	Hiteon Park
Night Market	Aug 19 6:00-10:00pm	Round Plaza
Flicks by the Fountain	Aug 25 5:00-9:00pm	Beaverton City Park
Crowd & Traffic Management Training	Aug 26 9:00am-12:00pm	Beaverton Library Rooms A & B
Beaverton Celebration Parade Entry	Sep 9 8:30am-12:00pm	Staging area TBA

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 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

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