

November = National Critical Infrastructure Security and Resilience Month

When I first read on Ready.gov that November is "Critical Infrastructure Security and Resilience Month", I groaned. Having the word "critical", I figured it was something I should read, but the title, I'll admit, sounded like it was going to be painfully boring. I can't say it's an exciting read, but "critical infrastructure" really is just that and it effects us all.

Ready.gov defines critical infrastructure as as:

"...the essential services that underpin American society and serve as the backbone of our nation's economy, security, and health. We know it as the power we use in our homes, the water we drink, the transportation that moves us, the stores we shop in, and the communication systems we rely on to stay in touch with friends and family."

See! Very important! So as unexciting as Critical Infrastructure Security and



Resilience Month may sound, you should read on.

Presidential Policy Directive (PPD)-21 identifies 16 sectors of critical infrastructure for strengthening and maintaining security and resilience through proactive and coordinated efforts among the Federal, state, local, tribal, and territorial (SLTT) entities, and public and private owners and operators of critical infrastructure. You can find the the 16 sectors identified in the section below and the following page.

THE 16 SECTORS OF CRITICAL INFRASTRUCTURE

If you have any problems reading the sectors below, you can visit the webpage I copied it from at Homeland Security <https://www.dhs.gov/critical-infrastructure-sectors>



Chemical Sector

The Department of Homeland Security is designated as the Sector-Specific Agency for the Chemical Sector.



Commercial Facilities Sector

The Department of Homeland Security is designated as the Sector-Specific Agency for the Commercial Facilities Sector, which includes a diverse range of sites that draw large crowds of people for shopping, business, entertainment, or lodging.



Communications Sector

The Communications Sector is an integral component of the U.S. economy, underlying the operations of all businesses, public safety organizations, and government. The Department of Homeland Security is the Sector-Specific Agency for the Communications Sector.



Critical Manufacturing Sector

The Department of Homeland Security is designated as the Sector-Specific Agency for the Critical Manufacturing Sector.

