



THUNDER & LIGHTNING STORM SAFETY

I was sitting at my computer trying to think of something to write about in this month's newsletter when loud thunder boomed overhead and rattled the windows. Some people's pets like to hide under the bed when lightning strikes. Not mine. They want to rapidly summit my body to my head using their nails like climbing spikes. Not fun. While peeling a dog off from around my neck I wasn't sure what I should do first, go look for band-aids, or unplug my computer.

As I considered my options, it occurred to me October might be a good time to review thunder and lightning storm safety in the newsletter. Given the relatively few thunder and lightning storms we have in the Portland area, it's not something I usually give much thought to, however, when they're happening, they definitely make me wish I had some info on hand in case things get bad.

Ready.gov is always a great source for emergency preparedness information, so that's where I started my search and it did not disappoint. Thunderstorms and lightning go hand in hand. If you have a thunderstorm, there will be lightning and every year in the U.S., it kills 51 people on

average and injures hundreds more. As if bolts of deadly electricity isn't bad enough, thunderstorms also can potentially bring, tornados, flash-flooding, hail and strong winds. Ready.gov recommends the following for thunderstorm preparedness:

- To begin preparing, you should [build an emergency kit](#) and [make a family communications plan](#).
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.

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- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.



“Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions.”

-Ready.gov

For safety during a thunderstorm, Ready.gov suggests that you:

- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Avoid hilltops, open fields, the beach or a boat on the water.
- Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas.
- Avoid contact with anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

WHAT TO DO IF LIGHTNING STRIKES YOU OR SOMEONE ELSE:

Lightning strike victims carry no electrical charge and should be attended to immediately.

- **Call 911**
- **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation.
- **Heartbeat** - if the heart has stopped, administer CPR.
- **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones and loss of hearing and eyesight.

- Ready.gov

And last, but certainly not least, their recommendations for AFTER a storm are:

- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or those with access or functional needs.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

CHANGE: THE CONSTANT

By Cathy Crandall

As I'm writing this we are experiencing our first period of prolonged rainfall since June. The transition from summer weather to fall was rather abrupt this year, but I'll take our fickle weather over what the people of Texas, the East Coast, Puerto Rico and Mexico City (to name a few) are experiencing. They are having to deal with big changes in their lives.

For many people, autumn is like the change to a new year because of the return of children to school. For those of us without children in the home, I think we all have hangover from when we went to school.

The seasonal changes, along with those brought by disasters, are out of our control. Some changing circumstances, though, can be managed. As our lives change, our emergency preparedness needs must be reevaluated. New job? Does it change your family meet-up place or revise your family communication plan? New baby in the house? Have you informed your Map Your



Neighborhood captain? Have you updated your 72 hour kit to account for the little one? New school for the kids? Do you have sufficient familiarity with the school to incorporate it into your family plan? You get the idea. Change happens and changes ripple through other parts of our lives.

Maybe you have a good preparedness checklist that you use for your family. How long has it been since you reviewed it? Looking for a first list? One of the most thorough lists/guides that I have seen can be found here: https://www.fema.gov/pdf/areyouready/areyouready_full.pdf. If that is too overwhelming, remember the Take 5 guide that breaks the task of preparation into manageable chunks. <http://www.take5tosurvive.com/>. If you've worked on these tasks before, is it time to reevaluate?

Preparation is the key to reducing anxiety and brings a measure of control to an otherwise chaotic existence. Buy yourself some piece of mind by reviewing your checklist.

And be prepared: carry an umbrella and sunscreen!



PHOTO GALLERY - 2017 CERT REGIONAL EXERCISE



Bright and early Saturday morning at the main tent for 7am check-in.



Pre-exercise briefing from Mike Lueck, Mike Mumaw and Carin Grover (Left to right).



The amazing moulage team working on actor/victims.



Crikey! That hurts just looking at that glass in the head. Awesome moulage!



Tektronix Building 38 with simulated earthquake damage.



IC tent on the lawn out front of Tektronix Building 38.

PHOTO GALLERY - 2017 CERT REGIONAL EXERCISE



CERT teams gathering at the side entrance of the building.



CERT team searching the inside of the building.



CERT team searching the inside of the building.



CERT team searching the inside of the building.



CERTs helping actor/victim Amy Sharer and her dog Moose out of the building



CERT team transporting a victim on a sked.

PHOTO GALLERY - 2017 CERT REGIONAL EXERCISE



CERTs transport "delayed" actor/victim to the MRC treatment area.



CERT transport team arriving at MRC area with victim.



CERTs trying to transport victim(hose dummy) with the "help" of infamous spontaneous volunteer and spreader of chaos, Michael Mercagliano.



MRC treatment area.



Actor/victims receiving treatment in the "immediate" treatment area for MRC.



CERTs doing calisthenics. Just kidding! CERTs learning directional signals at Landing Zone Training station.



CERT OUTREACH



Photos provided by Claudia Steiner-Fricker

CERT Deputy Supervisor of Programs, Claudia Steiner-Fricker, has been working with the advocates of the Bridge Apartments, an independent living community for adults with developmental disabilities, on emergency preparedness. On Sunday, September 24th, the residents eagerly assembled their Go Bags with the help of Janine Wilson of Tualatin CERT, and mom to one of the residents. "Reaching out to our more vulnerable members of the community is critical. We must make sure that everyone has the opportunity to prepare themselves for any emergency," said Claudia. If you know of a place like the Bridge in your area, Claudia would love to hear from you.