cell phones →

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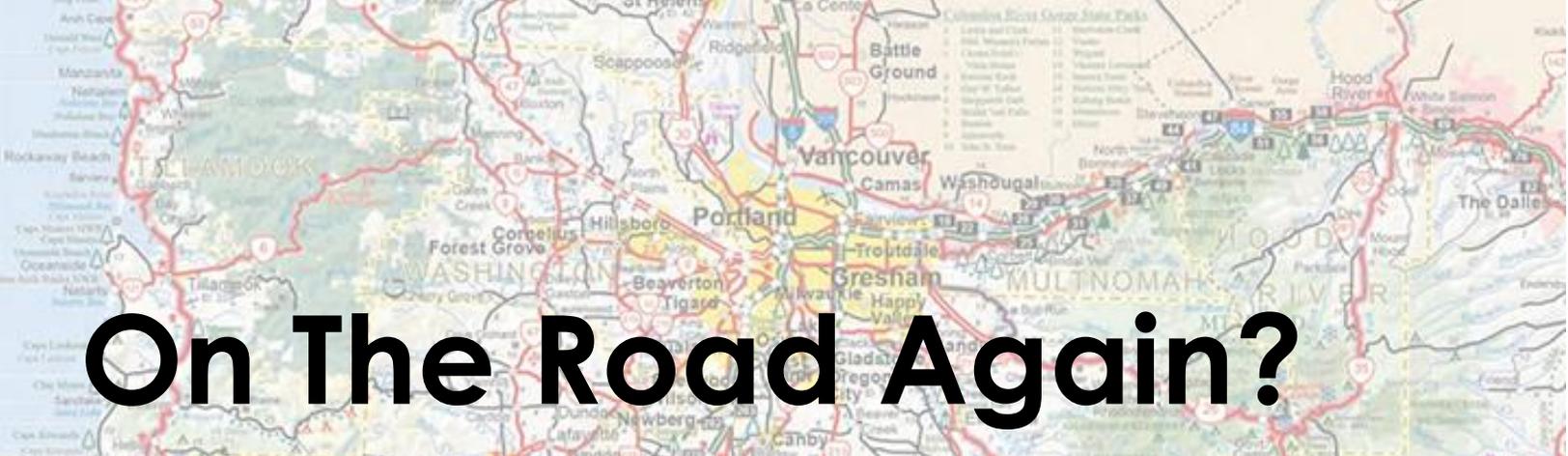
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|  <h3>Dams Sector</h3> <p>The Department of Homeland Security is designated as the Sector-Specific Agency for the Dams Sector. The Dams Sector comprises dam projects, navigation locks, levees, hurricane barriers, mine tailings impoundments, and other similar water retention and/or control facilities.</p> |  <h3>Defense Industrial Base Sector</h3> <p>The U.S. Department of Defense is the Sector-Specific Agency for the Defense Industrial Base Sector. The Defense Industrial Base Sector enables research, development, design, production, delivery, and maintenance of military weapons systems, subsystems, and components or parts to meet U.S. military requirements.</p> |  <h3>Emergency Services Sector</h3> <p>The Department of Homeland Security is designated as the Sector-Specific Agency for the Emergency Services Sector. The sector provides a wide range of prevention, preparedness, response, and recovery services during both day-to-day operations and incident response.</p>  |
|  <h3>Energy Sector</h3> <p>The U.S. energy infrastructure fuels the economy of the 21st century. The Department of Energy is the Sector-Specific Agency for the Energy Sector.</p> |  <h3>Financial Services Sector</h3> <p>The Department of the Treasury is designated as the Sector-Specific Agency for the Financial Services Sector.</p> |  <h3>Food and Agriculture Sector</h3> <p>The Department of Agriculture and the Department of Health and Human Services are designated as the co-Sector-Specific Agencies for the Food and Agriculture Sector.</p> |
|  <h3>Government Facilities Sector</h3> <p>The Department of Homeland Security and the General Services Administration are designated as the Co-Sector-Specific Agencies for the Government Facilities Sector.</p> |  <h3>Healthcare and Public Health Sector</h3> <p>The Department of Health and Human Services is designated as the Sector-Specific Agency for the Healthcare and Public Health Sector.</p> |  <h3>Information Technology Sector</h3> <p>The Department of Homeland Security is designated as the Sector-Specific Agency for the Information Technology Sector.</p> |
|  <h3>Nuclear Reactors, Materials, and Waste Sector</h3> <p>The Department of Homeland Security is designated as the Sector-Specific Agency for the Nuclear Reactors, Materials, and Waste Sector.</p> |  <h3>Transportation Systems Sector</h3> <p>The Department of Homeland Security and the Department of Transportation are designated as the Co-Sector-Specific Agencies for the Transportation Systems Sector.</p> |  <h3>Water and Wastewater Systems Sector</h3> <p>The Environmental Protection Agency is designated as the Sector-Specific Agency for the Water and Wastewater Systems Sector.</p> |

Okay, so now, hopefully, you recognize how important critical infrastructure is in your everyday life, and you're wondering what you can do to get involved. DHS suggests the following:

- Get involved with the [Hometown Security initiative](#) to ensure that you and your community are prepared for any and all incidents.
- Get more information on [important cybersecurity efforts](#) to protect yourself from cyberattacks.
- Learn more about [what critical infrastructure is](#) and how it is important to our daily lives.
- Share stories and information about your efforts to support infrastructure security and resilience with your customers, constituents, partners, residents, and employees through newsletters, websites, emails, blog posts, and tweets.
- Reinforce the role your organization/office plays in infrastructure security and resilience by incorporating references to Critical Infrastructure Security and Resilience Month in speaking engagements and events.
- Follow [@DHSgov](#) on Twitter, and post infrastructure security and resilience efforts, tips, news, and resources on social media using the hashtag [#infrastructure](#).
- Download the [Critical Infrastructure Security and Resilience Month Toolkit](#) to learn more on how you can help promote awareness of the importance of critical infrastructure.
- Download a printer-friendly [fact sheet explaining what Critical Infrastructure Security and Resilience Month](#) is that you can hand out at your event or meeting.



On The Road Again?

By Cathy Crandall
CERT Member, HAM & Regular contributor
to the CERT Newsletter

I was driving to my brother's house in Washougal [Washington], when suddenly, the thought occurred to me, what would I do if the "Big One" happened right now?

Yes, I've heard about "what to do if you're driving during an earthquake." I'd try to slow down and move to the side of the freeway, avoiding overpasses, downed power lines and big seams in the road (and hope I wasn't on the Glen Jackson bridge). But even if I got myself safely to the side of the road, then

what? What did I have in my car that was going to help me help myself?

If you spend a lot of time in your vehicle, maybe you have already thought about this and have your car loaded up. Or maybe you are like the rest of us who assume we'll be at home asleep when the Big One hits. At the time I had this tiny flash of anxiety, I was 20 miles and one big river away from home, where all my food storage, water and other supplies were.

So after thinking about it and doing a little research, here's the top 10 things I would wish for (and my goal to pack up in the next month). I don't drive a Hummer or tow around a small trailer, so size and weight are important considerations.

1. Water. Water is heavy so perhaps a little water and a small filter
2. Food. Energy bars pack a lot of calories in a small space
3. Sanitation. A big black garbage bag and travel john, along with hand sanitizer to cut down on water use.
4. Clothes and shoes for warmth and walking
5. A battery pack and cord for charging my cell phone
6. Ham radio
7. A flashlight and some extra batteries
8. Gloves
9. A few first aid items
10. A small back pack in case I decided to leave the car

You might have some other ideas that work for your vehicle situation. These items might also help for emergencies other than an earthquake. But I'm still hoping to be at home and asleep!

WINTER STORM PREPAREDNESS



Last year, we got walloped by winter storms. I don't think anyone has forgotten the last snowpocalypse. This year, we may not get hit by the extreme weather again, but forecasting is unpredictable in the Metro area, so it pays to be prepared. I went to the Ready.gov website to see what their recommendations are for preparing for winter weather and found the following information under "Snowstorms and Extreme Cold". Not only is there info on what to do before a winter storm, but also during and after it hits.

“ Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous or impassable and close or limit critical community services such as public transportation, child care, health programs and schools. Injuries and deaths may occur from exposure, dangerous road conditions, and carbon monoxide poisoning and other conditions. “

-Ready.gov

To prepare for possible snowstorms or extreme cold weather, Ready.gov suggests that you:

- Make a [Family Communications Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Make an [emergency kit](#) for at least three days of self-sufficiency.
- Keep space heater safety in mind: Use electric space heaters with automatic shut-off switches and non-glowing elements. Remember to keep all heat sources at least three feet away from furniture and drapes.
- Make sure you have a cell phone with an emergency charging option (car, solar, hand crank, etc.) in case of a power failure.
- People who depend on electricity to operate medical equipment should have alternate arrangements in place in case power is out for an extended period of time.
- Plan to check on elderly/disabled relatives and neighbors.
- Plan to bring [pets](#) inside.
- Know where the manual release lever of your electric garage door opener is located and how to operate it in case you lose power.
- Fill a gallon container with water and place them in the freezer to help keep food cold.
- A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services.

PREPARE YOUR HOME:

- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the warm air inside.
- Make sure you have a working carbon monoxide detector.
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- Learn how to [shut off water valves](#) (in case a pipe bursts).
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

PREPARE YOUR VEHICLE:

- Fully winterize your vehicle: Have a mechanic check antifreeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.
- Keep an [extra emergency kit specifically created for your car](#). In addition to the basic essentials, consider adding a portable cell phone charger, ice scraper, extra blanket, sand for traction and jumper cables.
- Rock salt or more environmentally safe products to melt ice on walkways. Visit the [Environmental Protection Agency](#) for a complete list of recommended products.

DURING SNOWSTORMS AND EXTREME COLD

- Stay indoors during the storm.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule and your route; stay on main roads and avoid back road shortcuts.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat and cover your mouth with a scarf to reduce heat loss.

COLD RELATED ILLNESS

- **Frostbite is a serious condition that's caused by exposure to extremely cold temperatures. If you detect symptoms of frostbite, seek medical care.**
 - a white or grayish-yellow skin area
 - skin that feels unusually firm or waxy
 - numbness
- **Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures.**

Warnings signs of hypothermia:

- **Adults:** shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech drowsiness
- **Infants:** bright red, cold skin, very low energy
- If you notice any of these signs, take the person's temperature. **If it is below 95° F, the situation is an emergency—get medical attention immediately.**



AFTER SNOWSTORMS AND EXTREME COLD

- If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. Text **SHELTER** + your **ZIP code** to **43362** (4FEMA) to find the nearest shelter in your area (e.g., SHELTER20472)
- Bring any personal items that you would need to spend the night (such as toiletries, medicines). Take precautions when traveling to the shelter. Dress warmly in layers, wear boots, mittens, and a hat.
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.