In Case of Emergency (ICE)

I first learned about putting I.C.E. information where first responders could find it in your freezer from my brother, he's a paramedic. He said that's where they were trained to look for it if they showed up at your home in an emergency. That's all well and good as long as you're at home when you have an emergency, but what if you're not. The advent of mobile phones with address books solved that problem for a while. You can put I.C.E. contact numbers in your mobile phone as "ICE1" and "ICE2", etc. That worked until phones started having locked screens and you couldn't get to those numbers. I suppose if you're unconscious and your phone locked with your fingerprint, they can still use your finger to unlock it (assuming you still have one), but that's far from ideal.

Recently I came across some free phone apps that allow you to put your ICE info on a locked screen. Don't forego keeping your ICE info in your wallet though in case your phone is severely damaged, overlooked or dead.



[ICE- In Case of Emergency](#)— a free app for Android with an (OS of Lollipop or greater).



[ICE Medical Standard](#)— a free app for iPhones.



Medical ID (Free): In Case of Emergency a free app for both [Android](#) and [iPhone](#).



QUAKE UP!

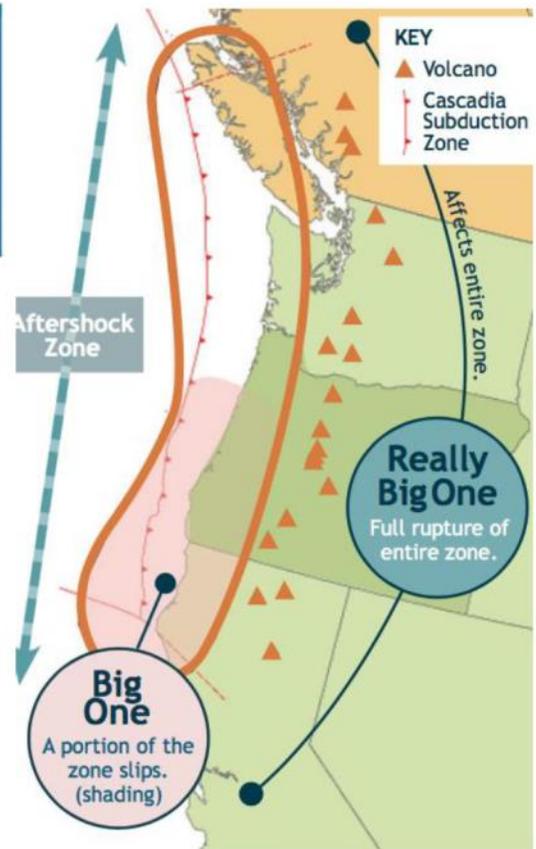
Get Ready!

No tiembla. ¡Prepárese!!

Earthquake Preparedness Event

Oct. 7, 2017 - Hillsboro Farmers' Market, 8 am - 1:30 pm
 Main St. between 1st and 3rd Ave., Hillsboro Plaza, and Civic Center Auditorium

“Bounce Back Faster from Disaster”



A major earthquake could strike off the Oregon Coast at any time and impact Washington County.

The Cascadia Subduction Zone earthquake will severely affect us in the Pacific Northwest!

Get prepared with Quake Up!
 Fun hands-on activities for the whole family!

Speakers - Presentations - Disaster Preparedness Experts - Services - Tools & Resources from Public Agencies - Utility Companies - Community Organizations - Vendors and more!



For information:

QuakeUpNW@yahoo.com | www.QuakeUpNW.org | 503-679-3691

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- Introduction to Incident Command System](#)
[ICS 200.b- ICS for Single Resources and Initial Action Incidents](#)
[IS 700.A- National Incident Management System \(NIMS\) An Introduction](#)



BEAVERTON CERT RADIO TEAM hosts a weekly, Monday night (8pm) 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.

UPCOMING EVENTS

Beginning Ham Radio - Class 4/4	Oct 7 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Steering Committee Meeting	Oct 10 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Oct 10 7:00 - 8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beginning Ham Radio - Class 4/4 + Exam	Oct 14 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT Basic Training Final Exercise: Be Helper/ Victim	Oct 21 8 am - 12:00 pm	TVF&R Training Facility, 12400 SW Tonquin Rd, Sherwood
Sandbag Training & Community Service	Oct 28 9:00 am - 12:00 pm	Beaverton Public Works, 9600 SW Allen Blvd, Beaverton, OR 97005
First Aid, CPR & AED Training	Nov 4 7:00 am - 6:00 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT Potluck!	Nov 14 6:30 - 8:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Tree Lighting/Holiday Open House	Dec 2 3:30 - 7:00 pm	Beaverton City Park

BEAVERTON CERT LEADERSHIP ROSTER

EXECUTIVE COMMITTEE & SPECIALISTS

Group Supervisor	Lyndon Moore	certsupervisor@beavertonoregon.gov
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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 <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 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 711-503-629-6400 or email emergmngmail@beavertonoregon.gov