DEFINITIONS OF WINTER WEATHER WATCHES AND WARNINGS

- **Freezing Rain** - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- **Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- **Wind Chill**- Windchill is the temperature it "feels like" when you are outside. The NWS provides a Windchill Chart to show the difference between air temperature and the perceived temperature and the amount of time until frostbite occurs. For more information, visit: <http://www.nws.noaa.gov/om/winter/windchill.shtml>.
- **Winter Weather Advisory** - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening. The NWS issues a winter weather advisory when conditions are expected to cause significant inconveniences that may be hazardous. If caution is used, these situations should not be life-threatening.
- **Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information. The NWS issues a winter storm watch when severe winter conditions, such as heavy snow and/or ice, may affect your area but the location and timing are still uncertain. A winter storm watch is issued 12 to 36 hours in advance of a potential severe storm. Tune in to NOAA Weather Radio, local radio, TV, or other news sources for more information. Monitor alerts, check your emergency supplies, and gather any items you may need if you lose power.
- **Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.
- **Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- **Frost/Freeze Warning** - Below freezing temperatures are expected.



NEWS NEWS NEWS

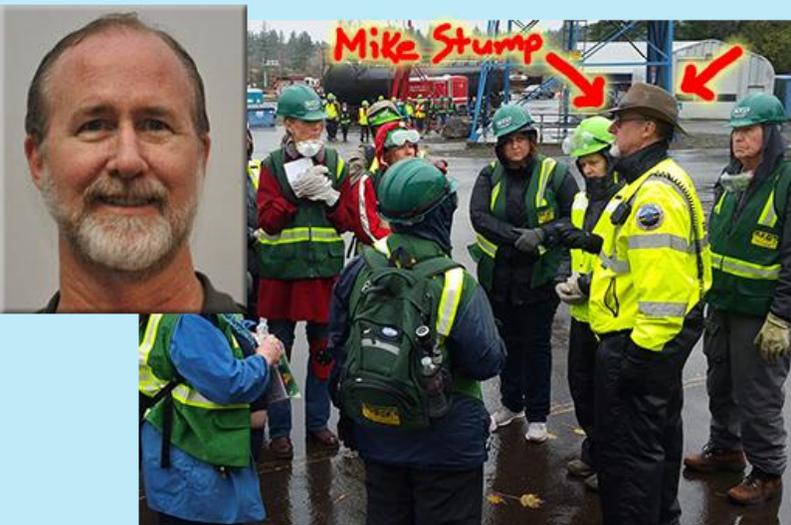
**An announcement by
Ann Skaugset
CERT Deputy Supervisor of Support**

NEW GROUP IN EMERGENCY MANAGEMENT

It's no secret that Mike Mumaw, Emergency Management Program Manager for the City of Beaverton, has long sought to consolidate all radio-related entities under one umbrella to improve consistency and streamline lines of communication. Beginning in 2018 his vision will be realized.

The new Communications Group will be a community-based, all-volunteer organization designed to pull Beaverton CERT Radio, ARES, and Emergency Management Radio together. The Communications Group Supervisor will operate at the same level (e.g., wide scope, ultimate authority & responsibility within group) as our CERT Supervisor, Lyndon Moore. Both report to Mike M.

We are pleased to announce that CERT's own Mike Stump will be the Group Supervisor of the Communications Group. Most of you know Mike as an instructor of medical training or as an Operations Specialist leading events. Well, Mike is also a knowledgeable radio operator with an EXTRA Class amateur radio license, call sign AC7MS. He has ~8 years of experience leading multiagency communication teams including search & rescue, sheriff, police, and National Guard assets. Welcome to your new role, Mike!



DID YOU KNOW???

Submitted by Richard Crimi, CERT Member

Do you remember learning to periodically shake your fire extinguisher as part of its maintenance? That helps prevent the chemical from settling and becoming ineffective. Well there's another reason to check it, and that's because of a massive recall recently announced. This is very important because there have been injuries and even a death associated with faulty devices.

The U.S. Consumer Products Safety Commission (CPSC) has issued a recall on certain fire extinguishers made by Kidde. The recall involves almost 40 million devices made between 1973 and August of this year. The effected devices have either a plastic handle or push-button activation. If your product is affected, it will be replaced free of charge with a new version.

To find out if your device is part of the recall, there is a detailed notice on the CPSC site that tells you how to identify them:

<https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and>

This, and more information, including a FAQ is also given on the Kidde website: <https://inmarmarketaction.com/kidde/Kidde284US/>



When I checked my extinguisher, I discovered my model was effected but I couldn't find a serial number. So, I called the toll-free number (855-271-0773). The service rep confirmed my product was in the recall and they will be sending me a new one, which should take 2-3 weeks.



Update after 6 days Down Under

By David Bennett (Former Beaverton CERT Group Supervisor)

My wife, Kaleen, and I are well settled in the town of Narrogin, WA (Western Australia). It's about 200 kilometers southeast of Perth. It is a country town and we love every aspect of it. The town is sustained by sheep, wheat, canola and cattle farms/ranches, in that order. Everyone is friendly and the weather has been generally great.

We are currently in the sweet part of Spring. Some rain, lots of sunshine, quite a bit of wind and moderate temperatures.

Our days, 6 ½ of them so far, are filled with providing help and service to the members of the Church and to the community. This includes visiting people in their homes, helping plan community events, service projects, teaching lessons and providing counsel to the branch (congregation) leadership.

The Narrogin branch covers about 32,000 square kilometers and has about 31,000 human inhabitants. About half are centered on the north/south highway and the rest are scattered about. We get to visit such interesting towns as Katanning, Kojanup, Kulin, Dumbleyung, Jilakin, Wickpin, Woodanilling, and Popanyinning (pop'-an-yin'-ning).

We are often asked if we have seen any kangaroos. Yes, many, all dead, either in the road or on the side. The trucks (yes, they are called trucks, not lorries) all have 2-3 inch round steel frames mounted on the front. They are called roo-bars for obvious reasons. Kangaroos have sharp claws on their hind feet. So when you hit them with your vehicle they roll up the bonnet (hood) and come through the

windscreen (windshield) and kick you to death as they struggle to get out. Wombats are worse as they are low to the ground and built like a tank. When you hit them you go airborne and roll your vehicle several times through the roadside bush, having destroyed your undercarriage.

So, yes, we are having a wonderful adventure learning a LOT quickly and serving the wonderful people of Western Australia.

The Branch President (leader) asked the other day if I had done anything regarding emergency preparedness. I replied that I had done only about 11 years of it. So, I am gathering shire emergency plans and helping the branch leadership build their branch emergency plan. Big surprise, eh?

We do miss home and I particularly miss my friends in Beaverton CERT and the worthwhile work we did together. I still get the invites and the newsletters so it sounds like you are keeping busy doing good work. Barbara asked if I had any sage advice for my CERT friends. For those of you who are deeply involved in the work...pace yourself. If you follow my example

you won't get or want a break for 10 years. For those not so involved... use the roundtables to keep abreast of what's happening and the opportunities, then pick 2-3 things (service or events) that you want to do and PLAN to do them. You will be happier and more prepared when you do. Don't find anything you want to do? Then speak up. What works for you? Whatever it is it will be of interest to others and you and they will be better for it.



PHOTO GALLERY

2017 CERT FALL CERT Basic Training Graduation Day

Saturday, October 21st





The CERT IQ Challenge is being introduced by CERT Programs this month to help you test your knowledge of what you remember of your CERT Basic Training and will replace the "Do You Remember Quizzes" in the newsletter. The CERT IQ challenge is a multiple choice quiz on Survey Monkey.

You'll need to sign up for Survey Monkey only once and each month a new link will be posted here for a new quiz. The quiz is completely anonymous. You can find the answers in the CERT manual, however, the challenge is to see how well you do without peeking!

Questions, comments or concerns in regard to the quiz can be directed to certprograms@beavertonoregon.gov.

CERT IQ Challenge:

<https://www.surveymonkey.com/r/QHJDN3F>



BEAVERTON CERT HAMS

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.

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 and veteran Beaverton CERTs are strongly encouraged to complete ICS 100, ICS 200 and IS 700. Everyone can 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 exams for the courses, you'll need to go to this DHS 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](#)

UPCOMING EVENTS

The 2018 Beaverton CERT calendar is almost ready, stay tuned...

LEADERSHIP ROSTER

| EXECUTIVE COMMITTEE | | |
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| CERT 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
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emergmngmail@beavertonoregon.gov
<https://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